

Alana Plisko

Flagstaff, AZ

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Education

Psychological Sciences, Bachelor of Science

Expected May 2026

Northern Arizona University, Flagstaff, AZ

Cumulative GPA: 3.92

Study Abroad: Psychology of Creativity

May 31 - June 12 2025

Northern Arizona University, Paris, France

- Engaged in an immersive, faculty-led program exploring the intersection of psychology, culture, and creativity
- Participated in discussions led by Dr. Kien and Dr. Tidikis, focusing on creative processes and cultural influences
- Worked closely with classmates, strengthening teamwork and problem-solving abilities

Honors and Awards

- **Psi Chi, International Honors Society in Psychology**, Northern Arizona University, Spring 2025 - Present
- **ASNAU Global Opportunities (GO) Scholarship**, Northern Arizona University, Spring 2025
- **Dean's List**, Northern Arizona University, Fall 2022 - Present
- **NAU Lumberjack Scholarship**, Northern Arizona University, Fall 2022 - Present

Research Experience

Undergraduate Research Assistant

January 2025 - Present

Northern Arizona University, Flagstaff, AZ

Intergroup Behavior and Attitudes in Youth (iBAY) Lab

Advisor: Sonya Xinyue Xiao, Ph.D.

- Collect and organize qualitative and quantitative data
- Manage and update the lab's website, ensuring accurate and accessible information
- Participate in lab meetings to discuss progress and findings

- Coordinate research activities by emailing participants for outreach and following up as needed, while maintaining professional communication with professor and peers
- Organize, clean, and analyze datasets to ensure reliability of results
- Created and distributed lab newsletter to communicate updates and research progress
- Assisted in addressing IRB concerns and contributed to correspondence to support proposal approval

Professional Experience

Coconino Juvenile Court Services - Detention, Flagstaff, AZ

August 2025 - Present

Intern

- Monitor facility operations from the control room, including surveillance cameras and security systems
- Assist in the supervision and daily care of detained youth, ensuring safety and compliance with facility protocols
- Communicate effectively with detention staff to ensure smooth and safe facility functioning
- Record detailed logs of facility updates, incidents, and daily activities to support staff and operations
- Operate door controls to maintain secure access throughout the detention center

LOU Corporation, Flagstaff, AZ

October 2024 - Present

Direct Support Professional

- Provide daily assistance with personal hygiene, grooming, dressing, and mobility, ensuring each client's unique needs were met
- Support clients in managing medication schedules and administering as directed
- Keep accurate, timely records of client activities, behavior, and progress to support their long-term development
- Assist in emergencies, employing first aid or CPR when necessary
- Encourage clients' participation in recreational activities and community events to promote social integration
- Provide emotional support and guidance to help clients manage daily challenges and build independence
- Uphold organization and state requirements to protect client safety and confidentiality

Poster Presentations

Greever, J., Yale, B., Plisko, A., D'Ambrosio L., Zhong, Z., & Xiao, S. X.

(25 April, 2025). *Navigating the Digital Age: How Digital Stress Affects College Student's Belongingness* [Poster presentation]. Undergraduate Research Symposium, Flagstaff, AZ, United States.