

# DARWIN A. ARIAS

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## EDUCATION

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### Columbia University, Columbia College

Expected 2022

*Bachelor of Arts in Neuroscience & Behavior, Concentration in Public Health*

Cumulative GPA: 3.62

### Ossining High School, Ossining, NY

2018

*Regents with Honors Diploma, High Honor Roll, Student of Distinction*

Cumulative GPA: 99.3

## HONORS AND AWARDS

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Columbia College Summer Funding Program	2020
Columbia University Work Exemption Program (WEP)	2019 - 2020
Dean's List	2019
Hispanic Scholarship Fund Recipient	2018
Mesothelioma Cancer Alliance Scholarship Recipient	2018
Ossining Lion's Club Edward and Anna Klotz Scholarship Recipient	2018

## RESEARCH PRESENTATIONS

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**Arias, D.A.,** Giorgio Cosenzo, L.A., & Alcántara, C. (2019, October). The Effects of Acculturation Stress on Charlson Comorbidity Index (CCI) Scores Among Latino/a Adults. Poster presented at the 2019 Columbia Undergraduate Research Symposium, New York, NY.

## RESEARCH EXPERIENCE

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Sleep Mind Health Research Program, Columbia University School of Social Work 2019 – present  
*Undergraduate Research Assistant*

- **Dormir Mejor Study:** Documented community advisory board meetings, study team meetings, and focus groups conducted in English and Spanish; Created instructional guides in Spanish to facilitate focus group participations; Reviewed a mobile application of Cognitive Behavioral Therapy for Insomnia (CBT-I) to identify opportunities for cultural adaptations and general enhancements; Revised translated Spanish CBT-I application content for regionalisms; Assisted in qualitative analysis of focus group transcripts
- **Latino Sleep and Health Study:** Conducted biopsychosocial assessments with English-speaking and Spanish-speaking participants using Qualtrics [survey software platform]; Extracted and organized objective sleep data from polysomnography reports; Assisted in participant recruitment efforts

- Disaggregation of Latina/o Health Data: Monitored editing and publication process for systematic review on the disaggregation of Latina/o health data in public health surveillance surveys; Assisted with organization of data

Laidlaw Undergraduate Research & Leadership Program at Columbia University      2019 – present  
*Scholar*

- Selected among selective group of applicants; Engaged in leadership development workshops and seminars on fundamentals of conducting research
- Attended faculty research presentations and networked with distinguished emerging leaders throughout the summer and school year
- Independent Research Project: Engaged in funded six-week summer research project with Sleep, Mind, & Health Research Program, exploring the relationship between acculturation stress and physical morbidity among Latinx adults, with a goal of finding sources of health inequity among immigrant and U.S. born Latinx adults

## **HEALTHCARE EXPERIENCE**

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International Collaboration and Exchange Summer Program      2020  
*Student*

- Engaged in remote discussions and debates on global healthcare topics with medical and dental students from 14 major international universities
- Attended faculty presentations on current world health events (pandemic), international healthcare systems, and clinical research

Columbia-Harlem Homeless Medical Partnership, New York, NY      2018 – 2019  
*Volunteer Translator*

- Provided live translation for Spanish-speaking patients at free clinic run by medical students
- Obtained medical interpreter training and completed HIPAA certification

Ossining Volunteer Ambulance Corps, Ossining, NY      2018  
*First Aider*

- Shadowed EMTs/paramedics on emergency medical calls and assisted them with transportation of patients 25 hours per week
- Assisted with housecleaning duties and provided Spanish translation for Spanish-speaking patients

New Visions Health Program, NYP/Hudson Valley Hospital, Cortlandt, NY      2017 – 2018  
*Student*

- Interacted with patients while shadowing medical professionals through clinical rotations in departments including the Intensive Care Unit, Emergency Room, and Operating Room

- Observed live medical procedures including a C-section, knee replacement surgery, and upper and lower endoscopies

## COMMUNITY SERVICE EXPERIENCE

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Columbia University Student Organization of Latinxs (SOL) 2018 – present  
*First-Year Publicity Rep, Publicity Chair, Latinx Heritage Month Secretary*

- Coordinate & publicize large community Latin-American cultural events on-campus, including Orgullo Latinx: El Salvador, Noche de Gala, and a block party
- Spearheaded design of a “Columbia University Latinx” T-shirt in efforts of fundraising
- Latinx Heritage Month: Aided with annual LHM Opening & Closing ceremonies, served as a model for LHM fashion show, painted banner with LHM design

Columbia University Multicultural Recruitment Committee/Mentoring Initiative 2018 – present  
*Volunteer/Mentor*

- Multicultural Recruitment Committee: Led discussions with prospective students on undergraduate experience and hosted Latinx students during Days on Campus/Perspectives on Diversity events
- Mentoring Initiative, Latinx Family Tree: Mentored first-year Latinx students at Columbia University in their transition to college; Engaged in program events and advised first-year students pursuing STEM

LatinoU College Access, Valhalla, NY 2017 – present  
*First Gen Forward Scholar, Ambassador, & Alumni*

- Advocate regularly on behalf of LatinoU at fundraising events which includes writing and delivering speeches after completing college access program
- Network with Latinx professionals at career and leadership-oriented events at corporate partners including Mastercard and Morgan Stanley

Columbia University Men’s Club Volleyball 2018 – 2020  
*Member*

- Engaged in team practices (3 hours) twice a week and in monthly away tournaments
- Administered the designing of team sweatshirts and recruited new players

Operation Exodus Inner City, New York, NY 2018 – 2019  
*Art Teacher, Summer Counselor & College Access Intern*

- Global Thought Experience at Columbia University: Engaged in group discussions about the immigrant experience in program monthly meetings; Partnered with Operation Exodus to tutor Latinx first-gen low-income students (ages 11-13) from Washington Heights with homework and preparation for high school admissions tests 4 hours/week

- Served as hired middle school counselor and art teacher for their 2019 Summer Enrichment Program.

## **SKILLS**

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- Native Spanish speaker
- Proficient in Microsoft Office software
- Proficient in website building software
- Familiar with Qualtrics, RedCap, & File Maker Pro
- Proficient in Procreate graphic design software
- Oil painting, acrylic painting, charcoal drawing