

Analisa Vavoso

avavoso@umich.edu

EDUCATION

Ph.D. Student, Environment and Sustainability

August 2026 – Present

University of Michigan School for Environment and Sustainability

Advisor: Dr. Nathaniel Geiger

B.A. Psychology, B.A. Political Science, & Environmental Studies Minor

May 2026

Chapman University

Summa Cum Laude

RESEARCH EXPERIENCE

Socio-Ecological Adaptation and Climate Resilience Lab, Dr. Richelle Tanner

Spring 2024- Present

Climate Change Distress and Impairment Among Environmental Practitioners in the United States

- Designed and led an independent research project on burnout and climate anxiety among environmental practitioners
- Developed a survey instrument, collecting 161 responses, and conducted 21 in-depth interviews with key populations
- Secured IRB approval for study methodology and participant recruitment

Metaphoric Language to Increase Climate Literacy About Extreme Weather Events in Informal Educational Settings

- Analyzed preference of metaphors to explain extreme weather events to the general public
- Supported the development of climate change curriculum for zoos and aquariums through survey design and data analysis

Assessing Equitable Beach Access in California

- Analyzed survey data assessing experiences of discrimination and feelings of belonging at public beaches in California
- Developed qualitative study protocol for investigating identity-based bias within the beach event permit process

Communication Tools for Wetland Restoration Science

- Developed survey materials to assess how local stakeholders perceived wetland restoration techniques
- Assessed landowner willingness to support wetland restoration and invasive species management

Computational Analysis of Health Behavior Lab, Dr. Vincent Berardi

Fall 2023 - Present

Climate Distress and Environmental Civic Behavior Post-Acute Extreme Weather Events

- Designed study to investigate the impacts of acute extreme weather events on mental health outcomes and collective action-based behaviors
- Utilized spatial data to analyze participants' proximity and frequency of exposure to extreme weather events
- Developed survey materials, distribution method, and attained IRB approval

The Impact of Extreme Heat Exposure on Physical Activity Interventions

- Performed a secondary analysis on a clinical trial addressing the impact of climate-change-driven extreme heat
- Applied hurdle models in R to analyze zero-inflated data and assess intervention effects
- Integrated NOAA weather records and intervention data to analyze environmental impacts on intervention outcomes.

The Moderating Effect of Socioeconomic Status and Neighborhood Walkability on the Efficacy of Physical Activity Interventions

- Applied hurdle models in R to examine how neighborhood socioeconomic status and walkability influenced participant responses to physical activity interventions
- Cleaned and processed large dataset to identify trends and patterns in intervention effectiveness
- Developed data visualizations to communicate key findings using R

PRESENTATIONS

- **Vavoso, A.,** Berardi, V., Adams, M., (2026, April). *Changes in Physical Activity Timing and Intensity Under Extreme Heat Conditions*. Poster Presentation at Society of Behavioral Medicine, Orange, CA
- **Vavoso, A.,** Berardi, V., (2026, April). *Pro-Environmental Behavior Among Americans*. Poster Presentation at Southern California Academy of Sciences, Orange, CA

- **Vavoso, A.,** (2025, December). *Doom and Gloom: Predictors of Fears of Air and Water Pollution*. Poster Presentation at Chapman University Student Scholar Symposium, Orange, CA
- **Vavoso, A.,** Tanner, R. (2025, May). *The Emotional Burden of Climate Change: Climate Distress and Burnout Among Environmental Practitioners*. Guest Lecture at Santa Ana College, Santa Ana, CA
- **Vavoso, A.,** Tanner, R. (2025, May). *The Emotional Burden of Climate Change: Climate Distress and Burnout Among Environmental Practitioners*. Oral presentation at Student Scholar Symposium, Orange, CA
- **Vavoso, A.,** Tanner, R. (2025, May). *The Emotional Burden of Climate Change: Climate Distress and Burnout Among Environmental Practitioners*. Oral presentation at UCLA Psychology Undergraduate Research Conference, Los Angeles, CA
- **Vavoso, A.,** Tanner, R. (2025, April). *The Emotional Burden of Climate Change: Climate Distress and Burnout Among Environmental Practitioners*. Poster presentation at Southern California Academy of Sciences, Irvine, CA
- **Vavoso, A.,** Berardi, V., Adams, M. (2025, March). *The Impact of Extreme Heat Exposure on Physical Activity Interventions*. Poster presentation at the Society of Behavioral Medicine Annual Conference, San Francisco, CA
- **Vavoso, A.,** Berardi, V., Adams, M. (2024, December). *The Impact of Extreme Heat Exposure on Physical Activity Interventions*. Poster presentation at Student Scholar Symposium, Orange, CA
- **Vavoso, A.,** Berardi, V., Adams, M. (2024, May). *The Moderating Effect of Socioeconomic Status and Walkability on the Efficacy of Physical Activity Interventions*. Poster presentation at Student Scholar Symposium, Orange, CA
- **Vavoso, A.,** Berardi, V., Adams, M. (2024, April). *The Moderating Effect of Socioeconomic Status and Walkability on the Efficacy of Physical Activity Interventions*. Poster presentation at Western Psychological Association, San Francisco, CA
- **Vavoso, A.,** Berardi, V., Adams, M. (2024, March). *The Moderating Effect of Socioeconomic Status and Walkability on the Efficacy of Physical Activity Interventions*. Poster presentation at the Society of Behavioral Medicine Annual Conference, Philadelphia, PA
- **Vavoso, A.,** Lopez. (2023, May). *Analyzing Daily Activity and Health Trends*. Poster Presentation at Student Scholar Symposium, Orange, CA

Grants & Awards

Chapman University, Psychology Department	May 2026
Outstanding Senior	
Chapman University,	May 2026
Ronald M. Huntington Award for Outstanding Scholarship	
Fulbright U.S. Student Program	May 2026
Canada Graduate Studies Award	
<i>Declined award</i>	
Chapman University, Center for Undergraduate Excellence	Summer 2025
Summer Undergraduate Research Fellowship	\$4,000
Chapman University Center for Undergraduate Excellence	May 2025
Undergraduate Student Scholarly Research/Creative Grant	\$1,000
Chapman University, Psychology Department	May 2025
Best Presentation for <i>Climate Change Distress and Impairment Among Environmental Practitioners in the United States</i>	
Southern California Academy of Sciences	May 2025
Best Poster Presentation for <i>Climate Change Distress Among Environmental Practitioners</i>	
National Science Foundation: Research Experiences for Undergraduates Program	March 2025
Program in Interdisciplinary Approaches to Climate Change Adaptation Training	
<i>Selected participant, funding terminated prior to program start</i>	

Chapman University Crean College of Health and Behavioral Sciences Psychology Student Research Grant	February 2025 \$750
Society of Behavioral Medicine Meritorious Award for <i>The Impact of Extreme Heat Exposure on Physical Activity Interventions</i>	January 2025
Chapman University Center for Undergraduate Excellence Undergraduate Student Scholarly Research/Creative Grant \$1,000	May 2024
Chapman University, Wilkinson College of Arts, Humanities, and Social Sciences Wilkinson Interdisciplinary Research Fellow \$2,000	August 2024 – May 2025
Socio-Ecological Climate Adaptation and Resilience Lab, Schmid College of Science and Technology SEACR Lab Summer Fellow	Summer 2024 \$4,000
Kappa Alpha Theta Eta Sigma Scholarship	June 2024 \$1,525
Chapman University Outstanding Sophomore Student	May 2024
Chapman University Center for Undergraduate Excellence Undergraduate Student Research Travel Grant	March 2024 \$1,750
Society of Behavioral Medicine Meritorious Award & Citation Award for <i>The Moderating Effect of Socioeconomic Status and Neighborhood Walkability on the Efficacy of Physical Activity Interventions</i>	February 2024

PROFESSIONAL EXPERIENCE

Algalita Marine Research and Education Field Educator & Docent	October 2024 - Present
- Led field trips for 40+ middle and high school students focusing on marine ecosystems and plastic pollution - Taught students lab & field work skills including sample collection using plankton tows and visual analysis with microscopes - Engaged students in thoughtful conversations about ecosystem services, climate change, and wetland restoration	
Crean College of Health and Behavioral Sciences Teaching Assistant: PSY 201: Critical Thinking	Spring 2024
- Provided one-on-one academic support to 30+ psychology students while assisting professor with educational materials - Led informational guest lectures on psychological and social science research methods - Advised students and provided tools to attain research positions at Chapman	

PROFESSIONAL SERVICE & AFFILIATIONS

American Psychological Association: Division 34 Student Committee Chair	October 2025 - Present
Society of Behavioral Medicine: Climate Change and Health Special Interest Group Dissemination and Engagement Co-Chair	Spring 2026 - Present

Leadership

Orange County Association of Environmental Professionals – Chapman University

May 2024 – May 2025

Vice President

- Planned meeting events to support undergraduate students with their career goals
- Helped students with professional development skills such as interviewing and resume refinement

Kappa Alpha Theta Sorority

May 2023-December 2023

Diversity, Equity, and Inclusion Committee Member

- Assisted with developing educational lectures about diverse backgrounds for an organization of over 100+ members
- Provided feedback on social media materials to share relevant information on cultural holidays and diverse events