

## CARA S. WHITE, M.A., PLMHP

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### PERSONAL INFORMATION

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**Contact Information**

(402)-472-2223  
cara.jack@huskers.unl.edu

**Mailing Address**

114 Teachers College Hall  
Lincoln, NE 68588

### EDUCATION

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**Doctor of Philosophy – School Psychology**

*University of Nebraska-Lincoln, Lincoln, NE*

APA-accredited and NASP-approved program in School Psychology

Advisor: Dr. Beth Doll Ph.D.

Anticipated 2026

**Master of Arts – Educational Psychology**

*University of Nebraska-Lincoln, Lincoln, NE*

APA and NASP Accredited School Psychology Program

Advisor: Beth Doll

2022

**Bachelor of Arts - Psychology**

*University of Nebraska-Lincoln, Lincoln, NE*

Minor: Sociology

Magna Cum Laude

2020

### PROFESSIONAL LICENSURE

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**Provisionally Licensed Mental Health Practitioner**

Nebraska Department of Health and Human Services

Supervisor: Matthew Gormley, Ph.D., LP

License #: 13219

Expires: 11/01/2027

### RELEVANT EXPERIENCE

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**Student Therapist**

2022-Present

Counseling and School Psychology Clinic at the University of Nebraska-Lincoln, Lincoln, NE

*Supervisors: Heather Hruskoci, PhD., LP; Miriam Crinion, MA, PLMHP*

- Provide individual and family therapy for youth and adolescents referred for behavioral and emotional concerns (e.g., anxiety, disruptive behavior, ADHD, depression)
- Receive live, individual, and group supervision from advanced doctoral students and a licensed psychologist
- Conduct case conceptualization, treatment planning, clinical note writing, and peer supervision

**School Psychologist in Training** 2021-Present

Roper Elementary School & Irving Middle School, Lincoln Public Schools

*Supervisors: Meghan Schwank, Ed.S.; Lane Deines, Ed.S.; Matthew Gormley, Ph.D.*

- Provide school-based psychological services to students in grades kindergarten through 8<sup>th</sup> grade
- Conduct comprehensive educational evaluations by administering, scoring, and writing reports using qualitative and quantitative measures and assessments
- Observe and assess student behaviors in multiple settings, participated in student assistance process meetings, multidisciplinary team meetings, and individualized education plan meetings
- Provide direct counseling and facilitated social skills and emotion regulation groups for students with diverse needs
- Receive live, peer, individual, and group supervision

**Graduate Assistant for Faculty Diversity** 2021-Present

Office of Diversity and Inclusion, Lincoln, NE

*Supervisor: Gwendolyn Combs, Ph.D.*

- Research diversity and inclusion models and promising practices related to recruitment, selection, onboarding and retention
- Assemble information, reports and other materials related to the University's and ODI's diversity goals
- Support Director in preparation of visuals/presentations and implementation of programs/meetings/events
- Attend and support faculty and staff during conferences and awards ceremonies relating to DEI
- Assisted in creation of UNL Diversity Ambassadors (DA) to make hiring process more equitable and attend DA meetings and manage potential placements

**Bullying Involvement Training** 2021

*Target Bullying Involvement Program, Lincoln, NE*

- Completed preliminary training to learn protocol, processes, and how to best respond to different situations or disclosures
- Interviewed education professionals to gather information about referred students
- Met with students of various backgrounds and established rapport and administered surveys to assess bullying perpetration/victimization as well as other narrow-band measures
- Collaborated with other graduate students to determine intervention
- Attended follow up meeting to inform about youth and offer recommendations to school and family

**Teacher Assistant** 2019-2020

*Family Service Lincoln, Lincoln NE*

- Implemented before and after school program activities to support learning and youth development
- Encouraged youth to interact with each other in positive ways and to make responsible choices
- Supported and built relationships with school personnel as well as parents

**Troupe Co-Leader** 2018

*Girl Scouts Refugee Program, Lincoln, NE*

- Led refugee high school students in learning leadership skills to help them become capable women
- Arranged lesson plans to help the girls learn to understand individuality
- Advised girls in their future goals to help them understand their potential
- Collaborated with other group leaders in order to resolve problems with lesson plans or volunteers

RESEARCH EXPERIENCE

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**Graduate Lab Member**

2020-Present

Youth Wellness and Resilience Lab, Lincoln, NE

*Supervisor: Dr. Beth Doll, Ph.D.*

- Designed study by forming research questions, creating a literature review, and writing IRB forms
- Developed survey assessments, refined their validity, and linked surveys to subsequent actions to strengthen classroom climate
- Designed multiple studies by forming research questions, creating a literature review, and writing an IRB
- Assisted in the development of NASP Position Statement on mental health and wellness in schools

**Graduate Lab Member**

2019-2021

Empowerment Initiative Lab, Lincoln, NE

*Supervisor: Dr. Susan Swearer, Ph.D.*

- Read scholarly article each week and participated in discussion
- Developed surveys and created graphs for poster presentations using Qualtrics and Excel
- Aided in literature reviews of lab members and in creating and refining poster presentations

**Undergraduate Research Assistant**

2019-2020

Physiological Substrates Lab, Lincoln, NE

*Supervisor: Carrie Clark, Ph.D.*

- Scored standardized assessments (e.g., Kaufman Brief Intelligence Test, Kaufman Achievement Test)
- Cleaned electrocardiogram data to measure physiological regulation
- Set up data entry systems, and created surveys
- Assisted with participant recruitment
- Trained in Magnetic Resonance Imaging (MRI) safety

**Undergraduate Research Assistant**

2019

Supportive Parents and Resilient Kids Study, Lincoln, NE

*Supervisor: Meredith Martin, Ph.D.*

- Disciplined in completing research protocol that included helping families go through psycho-physiological testing

- Learned to complete semi-structured interviews with parents about response to child's peer victimization
- Trained in recognizing and responding to youth disclosure of self-harm
- Collaborated in a group setting to create research poster and determine research hypotheses
- Conducted coding of interviews to assess parental responses of youth victimization disclosure

**Undergraduate Research Assistant** 2018-2019

Pregnancy Project, Lincoln, NE

*Supervisor: Meredith Martin, Ph.D.*

- Assessed six or more couples a week by watching videotaped interactions and coding communication skills
- Communicated with other Research Assistants to determine the accuracy of codes for pilot coding scale
- Ensured sensitive information remained private
- Instructed on detecting minor cues in body language and inflection

LEADERSHIP

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**Diversity, Equity, and Inclusion Student Advisory Council** 2022-Present

*Student Affairs, University of Nebraska-Lincoln*

- Meet monthly to offer feedback, suggestions, and ideas for programming and outreach related to diversity, equity, and inclusion
- Act as a representative for my department graduate students at university

**Student Interest Group Co-Leader/Founder** 2021-Present

*Gender & Sexuality Equity Coalition, University of Nebraska-Lincoln*

- Designed and created coalition of more than 25 members by writing mission statement, gathering materials, sending out surveys and advertising, and finding a faculty representative
- Schedule and plan monthly meetings and presentations
- Intentionally research and stay updated on local and national news/issues relating to gender and sexuality
- Organized department-wide book club focused on intersectionality

**Social Justice Chair** 2021-Present

*Student Affiliates in School Psychology, University of Nebraska-Lincoln*

- Attend Diversity and Ethnic Minority Affairs Committee (DEMAC) meetings and serve as ambassador
- Plan events each semester to promote social justice mission (e.g., competition to attend the most social justice events, attend various talks and conferences with topics surrounding social justice)
- Organize and coordinate annual donation drive for local schools
- Keep up to date on relevant news and issues both locally and nationally to share with other students

**Student Advisory Board ODI Representative** 2021- Present

*Executive Vice Chancellor's Student Advisory Board, Lincoln, NE*

- Provide feedback and guide implementation of academic initiatives at the University to align with Diversity, Equity, and Inclusion goals
- Collaborate with EVC and other representatives each semester to discuss ideas or changes for the university

**Representative of Faculty Member**

2020-Present

*Beth Doll, University of Nebraska-Lincoln*

- Person of contact for students interested in the Youth Wellness and Resilience Lab
- Reach out to new or interested students on behalf of Dr. Doll

**First-Year Representative**

*Student Affiliates in School Psychology, University of Nebraska-Lincoln*

2020-2021

- Compiled and distribute announcements to students and faculty in UNL's School Psychology program
- Assisted faculty in organizing interview day activities online
- Discussed concerns or questions from first-year school psychology graduate students with faculty and the president of the Student Affiliation of School Psychology

TRAININGS AND PROFESSIONAL DEVELOPMENT

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**Child Abuse and Maltreatment Training**

2021

*University of Nebraska-Lincoln*

- Received training from specialist with the Nebraska Department of Health and Human Services – Division of Children and Family Services

**CITI Training**

- Social/Behavioral Basic Course, valid until 2024

**Teaching Assistant Training Program**

2021

*University of Nebraska-Lincoln*

- Trained in various topics meant to prepare graduate students to teach, such as effective teaching styles, giving clear explanations, responding to questions, use of visuals aids, classroom management, grading, and assessment.
- Recorded a series of lectures to be reviewed by peers and program facilitators who provided feedback for further development

SCHOLARLY ACTIVITIES

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- Doll, B., **White, C. S.**, Rangel-Pacheco, A, & Pierson, M. E. (2022). Can a brief ClassMaps survey be used to assess school learning environments? Poster Presented at the National Association of School Psychologists Convention

- Kesselring, S. A., Swearer, S. M., Carney, C. M., **White, C. S.**, & Swanson, L. R. (2022). The role of sexual identity acceptance on LGBTQ and questioning youth. Poster Presented at the National Association of School Psychologists Convention
- **White, C. S.**, Swearer, S. M., Kesselring, S. A. (2021). Does involvement in bullying differ across sexual minority status? Poster Presented at the Association for Behavioral and Cognitive Therapies Convention.
- Ee, B, **White, C. S.**, Waite, D. A., Caddel, K., Wick, K., & Coore, J. A. (2020). Relation of heart rate variability to self-regulation in young children. Poster presented at Great Plains Student's Psychology Convention, first-place prize in Neuroscience/Physiology Empirical section
- Crinion, M., Swearer, S. M., Palacios, R., Morris, T., & **White, C. S.** (2019). Promoting hopeful thinking in victimized youth. Poster accepted to Society for Research in Adolescence annual meeting
- Martin, M., Ee, B. Y., Berger, C. J., **White, C. S.**, Waite, D. A., & Ayer, C., (2019). Predictors of adolescent disclosure of peer victimization. Poster presented at the University of Nebraska annual student research fair

## AWARDS AND HONORS

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**SCCAP Diversity Professional Development Award** 2021  
*Society of Clinical and Adolescent Psychology (SCCAP)*

- Intended to support professional development opportunities of graduate students and early career professionals from diverse backgrounds.

**Dean's Honor List** 2016-2020  
*University of Nebraska-Lincoln*

- Recognizes students with a semester grade point average of 3.7 or above
- Received recognition all semesters

**Undergraduate Creative Activities and Research Experience** 2019  
*University of Nebraska-Lincoln*

- Awarded a grant of \$2,400 to produce an original research project
- Presented findings at Undergraduate Research Symposium

## RELEVANT COURSEWORK

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**Bachelor of Arts in Psychology:** Intro to Cognitive Processing, Psychology of Social Behavior, Lifespan and Human Development, Research and Data Analysis, Psych of Personality, Sociology of Juvenile Delinquency, Abnormal Psychology, Psychology of Family Violence, Families and Society, Brain and Behavior, Human Sexuality and Psychology, Clinical Psychology, Happiness and Positive Psychology, Gender in Contemporary Society, Sociology of Deviance

**Graduate Coursework:** Intro to Applied Behavior Analysis, Counseling Pre-Practicum, Ethics and Professional Practice in School Psychology, Intellectual Assessment, Psychopathology and Disorders, Systems of School Consultation, Intro to Students with Behavioral Needs, School Mental Health, Lifespan and Development, Intermediate Statistics: Correlation, Counseling Theory and Intervention, Foundations of Educational research, Intermediate Statistics: Experiential

## ASSESSMENTS

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AIMSweb Benchmarks and Progress Monitoring Measures for Response to Intervention  
Behavior Assessment for Children, Third Edition (BASC-3)  
Bullying Intervention Rating Profile (BIRP)  
Children's Depression Inventory (CDI)  
Conners, Third Edition (Conners 3)  
Draw a Bullying Situation (DABS)  
Functional Behavior Analysis (FBA)  
Gilliam Autism Rating Scale, Third Edition (GARS-3)  
How I Think Questionnaire (HIT)  
Interpersonal Reactivity Index (IRI)  
Inventory of Callous-Unemotional Traits (ICU)  
Multidimensional Anxiety Scale for Children (MASC)  
Self-Perception Profile for Children (Harter)  
Swearer Bully Survey System  
Thoughts About School (TAS)  
Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)  
Woodcock-Johnson Tests of Achievement, Fourth Edition (WJ-IV ACH)  
Woodcock-Johnson Tests of Cognitive Abilities (WJ-IV COG)