

## **RONALD NIEVA**

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Phone: (408) 219-9854

### **Education**

- B.S. Psychology (Spring 2011)

### **Key Interests**

- Positive Psychology with an emphasis on stress reduction, resilience, and cognitive interventions that promote positive health

### **Psychology-related Experience**

- Research Assistant, International Neuroeconomics Institute (INI LAB), Dr. Cheryl Chancellor-Freeland and Dr. Megumi Hosoda (Summer 2010 - present)
  - Past research examined the effects psychosocial stress on mood, emotion, social support, exercise, sleep, memory, mindfulness, and involve memory.
- Three advanced research method courses completed at SJSU
- Special lab safety course to fulfill wet lab safety requirement
- WPA (Western Psychological Association) Student Member
  - Presenter at WPA examining the effects of social support on psychosocial stress (April 2011)
- SPARC (Spartan Psychological Association Research Conference) at SJSU (May 2011)
  - The effects of deep abdominal breathing on psychosocial stress in college students
  - The effects of locus of control in response to social stress
  - The effects of friendship on a psychosocial stressor
- Member Psi Chi, SJSU (Lifetime Member)

### **Work Experience**

- Internship at the Wellspring Institute for Neuroscience and Contemplative Wisdom under Dr. Rick Hanson (Spring 2011 – Summer 2011)

- Researched meditative techniques (chi-gong, kriya, vipassana, etc.) from various traditions and summarize, highlight, and code into simple, easy-to-follow instructions
- Red Lobster (Fall 2008 – Summer 2011)
  - Server/Bartender

### **Other Experience**

- Co-Chair Sigma Alpha Lambda Honors Fraternity SJSU (Lifetime Member)
  - Planned, organized, and developed voluntary community service and fundraising events
    - Karma Kitchen
    - Sunday Friends
    - Village Harvest
    - Sacred Heart
- SJSU Track & Field Athlete (Fall 2008 –Summer 2011)
  - Organized over 20+ fundraising events grossing \$3500
  - Club Sports Award MVP (Spring 2011)
- Attended two Student Organization Leadership conferences at SJSU (Fall 2008 & Fall 2009)