

Cassandra Cavallo

(203) 450-5021 | cassandra.cavallo02@gmail.com

Education:

UC Santa Barbara, Santa Barbara, CA

September 2020 - June 2024

- Bachelor of Science in Psychological and Brain Sciences
- Minor in Professional Science Writing
- Cumulative GPA: 3.39

Research Experience:

Research Assistant on NIH Funded Clinical Trial Titled Stepped Care for Patients to Optimize Full Recovery (SC-POWR)

PI: Declan Barry, Ph.D.

APT Foundation / Yale School of Medicine, New Haven, CT | June 2025 - Present

- Conducted informed consent, clinical screenings, and baseline and longitudinal assessments following IRB protocols.
- Collected behavioral and biological data, including self-report measures and urine drug screening.
- Scheduled participant visits, managed study logs, and maintained participant records.
- Coordinated with study staff to support recruitment targets, ensure data quality, and manage clinical documentation.
- Worked within a multidisciplinary team advancing culturally responsive, compassionate care.

Research Assistant on a Systematic Review on Commercial Wearable Devices (Work in Progress)

PI: Lisa Fucito, Ph.D. & Garrett Ash, Ph.D.

Yale School of Medicine, New Haven, CT | September 2025 - Present

- Conducted structured literature searches on commercial wearable devices for behavior change across health outcomes, including mental health and substance use.
- Contributed to discussions establishing preliminary inclusion and exclusion criteria across device categories and health domains.
- Assisted in outlining outcome measures and identifying key constructs for evaluating wearable technologies.
- Supported early protocol development by reviewing relevant frameworks, search approaches, and methodological considerations.

Research Assistant for the Emotion, Health, and Psychophysiology Lab

PI: Wendy Berry-Mendez, Ph.D.

Yale Department of Psychology, New Haven, CT | May 2025 - June 2025

- Set up study equipment and guided participants through cognitive and physiological testing protocols.
- Attached and monitored physiological sensors, collected health intake data, and administered cognitive tasks.
- Maintained professionalism and clear communication while working directly with participants.
- Followed detailed study procedures to ensure consistency and data quality.

Research Assistant on a Systematic Review of Dance and Movement-Based Interventions

PI: Emma Tao, M.Phil; Supervisor: Garrett Ash, Ph.D.

Yale School of Medicine, New Haven, CT | April 2025 - July 2025

- Conducted preliminary screening and coding of titles, abstracts, and full texts for a systematic review and network meta-analysis on dance and movement-based interventions.
- Identified inconsistencies and conceptual gaps in the initial eligibility criteria, prompting refinements to improve clarity and methodological alignment.
- Contributed to the development of a strengthened inclusion/exclusion framework that informed the project's PROSPERO protocol and subsequent review procedures.

Research Assistant for the Center for Evolutionary Psychology Lab

PI: Leda Cosmides, Ph.D.

University of California, Santa Barbara, CA | September 2023 - June 2024

- Assisted with coding and analyzing data using R Studio.
- Conducted comprehensive literature reviews to support ongoing research.
- Tested and refined online simulations using Qualtrics to ensure they were ready for subject participation.

Interdisciplinary Job Experience:

Bartender

Two Roads Brewing Company, Stratford, CT | December 2024 - August 2025

- Provided friendly, knowledgeable service while educating customers about craft beer and brewing.
- Served high volumes of guests in a fast-paced taproom while maintaining accuracy and professionalism.
- Handled cash, POS transactions, and restocked inventory to keep bar operations running smoothly.
- Worked closely with team members to support events and manage busy shifts

Medical Administrative Assistant

Private Practice of Dr. Gwen Lopez-Cohen, Westport, CT | November 2024 - March 2025

- Performed clerical and administrative tasks to support private practice operations.
- Uploaded patient documents to electronic medical records, ensuring accuracy and confidentiality.
- Organized and categorized documents for improved clarity and accessibility.

Server

Gabriele's Ristorante Italiano, Orange, CT | August 2024 - March 2025

- Delivered excellent customer service, creating a positive dining experience in a fast-paced environment.
- Managed multiple tables efficiently, coordinating with kitchen staff for timely, accurate orders.
- Handled transactions accurately, maintaining cash register integrity.

Daily Nexus Science & Tech Writer

University of California, Santa Barbara, CA | October 2023-June 2024

- Conducted in-depth research and stayed current with the latest breakthroughs in various scientific fields.
- Communicated complex concepts for accessible and credible science journalism.
- Showcased UCSB's impactful scientific contributions, featuring breakthroughs, Nobel laureates, and technological advancements.

DSP Notetaker and Access Ambassador

University of California, Santa Barbara, CA | August 2023-June 2024

- Provided academic accommodations to students with disabilities.
- Took notes and live-streamed classes for DSP students.

Manufacturing Engineer Intern

James Ippolito & Co., Bridgeport, CT | Summer 2023

- Authored government source approval requests for critical safety aircraft parts.
- Reviewed government technical data packages.

- Identified manufacturing process requirements.
- Compiled documents in government source approval requests and managed package submissions.

Report Writer

ASA Ventures Group, Denver, CO | May 2022-September 2022

- Compiled comprehensive industry reports on the M&A activity in various markets such as Healthcare, Energy, Industrials, Information Technology, and Telecom & Media.
- Assisted in website development by updating infographics.

Other Activities & Afiliations:

- **Delta Gamma Sorority**
UCSB, CA | 2020-2024
- **Gauchos Go Green Education Intern**
UCSB, CA | 2022-2024

Certificates:

CITI Program Training

- Good Clinical Practice (GCP): Social & Behavioral Research – Best Practices for Clinical Research
Completed: June 24, 2025
- Responsible Conduct of Research (RCR): Social & Behavioral
Completed: May 1, 2025

Yale University – HIPAA Compliance Training

- Researcher's Foundational HIPAA Privacy & Security
Completed: June 24, 2025

Technical Skills:

- **Software:** Microsoft Office Suite, Qualtrics, SPSS, REDCap, SMART, BIOPAC, Covidence
- **Research:** Participant recruitment, informed consent, data collection, behavioral and physiological measurement

Other Skills:

- Effective verbal and written communication
- Problem-solving and critical thinking
- Attention to detail
- Ability to learn quickly

Link to my writing portfolio: <https://cassandracavallo.journoportfolio.com/>