

AKIA SHERROD

Phone: (228) 217-4338
akia.sherrod@gmail.com

101 Creekmore Blvd, Apt. 1321
Oxford, MS 38655

EDUCATION

Ph.D. The University of Mississippi, Clinical Psychology August 2022 - Present
Advisor: Dr. Sarah Bilsky

BS Tougaloo College, Psychology May 2022
GPA: 3.76
Senior Thesis: *The Influence of Parenting Styles on Anxiety Symptoms in African American College Students*
Advisor: Dr. Shaila Khan

The University of Southern Mississippi, Biology January 2018 - May 2018
GPA: 3.83

HONORS AND AWARDS

Southern Regional Education Board Scholar	2022 - Present
Ronald E. McNair Scholar	2021- 2022
Academic Hall of Excellence	2021
<i>Alpha Kappa Alpha Sorority, Incorporated</i>	
UNCF Block Grant Scholarship Recipient	2020 - 2022
Alpha Lambda Delta Honor Society	2019 - 2022
Tougaloo College Provost Scholar Award	2019 - 2022
Tougaloo College Provost List	2018 - 2022
Miss UNCF 1st Runner-Up	2018
AER MG James Ursano Scholarship Recipient	2018 - 2019

CLINICAL EXPERIENCES

Psychological Services Center (PSC), University of Mississippi, August 2022 - Present

- Observed group practicum supervision supervised by Dr. Sarah Bilsky, which centers around reviewing and discussing senior clinical student's current cases and treatment approaches
- Attended weekly peer-led case conceptualization group supervised by Dr. Kristin Austin that focuses on watching clips from therapy sessions to dissect behavioral observations, maladaptive patterns, and mental processes of the patient
- Shadowed senior clinical students treating diverse patients with a host of mental health symptoms and provided thoughtful interpretation of patient presentations to aid in the case conceptualization

PUBLICATIONS

Sherrod, A.M., Qingmei, S., Griffin, A., Jones-Muhammad, M., Thompson, R., Warrington, J.P. (2020), Impact of Reduced ASIC2a on Cortical Thickness, Microglia Density, and Brain Water Content in E18.5 Fetuses, *The FASEB Journal*, 34(S1), 1.

PRESENTATIONS

Poster Presentations

Luber, M.J., Friedman H.P., Hopper, K.M., **Sherrod, A.**, Sachner, L., &, Bilsky, S.A. (2023, November). *The Indirect Effect of Emotion Regulation on the Association Between Distress Tolerance and Anxiety Symptoms*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Friedman, H., Sachner, L., **Sherrod, A.**, Luber, M., Hopper, K., Bilsky, S.A. (2023). *The Impact of Maternal Social Anxiety on Maternal Responses to Adolescent Positive Affect*. To be presented at the 2023 Anxiety and Depression Association of America Conference.

Sachner, L., **Sherrod, A.**, Hopper, K.M., Luber, M.J., Bilsky, S.A. (2023, November). *Exploring the Relationship between Maternal Anxiety Sensitivity and Emotion Regulation Strategies During Conflict with Adolescents*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Sachner, L., **Sherrod, A.**, Friedman, H., Bilsky, S. A. (2023). *The Indirect Effect of Emotion Regulation on the Association Between Sleep Quality and Appearance-Related Safety Behaviors Among Adolescents*. To be presented at the 2023 Anxiety and Depression Association of America Conference.

Sherrod, A., Sachner, L., Friedman, H., Bilsky, S.A. (2023). *A Preliminary Examination of the Interaction between Maternal Generalized Anxiety Disorder and Offspring Negative Affect in Relation to Maternal Worry about Offspring and Perceptions of Psychological Control*. To be presented at the 2023 Anxiety and Depression Association of America Conference.

Sherrod, A., & Bilsky, S.A. (2021) *The indirect effect of safety behavior use on the association between poor sleep and generalized anxiety symptoms among adolescents*. Poster presented at the 2021 Anxiety and Depression Association of America Conference, Denver, CO, (insert dates).

Sherrod, A. (2021). *The Indirect Effect of Safety Behavior Use on the Relationship Between Poor Sleep and Generalized Anxiety Symptoms Among Adolescents*. Poster presented at the Mississippi McNair Research Symposium, November 4-5, 2021.

RESEARCH EXPERIENCE

Ronald E. McNair Program, University of Mississippi, May 2021 to July 2021
Dr. Sarah Bilsky

- Completed an 8-week internship in the Psychology Department with Dr. Sarah Bilsky. Focused on examining the associations between adolescent sleep difficulties, safety behavior use, and generalized anxiety symptoms among adolescents
- Examined journal articles, structured the research project, and assisted with the analysis and dissemination of findings

SURE Program, University of Mississippi Medical Center, May 2019 to July 2019
Dr. Junie P. Warrington

- Completed a 10-week internship in the Neuroscience Lab with Dr. Junie P. Warrington focused on exploring the impact of reduced ASIC2A on cortical thickness, microglia density, and brain water content in E18.5 Fetuses
- Conducted primary research with the utilization of H&E staining, Immunofluorescence staining, and imaging of the brain in E18.5 fetuses

PROFESSIONAL AFFILIATIONS

The Anxiety and Depression Association of America October 2021 - Present
Member

TRAINING WORKSHOPS

McCracken, H.T. (2022, October). *Administration and Scoring of the Delis-Kaplan Executive Functioning Systems (DKEFS)*.

McCracken, H.T. (2023, March). *Administration and Scoring of the Wide Range Assessment of Memory and Learning—Third Edition (WRAML-3)*.

WORKSHOPS

Diversifying Psychology Visit Day April 2020
University of Mississippi

HBCU Psychology Panel February 2021
U.N.I.T.E. (You and I Together Excel)

EXTRACURRICULAR ACTIVITIES

Alpha Kappa Alpha Sorority, Incorporated November 2019 - Present
Initiated to cultivate and encourage high scholastic and ethical standards as well as be of “Service to All Mankind”

COMMUNITY SERVICE

Back to School Supply Drive, Jackson, MS August 2021
Collected and donated school supplies for a local inner-city elementary school to ensure that students were well prepared for the school year.

UMMC Children's Hospital, Jackson, MS May 2019 - July 2019
Volunteered during the summer to enliven the children's spirits through fun games, arts, crafts, and socializing.

Highland Home, Ridgeland, MS June 2019 - August 2020
Volunteered every Tuesday to uplift the elderly through arts, crafts, and interactive games.

Extra Kredit Kollection, Jackson, MS February 2020
Alpha Kappa Alpha Sorority, Incorporated collected gently worn shoes and eyeglasses for local shelters.

Pre-Alumni Council Women's Shelter Donations, Ridgeland, MS November 2020
Collected essential items for over a month and donated them to a local women's shelter.

Stewpot Opportunity Center, Jackson, MS November 2019
Volunteered to help feed the unhoused and provide encouraging words to build holiday spirit.

Shoe Drive, Jackson, MS November 2018
Donated gently worn shoes for a local women's shelter with Alpha Kappa Alpha Sorority, Incorporated.

Campus Beautification Project, Tougaloo, MS August 2018
Picked up trash and planted flowers to beautify the campus of Tougaloo College while also creating a more inviting environment for all.

COMPUTER SKILLS

Applications: Microsoft Word, Microsoft PowerPoint, Microsoft Excel, and Zoom

Platforms: Google Chrome, Microsoft Windows, and IOS

REFERENCES

Dr. Sarah Bilsky, Assistant Professor
Department of Psychology
The University of Mississippi
P.O. Box 1848, University, MS 38677
Phone: 662-915-2973
Email: sabilsky@olemiss.edu

Dr. Shaila Khan, Professor
Department of Psychology
Tougaloo College
500 West County Line Road, Tougaloo, MS 39174
Phone: 601-977-7805
Email: skhan@tougaloo.edu

Dr. Carmen Lewis, Chair of Psychology Department
Department of Psychology
Tougaloo College
500 West County Line Road, Tougaloo, MS 39174
Phone: 601-460-4151
Email: clewis2@tougaloo.edu

Dr. Jennifer Miller, Assistant Professor
Department of Psychology
Mississippi College
200 S. Capitol Street, Clinton, MS 39056
Phone: 480-223-3739
Email: jemiller4@mc.edu