



PRO-Health Research Program

Mission and Values of PRO-Health

PRO-Health (Partners in Research and Outreach for Health) was established in 2006 to improve the health of traditionally underserved populations through collaborations with institutional and community partners (<https://csulb-gurizar-prohealth.com/>). Our research program is driven by the following values:

- We acknowledge, promote, and utilize the cultural strengths, resources, resiliency, insights, and contributions of our surrounding communities to reduce health disparities
- We operate with integrity, value teamwork, and are committed to the communities we serve
- We promote leadership and empowerment
- We embody a multidisciplinary approach to health promotion by working collaboratively with community and institutional partners representing a wide range of health disciplines, including local and state organizations, as well as the medical and academic community
- We foster dissemination of our research by working with community leaders and organizations to design culturally-tailored programs to meet a community's health needs

Areas of Research

Our PRO-Health team identifies at-risk groups and develops and tests community-based programs that help regulate biological markers of stress and disease (e.g., cortisol, genetic markers) through the promotion of health behaviors (stress management, exercise, nutrition, sleep).

Our goal is to ensure that each of our programs is culturally tailored and sustainable for the communities we serve in order to improve health care access and reduce health disparities.

Student Research Training

A strong component of PRO-Health is the mentorship of students, particularly those from underrepresented communities and who bring diverse perspectives to health disparities research. As such, PRO-Health provides research training opportunities for students who are committed to pursuing careers aimed at improving the health of traditionally underserved populations. Since PRO-Health's inception, CSULB students have had the opportunity to collaborate with several different community organizations/health clinics and universities (e.g., UCLA, UCI, USC) to provide free, empirically based health programs for residents of Los Angeles County. Much of this training has been conducted in collaboration with research mentorship programs at CSULB.

As part of this research assistantship, students are required to dedicate 12 hours per week for one year gaining research experience in *Health Psychology*. To date, we have mentored and supervised over 150 undergraduate and graduate students, many of whom have successfully received academic scholarships, presented and published their research and local and national conferences, defended their honors and masters thesis research project, and entered masters and doctoral programs.

Join our PRO-Health Research Team!

If you are interested in joining PRO-Health, please attach an unofficial transcript, a resume, and contact information of one professional reference with the completed application form below and send to Dr. Guido Urizar at guido.urizar@csulb.edu

Research Interests & Career Goals

What fields of Psychology are you interested in pursuing? (Check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Health Psychology | <input type="checkbox"/> Biological Psychology / Behavioral Neuroscience |
| <input type="checkbox"/> Community Psychology | <input type="checkbox"/> Developmental Psychology |
| <input type="checkbox"/> Clinical Psychology | <input type="checkbox"/> Counseling Psychology |
| <input type="checkbox"/> Social Psychology | <input type="checkbox"/> Cognitive Psychology |
| <input type="checkbox"/> Human Factors | <input type="checkbox"/> Industrial and Organizational Psychology |
| <input type="checkbox"/> Statistics / Experimental Psychology | <input type="checkbox"/> Evolutionary Psychology |

What is your current career goal?

Please explain why you want to work as a research assistant:

Briefly describe any previous research experience you have had (in your classes, research lab, etc):

Describe what other relevant experience you have (software, computer, volunteer experience, etc.):

Please explain why you believe that you would make a good research assistant. What strengths do you hope to bring to this position?

What do you hope to gain through this experience?

Thank you for your interest in joining PRO-Health. Please attach an unofficial transcript, a resume, and contact information of one professional reference with this application and send by email to guido.urizar@csulb.edu