

ALEXANDRA SCHEK

aschek@fiu.edu

EDUCATION

Florida International University

Bachelor of Arts in Psychology

Cumulative GPA: 3.98, *Summa Cum Laude*

Miami, FL

Aug 2022

AWARDS AND AFFILIATIONS

2019 – 2022 Florida Bright Futures Scholarship: Florida Academic Scholars

Full 4-year tuition awarded to high school students for high academic achievement

2019 – 2022 FIU Blue and Gold Scholarship

Awarded to incoming freshman students demonstrating high academic achievement

2019 – 2022 Dean's List

Awarded to students earning a semester GPA of 3.5 or higher on 9 or more semester credit hours

2022 Phi Beta Kappa Society

Invitation extended to students demonstrating superior achievement in the liberal arts

LANGUAGES

Full language proficiency in English and Spanish, oral and written. Able to conduct research assessments and clinical work in both languages.

MANUSCRIPTS

Moreira, E.A., **Schek, A.**, Bagner, D.M., Griffith, S.F., (2025). *The Effects of Parenting Stress on Screen Media Parenting Strategies* [Manuscript in preparation]. Department of Psychology, Florida International University.

POSTERS

Moreira, E.A., **Schek, A.**, Bagner, D.M., Griffith, S.F., (2025, February). *The Effects of Parenting Stress on Screen Media Parenting Strategies*. Poster session presented at the annual Miami International Child & Adolescent Mental Health (MICAMH) at Florida International University, Miami, FL.

RESEARCH EXPERIENCE

Project Coordinator

Florida International University- Center for Children and Families

July 2023 – Present

Miami, FL

Early Childhood Behavior Lab

Study: *Preventative Intervention for Behavior Problems in Infants from High-Risk Families*

Funding: National Institute of Child Health and Human Development (R01HD102201)

Principal Investigator: Daniel M. Banger, Ph.D.

Project Description: Examining the efficacy and maintenance of a remote preventive intervention targeting parenting to improve behavior and regulation in infants from high-risk families to prevent the need for later, more intensive treatment in childhood

- Recruit and consent interested potential participants via phone by sharing study information in English and Spanish

- Recruit potential participants at Nicklaus Children’s Hospital Pediatric Care Centers in English and Spanish
- Screen participants in English and Spanish by administering the Brief Infant-Toddler Social and Emotional Assessment (BITSEA) and Wechsler Abbreviated Scale of Intelligence (WASI) or Escala de Inteligencia Wechsler Para Adultos (EIWA)
- Manage the IRB - including the development and submission of amendments
- Manage REDCAP- distribute electronic surveys, ensure participant survey completion, perform survey updates
- Administer the NIH Toolbox Task List Sorting Working Memory Task 7+ at baseline evaluation in English and Spanish
- Maintain the accuracy of the participant contact information database and fix any errors for accurate recruitment progress data
- Conduct participant materials preparation for remote services, including drop-off, virtual set-up, and pick up
- Manage participant compensation and monthly reconciliation
- Train and supervise 20 undergraduate research assistants on in-person/remote recruitment, consenting, and data management
- Schedule and conduct follow-up assessments at three-month intervals with participants, while administering Laboratory Temperament Assessment Battery (Lab-TAB) “Attractive Toy in a Transparent Box Task” in English and Spanish

Research Assistant

Florida International University- Center for Children and Families

Miami, FL

Early Childhood Behavior Lab

May 2021 – July 2023

Study: *Advancing Child Competencies by Extending Supported Services (ACCESS) for Families Program*

Funding: National Institute of Child Health and Human Development (R01HD084497)

Principal Investigators: Daniel M. Bagner, Ph.D., & Jonathan S. Comer, Ph.D.

Study Description: A randomized controlled trial evaluating the utility and efficacy of internet-delivered Parent-Child Interaction Therapy (PCIT) among youths aging out of Part C early-intervention services

Graduate Student Project: Analyzing emotion regulation and education on children with disruptive behavior problems and their parents through the use of an emotions-focused book

Supervisor: Anastassia Cafatti Mac-Niven, B.S.

Role: *Transcriber and Translator*

- Utilize the software EUDICO Linguistic Annotator (ELAN) to transcribe in English and Spanish I-PCIT research evaluations during the book reading task
- Translate the Spanish transcriptions to English
- Update the assignment tracker to facilitate communication between supervisor and research assistants to alert of task completion, questions, and progress
- Support supervisor in troubleshooting technical difficulties by contacting ELAN tech support
- Provide assistance to fellow research assistants of their technical issues

Graduate Student Project: Examining bidirectional effects of therapist coaching statements on parenting skill acquisition in families of children with developmental delay and behavior problems

Supervisor: Perrine Heymann, M.S.

Role: *Transcriber and Translator*

- Utilize the software ELAN to transcribe in English and Spanish PCIT sessions, identifying speech from the therapist, parent, and child
- Update the assignment tracker to facilitate communication between supervisor and research assistants to alert of task completion, questions, and progress
- Support the coding team by verifying the correct naming conventions and storage locations for all transcriptions

Substance Use Neuropsychology Lab

Aug 2022 – Jun 2023

Study: *Adolescent Brain Cognitive Development Study (ABCD Study) – Researching Covid to Enhance Recovery (ABCD-RECOVER)*

Principal Investigators: Dr. Raul Gonzalez, Ph.D., & Dr. Angela Laird, Ph.D.

Study Description: A national, transdisciplinary study that is assessing a cohort of almost 12,000 youth in 21 different sites nationwide throughout adolescence and into young adulthood to better understand factors that contribute to healthy development

Study Description: Sub-study for the ABCD Study researching the long-term effects of COVID to predict, treat, and prevent post-acute sequelae of COVID

Role: *Research Assistant*

- Consent study participants via phone and clarify any questions or concerns in English and Spanish
- Visit participants' homes to schedule upcoming appointments, gather updated contact information, and re-engage for study retention
- Create and maintain Excel participant tracker databases to monitor study progress by generating formulas and visual graphs
- Provide support to participants for the at-home blood collection with the Tasso device
- Translate consent forms, as well as other study protocol materials, from English to Spanish as part of the nationwide *Spanish Language Committee* for the ABCD Study

CLINICAL EXPERIENCE

Inner Wellness Therapeutic Services- Training Group

Miami, FL

Supervisor: William Berry, LMHC

Oct 2022 – Present

- Co-facilitate a closed group therapy several times during its course while using essential therapeutic skills and dynamics in group therapy
- Write a DAP note on the session facilitated, including information on the session, future objectives and plans, and any dynamics observed

TRAINING EXPERIENCES

MEASURES ADMINISTERED

- Brief Infant-Toddler Social and Emotional Assessment (BITSEA) (English and Spanish)
- Wechsler Abbreviated Scale of Intelligence (WASI)

- Escala de Inteligencia Wechsler Para Adultos (EIWA)
- NIH Toolbox Task List Sorting Working Memory Task 7+ (English and Spanish)
- Laboratory Temperament Assessment Battery (Lab-TAB) “Perfect Circle Task” and “Attractive Toy in a Transparent Box Task” (English and Spanish)

CERTIFICATIONS

- Social and Behavioral Research Best Practices for Clinical Research (GCP)
- CITI Health Information Privacy and Security (HIPS)
- CITI Social and Behavioral Research Course – Human Subjects
- CITI Conflict of Interest
- Health Insurance Portability and Accountability Act (HIPAA)
- QuickBooks
- Microsoft Programs (Word, PowerPoint, and Excel)

SKILLS

- Knowledgeable in APA formatting
- Proficient in software EUDICO Linguistic Annotator (ELAN), REDCap, Topaz, Microsoft Office (Word, Excel, PowerPoint), Google Suite (Calendar, Doc, Sheets, Slides)
- Statistical Package for the Social Sciences (SPSS) skills; running t-tests, chi-square, ANOVA