

SAIRA ZAMAN

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EDUCATION

PhD, Human Development and Family Sciences 09/2017- Present
University of Delaware, Newark, DE

MA, Developmental Psychology 03/2014

Teachers College of Columbia University, New York, NY

Thesis: Resilience in emotional development (based on Maslow's theory of hierarchy of needs) and its association with attachment, age, gender, socio-economic status, and ethnicity.

MA, General Psychology, GPA: 3.95 05/2007

Queens College of CUNY, Flushing, NY

BS, Computer Science with Concentration in Mathematics, Minor in Psychology 02/2001

Queens College of CUNY, Flushing, NY

WORK EXPERIENCE

Adjunct lecturer

- Teach and prepare syllabi for General Psychology, Developmental Psychology, Social Psychology and Child/Adolescent Development courses
- Advised students
- Gained experience working with diverse students

LaGuardia Community College of CUNY, LIC, NY 09/2010 –06/2013

Social Sciences Division

Borough of Manhattan Community College of CUNY, New York, NY 09/2011-06/2012

Human Services and Social Sciences Department

Mercy College, Bronx, NY 09/2007-06/2010

Division of Social & Behavioral Sciences

ASA Institute, Brooklyn, NY 02/2008-01/2009

General Studies Department

York College of CUNY, Jamaica, NY Summer 2008

Teacher Education Department

Teacher 09/2001-07/2004

Al-Ihsan Academy, Queens, NY

- Developed course syllabi, lesson plans, exams and taught 3rd grade
- Communicated with & Advised parents regarding student needs

ASSISTANTSHIPS & OTHER EXPERIENCE

Graduate Assistant

- **Early Learning Center**, Newark, DE 09/2018 -05/2019
Early childhood Intern & Administrative assistant
- **New Directions Early Head Start**, Newark, DE 09/2017 -05/2018
The Family Map Project- Manage assessment inventory data

Research Assistant

Queens College of CUNY, Flushing, NY 06/2006 -09/2008

- Evaluation of Emotional Freedom Therapy (EFT)
- Train on use of EFT and perform on participants, conduct library research & assist with compilation of experimental data

HONORS & PROFESSIONAL MEMBERSHIPS

Kappa Omicron Nu-National Honor Society for Human Sciences

National Council on Family Relations

SKILLS

- Languages: Speaking Bangla, Urdu, & Hindi (Parallel to Urdu)

Bio:

I am currently a PhD student in Human Development and Family Sciences. My research interests are in studying the association between environmental factors and emotional development across the lifespan, particularly resilience. My research focus for my dissertation is on negative environmental factors in the early caregiving environment and their influence on children's social-emotional development. I am very interested in working with secondary data. I have some experience working with secondary data, including the National Institute of Child Health and Human Development (NICHD)'s Study of Early Child Care and Youth Development (SECCYD) and the National Survey of Early Child Care (NSECE). In the future, I hope to work towards shedding light on existing inequalities and working towards reducing these disparities.