

Isabella Rios

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Education

Northern Arizona University | Bachelor of Science in Psychological Sciences & Minor in Criminology | GPA: 4.0

August 2024 - Current

- Enrolled in the Honors College
- Relevant coursework: Abnormal Psychology, Developmental Psychology, Statistics in Psychology, Social Psychology, Psychological Careers, Social Psychology of Self & Identity, Indigenous Perspectives in Criminal Justice, Research Methods in Psychology, Advanced Research Methods in Psychology

Rio Salado Community College | Associate's of Arts | GPA: 3.9

August 2021 - May 2024

- Participated in dual enrollment program
- Completed extra course opportunities to complete 60 credits while simultaneously completing high school
- Relevant coursework: Introduction to Psychology, Addictions and Substance Use Disorders, Public Speaking, Forensic Science, Computer Information Systems

Corona del Sol High School | GPA: 4.3

August 2020 - May 2024

- Graduated with honors in the top 10% of class

Research and Fieldwork Experience

Community Impact Fellowship Program | Research Assistant | Northern Arizona University | Psychological Sciences

Supervisors: Dr. Laura Noll and Dr. Robert Wickham

January 2025 - current

- Collaborated with Northland Family Help Center, assessing staff wellbeing and burnout
- Trained in the creation of IRB documents, Qualtrics surveys administration and creation, and participant tracking/scheduling
- Assisted in the creation of the interview protocol for the study
- Conducted interviews and read consent/debriefing forms to participants
- Transcribed and deidentified interviews
- Learning qualitative and quantitative analysis with the results from study

Teaching Assistant | Northern Arizona University | Developmental Psychology

Professor: Dr. Sonya Xiao

January 2025 - current

- Assisted in facilitating class discussions and activities on developmental psychology in cognitive, emotional, and social domains
- Assisted in developing instructional materials and organizing course content
- Collaborated with the professor to enhance student engagement and learning outcomes
- Graded assignments, quizzes, and projects

Community Involvement

President | Gamma Phi Beta Sorority

November 2025 - current

- Mentor and coach chapter officers and members by leading educational conversations that promote reflection and action to prepare them to embrace the roles and responsibilities, and competencies of membership
- Guide the chapter in developing plans that promote member engagement, sisterhood, and retention
- Contribute to and foster open communication throughout the chapter and facilitate conflict resolutions

Belonging, Equity, Diversity, and Inclusion Chairwoman | Gamma Phi Beta Sorority

November 2024 - November 2025

- Utilize leadership and knowledge to implement inclusive chapter practices and facilitate diversity engagement
- Promote changes within the chapter through an annual action plan to revise and improve sorority values

Co-President | Future Inspired Native American Leaders Youth Council | Phoenix Indian Center

August 2023 - June 2024

- Coordinated and planned events for Native American community engagement
- Executed the annual Murdered and Missing Indigenous Peoples Walkathon with more than 200 attendees

Prevention Chair | Future Inspired Native American Leaders Youth Council | Phoenix Indian Center

August 2022 - June 2023

- Coordinated events alongside the United Indian Coalition of Arizona focused on mental health & providing prevention services for suicide and drug abuse
- Managed advocacy efforts for the Native community by implementing a drug take-back program, providing resources to seek counseling, representing PIC as the spokesperson, and planning events to focus on improving mental health

Presentations

Rios, I, Lamas, E, (2024)

Generational Trauma and the Impact of Sexual Abuse on Indigenous Women

Presentation for workshop at the United National Indian Tribal Youth (UNITY) National Conference

Prior Work Experience

Front of House Server | American Way Smokehouse | *April 2024 - September 2024*

- Demonstrated outstanding customer service skills by fulfilling order requests, effectively communicating orders to the kitchen, managing financial transactions, & efficiently delivering food

Intern | Crystal Clear Results | *Summer 2023*

- Assisted owner with developing marketing brand & providing insight into generational differences to address younger individuals
- Collaborated on creative projects for LinkedIn
- Meticulously compiled transcripts & concise notes for the owner's podcasts

Intern | Emperador Enterprises | *Summer 2023*

- Envisioned and executed creative projects for social media platforms to promote the business' mission & values
- Conducted research on mental health issues & resources that are offered to provide detailed notes for business clientele

Professional Development

Gamma Phi Beta REAL Leadership Experience | Norman, OK | *July 2025*

United National Indian Tribal Youth National Conference Attendee | Portland, OR | *June 2024*

- Co-hosted a workshop discussing the impact of sexual assault and generational trauma

United National Indian Tribal Youth National Conference Attendee | Washington, D.C. | *June 2023*

Community Anti-Drug Coalitions of America National Conference Attendee | National Harbor, MD | *January 2023*

Skills

Certifications: CITI/HIPPA, Adobe Suite, Title 4 Basic Liquor Law License, Learn2Serve Food Handler's License

Data Management/Technical: SPSS, Qualtrics, Excel, Canva, Microsoft Suite, Mac OS, Windows OS

Soft Skills: Project Leadership, Public Speaking, Organization, Detail Orientation, Adaptability, Multitasking, Effective Communication, Problem Solving

Awards & Honors

Psi Chi Member | *March 2025 - current*

- International Honors Society in Psychology

Honors College | *August 2024 - current*

- Member of the Honors College at Northern Arizona University

Northern Arizona University's Lumberjack's Scholarship | *August 2024*

- Awarded to undergraduate students with GPA above 3.75 upon graduation