

Hartrisha Kaur (Dhindsa) Uchida

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Hartrisha.com

Education

Ph.D. in Positive Developmental Psychology, Evaluation, & Applied Research Methods – Claremont Graduate University

- Dissertation: *The Relationship Between Historical Trauma, Ethnic Identity, and Well-Being in Sikh American Emerging Adults*

College Teaching Certificate – Claremont Graduate University

Master of Arts in Psychology – Claremont Graduate University

- MA Thesis: *Developmental Assets as Predictors of Program Attendance and Program Experiences in a PYD Informed After-School Program*

Master of Arts in Psychology – California State University, Fullerton

- MA Thesis: *The Development of Hostile Attribution Bias in Physically Abused Children*

Bachelor of Arts in Psychology & Social Behavior – University of California, Irvine

Associate in Arts in Psychology – Irvine Valley College

Professional Experience

Associate Faculty: January 2020-Present

- Irvine Valley College

Senior Evaluation Associate/Project Manager: November 2022-August 2025

- Claremont Evaluation Center at Claremont Graduate University

Evaluation Associate: August 2019-November 2022

- Claremont Evaluation Center at Claremont Graduate University

Graduate Student Researcher: August 2017-December 2019

- California State University, Fullerton

Current and Past Evaluation Projects

Introductory Psychology Initiative (IPI), Irvine, CA: 2021-Present

- Developed/refined curriculum from the APA and trained peer mentors for supplemental instruction aimed at improving completion rates in introductory psychology courses
- Assessed the impact of supplemental instruction on student performance and retention using data in Tableau
- Mentored students in conducting research and evaluating the efficacy of the supplemental instruction program
- Presented research findings at a regional psychology conference
- Published findings in an academic journal to contribute to evidence-based educational practices

After-School All-Stars, Los Angeles County, CA: 2020-August 2025

- Assisted in evaluating a large afterschool program offering academic support and enrichment to youth in underserved neighborhoods
- Handled project management, survey design, statistical analyses, and the use of observational protocols
- Facilitated relationships with stakeholders to ensure use of evaluation findings (programmatic improvements, leadership decisions, and organizational changes)
- Contributed to report writing and presented findings to key stakeholders
- Trained new evaluation associates in key evaluation processes, including survey design, statistical analysis, and report writing
- Monitored and supervised team members throughout the evaluation process

Boys and Girls Clubs of Carson (BGCC), Carson, CA: 2023-August 2025

- Assisted in the implementation of evaluation plan created by PI
- Conducted on-site observations of after-school programming
- Analyzed data from key data sources and reported findings in deliverables
- Presented key findings to stakeholders
- Created automated reports to allow for organizational data use

Zippy's Friends SEL Program, Premier Academy, Nairobi, Kenya: 2021-2022

- Assisted in conducting an evaluation to determine the efficacy of a socioemotional learning program implemented in a primary school
- Developed relationships with key stakeholders remotely
- Assisted in the development of measures and observation protocols unique to this school and program
- Engaged in evaluation capacity building to promote continued use of evaluation

San Francisco's Department of Children Youth & Their Families: 2019-2020

- Assisted with data cleaning and administrative tasks as needed

Technical Reports and Publications

- Dhindsa, H.**, & Rudmann, J. (2023). *Peer teacher honor students implement the Introductory Psychology Initiative*. *Psi Beta Journal of Research* 3(1), 68-75. <https://doi.org/10.54581/PRNM1641>
- Berry, T., **Dhindsa, H.**, Sloper, M., & Beal, L. (2024). *An Evaluation of After-School All-Stars, Los Angeles: 2023-2024 Final Evaluation Report*. Claremont Evaluation Center, Claremont Graduate University: Claremont, CA.
- Berry, T., Sloper, M., & Gomez, M., **Dhindsa, H.**, Shahangian, S. (2023). *Boys & Girls Clubs of Carson (BGCC): 2023-2024 Final Evaluation Report*. Claremont Evaluation Center, Claremont Graduate University: Claremont, CA.
- Berry, T., **Dhindsa, H.**, Sloper, M., & Gomez, M. (2023). *An Evaluation of After-School All-Stars, Los Angeles: 2022-2023 Final Evaluation Report*. Claremont Evaluation Center, Claremont Graduate University: Claremont, CA.
- Berry, T., **Dhindsa, H.**, Sloper, M., Park, T., & Gomez, M. (2022). *An Evaluation of After-School All-Stars, Los Angeles: 2021-2022 Final Evaluation Report*. Claremont Evaluation Center, Claremont Graduate University: Claremont, CA.
- Berry, T., Sloper, M., Irei, H., & **Dhindsa, H.** (2021). *An Evaluation of After-School All-Stars, Los Angeles: 2020- 2021 Comprehensive CQI Report*. Claremont Evaluation Center, Claremont Graduate University: Claremont, CA.
- Dhindsa, H.** (2019). *The Development of Hostile Attribution Bias in Physically Abused Children* (Masters Thesis, California State University, Fullerton).
- Beltran-Castillo A., Alvarado L., Madrigal A., Coulumbe S., Connelly E., **Dhindsa H.**, Izumi Y., Forde J., & Uhlman J., (May 2015), *Self-Regulation and Interpersonal Communication* [Abstract]. *Building Bridges 2015: Selected Abstracts of the HTCC Undergraduate Research Conference (Volume 15)*.

Conference Presentations

- Dhindsa, H** (2024) *The Relationship Between Historical Trauma, Ethnic Identity, and Well-Being in Sikh American Emerging Adults*, Paper Presentation presented at Western Psychological Association Annual Conference, San Francisco, California.
- Rudmann, J. & **Dhindsa, H.** (2023). *How We Increase Successful Outcomes in the Introductory Psychology Course – You Can Too!* Symposium Lecture presented at Western Psychological Association Annual Conference, Riverside, California.
- Dhindsa, H.**, Berry, T., Sloper, M. (2022). *Developmental Assets as Predictors of Program Attendance and Program Experiences in a PYD Informed After-School Program*, Paper Presentation presented at Western Psychological Association Annual Conference, Portland, Oregon.
- Dhindsa, H.** (2019). *The Development of Hostile Attribution Bias in Physically Abused Children*. Symposium Lecture presented at Western Psychological Association Annual Conference, Pasadena, California.

Dhindsa H., & Ferguson B. (May, 2018) *Predictors of Academic Achievement: Racial Microaggressions, Perceived Social Support, and School Belongingness*. Presented at Association for Psychological Sciences Annual Conference, San Francisco, California.

Dhindsa H., & Ferguson B. (April, 2018) *Predictors of Academic Achievement: Racial Microaggressions, Perceived Social Support, and School Belongingness*. Presented at Western Psychological Association Annual Conference, Portland, Oregon.

Dhindsa, H (April, 2017) *Eye Motion and the Interpretation of Ambiguous Stimuli with an Emphasis on the Effects of Priming*. Presented at Western Psychological Association Annual Conference, Sacramento, California.

Hong N., Lim A., Serrato E., Demeheri N., **Dhindsa H.**, Marcelo D. M., & Uhlman J., (May, 2015) *The Impact of Classroom Peer Mentors and Cognitive Interventions on Students' Academic Success*. Presented at Western Psychological Association Annual Conference, Las Vegas, Nevada.

Beltran-Castillo A., Alvarado L., Madrigal A., Coulumbe S., Connelly E., **Dhindsa H.**, Izumi Y., Forde J., & Uhlman J., (May 2015), *Self-Regulation and Interpersonal Communication*. Presented at Western Psychological Association Annual Conference, Las Vegas, Nevada.

Beltran-Castillo A., Alvarado L., Madrigal A., Coulumbe S., Connelly E., **Dhindsa H.**, Izumi Y., Forde J., & Uhlman J., (May 2015), *Self-Regulation and Interpersonal Communication*. Presented at Honors Transfer Council of California Annual Conference, Irvine, California.

Teaching Experience

Courses Taught at Irvine Valley College:

- Developmental Psychology – Childhood and Adolescence
- Developmental Psychology – Lifespan
- Social Psychology
- Introduction to Psychology (regular and honors)
- Physiological Psychology Lab
- Faculty-Mentored Independent Research
- Psychological Aspects of Human Sexuality

Service and Professional Engagement at Irvine Valley College:

- Faculty Mentor for Psi Beta Community College National Honor Society in Psychology
- Member of Institutional Review Board
- Member of Guided Pathways Social and Behavioral Sciences Committee

Honors and Awards

Part-Time Teacher of the Year (2022-2023) – Irvine Valley College

Psi Beta Advisor of the Year (2022-2023) – Irvine Valley College