Crystal T. Harrell, PhD, MPH, MS

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EDUCATION

Yale University, New Haven, CT | 20 May 2024
Doctor of Philosophy in Public Health - Social and Behavioral Sciences
Dissertation: Perceived Stress and health: Examining the protective role of spiritual consciousness among young adults
Yale School of Public Health

The George Washington University, Washington, DC | 31 August 2020
Master of Public Health in Epidemiology
Thesis: Explaining breast cancer screening disparities among African American women using HINTS data
Milken Institute School of Public Health

Auburn University, Auburn, AL | 15 December 2018
Master of Science in Human Development and Family Studies
Thesis: Socioeconomic status and health: The protective role of religiosity among African Americans

Auburn University, Auburn, AL | 8 May 2017
Bachelor of Arts in Sociology
Minor: Military Science (Army ROTC)
Inst. Honors: Cum Laude

HONORS/AWARDS

award amount totaling over $700,000

- Afro-American Cultural Center 2024 Yale Black Graduation – Dedicated Service Award
- NIH-National Research Service Award (NRSA) Institutional Research Training Grant (T32)
- Bill & Melinda Gates Millennium Scholarship
- Yale School of Public Health Dean's Research Award
- Student Milestone Award - Tsai Center for Innovative Thinking
- Yale Student Spotlight Magazine Feature
- NAHSE CT's Monthly Spotlight
- Dean's Scholarship-George Washington University
- ICPSR Summer Program Diversity Scholarship
- Department of Epidemiology 2019 Student Research Award
- Learning Supplement Stipend, Office of Military and Veterans Student Services
- Army ROTC Scholarship
- Smith Foundation Scholarship
- AU Board of Trustees Scholarship
- Provost Leadership Undergraduate Scholarship (PLUS) Award
- 1st Place Award; This is Research: Student Symposium 2017 Undergraduate Research Award
- SEC Academic Honor Roll
- Student-Athlete Top Tiger-Track and Field

ACADEMIC PUBLICATIONS

Harrell, C. & Ransome, Y. (*in review*). Religiosity, spirituality, and health among African American adolescents and emerging adults living in the United States: A scoping review of the literature. *Journal of Religion and Health*.

Ransome, Y., Valido, A. D., Espelage, D. L., Clements, G. L., **Harrell, C.,** Eckel, C., ... & Taggart, T. L. (2023). A systematic review of how social connectedness impacts associations between racism and discrimination on health outcomes. *Epidemiologic reviews*, mxad009.

Swenson, C., Bubb, R., **Harrell, C.,** & Harrison, E. (2017, May/June). Black educators wall of fame—Sam Love: Freedmen educator. AAHGS News. https://bit.ly/AAHGSPublications.

BOOK PUBLICATIONS

Harrell, C. (*In publication*) Butterflies Everywhere: Turning Difficult Transitions into Beautiful Transformations. *Non-fiction book.*

Harrell, C. (2021, October). A Girl and Her Dad. *Children's Book.* ***#1 New Release in Children's Parent Books and Children's Interactive Adventure eBooks***

Harrell, C. (2021. March). Crystal Clear: A Journey of Self-Discovery (From Public Housing to Ivy League). *Non-fiction book.* ***#1 Best Seller & #1 New Release in Adult and Continuing Education and Biographies of Educators on Amazon***

CERTIFICATIONS

Mindfulness-Based Stress Reduction (MBSR) Certification | Yale Health - August 2023

Les Brown's Power Voice Motivational Speaker Certification | Les Brown Enterprises - February 2021

The National Tutoring Association Certifications | The George Washington University - April 2019

TEACHING EXPERIENCE

Teaching Fellow
Accelerated Social and Behavioral Foundations in Health
Yale School of Public Health | Prof. Yusuf Ransome | May 2022 – August 2022

- Facilitated and oversaw in-class activities, ensuring a dynamic and interactive learning environment.
- Prioritized student engagement, maintaining open lines of communication during lectures and dedicated office hours.
- Augmented students' understanding by providing expert perspectives and real-world applications of classroom topics.

Teaching Fellow
Foundations of Behavior Change

Yale School of Public Health | Prof. Marney White | May 2021 – August 2021

- Steered in-class discussions and activities, fostering an inclusive and stimulating academic setting.
- Established and nurtured a transparent communication channel with students, promoting a supportive learning atmosphere.
- Deepened students' comprehension by delivering insights and facilitating discussions around pivotal behavior change concepts.

Graduate Teaching Assistant
Analytics for the Social and Behavioral Sciences
Auburn University | Prof. Robert Bubb | August 2017- May 2018

- Championed critical thinking, guiding students through statistical paradigms using diversified pedagogical techniques.
- Hosted weekly office sessions, providing an additional platform for students to delve deeper into course materials.
- Demonstrated exceptional organizational skills by consistently updating and maintaining an accurate student grading system.

Head Teaching Assistant
Analytics for the Social and Behavioral Sciences
Auburn University | Prof. Robert Bubb | January 2016- May 2016

- Designed and executed lectures, harnessing tools like Excel and PowerPoint to elucidate complex topics.
- Dedicated significant time to lecturing, ensuring comprehensive coverage and understanding of statistical principles.
- Demonstrated leadership by coordinating and overseeing TA responsibilities, ensuring availability and responsiveness to student needs.

Undergraduate Teaching Assistant
Statistics for the Social and Behavioral Sciences
Auburn University | Prof. Robert Bubb | August 2015- December 2015

- Independently developed and delivered classroom lectures, showcasing adaptability and teaching acumen.
- Exemplified outstanding time-management skills, balancing academic commitments with extensive office hours and athletic responsibilities.
- Fostered a collaborative environment, engaging in weekly TA meetings to effectively strategize and address student needs.

RESEARCH EXPERIENCE

Graduate Researcher
Department of Social & Behavioral Science, Yale School of Public Health
Mentor: Prof. Yusuf Ransome | August 2020 – May 2024

- Designed and executed research studies in collaboration with Prof. Yusuf Ransome, addressing pivotal social and behavioral sciences issues.
- Applied advanced statistical tools (SPSS, Stata, R) for data analysis, ensuring evidence-backed findings.
- Devised and conducted surveys and interviews, capturing qualitative and quantitative insights.

Graduate Research Assistant
Department of Epidemiology and Biostatistics, The George Washington University
Mentor: Prof. Debra Bernat | March 2019 – December 2019

- Contributed to an NIH-funded study on smoking and health in D.C. public housing, dedicating over 10 hours weekly to data collection.
- Partnered with research teams to consent participants, gather demographic insights, and obtain saliva samples.
- Provided research support, encompassing data collection preparation, management, and in-depth analysis.

Graduate Research Assistant
Human Development and Family Studies Department, Auburn University
Mentor: Prof. Tom Fuller-Rowell | September 2018- December 2018

- Explored the impact of diverse experiences on physical health shifts through the "College Student Sleep and Health Study."
- Led numerous 3-hour participant interviews, becoming proficient in consent processes and physiological data collection.
- Secured comprehensive physiological and demographic datasets from participants.

Graduate Research Assistant
College of Liberal Arts, Auburn University
Mentor: Dean Joseph Aistrup | May 2018- December 2018

- Investigated the correlation between election outcomes and regional development, utilizing data analytics.
- Integrated diverse online data sources, employing Microsoft Excel for data recoding and consolidation.
- Delivered project outcomes with intensive commitment, dedicating over 40 hours weekly.

Graduate Research Assistant
Human Development and Family Studies Department, Auburn University
Mentor: Prof. Tom Fuller-Rowell | September 2017- May 2018

- Led participant interviews in Camp Hill, AL, for the MIDUS study focusing on healthy aging patterns.
- Spearheaded participant recruitment and consistently attended lab meetings to discuss data progress.
- Leveraged a MIDUS study sample to draft a research hypothesis for a master's thesis.

Graduate/Undergraduate Research Assistant
Human Development and Family Studies Department, Auburn University
Mentor: Prof. Robert Bubb | August 2016- December 2018

- Delved into the sociocultural effects of post-emancipation on African-American families.
- Translated historical records into more digestible content and composed detailed reports, enhancing written communication skills.
- Collaborated with department peers to organize and present findings in seminars, fostering interdisciplinary dialogue and feedback.

Graduate/Undergraduate Research Assistant
Department of Psychology, Auburn University
Mentor: Prof. Robert Bubb | August 2015- December 2018

- Explored physiological reactions of employers when engaging with job candidates with disabilities.
- Executed data collection by interfacing participants with physiological monitoring equipment.
- Mastered techniques such as ECG data recording for heart rate variability and impedance cardiography.

CAREER EXPERIENCE

Chief Executive Officer & Co-Founder, Seven Sisters Health & Beauty, LLC (Seven Sisters & Co.)
Holistic Health & Beauty Brand | Atlanta, GA | May 2024 – Present

- Spearhead the vision, strategy, and operations of a socially conscious, family-owned holistic health and beauty brand, promoting natural beauty and well-being.
- Oversee product development, incorporating evidence-based practices and premium, plant-based ingredients to create high-quality, herbal-infused hair and skin care products.
- Foster community engagement through the Sisters in Strength (SiS) movement, offering live health and wellness trainings and building a supportive, inclusive brand culture.
- Drive brand growth and visibility through partnerships, innovative marketing strategies, and leadership in the holistic beauty and wellness industry.

Brainz Magazine Executive Contributor
Content Writer | Virtual | December 2022 – Present

- Handpicked as an Executive Contributor due to deep knowledge and expertise, driving content for a high-authority online platform.
- Deliver insightful articles on entrepreneurship, personal growth, leadership, and lifestyle, contributing to readers' personal and professional development.
- Engage in proactive collaborations with fellow thought leaders in entrepreneurship and leadership arenas, promoting knowledge exchange.

Lumiere Education Research & Publication Mentor
Mentor/Coach | Virtual | May 2022 – Present

- Selected to mentor in an elite program founded by Harvard and Oxford PhDs, aiming to provide global high school students with premier research opportunities.
- Engage students in defining and exploring research topics, ensuring they are aligned with current scholarly discussions.
- Facilitate a structured process from hypothesis formation to research publication, ensuring student success.

Academic Success Coach
Education Blog | Virtual | November 2020 – Present

- Deliver targeted academic support to underserved students, ensuring they remain engaged and progress in their studies.
- Innovate with educational products, including books and e-courses, enhancing the learning experience.
- Leverage partnerships with entrepreneurs and influencers to bolster brand reach, using skills in SEO, content marketing, team management, and AI.

First Lieutenant
U.S. Army Reserves Medical Service Corps (70B) | May 2017 – January 2024
Unit Assignment: USAR SUST CMD DET 7 CECOM
Aberdeen Proving Ground, MD | January 2020-Present

- Exceled in a leadership capacity as the battalion's S1, overseeing personnel management.
- Directed multiple personnel functions, including readiness, information management, and postal operations.
- Coordinated with brigade and corps personnel units for external support, ensuring the seamless operation of the battalion.
- Conducted sustainability assessments to pinpoint opportunities and challenges, ensuring the battalion's continued efficiency.

Unit Assignment: 332nd Medical Brigade
Nashville, Tennessee | June 2017- December 2019

- Integral member of the battalion's command staff, fulfilling the role of Plans Officer.
- Orchestrated medical and logistical operations to guarantee mission accomplishments.
- Coordinated diligently with command staff, ensuring synchronized operations across intelligence, logistics, and communications sectors.
- Collaborated with fellow soldiers in professional settings, emphasizing teamwork to achieve mission objectives while maintaining strict Army physical fitness standards.

Academic Success Coach
Enrollment Retention Office | The George Washington University | March 2019 – August 2019

- Assisted the Enrollment Retention Office in support of a university-wide commitment to improving student persistence and success.
- Mentored undergraduate students 20+ hours a week by providing academic support.
- Collaborated with advisors in colleges/schools on academic matters of students in the assigned caseload.
- Tracked all student contact to ensure that timely and regular consistent communication is maintained

Intern
Birmingham Civil Rights Institute (BCRI) | Birmingham, AL | May 2016- July 2016

- Interned in the Department of Education, supporting outreach programs, exhibits, and museum tours.
- Managed and arranged exhibits for display, ensuring historical accuracy and viewer engagement.

- Participated in weekly staff meetings, deepening insights into educational strategies and exhibit planning.
- Networked with prominent figures in civil rights and contemporary society, including Chief A.C. Roper and FBI Director James Comey, gaining a multifaceted perspective on civil rights issues.

RESEARCH PRESENTATIONS

**select presentations out of 15*

Harrell, C. (2023, June – *Accepted*). *Religion/Spirituality and health among African American adolescents and emerging adults living in the United States: A scoping review of the literature.* Poster Presentation at the 2023 Society for Epidemiologic Research (SER) Annual Meeting, Portland, Oregon.

Harrell, C. (2023, May). *Examining the relationship between religion/spirituality, consciousness, and psychological health and well-being among African American emerging adults.* Poster Presentation at The Science of Consciousness 2023 Conference, Sicily, Italy.

Harrell, C. (2019, November). *Improving the health and social well-being of African Americans through religious research.* Poster Presentation at APHA's 2019 Annual Meeting and Expo, Philadelphia, Pennsylvania.

Harrell, C., Bubb, R. (2018, August). *The impact of contact and recognition on the qualification ratings of job applicants with Down Syndrome.* Poster presentation at the annual APA Convention, San Francisco, California.

Bubb, R., Fan, J., Robinson, J., & **Harrell, C.** (2017, April). *Physiological reactance and discrimination toward persons with Down syndrome.* Poster session at the annual meeting of the Society of Industrial and Organizational Psychology Conference, Orlando, Florida.

INTERVIEWS & DIGITAL MEDIA

**select presentations out of 31*

Connecting with Coincidence Podcast (Jul 2023): Interviewed by Yale graduate Dr. Bernard Beitman, discussing my journey from public housing to Ivy League

TEDxYouth@ElliotStreet (Apr 2023): Shared my story of overcoming adversity with the TEDx audience in Boston, MS

Michigan Youth Opportunities Initiative (Mar 2023): Engaged in conversation with a group of 40+ youth who were in foster care in Michigan, USA

Auburn University Women's Conference Panelist (Mar 2022): Collaborated on a panel of Auburn graduates who have gone on to create a positive impact in their community

Carroll High School Jr. ROTC Military Ball Special Guest Speaker (Mar 2022): Encouraged a group of junior military cadets and provided information on military service as a trained officer.

Yale's GUMI Panel Discussion Panelist (Feb 2021): Discussed my experience as a first-generation low-income student on a Diversity and Inclusion panel

Girls Code Africa (Oct 2021): Interviewed by Olayide Olumeko, Co-Founder of Girls Code Africa, as his annual author

interview.

***Les Brown's Power Voice Summit IV (Feb 2021)*:** Selected as one of the twenty guest speakers to share the virtual stage with Les Brown during a live event.

The Tutoress (Dec 2020): Interviewed by the CEO and founder of The Tutoress, Victoria Olubi-Ademosu, on how to enter a competitive university. Since 2010, The Tutoress has helped hundreds of children pass entrance exams for some of the world's most prestigious schools in the UK.

Write Your Next Chapter (Nov 2020): Interviewed by Vic Ruiz, Co-founder of Write Your Next Chapter, a company offering a platform for speakers to share their stories and provide a message of hope and inspiration.

Guest Speaker /Mayor's Luncheon Benefitting UNCF / Cheri Wilson- Area Developmental Director (Dec 2016): Invited as a guest speaker to provide a student testimonial on how the United Negro College Fund (UNCF) organization has affected my life through the Gates Millennium Scholarship Foundation.

PROFESSIONAL ENGAGEMENT

Member, **The Emergent Phenomenology Research Consortium (EPRC)** | June 2023 – Present

Member**, National Association of Health Services Executives (NAHSE)** | October 2020 – Present

Member, **Society for Epidemiologic Research (SER)** | November 2019 – Present

Member, **American Public Health Association (APHA)** | August 2019 – Present

Pre-Doctoral Fellow, **Yale AIDS Prevention Training Program (Y-APT)** | June 2022 – May 2024

Member, **YSPH Diversity Equity and Inclusion Committee** | September 2020 – May 2024 | Yale University

Member, **Never Broken: Nothing Lacking. One Cause: One Cure** | March 2023 – October 2023 | 3 Principles Intervention LLC. – Dr. William Pettit

Member, **The George Washington University (GW) Argentine Tango** | February 2019 – August 2020

Academic Success Coach, **Office of Enrollment and Retention** | March 2019 – August 2019 | The George Washington University

Member, **Afro-American Historical and Genealogical Society (AAHGS), Inc.** | August 2016 – August 2020

Member, **Graduate Student Organization** | August 2017 – December 2018 | Auburn University

Student-Athlete Statistics Tutor, **Student-Athlete Development Center** | May 2017 – August 2017 | Auburn University

Staff Leadership- S5, **Army ROTC** | August 2016 – May 2017 | Auburn University

Team Leader, **Provost Leadership Undergraduate Scholarship (PLUS) Program** | August 2013 – May 2017 | Auburn University

Student-Athlete, **NCAA Auburn University Track and Field** | August 2013 – May 2016 | Auburn University