

Avery Chahl

The Pennsylvania State University | Department of Human Development and Family Studies
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Education

The Pennsylvania State University

Ph. D. Student

Human Development and Family Studies

Supervisors: Jennifer L. Maggs, Ph.D., & Kelly L. Rulison, Ph.D.

The Pennsylvania State University

2022

Master of Science

Human Development and Family Studies

Certificate in Translational Science

The University of Texas at Austin

2020

Bachelor of Arts

Psychology with Special Honors

Minor in Health Communications

Visiting Appointments & Fellowships

Visiting Scholar, Max Planck Institute for Demographic Research

Oct 2025-

Kinship Inequalities Research Group, PI: Diego Alburez-Gutierrez, Ph.D.

Rostock, Germany

Predoctoral Fellow, The Prevention and Methodology NIDA T32 Training

2023 - 2025

Program, Edna Bennett Pierce Prevention Research Center

The Pennsylvania State University, USA

Predoctoral Fellow, Bennet Pierce Prevention Research Fellowship in Caring

2022 - 2023

and Compassion, Edna Bennett Pierce Prevention Research Center

The Pennsylvania State University, USA

Research Interests

Peer relationships, peer influence, adolescent and child development, prevention and intervention science, longitudinal methods

Funding and Awards

Funding

Edward R. and Helen Skade Hintz Graduate Educational Enhancement Fellowship
College of Health and Human Development, The Pennsylvania State University

2023

Bunton-Waller Graduate Assistantship 2020 - 2021
Council of College Multicultural Leadership, The Pennsylvania State University
Awarded to students who exhibit commitment to diversity, equity, inclusion, and justice

Awards

Knoll Endowment Research & Professional Development Funds 2020 -2026
Rapid Research Competition, College of Health and Human Development, 2nd place 2022

Publications

Chahl, A., Bai, S., Rulison, K. L., & Fosco, G. M. (2024). Examining the association between school connectedness and use of self-regulation strategies in middle childhood. *Applied Developmental Science, 29*(2), 161–170.
<https://doi.org/10.1080/10888691.2024.2305343>

Rulison, K. L., **Chahl, A.,** & Hoeben, E. M. (2023). The role of parenting in shaping the friendship context of adolescent substance use. In M. E. Feinberg & D. W. Osgood (Eds.), *Teen friendship networks, development, and risky behavior* (pp. 190–210). Oxford University Press.

Preprints

Chahl, A. (2023, March 19). A Shiny app for teachers to track daily student wellbeing. PsyArXiv, <https://doi.org/10.31234/osf.io/9r6cb>.

Working Papers

Under Review

Chahl, A., Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. Exploring adolescent strengths: Lasso regression and latent class analysis for healthy youth development.

In Progress

Chahl, A. Foundations of Coexistence: Norms and Religious Tolerance Among Youth in Bahrain. [dissertation proposal in progress]

Figueroa, C.I., **Chahl, A.** Multi-informant childhood internalizing and externalizing symptoms and adolescent substance use.

Chahl, A., Pojman, E. M., Santos-Lozada, A. Evidence of place-based heterogeneity in self-reported health trends among Asians in the United States.

Maiya, S., Maggs, J., **Chahl, A.** Parent permission to drink at home during COVID-19 and adolescent alcohol use: Longitudinal links and moderating roles of intent, expectancies, and birth order.

Presentations

Chahl, A. & Figueroa, C. I. (April, 2026). Early internalizing/externalizing and later substance use: The role of time with friends. In J Bigelow (Chair). Paper Symposium. *Peers, Places, and Pathways: Psychosocial Development in Friendship and School Contexts*. Society for Research on Adolescence, Toronto, ON, Canada [Submitted]

Chahl, A. (2024, July). Peer relationships: My present and past work [Invited Talk to Wouter van den Bos' Lab, at the University of Amsterdam]. Amsterdam, Netherlands.

Chahl, A., (2024, July). Peers' parents versus our own: Parental monitoring and differences in longitudinal drinking behaviors beginning in adolescence [Invited talk at the Netherlands Institute for the Study of Crime and Law Enforcement]. Amsterdam, Netherlands.

Chahl, A., Chen, L., Ngigi, K., Rist, J., Wang, D., Linden-Carmichael, A. (2024, May). Exploring adolescent strengths: lasso regression and latent class analysis for healthy youth development [Presentation in the SPR Cup Competition]. Society for Prevention Research, Washington, D.C.

Chahl, A., Bai, S., Rulison, K.L., Fosco, G.M. (2023, April). Coping with academic stress: Considering the complex and interdependent influences of relationships with peers, parents, and teachers [Paper Symposium]. Society for Research on Adolescence, San Diego, CA.

Chahl, A. Introduction to piloting: A dashboard to track daily student wellbeing (2022, November) [Presentation to elementary school staff during dashboard pilot]

Grant Writing Experience

Chahl, A., Bai, S., & Fosco, G. M. Student wellness dashboard to support social emotional learning in elementary school classrooms (not awarded)
Spencer Foundation

Research Experience

2020 – 2024 **Project Coordinator & Graduate Research Assistant**

The Pennsylvania State University
Student Wellness Study

PIs: Gregory M. Fosco, Ph.D., Sunhye Bai, Ph.D.

- Coordinated and lead baseline and daily diary data collection efforts
- Primary liaison for school-research partnership as a researcher-to-elementary school liaison
- Developed translational products (i.e., self-coded data feedback dashboard for teachers)
- Managed project data and cleaning, developing codebook

- 2020 – 2024 **Graduate Research Assistant**
 The Pennsylvania State University
 Families Being Supportive Together Study
 PI: Sunhye Bai, PhD.
- Ran undergraduate research assistant meetings
 - Facilitated undergraduate research assistants' professional development
 - Coordinated undergraduate research assistant tasks (i.e., data input, transcriptions)
 - Conducted participant baseline interviews
- 2019 –2020 **Undergraduate Research Assistant**
 The University of Texas at Austin
 Biopsychosocial Pathways Linking Discrimination and Adolescent Health
 PI: Aprile D. Benner, Ph.D.
- 2018 **Undergraduate Research Assistant**
 The University of Texas at Austin
 Estimating and Understanding Effects of Teaching Teens That People Can Change
 PI: David S. Yeager, Ph.D.

Teaching and Mentoring Experience

Graduate Teaching Assistant

HDFS Internship Preparation	Fa 2025
HDFS Infant and Child Development	Sp 2023
HDFS Introduction to Human Development and Family Studies	Fa 2022

Guest Lectures

<i>Technical Writing</i>	Sp 2025
HDFS Quantitative Skills for Human Services	
<i>Overview of Research Design</i>	Fa 2024
HDFS Empirical Inquiry in Human Development	
<i>Correlational Methods and Regression</i>	Fa 2023
HDFS Empirical Inquiry in Human Development	
<i>Inferential Statistics</i>	Fa 2023
HDFS Lab for Empirical Inquiry in Human Development	
<i>Friendships in Childhood: Social Network Applications</i>	Sp 2023
HDFS Infant and Child Development	
<i>Peers, Cliques, and Crowds- Applications of Social Network Analysis</i>	Fa 2022
HDFS Adolescent Development	

Honors Student Mentorship

Caroline Horn

Fa 2022- Sp 2023

Undergraduate Honors Thesis

*The Home-to-School Connection: Family Cohesion and How it Impacts
Connection to School*

Skills and Expertise

Software

Proficient in R, R Studio, Qualtrics

Competent in SAS, SPSS, Mplus, Excel Power Query

Familiar with Python

Methods

Social network analysis

Psychological network analysis (Graphical VAR)

Multilevel modeling (Hierarchical linear modeling)

Bayesian OLS

Other models for intensive longitudinal data analysis

Languages

English (native), Hindi (limited working), German (currently enrolled in A1)

Professional Affiliations

Society for Prevention Research

- The Early Career Preventionist Network
- Awards Committee, Webpage Committee

European Society for Prevention Research

Society for Research on Adolescence

European Association for Research on Adolescence

Society for Research in Child Development

- Society for Research in Child Development Asian Caucus

International Network for Social Network Analysis

Service

University Service

College of Health and Human Development Graduate Equity Ambassador

2023 - 2025

Departmental Graduate Steering Committee

2024 -

Faculty Meeting Representative

2024 - 2025

Admissions Committee Representative

2023 - 2024

Co-Chair

2022 - 2023

BIPOC Affinity Group Coordinator and Founder

2021 - 2022

Program, Planning, Development, and Evaluation Graduate Representative 2021 - 2022
Newsletter Subcommittee Representative 2021 - 2022

Additional Service

The Pennsylvania State University

Undergraduate Research Exhibition Judge April 2025

Graduate Research Exhibition Judge March 2024

Presentation Panel Member June 2023

Academia Won't Break My Soul: Exploring Refusal and Resistance as We
Prepare to Navigate Graduate School
IMPACT Program Professional Development Program

Presentation Panel Member March 2023

Internships and Graduate School
Hosted by HDFS Undergraduate Student Organization

Center for the Performing Arts at The Pennsylvania State University

Community Presentation Panel Member Feb 2022

The Frederick Douglass Project