

Cecilia Rabayda
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EDUCATION

2017-2021 **University of Virginia**, B.A. Global Public Health
GPA: 3.75/4.00, Magna cum laude
Programs: Global Studies Distinguished Major

RESEARCH EXPERIENCE

- 2021-2022 **Mental Health Research Fellow**, Girls Inc.
Advisor: Dr. Sharon Hoover, Co-Director of the National Center for School Mental Health (NCSMH)
- Authored academic manuscript on eating disorder (ED) literacy in schools, "[Youth eating disorders soared during COVID-19: Schools can help.](#)"
 - Conducted review of current literature, designed Qualtrics survey, analyzed data on educator trainings, and offered policy recommendations.
 - Wrote advocacy toolkits for families and decision-makers to encourage ED literacy and support in school communities.
- 2021 **Capstone Thesis**, University of Virginia, Distinguished Global Studies Major
Advisor: Dr. Christopher Colvin
- Conducted a systematic literature review of disordered eating in low/middle income Southeast Asia using Boolean search terms across PubMed and Google Scholar databases.
 - Synthesized qualitative findings in a manuscript and presented to the faculty and students in the global health track.
- 2019 **Research Assistant**, Children's Hospital of Philadelphia
- Coded cognitive assessments, entered results into RedCap, and created a neuropsych database for clinical trials on youth anorexia.
 - Coded video analysis of participants' disordered eating behaviors.
 - Designed infographics to illustrate care pathway and onboarding process for participants of clinical study.
- 2019 **Final Project**, Design Thinking for Innovation Course, University of Virginia
- Conducted ethnographic interviews with staff at Women's Center, Counseling and Psychological Services, and crisis hotline to understand and identify the unique needs of users trying to navigate resources while actively in-crisis.
 - Created Figma wireframes, empathy maps, and user-flow diagram for a mental health crisis-management mobile app.
 - Pitched concept to creative development class, including the Director for Technology Entrepreneurship at UVA Engineering.

RESEARCH & MEDIA PUBLICATIONS

- **Rabayda, Cecilia C.**, and Sharon Hoover. "[Youth Eating Disorders Soared during Covid-19: Schools Can Help.](#)" *Journal of School Health* 93, no. 1 (October 23, 2022): 88–91.
- **Rabayda, Cecilia.** "[Criminalization Is an Outdated Approach to the US Addiction Crisis.](#)" *Knowing Neurons*, April 27, 2022.

- **Rabayda, Cecilia.** [“How Parents and Teachers Can Support Young People during the COVID-19 Mental Health Crisis.”](#) Girls Inc., December 8, 2021.

AWARDS

- 2018 **2nd Place, Caring for the Caregiver Hackathon**, Lindsay Institute
- Conducted interview with caregiver client and created affinity maps to identify the distinct needs of Hispanic family caregivers, out target demographic.
 - Designed wireframes using web software, Figma, for user onboarding process, various iconography, and pitch deck for presentation to judges panel.

PROFESSIONAL EXPERIENCE

- 2022- present **Freelance Designer**
- Designs and develops websites and logos using Figma, Wix, SquareSpace, Webflow, Canva, and Adobe Creative Suite.
 - Creates unique and effective visual branding for clients in health and wellness, including the Khan Lab at the Feinberg School of Medicine, the Timko Lab at the Perelman School of Medicine, and various local businesses.
- 2021-present **Server, Backserver, Reservationist**, Giulia Restaurant
- Provides professional and warm service in a fast-paced and high-demand fine dining environment.
 - Collaborates with the management team to revise our online reservation system, track invoices, and create and code a new Excel inventory database.
 - Monitors restaurant activity to coordinate seating flow with servers, managers, and kitchen.
- 2020-2021 **Head of Web Design**, Radical LLC
- Created landing page graphic for website relaunch and pitched new artistic directions throughout agency’s internal rebranding process.
 - Designed wireframes for various client websites, maintaining brand continuity while communicating with web developers to implement new features.
- 2018-2021 **Call Operator and Volunteer Trainer**, Confidential Crisis Hotline
- Provided non-judgmental, non-directive, and empathetic support to callers on topics including mental illness, assault and abuse, sexuality and gender, addiction, grief, and suicidality.
 - Trained new volunteers on confidentiality, general crisis management, suicide and/or homicide lethality assessment, and assault and abuse intervention.

SKILLS

Excel, REDCap, Qualtrics, Zotero, Covidence, Website Design (Adobe Suite, Figma, Canva, SquareSpace, Wix, WebFlow, WordPress)

INTERESTS

Sociolinguistics, trend forecasting, podcasts, piano, vintage clothing, The New Yorker crossword