

Rachael E. Bishop**Contact**

Doctoral Candidate/Pre-Doctoral Trainee
 TL1 Program Graduate
 Dept. of Communication Arts and Sciences (CAS)
 Pennsylvania State University (PSU)

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Education

Ph.D., Communication Arts and Sciences, Pennsylvania State University, *Anticipated Aug. 2024*
 Summa Cum Laude; GPA: 3.98/4.0

Certificate in Translational Science, Pennsylvania State University, Dec. 2023

M.A., Communication Arts and Sciences, Pennsylvania State University, Aug. 2020
 Summa Cum Laude; GPA: 3.97/4.0

B.A., Communication and Social Interaction, State University of New York at Oswego, Dec. 2017
 Summa Cum Laude; GPA: 4.0/4.0. Minor: Psychology

Fellowships, Assistantships, Grants, and Awards

- 2023-2024 Sheila Burkett Noakes and Douglas T. Noakes, Jr. Graduate Fellowship, PSU College of Liberal Arts; \$23,040 stipend, 100% tuition, 80% health insurance subsidy.
- 2023 External Funding Incentive Award, PSU College of Liberal Arts, \$500.
- 2023 Graduate Research Award, PSU Communication Arts and Sciences Department, \$200.
- 2023 Top Student Paper, D.C. Health COMM Conference.
- 2023 Top Poster, Health Equity and Community Engagement, The Association for Clinical and Translational Science's Annual Translational Science Conference.
- 2023 Superior Teaching and Research (STAR) Award, PSU College of Liberal Arts, \$2,000.
- 2023 Burroughs Wellcome Fund Trainee Travel Award, Translational Science 2023, \$500.
- 2022-2023 TL1 Predoctoral Funding, Penn State Clinical and Translational Science Institute and the National Institutes of Health; \$26,353 stipend, 60% tuition, health insurance, \$1,500 travel funding, \$1,000 research funding, 100% health insurance.
- 2018-2022 Graduate Assistantship, PSU Communication Arts and Sciences Department: Grade 14 stipend, 100% tuition, 80% health insurance, fully funded conference travel, research and training funding available upon request and departmental review.
- 2018 Recipient, Chancellor's Award for Student Excellence, State University of New York.
- 2017 Student Ambassador Scholarship, Eastern Communication Association, Registration.
- 2017 National Communication Association Travel Grant for presenting in the "Honoring Excellence in Undergraduate Scholarship" panel sponsored by Lambda Pi Eta, \$550.
- 2017 Competitive Travel Grant, Department of Communication Studies for National Communication Association 103rd Annual Convention, SUNY Oswego, \$100.
- 2017 Competitive Travel Grant, Lambda Pi Eta – Sigma Pi Chapter for National Communication Association 103rd Annual Convention, SUNY Oswego, \$100.

- 2017 Competitive Travel Grant, Research and Individualized Student Experience Grant for National Communication Association 103rd Annual Convention, SUNY Oswego, \$250.
- 2017 Competitive Travel Grant, RISE Grant for International Association for Relationship Research Mini-Conference, SUNY Oswego, \$200.
- 2017 Travel Grant, RISE Grant for Eastern Communication Association 108th Annual Convention, SUNY Oswego, \$150.
- 2017 Recipient, Most Likely to Succeed in Communication Award, SUNY Oswego.
- 2017 Semi-Finalist, Harry S. Truman Scholarship, Nominated by SUNY Oswego.
- 2016-2017 President's List (4.0/4.0), SUNY Oswego.
- 2016-2017 Transfer Achievement Scholarship: Merit Award, SUNY Oswego, \$2,000.
- 2011 Recipient, Who's Who in American Colleges and Universities, SUNY Brockport.
- 2008-2010 President's List (4.0/4.0) and Member of Honors Program, SUNY Brockport.

Teaching Experience

The Pennsylvania State University

Interpersonal Communication (CAS 203): Instructor of Record; 2022, 2020

Communication and Life Sciences (CAS/BIOL/BGEN/MCIBS 597): Teaching Assistant; 2021

Advanced Interpersonal Communication (CAS 403): Teaching Assistant; 2021

Interpersonal Influence (CAS 497): Teaching Assistant; 2021

Effective Speech (CAS 100A): Instructor of Record; 2018 - 2020

State University of New York at Oswego

Foundations of Communication (COM 100): Teaching Assistant; 2017

St. Joseph's Hospital Health Center, Personalized Recovery Oriented Services Program

Made to Crave, strengths-based course for eating disorder recovery

Course Designer and Facilitator; 2015 - 2016

Research Experience: Peer-Reviewed Publications and Manuscripts Currently Under Review

Smith, R. A., & **Bishop**, R. E. (2019). Insights into stigma management communication theory: Considering stigmatization as interpersonal influence. *Journal of Applied Communication Research*, 47(5), 571-590. <https://doi.org/10.1080/00909882.2019.1675894>

Bishop, R. E. (2023). [160] Biopsychosocial well-being and identity: Variation in the experience of allostatic load and depression by identity status using NHANES 2017-2020 data. *Journal of Clinical and Translational Science*, 7(s1), 49-49. <https://doi.org/10.1017/cts.2023.241>

Bishop, R. E., & High, & A. C. (2023). Caregiving in academia: Examining educator well-being and burnout during prolonged stressors. *Personal Relationships*. <http://doi.org/10.1111/pere.12513>

Bishop, R. E., & High, A. C. (2023). Stigma and supportive communication in the context of mental or emotional distress: An extension of the paradox of support seeking in close relationships. *Communication Research*. <https://doi.org/10.1177/0093650223118981>

- Lee, D. A., Cruz, S. M., Sweeney, K. A., & **Bishop**, R. E. (2023). Seeking support via mediated channels: The roles of impression goals, stigma, severity, and perceived affordances. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075231197606>
- Buehler, E. M., High, A. C., **Bishop**, R. E., Johnson, J. D., Lee, D. A., Lilly, A. E., & Sweeney, K. (2023). Examining the attributional links between message quality and outcomes of emotional support received on Facebook. *Communication Studies* (In Press). <https://doi.org/10.1080/10510974.2023.2269643>
- Bishop**, R. E., & Boynton, K. P. A meta-analytic review of the effects of self-disclosure on posttraumatic growth [Revised and Resubmitted].
- Bishop**, R. E. Educator identity and wellbeing during COVID-19: Investigating the disproportionate effects of stress and burnout on multiply marginalized educators. [Extended Abstract Accepted, Manuscript Revised and Resubmitted].
- Jones, A. A., Strong-Jones, S., **Bishop**, R. E., Brant, K., Owarzcik, J., Ngigi, K., Fosco, G., & Latkin, C. (2023). The impact of family systems and social networks on substance use initiation and recovery among women with substance use disorders. [Under Review].
- Jones, A. A., Strong-Jones, S., **Bishop**, R. E., Brant, K., Harrison, E., Campbell, J. (2023). The role of child maltreatment and reoccurring trauma on substance use trajectories among women involved in the criminal justice system. [Under Review].

Conference Presentations: Academic Settings

- Bishop**, R. E. (2023). Educator identity and wellbeing: Disproportionate effects of stress and burnout on (multiply) marginalized educators during COVID-19. Accepted for presentation at the *National Communication Association Annual Convention*.
- Bishop**, R. E., High, A. C., Cruz, S. M., Sweeney, K. S., & Lee, D. A. (2023). Support as influence: Exploring (inter)personal risks associated with seeking support. *International Communication Association Annual Conference*.
- Bishop**, R. E. (2023). Biopsychosocial well-being and identity: Variation in the experience of depression and allostatic load by identity status using NHANES 2017-2020 data. *Association for Clinical and Translational Science: Translational Science 2023 Conference*.
- Bishop**, R. E., & Cross-Ramirez, M. (2023). Investigating the mechanisms shaping the association between mental illness symptomology and satisfaction with mental healthcare. *D.C. Health Communication Biannual Conference*.
- Bishop**, R. E. (2022). An intersectional inquiry into educator burnout and well-being during COVID-19 and the emergent need to reevaluate ‘best practices’ for data cleaning when sampling multiply marginalized populations. *William Schnaper Visiting Scientist TL1 Mini-Symposium*.
- Bishop**, R. E., & Boynton, K. (2022). A meta-analytic review of the association between self-disclosure and posttraumatic growth. *National Communication Association Annual Convention*.
- Bishop**, R. E., & Bozeman, J. (2022). “Can you help me out?”: Expanding the dual-process theory of supportive communication outcomes to examine seekers’ ability and motivation to ask for support. *International Association for Relationship Research Conference*.

- Bishop, R. E., Schaeffer, S. W., & Smith, R. A. (2021).** Transdisciplinary pedagogy: Navigating the landscape of communication scholarship in the life sciences classroom. *National Communication Association Preconference.*
- Bishop, R. E., High, A. C., & Rosenberg, J. (2021).** Toward a model of support management: An application of the theory of motivated information management to support seekers' decisions regarding whether and how to seek support. *International Association for Relationship Research Bi-Annual Mini-Conference.*
- Bishop, R. E. (2021).** Caregiving in academia: The influence of community belonging and support matching on educator well-being. Presented during "The communication of care: Examining the effects of support matching on well-being" panel at the *International Communication Association Annual Conference.*
- Bishop, R. E., & High, A. C. (2020).** Mental health stigma and supportive communication: An extension of the paradox of support seeking in close relationships. *National Communication Association Annual Convention.*
- Bishop, R. E., High, A. C., & Tornello, S. L. (2020).** Social support for sexual minorities: Applying the support gap framework to examine support received from partners, family, and friends. *National Communication Association Annual Convention.*
- Bishop, R. E. (2019).** From surviving to thriving: Identity-based intervention for stigma resistance. *National Communication Association Annual Convention.*
- Bishop, R. E., & Smith, R. A. (2018).** Resilience and rejection: Considering stigmatization as interpersonal influence. *National Communication Association Preconference.*
- Bishop, R., Farrell, E., Hoffmann, G., Pratt, M., & Woods, K. (2017).** Political engagement of college students: Exploring motivations through interpersonal communication. *National Communication Association Annual Convention.*
- Rosenberg, J., & **Bishop, R. E. (2017).** "I'm supposed to be perfect, but what if I'm not": An examination of college students' uncertainty, emotion, and avoidance of mental health discussions with their parents. *International Association for Relationship Research Bi-Annual Mini-Conference.*

Invited Presentations and Workshops: Medical and Community Settings

- Workshop developer and leader, *Trauma-informed communication practices for dental care providers*, Centre Volunteers in Medicine, 2023.
- Guest presenter, *Advancing health equity through research on minority stress, social support, and biopsychosocial wellbeing*, National Institutes of Health Program Officer Call, 2023.
- Workshop developer and leader, *Trauma-informed communication during medical encounters*, Penn State Health Family and Community Medicine Residency Program, Mount Nittany, 2023.
- Guest lecturer and trainer, *Validating communication with victims of sexual violence*, Centre Safe Volunteer Training, 2021-2022.
- Guest lecturer, *Leadership and power in communication*, Foundations of Communication, Department of Communication Studies, State University of New York at Oswego, 2017.
- Guest lecturer, *Emotional CPR (eCPR)*, SUNY Upstate Medical University physician assistant student training, College of Health Professions, 2014.

Guest lecturer, *Person-centered care*, St. Joseph's College of Nursing student training, 2014.

Panel presenter, *Effective patient-provider communication in mental healthcare*, Schwartz Center Rounds provider training, St. Joseph's Hospital Health Care Center, 2013.

Professional Development

Stress Biomarkers Summer 2023 Virtual Workshop, University of Massachusetts Amherst, 2023.

Accelerate to Industry (A2i) Industry Immersion Week, Penn State, 2023.

BUILD @ Penn State Track 1 – Recognizing the Importance of Inclusion in the Workplace, 2023.

Assistant Director, Communication, Science, and Society Initiative, Penn State, 2021-2022.

Grant Writing: How to Find Funds and Write a Winning Proposal, Penn State, 2020.

OL 2000: Essentials of Online Teaching [Online Course], Penn State, 2019.

Service

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| 2023 | Trauma-Informed Communication Consultant, Centre Volunteers in Medicine. |
| 2023 | Co-Leader, Finding Common Ground, Student Disability Resources, Penn State. |
| 2022-2023 | Professional Development Chair, CAS Department Graduate Forum, Penn State. |
| 2022-2023 | Public Affairs Committee Co-Chair, Graduate Alliance for Diversity and Inclusion, Penn State. |
| 2022-2023 | Invited Peer Reviewer, <i>Stigma and Health</i> . |
| 2021-2022 | Advisory Committee Representative, CAS Department Graduate Forum, Penn State. |
| 2020-2021 | Member, Honors and Awards Committee, CAS Department, Penn State. |
| 2019-2021 | Mentor, Undergraduate Showcase Task Force, CAS Department, Penn State. |
| 2019-2020 | Volunteer, Centre County PAWS (cat care for animal shelter). |
| 2017 | Secretary, Lambda Pi Eta, Sigma Pi Chapter, SUNY Oswego. |
| 2017 | Volunteer & Member, National Leadership Honor Society, SUNY Oswego. |
| 2016-2017 | Student Ambassador, Department of Communication Studies, SUNY Oswego. |
| 2016-2017 | President, Non-Traditional Student Organization, SUNY Oswego. |
| 2016 | Advocate, It's On Us: Sexual Assault Awareness and Advocacy, SUNY Oswego. |
| 2017 | Communication Service Learning Volunteer, Fulton Public Library. |
| 2013-2014 | Volunteer, Helping Hounds Dog Rescue (dog care for animal shelter). |
| 2009-2010 | Public Relations Volunteer Intern, Literacy Volunteers of Oswego County. |

Membership in Professional Organizations

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| -Association for Clinical and Translational Science | -International Communication Association |
| -International Association for Relationship Research | -National Communication Association |
| <u>-Honor Society Inductions: Lambda Pi Eta, Alpha Chi, Omicron Delta Kappa</u> | |