

MCKENZIE K. WATSON

Email: mckenziawatson@my.unt.edu

EDUCATION

- Bachelor of Arts, University of North Texas** Expected December 2020
Major: Psychology
Minor: Human Development and Family Science
UNT GPA: 4.0
Psychology GPA: 4.0
Cumulative GPA 3.7
- Associate of Science, Richland College** August 2017-May 2019
Associate of Science
GPA: 3.5
Capstone: Effects of Music Education on Children with Mental Disorders
Supervisor: Melony Pruitt

HONORS AND AWARDS

- Presidents List, University of North Texas** December 2019, May 2020
Received an A in all course work in Fall 2019 and Spring 2020.
- President's Volunteer Award of Service** June 2019
Nationally recognized in serving the community for over 100 hours in one year.
- Excellence in Education, Richland College** May 2019
Awarded for excellence in completion of a capstone project for research, writing, and presentation skills.
- Outstanding Leadership, Richland College** May 2019
Recognized for outstanding leadership in mentoring high school juniors and seniors.

RESEARCH EXPERIENCE

- Teen St.A.R Laboratory, University of North Texas** January 2020 - Present
Research Assistant
Responsibilities:
- Participated in discussions about various mental health topics as well as articles related to mental health and multicultural topics in weekly meetings.
 - Collaborated with graduate research assistants on poster projects for various psychological conferences.
- Recruitment Team Member*
Responsibilities:
- Call, screen, and schedule adolescent participants from the community based on Alcohol Use Disorder and Major Depressive Disorder.

- Provided recruitment materials to local business and lead community recruitment events at local restaurants.
- Created materials about stress for social media for Mental health Awareness Week.

CONFERENCE POSTERS

Watson, M., Ramadan, B., & Blumenthal, H. (2020). *Gender Differences in Pain-Related Fears and Subsequent Non-Medical Prescription Drug Use Among Adolescents*. Poster submitted for presentation at the University of North Texas Psychology Department Research Fair, Denton, TX.

Watson, M., Ramadan, B., Carey, C., Smart, A., Baker, A., Blumenthal, H. (2020). *Pain-related fears may predict subsequent alcohol and non-medical prescription drug use among adolescents*. Poster submitted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies – Addictive Behaviors Special Interest Group, Philadelphia, PA.

PRESENTATIONS

Capstone Presentation, “The Effects of Music Education on Children with Mental Disorders,” Richland College Capstone Presentations, 02 April 2019.

INTERNSHIPS

National Eating Disorder Association, Dallas, TX August 2020 – Present

- Intern on phone help hotline
 - Provide resources and support for those struggling with eating disorders on a help hotline.
 - Assess crisis situations, including self-harm and suicidal thoughts; refer to appropriate resources.
 - Completed training about eating disorder, recovery, relapse, comorbidities, and crisis situations.

WORK EXPERIENCE

Jeanette Harris Childcare, Dallas, TX August 2015- July 2020

- Daycare teacher on school breaks and afternoons.
 - Supervised and arranged activities for children from the age of three months to four years including meals, naps, educational play time, and crafts.
 - Maintained a supportive and nurturing environment.
 - Earned a daycare teacher license and CPR certification.

Private Tutor, Dallas, TX November 2018 – May 2019

- Private Freelance Tutor.
 - Tutored elementary school children struggling in reading, writing, and mathematics.

- Developed and implemented creative lesson plans and activities to support academic growth and ease performance anxiety.

Mastermind Meditation, Dallas, TX

July 2017- January 2018

- Assistant studio manager.
 - Maintained a welcoming and comfortable environment for clients looking to support their mental health through mindfulness techniques.
 - Scheduled classes and appointments.

COMMUNITY SERVICE

Learning Center, University of North Texas, Denton, TX

August 2020 - Present

- Peer tutor.
 - Facilitate learning in core classes as well as upper level social science classes.
 - Tutored students on how to use SPSS for statistical analyses.
 - Advised students writing academic papers according to APA format guidelines.

Mentors, Richland College, Dallas, TX

March 2018 – May 2019

- Peer Mentor
 - Mentored new and current students as they navigated college life.
 - Checked in monthly with pod of students to track their progress in their courses, service learning, and capstone projects.
 - Provided resources for students in need of counseling, professional tutoring, or advisement on future classes.

Mentors, Richland College, Dallas, TX

August 2018 – May 2019

- Peer Tutor
 - Tutored students struggling in core classes.
 - Aided students struggling with capstone projects.
 - Taught organizational techniques, study skills, effective note taking strategies, and project organization.

Dallas Children’s Theater, Dallas, TX

December 2018 – May 2019

- Usher
 - Ushered during sensory friendly shows for children.
 - Maintained calm and comfortable environment for children.
 - Monitored audience participation and comfort levels to adjust various aspects of the environment (light and sound levels) to fit sensory needs.

Dallas Arboretum, Dallas, TX

August 2017 – March 2019

- Garden Greeter
 - Guided guests to the various gardens.
 - Provided directions, tips, and maps to guests.
 - Assisted guests with proper accommodations including wheelchairs etc.

SKILLS

American Sign Language

SPSS

Qualtrics

Adobe Illustrator

Adobe Photo Shop

CPR

Risk Management Training Required for Direct Contact with Biological Data

- Laboratory Waste Training
- Blood borne Pathogen Safety Training Program
- Biosafety Level Two Safety Training Program

National Institute of Health

- Protecting Human Research Participants

Collaborative Institutional Training Initiative (CITI)

- Social and Behavioral Research
- Responsible Conduct of Research

UNDERGRADUATE COURSEWORK IN PSYCHOLOGY

PSYC 1630 General Psychology
PSYC 2317 Quantitative Methods
PSYC 4520 Personality
PSYC 4030 Multicultural Psychology
PSYC 2950 Experimental Methods
PSYC 3620 Developmental Psychology
PSCY 4610 Abnormal Psychology
PSYC 4620 Abnormal Child Psychology
PSCY 4600 History and Systems
PSYC 3530 Psychology of the Offender
HDFS 3153 Culture and Diversity
HDFS 3123 Child Development
HDFS 4253 Administrative Programs
HDFS 3313 Interpersonal Relationships
HDFS 4133 Adolescent and Emerging Adult Development
HDFS 3533 Families in Crisis