

## CURRICULUM VITAE

Kyle Eichas

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McLennan University Center  
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### EDUCATION

2010 Ph.D., Psychology, Florida International University

*Developmental Science Program*

2008 M.S., Psychology, Florida International University

*Developmental Science Program*

2005 M.A., Counseling, University of Texas at San Antonio

*Community Counseling Specialization*

2003 B.A., Psychology and Sociology, Austin College

### EXPERIENCE

2021– Professor of Psychology, Department of Psychological Sciences, Tarleton State University

2016– 2021 Associate Professor of Psychology, Department of Psychological Sciences, Tarleton State University

2016– 2016 Invited guest researcher, Department of Psychology, Stockholm University

2012– 2016 Assistant Professor of Psychology, Department of Psychological Sciences, Tarleton State University

2010– 2012 Research Assistant, Expect Respect Program, SafePlace, Austin, Texas

2007– 2009 Adjunct Instructor, Miami Dade College

2005– 2010 Teaching Assistant, Department of Psychology, Florida International University

### HONORS

2023 Faculty Excellence in Student Success Award for extraordinary efforts to increase student success, Tarleton State University, College of Education

2017 Engaged Faculty Award for exemplary community-engaged scholarship and leadership, Tarleton State University, College of Education

## PUBLICATIONS

### Articles and Book Chapters

Meca, A., **Eichas, K.**, Cruz, B., Allison, K. K., Dennard, C., & Stickley, Z. (2024). Empowering nontraditional college students: A self-transformative intervention for promoting positive identity development. *Identity: An International Journal of Theory and Research*. doi:10.1080/15283488.2024.2389435

Clausén Gull, I., Stålnacke, J., Eninger, L., Ferrer-Wreder, L., & **Eichas, K.** (2024). Cognitive abilities in a sample of young Swedish children. *Frontiers in Psychology, 15*, 1398398. doi:10.3389/fpsyg.2024.1398398

Olsson, T. M., Enebrink, P., Kapetanovic, S., Ferrer-Wreder, L., Stålnacke, J., Eninger, L., **Eichas, K.**, Norman, Å., Lindberg, L., Clausén Gull, I., Ginner Hau, H., Westling Allodi, M., & Sedem, M. (2023). Study protocol for a non-randomized controlled trial of the effects of internet-based parent training as a booster to the preschool edition of PATHS®: Universal edition of the Parent Web. *PLoS ONE, 18*, e0284926. doi:10.1371/journal.pone.0284926

Thomas, S., Kågström, A., **Eichas, K.**, Inam, A., Ferrer-Wreder, L., & Eninger, L. (2023). Children's social emotional competence in Pakistan and Sweden: Factor structure and measurement invariance of the Social Competence Scale (teacher edition). *Frontiers in Psychology, 13*, 1020963. doi:10.3389/fpsyg.2022.1020963

Meca, A., Allison, K., Rodil, J., Ayers, K., & **Eichas, K.** (2022). "I just can't": Why are emerging adults feeling more anxious and uncertain? In T. Duncan & A. Buskirk-Cohen (Eds.), *Cultivating student success: A multi-faceted approach to working with emerging adults in higher education* (pp. 22-37). New York, NY: Oxford University Press USA.

Kapetanovic, S., Ginner Hau, H., **Eichas, K.**, Olsson, T. M., Ferrer-Wreder, L., & Eninger, L. (2022). Does attending preschool in an economically advantaged or disadvantaged neighborhood moderate the effects of the preschool edition of Promoting Alternative Thinking Strategies®? *Frontiers in Education, 7*, 978662. doi:10.3389/feduc.2022.978662

**Eichas, K.**, Montgomery, M. J., Meca, A., Garcia, A. J., & Garcia, A. (2021). Engaging marginalized youth in positive development: The Changing Lives Program. In R. Dimitrova & N. Wiium (Eds.), *Handbook of positive youth development: Advancing research, policy and practice in global contexts* (pp. 431-446). Cham, Switzerland: Springer.

Eninger, L., Ferrer-Wreder, L., **Eichas, K.**, Olsson, T. M., Ginner Hau, H., Westling Allodi, M., Smedler, A., Sedem, M., Clausén Gull, I., & Herkner, B. (2021). A cluster randomized trial of Promoting Alternative Thinking Strategies (PATHS®) with Swedish preschool children. *Frontiers in Psychology, 12*, 695288. doi:10.3389/fpsyg.2021.695288

Ferrer-Wreder, L., **Eichas, K.**, Stefenel, D., Buzea, C., & Wiium, N. (2021). The importance of positive psychological strengths in well-being and adjustment of Romanian emerging adults: A pattern and variable oriented approach. *Frontiers in Psychology, 12*, 659300. doi:10.3389/fpsyg.2021.659300

Thomas, S., **Eichas, K.**, Eninger, L., & Ferrer-Wreder, L. (2021). Psychometric properties of a Swedish translation of the Preschool and Kindergarten Behavior Scales (PKBS): A Bayesian structural equation modelling analysis. *Scandinavian Journal of Educational Research, 65*, 1171-1186. doi:10.1080/00313831.2020.1788152

**Eichas, K.**, Ferrer-Wreder, L., Trost, K., & Galanti, R. (2020). Measuring dimensions of family interaction in adolescence: A multitrait-multimethod analysis. *European Journal of Psychological Assessment, 36*, 901-906. doi:10.1027/1015-5759/a000555

- Meca, A., **Eichas, K.**, Schwartz, S. J., & Davis, R. (2020). Biculturalism and bicultural identity development: A relational model of bicultural systems. In P. Jugert & P. Titzmann (Eds.), *Youth in superdiverse societies: Growing up with globalization, diversity, and acculturation* (pp. 41-57). London, UK: Routledge.
- Trost, K., **Eichas, K.**, Ferrer-Wreder, L., & Galanti, R. (2020). The study of family context: Examining its role for identity coherence and adolescent adjustment for Swedish adolescents. *Journal of Early Adolescence*, 40, 165-196. doi:10.1177/0272431619833479
- Eichas, K.**, Ferrer-Wreder, L., & Olsson, T. M. (2019). Contributions of positive youth development to intervention science. *Child and Youth Care Forum*, 48, 279-287. doi:10.1007/s10566-018-09486-1
- Hultin, H., **Eichas, K.**, Ferrer-Wreder, L., Dimitrova, R., Karlberg, M., & Galanti, M. R. (2019). Pedagogical and social school climate: Psychometric evaluation and validation of the student edition of the PESOC. *Scandinavian Journal of Educational Research*, 63, 534-550. doi:10.1080/00313831.2017.1415962
- Eichas, K.**, Kurtines, W. M., Rinaldi, R. L., & Farr, A. C. (2018). Promoting positive youth development: A psychosocial intervention evaluation. *Psychosocial Intervention*, 27, 22-34. <https://doi.org/10.5093/pi2018a5>
- Mizokami, S., Côté, J., **Eichas, K.**, & Toyokawa, T. (2018). Do Japanese youth proactively form identities? A new approach to self formation. *Identity: An International Journal of Theory and Research*, 18, 109-123. doi:10.1080/15283488.2018.1447478
- Hultin, H., Ferrer-Wreder, **Eichas, K.**, Karlberg, M., Grosin, L., & Galanti, M. R. (2018). Psychometric properties of an instrument to measure social and pedagogical school climate among teachers (PESOC). *Scandinavian Journal of Educational Research*, 62, 287-306. doi:10.1080/00313831.2016.1258661
- Eichas, K.**, Montgomery, M. J., Meca, A., & Kurtines, W. M. (2017). Empowering marginalized youth: A self-transformative intervention for promoting positive youth development. *Child Development*, 88, 1115-1124. doi:10.1111/cdev.12866
- Eichas, K.**, Meca, A., Montgomery, M. J., & Kurtines, W. M. (2015). Identity and positive youth development: Advances in developmental intervention science. In K. McLean & M. Syed (Eds.), *The Oxford handbook of identity development* (pp. 337-354). Oxford, UK: Oxford University Press. [Printed in *Oxford Handbooks Online*, doi:10.1093/oxfordhb/9780199936564.013.020]
- Ferrer-Wreder, L., Sundell, K., **Eichas, K.**, & Habbi, M. (2015). An empirical test of a diffusion framework for school-based prevention: The 21 Swedish junior high school study. *Journal of Community Psychology*, 43, 811-831. doi:10.1002/jcop.21709
- Löfholm, C. A., **Eichas, K.**, & Sundell, K. (2014). The Swedish implementation of Multisystemic Therapy for adolescents: Does treatment experience predict treatment adherence? *Journal of Clinical Child and Adolescent Psychology*, 43, 643-655. doi:10.1080/15374416.2014.883926
- Meca, A., **Eichas, K.**, Quintana, S., Maximin, B. M., Ritchie, R. A., Madrazo, V. L., Harari, G. M., & Kurtines, W. M. (2014). Reducing identity distress: Results of an identity intervention for emerging adults. *Identity: An International Journal of Theory and Research*, 14, 312-331. doi:10.1080/15283488.2014.944696
- Rinaldi, R. L., Meca, A., **Eichas, K.**, Kurtines, W. M., Albrecht, R. E., & Goodletty, S. (2012). The development and evaluation of a qualitative extension for the Personally Expressive Activities Questionnaire (PEAQ-QE): A construct validation study. *Identity: An International Journal of Theory and Research*, 12, 320-344. doi:10.1080/15283488.2012.716378

Ferrer-Wreder, L., Adamson, L., Kumpfer, K. L., & **Eichas, K.** (2012). Advancing intervention science through effectiveness research: A global perspective. *Child and Youth Care Forum, 41*, 109-117. doi:10.1007/s10566-012-9173-y

**Eichas, K.**, Albrecht, R. E., Garcia, A. J., Ritchie, R. A., Varela, A., Garcia, A., Rinaldi, R., Wang, R., Montgomery, M. J., Silverman, W. K., Jaccard, J., & Kurtines, W. M. (2010). Mediators of positive youth development intervention change: Promoting change in positive and problem outcomes? *Child and Youth Care Forum, 39*, 211-237. doi:10.1007/s10566-010-9103-9

Kurtines, W. M., Montgomery, M. J., **Eichas, K.**, Ritchie, R., Garcia, A., Albrecht, R., Berman, S., Ferrer-Wreder, L., & Lorente, C. C. (2008). Promoting positive identity development in troubled youth: A developmental intervention science approach. *Identity: An International Journal of Theory and Research, 8*, 125-138. doi:10.1080/15283480801938515

Kurtines, W. M., Montgomery, M. J., Lewis Arango, L., Kortsch, G., Albrecht, R., Garcia, A., Ritchie, R., & **Eichas, K.** (2008). Promoting positive youth development: Relational Data Analysis (RDA). *Journal of Adolescent Research, 23*, 291-309. doi:10.1177/0743558408314379

Montgomery, M. J., Kurtines, W. K., Ferrer-Wreder, L., Berman, S. L., Lorente, C. C., Briones, E., Silverman, W. K., Ritchie, R., & **Eichas, K.** (2008). A Developmental Intervention Science (DIS) approach to promoting youth development: Theoretical, methodological, and meta-theoretical challenges. *Journal of Adolescent Research, 23*, 268-290. doi:10.1177/0743558408314376

## CONFERENCE ACTIVITY

### Panels Organized

**Eichas, K.** (2014). The importance of context to self and identity development. Presented at the 15<sup>th</sup> biennial conference meeting of the *Society for Research on Adolescence*, Austin, TX.

**Eichas, K.**, & Ritchie, R. (2007). Promoting positive identity development: A relational developmental intervention science approach. Presented at the 14<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Washington, DC.

### Papers Presented

Ferrer-Wreder, L., **Eichas, K.**, & Galanti, R. (2021). Identity coherence in Swedish early adolescents: A latent class growth curve analysis. Presented at the 28<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, Virtual.

Ferrer-Wreder, L., Eninger, L., **Eichas, K.**, Allodi Westling, M., Ginner Hau, H., Olsson, T. M., Sedem, M., Clausén Gull, I., Smedler, A-C., & Herkner, B (2019). Lessons learned from implementing preschool PATHS in a Swedish context. Invited symposium presented at the *International PATHS@ Learning Conference*, Belfast, Northern Ireland.

**Eichas, K.**, Montgomery, M., Meca, A., & Garcia, A. (2018). Engaging marginalized youth in positive identity development: The Changing Lives Program. In K. Luyckx (Chair), Identity, psychopathology, and youth functioning: A focus on emerging theory, research, and intervention. Invited symposium presented at the 2018 conference of the *European Association for Research on Adolescence*, Ghent, Belgium.

**Eichas, K.**, Montgomery, M., Meca, A., & Kurtines, W. (2017). Empowering marginalized youth: A self-transformative intervention for promoting positive youth development. In A. Oshri (Chair), Early Life Stress and Positive Youth Development in a Global Context. Presented at the 2017 biennial conference meeting of the *Society for Research in Child Development*, Austin, TX.

Montgomery, M. J., **Eichas, K.**, Meca, A., & Kurtines, W. (2017). Empowering marginalized youth: A group intervention for promoting positive development. Presented at the First Annual Department of Counseling/Human Behavior/Human Services Research Symposium: Honoring Faculty Research and Scholarship, Minneapolis, MN.

Eninger, L., Ferrer-Wreder, L., **Eichas, K.**, Westling, M. A., Smedler, A., Olsson, T., Sedem, M., Hau, H. G., Herkner, B., & Domitrovich, C. (2017). Culture and young children's social emotional competence: Findings and implications for the cultural adaptation of interventions. In R. Dimitrova & F. Motti-Stefanidi (Chairs), Positive Adaptation of Children and Adolescents with Different Cultural Backgrounds in a Global Perspective. Presented at the 2017 biennial conference meeting of the *Society for Research in Child Development*, Austin, TX.

Ferrer-Wreder, L., **Eichas, K.**, Lorente, C. C., Dimitrova, R., & Galanti, M. R. (2017). Exploring identity synthesis, gender, and adjustment in the KUPOL study: Initial findings. Presented at the 24<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, Groningen, the Netherlands.

DeMille, S., Montgomery, M., & **Eichas, K.** (2015). The impact of gender on the treatment process in an outdoor behavioral healthcare program. Presented at the 2015 annual conference of the *Wilderness Therapy Symposium*, Park City, UT.

**Eichas, K.**, Ball, B., Rosenbluth, B., Massetti, G., Thorpe, A., & Holland, K. (2012). Expect Respect Support Groups: Developing a model of change for reducing dating violence perpetration among at-risk youth. In S. Miller (Chair), Teen Dating Violence: Bridging Programs and Policies. Presented at the 20<sup>th</sup> annual conference meeting of the *Society for Prevention Research*, Washington, DC.

Ball, B., **Eichas, K.**, & Rosenbluth, B. (2012). Expect Respect Support Groups: Developing a model of change for reducing dating violence. Presented at the 2012 *National Conference on Health Care and Domestic Violence*, San Francisco, CA.

**Eichas, K.**, Varela, A., Rinaldi, R., Montgomery, M. J., & Ferrer-Wreder, L. (2007). The Miami Youth Development Project. Presented at the biennial conference meeting of the *Society for the Study of Human Development*, Penn State University, State College, PA.

Berman, S., **Eichas, K.**, Varela, A., Rinaldi, & R. (2007). Developmental intervention science outreach research. In W. Kurtines & M. Montgomery (Chairs), Community Supported Positive Youth Development Programs. Presented at the biennial conference meeting of the *Society for the Study of Human Development*, Penn State University, State College, PA.

**Eichas, K.**, Varela, A., Rinaldi, R., & Montgomery, M. (2007). The Miami Youth Development Project. In K. R. Eichas & R. A. Ritchie (Co-chairs), Promoting Positive Identity Development in Troubled Youth: A Developmental Intervention Science Approach. Presented at the 14<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Washington, DC.

Montgomery, M., Kurtines, W. M., & **Eichas, K.**, (2006). Group training and supervision in a university-community partnership: The Changing Lives Program. Presented at the 47<sup>th</sup> annual conference meeting of the *Rocky Mountain Association for Counseling Education and Supervision*, Jackson, WY.

### Posters Presented

Ferrer-Wreder, L., Eninger, L., Kapetanovic, S., Tesfay, N., Norman, Å., Olsson, T. M., Lindberg, L., **Eichas, K.**, Ginner Hau, H., Stålnacke, J., & Enebrink, P. (2024). On the implementation of a non-randomized controlled trial of the universal edition of the Parent Web. Poster presented at the *European Society for Prevention Research*, Cremona, Italy.

Stickley, Z. L., Baker, W., Garcia, C., Borden, A. E., Betancourt, E., Alemán, A. M., & **Eichas, K.** (2024). A psychometric evaluation of the Identity Distress Survey. Presented at the annual conference meeting of the *Southwestern Psychological Association*, San Antonio, Texas.

Ferrer-Wreder, L., **Eichas, K.**, Trost, K., & Galanti, M. R. (2018). Ways to measure family-related factors in Swedish families using child and parent reports. Presented at the 17<sup>th</sup> biennial conference meeting of the *Society for Research on Adolescence*, Minneapolis, Minnesota.

Montgomery, M., DeMille, S., & **Eichas, K.** (2017). Ego strength development in a wilderness therapy intervention for struggling adolescents. Presented at the 24<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, Groningen, the Netherlands.

DeMille, S., Montgomery, M. & **Eichas, K.** (2016). Do boys and girls respond to intervention differently? The impact of gender in an outdoor behavioral healthcare program. Presented at the 31<sup>st</sup> *International Congress of Psychology*, Yokohama, Japan.

**Eichas, K.** & Chen, P. Y. (2016). Identity horizons, student engagement, and academic achievement among adult college students. Presented at the 23<sup>rd</sup> annual conference meeting of the *International Society for Research on Identity*, Baltimore, MD.

Chen, P. Y., **Eichas, K.**, Donovan, M., & LaStrape, A. (2016). Identity-supportive relationships in a school-based AmeriCorps program: Does autonomy support matter in middle school? Presented at the 23<sup>rd</sup> annual conference meeting of the *International Society for Research on Identity*, Baltimore, MD.

Montgomery, M., DeMille, S., & **Eichas, K.** (2016). Ego strength change in youth in an outdoor behavioral healthcare program. Presented at the 23<sup>rd</sup> annual conference meeting of the *International Society for Research on Identity*, Baltimore, MD.

**Eichas, K.**, Chen, P. Y., & Brookshear, A. (2016). Identity resources, study processes, and academic achievement: A study of adult college students. Presented at the 20<sup>th</sup> biennial conference meeting of the *Society for Research in Human Development*, Denver, CO.

**Eichas, K.**, Dennard, C., Stickley, Z.<sup>1</sup> & Meca, A. (2015). Promoting positive adult development: Results from an identity-focused program for adult students. Presented at the 9<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Austin, TX.

DeMille, S., Montgomery, M. & **Eichas, K.** (2015). Do boys and girls respond to intervention differently? The impact of gender in an outdoor behavioral healthcare program. Presented at the 9<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Austin, TX.

**Eichas, K.**, Meca, A., & Whiteley, J. (2015). Promoting positive identity: The Making Career and Education Choices Workshop. Presented at the 22nd annual conference meeting of the *Society for Research on Identity Formation*, Bellingham, Washington.

**Eichas, K.**, Horn-Johnson, T., Dennard, C., Moffatt, M., Meca, A., & Maximin, B. (2014). Identity development and academic self-regulation among emerging adults following nontraditional educational pathways. Presented at the 15<sup>th</sup> biennial conference meeting of the *Society for Research on Adolescence*, Austin, TX.

Meca, A., **Eichas, K.**, Quintana, S., Maximin, B., Madrazo, V., Ritchie, R., & Kurtines, W. M. (2014). Preliminary evaluation of the Adult Development Project: An identity intervention for emerging adults. Presented at the 15<sup>th</sup> biennial conference meeting of the *Society for Research on Adolescence*, Austin, TX.

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<sup>1</sup> Underlined authors were student advisees of Dr. Eichas

Madrazo, V. L., Meca, A., **Eichas, K.**, Ritchie, R., & Kurtines, W. (2012). The effects of a positive youth development intervention on problem behavior. Presented at the 2012 annual convention of the *American Psychological Association*, Orlando, FL.

**Eichas, K.**, Rinaldi, Quintana, S., Ritchie, R., Garcia, A., Varela, A., Maximin, B., Kasian, E., Madrazo, V., Meca, A., & Kurtines, W. M. (2011). Evaluating positive youth development: Relational Data Analysis. Presented at the 18<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Daytona Beach, FL.

Rinaldi, R., Meca, A., **Eichas, K.**, Ritchie, R., Garcia, A., & Kurtines, W. M. (2011). Deciding between fixed or free response data...why not both?: A Relational Data Analysis approach. Presented at the 18<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Daytona Beach, FL.

Varela, A., **Eichas, K.**, Albrecht, R., Garcia, A., Ritchie, R., Rinaldi, R., Garcia, A., Maximin, B., Meca, A., Kasian, E., Quintana, S., & Kurtines, W. (2011). The development and evaluation of a Relational Data Analysis coding template for the Transformative Goal Attainment Scale-Qualitative Extension. Presented at the 18<sup>th</sup> annual meeting of the *Society for Research on Identity Formation*, Daytona Beach, FL.

Rinaldi, R., Meca, A., **Eichas, K.**, Kasian, E., & Kurtines, W. M. (2010). A longitudinal investigation of the effects of participation in the Changing Lives Program: An integrative quantitative qualitative evaluation model. Presented at the 17<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Philadelphia, Pennsylvania.

**Eichas, K.**, Rinaldi, R., Ritchie, R., Garcia, A., Varela, A., Madrazo, V., Maximin, B., Kasian, E., Meca, A., O'Dowd, B., Quintana, S., & Kurtines, W. M. (2009). Evaluating positive youth development: An integration of quantitative and qualitative methods. Presented at the 6<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Ann Arbor, MI.

Rinaldi, R., Keeler, E., Olarte, S., Meca, A., Madrazo, V., Maximin, B., **Eichas, K.**, & Kurtines, W. M. (2009). The development and evaluation of a relational data analysis coding template (RDA-CT) for the Personally Expressive Activities Questionnaire-Qualitative Extension (PEAQ-QE). Presented at the 16<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Asilomar, CA.

Chen, P. Y., Ritchie, R., **Eichas, K.**, Varela, A., Garcia, A., Gomez, R., & Kurtines, W. M. (2007). Psychometric analysis of the Life Course Interview for use with multicultural troubled youth. Presented at the 2007 biennial conference meeting of the *Society for Research on Child Development*, Boston, MA.

**Eichas, K.**, Albrecht, R., Varela, A., Ritchie, R., Garcia, A., Wang, R., Chen, P. Y., Garcia, A., Bird, B., & Rinaldi, R. (2007). An investigation of the relationships among identity processes, identity styles, and the resolution of identity conflicts in a sample of multi-problem adolescents. Presented at the 14<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Washington, DC.

Ritchie, R., Chen, P. Y., Bird, B., **Eichas, K.**, Whiddon, M., & Kurtines, W. M. (2007). Identity development in multi-problem youth. Presented at the 14<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, Washington, DC.

Chen, P. Y., Ritchie, R., **Eichas, K.**, Kurtines, W. M., & Melendez, C. (2006). Test-retest and inter-coder reliability of the Life Course Interview (LCI) for use with multicultural troubled youth. Presented at the 13<sup>th</sup> annual conference meeting of the *Society for Research on Identity Formation*, San Francisco, CA.

Ritchie, R., Varela, A., Garcia, A., Bird, B., **Eichas, K.**, Chen, P. Y., & Frank, M. (2006) Positive identity development in a school-based youth development program. Presented at the 13<sup>th</sup> annual conference of the *Society for Research on Identity Formation*, San Francisco, CA.

Garcia, A., Albrecht, R., Ritchie, R., Varela, A., Wang, R., **Eichas, K.**, & Kurtines, W. M. (2006). Promoting positive youth development: Using within-regression analysis to estimate group process growth curves as mediators of intervention change in multi-problem youth. Presented at the 13<sup>th</sup> annual conference of the *Society for Research on Identity Formation*, San Francisco.

Garcia, A., Ritchie, R., Varela, A., Albrecht, R., **Eichas, K.**, & Kurtines, W. M. (2005). Contextual and intervention process moderators of positive development in a school-based youth development program. Presented at the 4<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Asilomar, CA.

### **Student Posters Supervised**

Johnson, C., Bachleda-Curus, J., Baker, W., Betancourt, E., Donley, E., Borden, A., Stickley, Z., Cockerham, C., & **Eichas, K.** (2024, November). Categories of distress and worry among community college students. Presented at Fall 2024 Scholar Day at McLennan Community College, Waco, Texas.

Rangel, A., Aguirre-Pantoja, A., Bazaldua, K., Brito, K., Navarro, N., & **Eichas, K.** (2024, April). An examination of the relation between taking online classes and identity distress. Presented at Spring 2024 Scholar Day at McLennan Community College, Waco, Texas.

Thomas, L., Betancourt, E., Torres, J., Kopchia, S., & **Eichas, K.** (2024, April). Do student-faculty interactions predict a sense of belongingness within a college course? Presented at Spring 2024 Scholar Day at McLennan Community College, Waco, Texas.

Torres, J., Thomas, L., Kopchia, S., Betancourt, E., & **Eichas, K.** (2024, April). Online learning and connectedness among Hispanic college students. Presented at Spring 2024 Scholar Day at McLennan Community College, Waco, Texas.

Baker, W., Stickley, Z. L., Wachsmann, A., Garcia, C., Borden, A. E., Weir, J., Betancourt, E., Alemán, A. M., & **Eichas, K.** (2024, April). Measuring identity distress. Presented at Spring 2024 Scholar Day at McLennan Community College, Waco, Texas.

Borden, A. E., Wachsmann, A., Baker, W., Weir, J., Betancourt, E., Alemán, A. M., Stickley, Z. L., & **Eichas, K.** (2024, April). A multitrait-multimethod analysis of personal control and responsibility. Presented at Spring 2024 Scholar Day at McLennan Community College, Waco, Texas.

Borden, A. E., Wachsmann, A., Stickley, Z. L., Baker, W., Betancourt, E., Alemán, A. M., & **Eichas, K.** (2024). Measuring personal control and responsibility: A multitrait-multimethod analysis. Presented at the annual conference meeting of the *Southwestern Psychological Association*, San Antonio, Texas.

Baringer, M., Kraayvanger, K., **Eichas, K.**, Meca, A., Odom, K., Garcia, A., & Pollock, S. (2022). Toward a cultural adaptation of the Changing Lives Program: What intervention processes matter to young people? Presented at the 1<sup>st</sup> conference meeting of *Positive Youth Development in a Cross-national Perspective*, Online/hosted by University of Bergen, Bergen, Norway.

Kraayvanger, K., Baringer, M., **Eichas, K.**, Meca, A., Odom, K., Garcia, A., & Pollock, S. (2022). Intervention processes in positive youth development: Identifying what matters to young people. Presented at the 19<sup>th</sup> biennial conference meeting of the *Society for Research on Adolescence*, New Orleans, Louisiana.

Kraayvanger, K., Baringer, M., & **Eichas, K.** (2022). Identity and intimacy development: What predicts academic motivation? Presented at the 28<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, New Orleans, Louisiana.



Odom, K., Li, S., Carrizales, J., Cruz, A., Rowland, A., & Eichas, K. (accepted/2020). Identity narratives at a community college: What emerging adults say about their life course experiences. Accepted for the 27<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, San Diego, California. [conference canceled because of pandemic]

Gutierrez, S., Nguyen, B., LaStrape, A., Dennard, C., & Eichas, K. (accepted/2020). The effects of dual enrollment on identity capital: A study of community college students. Accepted for the 27<sup>th</sup> annual conference meeting of the *International Society for Research on Identity*, San Diego, California. [conference canceled because of pandemic]

Gutierrez, S., Nguyen, B., LaStrape, A., Dennard, C., & Eichas, K. (2019). Dual enrollment, identity resources, and transfer to four-year university: A study of emerging adult community college students. Presented at the 2019 biennial conference meeting of the *Society for the Study of Emerging Adulthood*, Toronto, Canada.

LaStrape, A., Gutierrez, S., Nguyen, B., & Eichas, K. (2019). The need for measurement evaluation in college transition programs: A study of community college emerging adults. Poster presented at the 2019 biennial conference meeting of the *Society for the Study of Emerging Adulthood*, Toronto, Canada.

LaStrape, A., Carroll, B., Stickley, Z., & Eichas, K. (2018). Academic goal pursuit: The structure of academic intentional self-regulation among first generation college students. Presented at the 21<sup>st</sup> biennial conference meeting of the *Society for Research in Human Development*, Plano, TX.

Stickley, Z., Carroll, B., LaStrape, A. & Eichas, K. (2018). Identity distress in first generation college students: A factor analysis of the identity distress survey. Presented at the 21<sup>st</sup> biennial conference meeting of the *Society for Research in Human Development*, Plano, TX.

Hanson, K., Kelley, C., Gaytan, V., Delgado, I., Tannous, A., Monson, B., Burch, A., & Eichas, K. (2016). Promoting self-construction: Results from a positive adult development intervention. Presented at the 20<sup>th</sup> biennial conference meeting of the *Society for Research in Human Development*, Denver, CO.

Stickley, Z., Dennard, C., Kelley, C., & Eichas, K., (2015). Identity distress in adult college students: A factor analysis of the Identity Distress Survey. Presented at the 9<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Austin, TX.

Kelley, C., Moore, B., & Eichas, K. (2015). What student veterans tell us they need: A qualitative investigation. Presented at the 9<sup>th</sup> biennial conference meeting of the *Society for the Study of Human Development*, Austin, TX.

Moffatt, M., Whiteley, J., Eichas, K., Dennard, C., Horn-Johnson, T., Meca, A., & Maximin, B. (2014). Identity development at a university center: A self-transformative model. Presented at the 19<sup>th</sup> biennial conference meeting of the *Society for Research in Human Development*, Austin, TX.

Hickox, L., Whiteley, J., Moffatt, M., & Eichas, K. (2014). Identity commitment among nontraditional students: A resource for self-mastery and academic motivation? Presented at the 19<sup>th</sup> biennial conference meeting of the *Society for Research in Human Development*, Austin, TX.

Hickox, L., Whiteley, J., Moffatt, M., Stickley, Z., Eichas, K., Dennard, C., & Horn-Johnson, T. (2014). Identity commitment and academic motivation: A study of nontraditional students. Presented at the 21<sup>st</sup> annual conference meeting of the *Society for Research on Identity Formation*, Austin, TX.

Moffatt, M., Whiteley, J., Stickley, Z., Eichas, K., Dennard, C., Horn-Johnson, T., Cox, S., Meca, A., & Maximin, B. (2014). Identity development among university center students: The role of academic self-regulation. Presented at the 21<sup>st</sup> annual conference meeting of the *Society for Research on Identity Formation*, Austin, TX.

Meca, A., Eichas, K., Rinaldi, R., Ritchie, R., Garcia, A., Madrazo, V., Kasian, E., O'Dowd, B., Quintana, S., & Kurtines, W. (2009). Positive youth development: Promoting control and responsibility. Presented at the 6th biennial conference meeting of the *Society for the Study of Human Development*, Ann Arbor, MI.

Keeler, E., Olarte, S., Mansur, S., Meca, A., Madrazo, V., Maximin, B., Su, J., Eichas, K., & Kurtines, W. M. (2009). Relations between behavior problems and informational identity style in multi-problem adolescents. Presented at the 16th annual conference meeting of the *Society for Research on Identity Formation*, Asilomar, CA.

Olarte, S., Keeler, E., Meca, A., Madrazo, V., Eichas, K., & Kurtines, W. M. (2009). Inter-rater reliability of the Critical Problem Solving Scale. Presented at the 16th annual conference meeting of the *Society for Research on Identity Formation*, Asilomar, CA.

## **INVITED RESEARCH PRESENTATIONS**

Meca, A. & Eichas, K. (2022). "I just can't": Why are emerging adults feeling more anxious and uncertain? Presented at the *Society for the Study of Emerging Development Book Launch: Cultivating Student Success* (Virtual).

Eninger, L., Ferrer-Wreder, L., Olsson, T., & Eichas, K. (2022). Promoting culturally diverse Swedish children and adolescents' positive development. Presented at the *Texas Tech University Human Development and Family Sciences Colloquium Series*, Lubbock, TX (Virtual).

Eichas, K. (2021). Community-supported positive youth development: The updated Changing Lives Program. Presented at the *Baylor Flourishing Group*, Baylor University, Waco, TX (Virtual).

Eichas, K. (2016). Intervention outcome evaluation: Using structural equation models to understand change in youth interventions. Presented at the Karolinska Institute, Solna, Sweden.

Eichas, K. (2016). Positive development interventions: Connecting positive youth development to intervention science. Presented at the *Center for the Promotion of Excellence in Higher Education*, Kyoto University, Kyoto, Japan.

Eichas, K. (2016). Identity and positive youth development: Theory and practice to empower marginalized youth. Presented at the 71<sup>st</sup> meeting of the *Self Consciousness Study Group*, Kyoto University, Kyoto, Japan.

Eichas, K., Horn-Johnson, T., Harris, S., Dennard, C., & Notgrass, D. (2013). Perceptions of students at a local state-supported university: Trials, tribulations, triumphs! Presented at the 6<sup>th</sup> annual *Greater Waco Community Education Summit*, Waco, TX.

Eichas, K. (2008). The Miami Youth Development Project: The Changing Lives Program. Presented in the series, *Judicial Reform: A Project for Afghanistan*, *Miami Council for International Visitors*, Miami, FL.

## **RESEARCH AND CLINICAL EXPERIENCE**

2018– Waco Youth Development Project, Tarleton State University-Waco

2018– Applied Developmental Science Research Group, Stockholm University

2010– 2012 Expect Respect Program, SafePlace: Travis County Domestic Violence and Sexual Assault Survival Center

2005– 2010 Miami Youth Development Project, Florida International University

- 2005– 2005     Counseling Center, Palo Alto College
- 2005– 2005     Academy for Teacher Excellence, University of Texas at San Antonio
- 2004– 2005     Department of Counseling, University of Texas at San Antonio

## **TEACHING EXPERIENCE**

- 2012–            Department of Psychological Sciences, Tarleton State University
- 2007– 2009     Department of Psychology, Florida International University
- 2007– 2009     Miami Dade College, multiple campuses

## **Courses Taught**

- 2012–            *Tarleton State University*  
 Research Experience: Developmental Interventions for Youth  
 VA Research Internship  
 History of Psychology  
 Adaptive Psychology  
 Elementary Statistics for the Behavioral Sciences  
 Principles of Research for the Behavioral Sciences  
 Animal Behavior  
 Senior Capstone  
 The Human Lifespan  
 Lifespan Growth and Development  
 Psychology of Learning  
 Educational Psychology  
 Writing in Psychology
- Graduate:  
 Psychometrics  
 Statistical Methods in Education Leadership  
 Behavioral Statistics  
 Human Development
- 2007– 2009     *Florida International University*  
 Psychology of Adolescence  
 Psychosocial Developmental Interventions in Field Settings
- 2007– 2009     *Miami Dade College*  
 Introduction to Psychology  
 Psychology of Personal Effectiveness  
 Student Life Skills

## **DISSERTATION SUPERVISION**

- 2023–            Lisa Debose-Walker, Educational Leadership, Tarleton State University. Teachers' perspectives of implementation of Reading Plus: A qualitative study using a grounded theory approach. Dissertation committee member.
- 2016– 2022     Sarah Thomas. Stockholm University, Psychology. Early childhood social-emotional competence and adjustment in cultural context. Dissertation assistant supervisor.

2017– 2019 Anthony LaStrape, Educational Leadership, Tarleton State University. The structure of emotional intelligence: A study of community college students. Dissertation committee co-chair.

**SERVICE**

2023– University Curriculum Committee, Tarleton State University

2022– 2023 College Review Committee, College of Education, Tarleton State University

2016– 2019 College Review Committee, College of Education, Tarleton State University

2016– 2017 Nominations Committee, International Society for Research on Identity

2009– 2010 Assistant to the Treasurer, Society for the Study of Human Development

2009– 2010 Assistant to the Treasurer, Society for Research on Identity Formation

2009– 2010 Steering Committee, Society for the Study of Human Development

2009 On-site Early Career Coordinator, Society for the Study of Human Development

2004– 2005 Editorial Assistant, Journal of Creativity in Mental Health