

## EDUCATION

---

- PhD** University of California, Los Angeles, June 2027 (Expected)  
Luskin School of Public Affairs  
Advisor: Dr. Cindy Sangalang, PhD, MSW
- AM** University of Chicago June 2023  
Crown Family School of Social Work, Policy, and Practice  
Master of Arts, Social Work (Clinical Concentration)
- MA** San Francisco State University August 2019  
Master of Arts, Asian American Studies (*With Distinction*)
- BA** Loyola Marymount University May 2016  
Bachelor of Arts, Psychology (Minor in Asian American Studies)  
Cum Laude with Deans Honor List

## HONORS AND AWARDS

---

- Eugene V. Cota-Robles Fellowship** (\$25,000) September 2023-June 2027  
University of California, Los Angeles
- Provost's Chang-Lin Tien Award** (\$1000) May 2022  
University of Chicago  
*Recognizes UChicago students committed to serving the Asian American and Pacific Islander community.*
- Dean's Distinguished Leadership Award** (\$40,000) September 2021-June 2023  
University of Chicago | Crown Family School of Social Work, Policy, and Practice
- Graduate Student Award for Distinguished Achievement** May 2019  
San Francisco State University | Department of Asian American Studies
- Dean's Honors List** August 2012 – May 2016  
Loyola Marymount University  
Awarded Semesters: Fall 2012, Spring 2014, Fall 2014, Fall 2015, Spring 2016

## RESEARCH EXPERIENCE

---

- Graduate Research Assistant** February 2022 – August 2023  
**University of Chicago | Crown Family School of Social Work, Policy, & Practice**  
*Project:* Midwest Longitudinal Study of Asian American Families (MLSAAF)  
*Primary Investigator:* Dr. Yoonsun Choi

- Executed recruitment of Filipino American youth to participate in Wave 4 of MLSAAF using social media communication and engagement strategies.
- Conducted literature reviews on topics related to Asian American youth development, civic engagement, acculturation, and mental health outcomes; Synthesize literature to aid in preparation of manuscripts for publication.
- Collaborated with primary investigators to co-author manuscripts 1) *Bicultural Identity, Perceived Cultural Gap, and Youth Outcomes among Filipino and Korean American Families* and 2) *COVID-19, Racial Discrimination, and Civic Engagement among Filipino and Korean American Young Adults*.

**Graduate Research Assistant**

May 2018-July 2022

**University of California, San Francisco**

*Project:* CARE-T2D - Caring for Asian Americans through Research and Education on Type-2, NIH: UL1GM118985

*Primary Investigators:* Dr. Melinda S. Bender, Dr. Therese Doan, Dr. Grace J. Yoo

- Collaborated with primary investigators on a pilot study exploring caregiving and social support dynamics among Asian American families with an older parent diagnosed with type-2 diabetes (T2D); findings of pilot study will inform the development of culturally responsive, family-based diabetes intervention.
- Executed community-based recruitment of Asian American families (n=100) by attending health fairs and cultural events, delivering presentations to local colleges/universities, and forming partnerships with Filipino identified organizations.
- Created quantitative surveys and managed data on Qualtrics; provided technical support for participants completing the survey on digital platforms.
- Conducted semi-structured interviews with parent and adult child dyads; collaborated on qualitative, thematic data analysis.
- First author on manuscripts 1) *Tiwala, Building Trust to Recruit Filipino-American Families: CARE-T2D Study* (Published by *Ethnicity & Disease*) & 2) *Older Asian Americans with Type 2 Diabetes and their Adult Child: A Qualitative, Dyadic Exploration of Family Support* (Under review by *Journal of Cross-Cultural Gerontology*)

**Graduate Research Assistant**

August 2019-July 2022

**San Francisco State University, Asian American Studies Department**

*Project:* Quality of Life and Diverse Women with Breast Cancer, NIH: P20MD000544-02

*Primary Investigator:* Dr. Grace J. Yoo

- Collaborated on a qualitative study exploring breast cancer survivorship, social support, and quality of life among diverse women with breast cancer.
- Conducted qualitative, thematic analysis of interviews (n=170) and collaborated with team to reach consensus on coding strategy.
- Completed a thorough review and synthesis of literature on breast cancer outcomes, survivorship, social support, and interventions for ethnically diverse women.
- First author on manuscript *A Qualitative Exploration of the Continuum of Help-Seeking among Asian American Breast Cancer Survivors* (Under review by *Social Work in Healthcare*)

## Graduate Research Coordinator

January 2019-May 2020

San Francisco State University, Child and Adolescent Development Department

Project: First Year Experiences of Asian International Students in the US

Primary Investigators: Dr. Soyeon Park, Dr. Grace J. Yoo

- Collaborated on a national study exploring the psychosocial wellbeing and development of Asian international students in the United States.
- Executed training of undergraduate and graduate research assistants on tasks including recruitment, data collection (surveys and semi-structured interviews), Qualtrics, and data management.
- Executed recruitment of ethnically diverse Asian international students (n=300) by delivering presentations to local colleges/universities and utilizing social media platforms including Instagram, Facebook, and WhatsApp.
- Created quantitative surveys and managed data on Qualtrics; provided technical support to team members throughout recruitment and data collection stages.
- Conducted semi-structured interviews and engaged in preliminary thematic analysis.

## PUBLICATIONS

---

### *Published, Peer-Reviewed Articles*

Peregrina, H.N., Yoo, G. J., Villanueva, C., Bayog, M. L. G., Doan, T., & Bender, M. S. (2022). Tiwala, Gaining Trust to Recruit Filipino American Families: CARE-T2D Study. *Ethnicity & Disease*, 32(1), 49–60. <https://doi.org/10.18865/ed.32.1.49>

Maglalang, D.D., Peregrina, H. N., Yoo, G. J., & Le, M.N. (2021). Centering Ethnic Studies in Health Education: Lessons from Teaching an Asian American Community Health Course. *Health Education & Behavior*, 48(3), 371–375. <https://doi.org/10.1177/10901981211009737>

### *Manuscripts Under Revise and Resubmit*

Peregrina, H.N., Maglalang, D.D., Hwang, J., & Yoo, G.J. A Qualitative Exploration of the Continuum of Help-Seeking among Asian American Breast Cancer Survivors. *Social Work in Healthcare*.

Park, M., Woo., B., Jung, H., Jeong, E., Choi, Y., Takeuchi, D., & Peregrina, H.N. COVID-19, Racial Discrimination and Civic Engagement among Filipino American and Korean American Young Adults. *Emerging Adulthood*.

### *Manuscripts under Review*

Peregrina, H.N., Bayog, M.L.G., Pagdilao, A., Bender, M.S., Doan, T., & Yoo, G.J. Older Asian Americans with Type 2 Diabetes and their Adult Child: A Qualitative Dyadic Exploration of Family Support. *Journal of Cross-Cultural Gerontology*.

Maglalang, D.D., & **Peregrina, H.N.** *Bahaghari: Visibilizing the Experiences and Resistance of Filipinx American LGBTQ+ in the Diaspora*. Book Chapter in *Addressing Anti-Asian Racism with Social Work Advocacy and Action*, Oxford University Press.

### ***Manuscripts in Preparation***

Choi, Y., Suh, J., Park, M., Yoon, E., & **Peregrina, H.N.** Bicultural Identity, Perceived Cultural Gap, and Youth Outcomes among Filipino and Korean American Family. *Journal of Youth and Adolescence*.

### **PRESENTATIONS**

---

**Peregrina, H.N.**, & Yoo, G.J. (March 2021). *A Qualitative Exploration of the Trajectory of Help Seeking among Asian American Breast Cancer Survivors*. Paper Presentation. American Psychosocial Oncology Society, Virtual Conference.

**Peregrina, H.N.**, Dela Cruz, M., Lee, S., Shen, K. & Jeung, R. (April 2020), *Ethnic Studies in California High Schools*. Conference Presentation. Association of Asian American Studies, Washington, DC.

**Peregrina, H.N.** (April 2020). *Tiwala, Recruiting Filipino Americans to Study Family Support for Type 2 Diabetes*. Paper Presentation. Association of Asian American Studies, Washington, DC.

**Peregrina, H.N.**, Bayog, M.L.G., Doan, T. (October 2019). *Dim Sum & Tiwala, Recruitment of Chinese and Filipino Dyads for Community-Based Diabetes Research*. Conference Presentation. Asian Alliance for Health, San Francisco, CA.

**Peregrina, H.N.** (September 2019). *Malasakit, The Emotional Care Work of Pin@y Educators*. Conference Presentation. Filipino American Educators Association of California, Davis, CA.

**Peregrina, H.N.** (April 2019). *Malasakit: Pedagogies of Care, Social Support and Adolescent Pin@ys' Mental Health*. Conference Presentation. Association of Asian American Studies, Madison, WI.

**Peregrina, H.N.**, Villanueva, C., Doan, T., Yoo, G.J., & Bender, M.S. (November 2018) *Tiwala, Recruiting Filipino Americans to Study Family Support for Type 2 Diabetes* Conference Presentation. Asian American Research Center on Health, San Francisco, CA.

## TEACHING EXPERIENCE

---

### Adjunct Faculty

August 2019-August 2021

#### San Francisco State University, Asian American Studies Department

- Taught *AAS 106 Asian American Activism*, a first-year experience course which introduces students to Ethnic Studies curriculum, social justice-based inquiry, and research. Students examine Asian American leadership and contributions to movements for social justice.
- Taught *AAS 110 Critical Thinking and the Asian American Experience*, a first-year course focused on the development of critical thinking skills to understand, interrogate, and construct arguments reflective of the Asian American experience.
- Taught *AAS 213 Asian Americans and American Ideals and Institutions*, a lower-division course focused on American government institutions and ideologies, and their impact on the historical and contemporary experiences of Asian Americans.
- Taught *AAS 591 Asian American Community Health Issues*, an upper-division course exploring community health concepts and needs specific to the Asian American community. Students are taught and apply the scientific method, culminating in the completion of original data collection and analysis.
- Participated in *Asian American and Pacific Islander Retention and Education (ASPIRE)* program, a faculty and student peer mentor learning community that disseminates information and provides targeted support to high need & low-income AAPI students.

### Adjunct Faculty

August 2019-August 2021

#### San Francisco State University, Child and Adolescent Development Department

- Taught *CAD 260 Children, Families, and Communities: An Ecological Perspective*, a core major course examining the ecological factors (micro, meso, and macro) that contribute to child and adolescent development. Students are exposed to basic and applied research on development in relation to family and community.

## GRADUATE TEACHING EXPERIENCE

---

### Instructional Assistant

Spring 2019

**Course:** AAS 884 Critical Asian American Educational Experiences and Pedagogy

**Instructor:** Dr. Allyson Tintiangco-Cubales

San Francisco State University, Asian American Studies Department

- Collaborated with instructor to develop syllabus and lesson plans for graduate seminar course focused on pedagogical issues and interventions in Asian American Studies and educational experiences of Asian Americans.
- Primary responsibilities included providing feedback to students' teaching portfolios, lesson plans, and teaching practicum project, holding regular office hours, and facilitating seminar discussions.

### Instructional Assistant

Spring 2019

**Course:** AAS 591 Asian American Community Health Issues

**Instructor:** Dr. Mai-Nhung Le

San Francisco State University, Asian American Studies Department

- Collaborated with instructor to develop asynchronous course material and syllabus for a fully online, upper-division undergraduate course.
- Primary responsibilities included holding weekly office hours and providing feedback to students on assignments, original data collection, and final research project.

**Instructional Assistant**

Fall 2018

**Course:** AAS 591 Asian American Community Health Issues

**Instructor:** Dr. Efren Bose

San Francisco State University, Asian American Studies Department

- Collaborated with instructor to develop course syllabus and midterm project for upper-division undergraduate course.
- Primary responsibilities included holding weekly office hours and providing feedback to students on assignments, midterm reflection project, and final literature review.

**PROFESSIONAL WORK EXPERIENCE**

---

**Social Work Intern (Clinical)**

September 2022 – June 2023

Midwest Asian Health Association | Chicago, IL

- Provided weekly individual therapy services and crisis intervention as needed to ethnically diverse children and adolescents (ages 8-18) navigating various conditions including ADHD, anxiety, depression, adjustment issues, and selective mutism.
- Conducted integrated mental health assessments according to Medicaid standards of practice; utilized evidence-based and validated measures including IM+CANS, GAD-7, PHQ-9, Columbia, Ohio, and Locus surveys.
- Created and delivered mental health education trainings for youth, adults, or professionals on topics including suicide prevention and anti-bullying.
- Supported the Substance Abuse Prevention program coordinator in conducting community outreach and disseminating program information.
- Provided case management services for the Insurance Navigator Program to improve clients' awareness of health insurance benefits.

**Graduate Assistant**

June 2022 – August 2022

University of Chicago Center for College Student Success | Chicago, IL

- Executed planning and implementation for *Chicago Academic Achievement Program* (CAAP), a 6-week summer academy for first-generation, low-income, and immigrant students transitioning from high school to undergraduate life at the University of Chicago.
- Supervised undergraduate student staff (program development interns and residence assistants) through variety of issues including roommate conflict mediation, crisis intervention, workshops/events planning, and creating residential community.
- Served as a general resource for CAAP student scholars and provided mental health crisis intervention, informal counseling, COVID-19 response, and referrals to university and community-based services.
- Facilitated weekly events including CAAP conversations that address topics related to college life and transitioning to UChicago, house meetings, and excursion outings to explore the city of Chicago.

- Collaborated with UChicago's Office of Civic Engagement to plan and facilitate community service outings with partner non-profit agencies throughout the Chicago South Side.

### **Social Work Intern**

September 2021 – June 2022

Youth Guidance, Department of Evaluation & Quality Improvement | Chicago, IL

- Conducted qualitative, thematic analysis on end of year student program evaluations; Produced brief reports outlining outcomes of youth psychosocial interventions including Becoming a Man (BAM) and Working on Womanhood (WOW).
- Conducted national study on agency's youth psychosocial interventions (BAM & WOW) to evaluate intervention fidelity, counselor program implementation, and student enrollment; utilized Tableau and Excel software for quantitative data analysis.
- Collaborated in monthly group case consultation with clinical and social administration interns to provide feedback and develop problem-solving strategies.

### **Youth Internship Coordinator**

June 2021 – August 2021

Stop AAPI Hate | San Francisco CA

- Led team of high school interns in Stop AAPI (Asian American & Pacific Islander) Hate 6-week summer internship program and anti-cyberbullying campaign.
- Provided individual support check-ins on issues including team relationship building, college applications, and social-emotional concerns.
- Produced and taught lesson plans on topics including conducting academic research, social media marketing, lesson plans, and policy report writing.
- Developed and taught culturally responsive and developmentally appropriate mental health psychoeducation workshops on topics including history and context of mental health, development of social-emotional coping skills, health and discrimination, and cyberbullying.

### **Administrative Analyst**

January 2021 – August 2021

San Francisco State University | San Francisco CA

- Assisted in the development of *First Year Experience*, a year-long program that introduces freshman students to core curriculum and the city of San Francisco.
- Assisted in the development of *Responsive Education for Access, Community, and Hope* (REACH) program, a set of culturally responsive and equity-minded access and financial literacy strategies for low-income Asian American & Pacific Islander (AAPI) students.
- Developed online teaching materials for faculty transitioning to online learning; Utilized Blackboard learning management platform to prepare digital materials on topics including culturally responsive pedagogy, active learning strategies, and pedagogy for ongoing online instruction.

### **ASPIRE Peer Mentor**

August 2018-May 2019

San Francisco State University | San Francisco CA

- Supported undergraduate students enrolled in ASPIRE student learning communities including AAS 213 Asian Americans and American Ideals and Institutions (Professor Eric Mar, Fall 2018) and AAS 110 Critical Thinking and the Asian American Experience (Professor Eric Pido, Spring 2019).

- Served as instructional aid for ASPIRE linked courses and aided in curriculum development including course syllabus, lesson plans, and assignments.
- Led community learning circles where undergraduate students identify learning needs for classes, connect with tutors on campus, and receive support for course material.

### **Temporary Volunteer Coordinator**

June 2016-January 2017

Didi Hirsch Mental Health Services | Los Angeles, CA

- Conducted community-based outreach to recruit youth and young adult volunteers for agency fundraising campaigns including Alive and Running 5K Walk and Run for Suicide Awareness and Break the Stigma Company Gala.
- Developed and delivered health education presentations to community organizations on topics including mental health, suicide awareness, and substance misuse.
- Created digital education materials and managed agency social media channels to promote the local community's mental health awareness; platforms used include Facebook, Instagram, and Twitter.

## **VOLUNTEER EXPERIENCE**

---

### **Behavioral Health Liaison**

April 2022-June 2023

University of Chicago, Pritzker Medical School | Chicago, IL

- Collaborate with Pritzker Medical School students by serving as board member for Bridgeport Free Clinic, a community-based primary care clinic serving Asian immigrant populations throughout Chicago's Bridgeport and Chinatown neighborhoods.
- Serve as Behavioral Health Liaison and conduct behavioral health assessments and social needs screeners as part of patient intake workflow.
- Engage clinic patients in informal conversations regarding behavioral and mental health; use empathic attunement to collaborate with patients to develop treatment plans to respond to their healthcare needs.
- Conduct research on community-based healthcare and social service agencies and provide referrals to respond to the individual needs of patients and their families.
- Serve as the Social Work point person by recruiting volunteers, providing volunteer training, and preparing logistics for weekly clinics.
- Evaluate effectiveness of clinic workflows and assessment instruments; provide recommendations for trauma-informed and culturally responsive care.

### **Teacher and Coordinator**

June 2018-June 2021

Pin@y Educational Partnerships (PEP) | San Francisco, CA

- Collaborated in the development of PEP, a community-based organization that teaches Ethnic Studies in K-12 classrooms, holds service-learning projects, youth campaigns, and volunteer teaching opportunities for university undergraduate and graduate students.
- Collaborated with San Francisco Unified School District and its participating K-12 schools to build relationships between students, PEP teachers and administration, and school site administration.
- Built relationships with school social workers, wellness staff, and teachers to provide holistic case management and complete individualized education plans (IEPs).



- Supervised and supported new teachers by developing professional development trainings and providing 1:1 support check-ins and progress evaluations.
- Developed 5<sup>th</sup> Period Asian American Studies course that examines the Filipino American experience through themes of colonization, decolonization, and resistance; Created curriculum including course syllabus, lesson plans, and class projects.
- Developed *Malong* Student Wellness program, a culturally responsive, targeted support and mentorship program focused on physical and mental health, social-emotional learning, class tutoring, college applications, college transitions and referral to school and community-based wellness services.
- Engaged in annual research projects TPAR (Teacher Participatory Action Research) and YPAR (Youth Participatory Action Research) to explore critical classroom and community level social issues and collaborate as a team to develop action plans.

### **PROFESSIONAL MEMBERSHIPS**

---

Association of Asian American Studies  
Asian American Psychological Association  
Filipino American Educators Association of California  
National Association of Social Workers – Illinois Chapter  
Psi Chi International Psychology Honors Society