

CAITLIN S. SMITH, Ph.D.

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EDUCATION

Ph.D. in Human Development May 2024

Syracuse University, Syracuse NY

Dissertation: Exploring the Roles of Food Parenting Practices, Dietary Self-Efficacy, and Food Insecurity on Fruit and Vegetable Consumption Among College Students

Advisor: Dr. Rachel Razza (SU)

Committee: Dr. Adam Anderson (Cornell); Dr. Sara Vasilenko (SU)

Certificate of Advanced Study in Food Studies May 2021

Syracuse University, Syracuse NY

M.A. in Teaching Jun 2016

Relay Graduate School of Education, Manhattan, NY

B.A. in Political Science; International Education Policy; Human Rights Dec 2009

University of Connecticut, Storrs, CT

ACADEMIC APPOINTMENT

2024 – Present **Assistant Professor of Instruction**, Human Development, Culture, and Learning Sciences, Department of Educational Psychology, The University of Texas at Austin.

UNIVERSITY TEACHING EXPERIENCE

Fall 2024	EDP 304: Strategic Learning for the 21 st Century; UT Austin
Fall 2024	EDP 350G: Adolescent Development; UT Austin
Fall 2024	EDP 350L: Human Sexuality – Section 1; UT Austin
Fall 2024	EDP 350L: Human Sexuality – Section 2; UT Austin
Fall 2022	HFS 201: Family Development; Syracuse University
Fall 2022	FYS 101: First Year Seminar – Section 1; Syracuse University
Fall 2022	FYS 101: First Year Seminar – Section 2; Syracuse University
Spring 2022	<i>Teaching Assistant</i> ; HFS 388: Human Sexuality; Syracuse University
Fall 2022	HFS/SPM 327: Human Development and Sport; Syracuse University
Spring 2022	<i>Co-Instructor</i> ; HFS 425: Lust, Love, and Relationships; Syracuse University
Fall 2021	HFS/SPM 327: Human Development and Sport; Syracuse University
Spring 2021	<i>Co-Instructor</i> ; HFS 425: Lust, Love, and Relationships; Syracuse University

Spring 2021	<i>Teaching Assistant</i> ; HFS 204: Applied Research Methods; Syracuse University
Spring 2020	<i>Teaching Assistant</i> ; HFS 204: Applied Research Methods; Syracuse University
Fall 2019	SEM 100: First Year Experience; Syracuse University
Fall 2019	<i>Co-Instructor</i> ; HFS 204: Applied Research Methods; Syracuse University

UNDERGRADUATE EDUCATION PRESENTATIONS

Smith, C.S., (Mar 2023). Bridging the Divide Between Undergraduate Coursework and Research: A Synergistic and Scaffolded Approach
Hosted Round Table at SRCD 2023 Biennial Meeting. Salt Lake City, Utah

Mulvaney, M.K., **Smith, C.S.**, Jung, E. (Mar 2023). Building Community, Contacts, and Pathways to Careers: The Development of a Career Immersion Trip in a Human Development and Family Science Department.
Poster presented at SRCD 2023 Biennial Meeting – Teaching Pre-Conference. Salt Lake City, UT

RESEARCH

**denotes undergraduate co-author*

Publications

Brann, L. S., Razza, R. A., **Smith, C. S.** (2022). The Feasibility and Preliminary Effectiveness of a Mindfulness Intervention on Preschooler's Executive Function and Eating Behaviors. *Early Education and Development*, 1-18. <https://doi.org/10.1080/10409289.2022.2154579>

Revise and resubmit

Vasilenko, S.A., Liu, Q., **Smith, C.S.**, Millet-Joseph, T., Zhang, X., Bray, B.C. How do Multidimensional Classes of Risk and Protective Factors in Adolescence Predict Sexual Health Outcomes in Young Adulthood? Syracuse University, Syracuse, NY.

Smith, C.S., Burrell, J., Lyons, K., Vasilenko, S.A. Latent Classes of Adolescent Risk and Protective Factors Predict Metabolic Health in Early Adulthood. Syracuse University, Syracuse, NY.

Manuscript under review

Smith, C.S., Razza, R.A., Brann, L.S., *Waters, A., Kearns, K., Davis, K. Cultivating Self-Regulation and Healthy Food Intake: A Novel Mindful Eating Intervention for Children and their Caregivers

Conference Presentations

Razza, R.A., Brann, L., **Smith, C.S.**, Kearns, K. G., Davis, K., *Waters, A., & *Pepper, R. (Oct 2023). Parent and Teacher Assessment of a Mindful Eating Intervention for Preschoolers.
Flash Talk presented at Mindfulness, Self-Compassion, and Family Well-Being Conference. Seattle, WA

Smith, C.S. (Mar 2023). Child Fruit and Vegetable Consumption: Impact of Self-Efficacy, the Family Food Environment, and Neighborhood.
Poster presented at SRCD 2023 Biennial Meeting. Salt Lake City, UT

Razza, R.A., Brann, L.S., **Smith, C.S.**, *Waters, A., Kearns, K. (Nov 2022). Cultivating Self-Regulation and Healthy Food Intake: A Novel Mindful Eating Intervention for Children and their Caregivers.
Poster presented at NAEYC 2022 Annual Conference. Washington D.C.

Smith, C.S., *Waters, A., Kearns, K., Razza, R.A., Brann, L.S. (Sep 2022). Development of a Holistic Mindful Eating Curriculum for Preschoolers, Parents and Caregivers.
Poster presented at SRCD Special Topic Meeting: Toward a Holistic Developmental Science: Catalyzing Transdisciplinary Multi-Sector Collaborations to Understand and Support Human Development. St. Louis, MO

Vasilenko, S., **Smith, C.S.**, Millet-Joseph, T. (May 2022). Profiles of Multidimensional Social-Ecological Risk and Protective Factors and Sexual Behavior.
Poster presented at SRCD Construction of the 'Other': Development, Consequences, and Applied Implications of Racism, Prejudice, and Discrimination. Rio Grande, Puerto Rico

Millet-Joseph T., Blake, C., **Smith, C.S.** (May 2022). Otherness in College: Latent Classes of Perceptions of Belonging and Representation Predict Mental Health Outcomes.
Poster presented at SRCD 2022 Construction of the 'Other': Development, Consequences, and Applied Implications of Racism, Prejudice and Discrimination. Rio Grande, Puerto Rico

*Waters, A., **Smith, C.S.**, Kearns, K. (Apr 2022). Mindful Eating Feasibility Study.
Poster presented at Falk Student Research Celebration. Syracuse, NY

Smith, C.S., Burrell, J., Vasilenko, S. (Mar 2022). Latent Classes of Adolescent Eating Patterns, Family, and Neighborhood Cohesion as Predictors of Metabolic Health in Early Adulthood.
Poster presented at SRA 2022 Conference. New Orleans, LA

Vasilenko, S.A., **Smith, C.S.**, Bray, B.C. (Apr 2021). Multidimensional Profiles of Adolescent Social-Ecological Risk and Protective Factors and Young Adult Sexual Behavior.
Poster presented at SRCD 2021 Biennial Meeting. Virtual

Vasilenko, S.A., **Smith, C.S.** (Mar 2021). Disparities in Sexual Behavior by Race/Ethnicity and Gender Across Adolescence and Young Adulthood.
Poster presented at SRA 2021 Conference. Virtual

Zhang, Y., Razza, R.A., Liu, Q., Reid, S., **Smith, C.S.**, Burrell, J. (Apr 2021). Longitudinal Implications of Children's Attentional and Behavioral Regulation: Positive Paths to Adolescents' Social Skills and Functioning Among Low-Income Families.
Poster presented at SRCD 2021 Biennial Meeting. Virtual

Razza, R., **Smith, C.S.**, & *Omole, A. (Mar 2021). Effectiveness and Feasibility of a Mindfulness Program for Urban Teens.
Flash talk presented at the Society for Research in Child Development 2021 Biennial Conference, Virtual Annual Conference.

RESEARCH POSITIONS

Research Assistant to Dr. Rachel Razza at Syracuse University

Jan 2022 – May 2024

Mindful Eating Curriculum Development and Pilot Testing

- Co-develop curriculum materials for children, parents, and caregivers
- Support pilot testing of preschool curriculum
- Assess barriers to access and participation for parents and caregivers through focus groups
- Support pilot test parent and caregiver materials through focus groups

HEART Lab at Syracuse University May 2021 – May 2024
Principal Investigator: Dr. Sara Vasilenko (HDFS)
Projects: Conducting secondary data analyses – specifically using the Add Health data set to examine adolescent eating behaviors, sexual risk behavior, and structural disadvantage

SELF Lab at Syracuse University Sep 2020 – May 2024
Principal Investigator: Dr. Rachel Razza (HDFS)
Projects: Conducting analyses of data collected among high school sample to evaluate Inner Strength Foundation; analyzing data from pilot study of mindful nutrition practices in schools
<https://falk.syr.edu/selfregulation/lab-team/>

Project Coordinator at the *Community Neuroscience Initiative* Jul 2021 – Feb 2024
Bronfenbrenner Center for Translational Research; Cornell University
Principal Investigators: Dr. Adam Anderson (Human Ecology) and Dr. Eve De Rosa (Human Ecology)

- Coordinate mindfulness interventions and farm to school workshops for teachers and students in public schools throughout the city of Syracuse
- Manage diverse teams, including undergraduate and graduate students, community partners, and faculty, to facilitate translational health research and teaching activities
- Lead data collection and database management for intervention programs, ensuring the integration of community needs and participatory research methods
- Spearheaded collaborative manuscript development with researchers from Cornell and SUNY Oswego, and actively engaged in grant writing to secure funding for health research initiatives
- Developed and implemented a community-engaged Farm to School programming
- Designed and distributed surveys to local school food service directors, evaluating and disseminating data

Latent Modeling Discussion Group Summer 2020
Facilitators: Dr. Ryan Health (Social Work) and Dr. Xiafei Wang (Social Work)
Responsibilities: Participate in monthly statistics sessions; read and review latent modeling reading and practice assignments; contribute to synchronous and asynchronous analysis and problem-solving sessions regarding latent modeling statistical and conceptual analysis.

Reviewing Experience

International Journal of Child Care and Education Nov 2021

- *Reviewed journal article under mentorship of Dr. Rachel Razza*

2021 SRCD Biennial Meeting - Panel 10: Health, Growth, Injury conference submissions Oct 2020

- *Reviewed 12 health behavior poster abstracts under mentorship of Dr. Sara Vasilenko*

SERVICE

Graduate Assistant Instructor Coordinator. Strategic Learning for the 21st Century
University of Texas at Austin Aug 2024

COSSA Social Science Advocacy Day, Participant. Washington, D.C. Apr 2024

- Engaged in coordinated advocacy efforts to support federal funding for social and behavioral science research
- Participated in targeted meetings with NY House and Senate offices to communicate the importance of social science research

- Collaborated with a team of social scientists from NY to present a unified message to policymakers
- Received specialized training in effective science communication and policy advocacy strategies
- Utilized up-to-date materials and expert support to articulate the value of social and behavioral science to Congressional representatives

Graduate Student Organization (GSO). Syracuse University

Graduate Employment Issues Committee (GEIC)

Nov 2022 – Feb 2024

- Engaged in advocacy and support for graduate students by facilitating focus groups, analyzing concerns about work conditions, and liaising with university entities to improve student-faculty relationships and employment policies
- Conducted comprehensive data collection and analysis on graduate student issues, including stipends, benefits, and workload, to inform strategic reports for the GSO Executive Board and university administration

HDFS Academic Program Senator

Spring 2023

- Attended monthly meetings to engage in senate processes including but not limited to debate, funding allocation votes
- Developed resolutions and calls to action to university administration to address issues facing graduate students

Mentoring Experience. Syracuse University

Aug 2021 – May 2024

- Provide comprehensive mentorship to undergraduate and graduate students across HDFS, Education, and Public Health, leveraging expertise to guide them through academic and personal challenges
- Facilitate connections between students and advisors, enhancing their research and career trajectories, while also coaching undergraduates in project management, critical analysis of scholarly articles, and development of research questions
- Assist undergraduates with practical skills for career advancement, including preparing for internships and job applications, and offer tailored personal and academic mentoring to support their overall growth
- Guide graduate students through the intricacies of academia, including effective teaching assistantship, classroom instruction, managing coursework, initiating research projects, and strategically selecting the right advisor

HDFS Graduate Group. Syracuse University

Founding member

Jul 2020 – Feb 2024

- Provide example materials for developing syllabi, student communication, job applications and materials for current leadership to lead workshops
- Participate in biweekly teaching and research workshops
- Participate in monthly professional development sessions
- Support planning for semesterly graduate community social events

President

AY 2021 – 2022

- Developed and facilitated monthly teaching workshops including but not limited to subjects including teaching presence, grading and feedback, difficult conversations
- Developed and led community-building events and biweekly meetings for graduate students, fostering a collaborative environment

- Established a graduate student newsletter, conducted research colloquia with external faculty, and developed surveys to assess and address graduate student needs, leading to informed program planning and advocacy efforts
- Established and facilitated tutoring hours for undergraduate students
- Established a mentoring program; matching 11 graduate student mentee/mentor pairs

Teaching Mentor. Graduate School, Syracuse University Feb 2021 - Jul 2023

- Independently facilitated in-person and virtual microteaching and feedback sessions during summer and school year
- Co-facilitated microteaching and feedback sessions specifically designed for international students
- Ran multiple small group sessions in person and virtually to support incoming graduate assistants
- Prepared and taught two live in-person sessions on Teaching in Social Sciences and Humanities to 75+ incoming teaching associates
- Prepared (including creating, editing, and captioning for accessibility) and presented one recorded virtual/asynchronous session on Teaching in Social Sciences and Humanities for approximately 50 incoming teaching associates
- Reviewed and provided feedback on virtual Introduction to Teaching modules created by faculty and graduate students at Syracuse University and Le Moyne College
- Developed and facilitated multiple workshops on creating a teaching portfolio
- Reviewed teaching portfolios and conducted interviews for applicants for Teaching Mentor position

Graduate Representative. HDFS Undergraduate Committee, Syracuse University AY 2021 - 2022

- Represented graduate student interests in undergraduate affairs by reviewing and suggesting improvements to curriculum, program development, and strategies for attracting and retaining students, with a focus on fostering community and student group engagement
- Advocated for undergraduate student experience enhancement through active participation in committee meetings, contributing to the development of academic and extracurricular initiatives aimed at building a supportive and inclusive departmental culture
- Actively participated in the fall 2022 HDFS Career Immersion Trip planning, handling logistics, finding and relevant organizations for site visits, student selection, and preparation of necessary documentation
- Chaperoned the fall 2022 HDFS Career Immersion Trip, ensuring a safe and enriching experience for all participants

RESEARCH AWARDS

SRCD Early Career Transdisciplinary Fellowship – \$2,600; SRCD and NSF	2022
Dean Edith Smith Dissertation Grant – \$2,000; HDFS department, Syracuse University	2022
Summer Dissertation Fellowship – \$4,000; Syracuse University	2022
3 Minute Thesis – Top 10 Finalist ; Syracuse University	2022
Dissertation Funding – \$2,000; HDFS department, Syracuse University	2022

TEACHING AND SERVICE AWARDS

GEIC Outstanding Committee Member ; Syracuse University GSO	2023
Outstanding Teaching Assistant Award ; Syracuse University	2022
HDFS Outstanding Graduate Teaching Award ; Syracuse University	2021

RELEVANT PROFESSIONAL DEVELOPMENT

Professional Affiliations

Society for Research on Adolescence (SRA)
Society for Research in Child Development (SRCD)
Future Professoriate Program at Syracuse University

2020 Certificate in University Teaching (CUT): Awarded by the Graduate School, Syracuse University
Completed Certificate of Teaching Seminars

- Efficient and Effective Assessment
- Universal Design for Learning: Foundations and Applications
- Inclusive Teaching in the College Classroom
- Crafting Your Teaching Philosophy
- Leading an Effective Classroom Discussion? Questions Are the Answer
- Online Teaching and Learning: Challenges and Opportunities

CITI Certification – Human Subjects Research

Completion date: Jan 28, 2022 – Expiration date: Jan 27, 2025