

College of Education

Jade Heffern, M.A.

Doctoral Candidate
Admission Year: 2017

Professional Bio

Jade Heffern is a fourth year doctoral student in the Combined Counseling/School Psychology PhD program at Northern Arizona University (NAU). She earned her Bachelor's of Science in Psychology from The University of Arizona in 2014 and her Master's of Counseling in 2017 from NAU. She completed a graduate certificate in Translational Research in Adolescent Behavioral Health from The University of South Florida in 2019. Currently, she is working on her dissertation research that focuses on the psychological factors of pre-service teachers including personality, self-efficacy, and commitment to the profession. Jade received the NAU Presidential Fellowship award.

Clinically, she has a pediatric focus and is passionate about working with diverse populations in rural and underserved areas. She has conducted psychoeducational evaluations with Native American children through the university department's interdisciplinary clinic and during training trips to the Navajo Nation Reservation. She has gained experience conducting counseling in Spanish and completing bilingual psychoeducational evaluations with Latino children. As a student in a combined doctoral program, she values utilizing both her counseling and school psychology skills to effectively serve children and families. Her career goal is to become a licensed psychologist working in the school setting.

Areas of Teaching Interest

- Counselor self-care and wellness

Areas of Research and Clinical Interest

- Explore psychological factors of pre-service teachers including personality, dispositions, grit, self-efficacy, and commitment to the profession
- Effectiveness of Native American substance abuse prevention programs for elementary and middle school students
- Identify evidence-based therapeutic interventions and best-practices to assess children and adolescents with neurodevelopmental disabilities

Recent Publications

de Heer, B., **Heffern, J. K.**, Cheney, J. S., Secakuku, A., & Baldwin, J. (2020). A Community-Based Evaluation of a Culturally Grounded, American Indian After-School Prevention Program: The Value of Practitioner-Researcher Collaboration. *American Indian and Alaska Native Mental Health Research (Online)*, 27(1), 1-20.

Mastergeorge, A. Paschall, K., Dixon, D. & Martinez, C., Mills, A. & **Heffern, J.** (2015). The Strengthening Families Program for High-Risk Families of Young Children: Preliminary Intervention Findings for Rural Sites. *Journal of Human Sciences and Extension*.

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Recent Presentations

- Lee, J., **Heffern, J.**, Woodward, M., & Mergenthaler, E. (2020, April). *Academically Challenging Freshmen's Academic Possible Selves and Strategies*. Poster accepted for presentation at the meeting of American Educational Research Association, San Francisco, CA but virtual meeting was cancelled due to COVID-19.
- Calderon, C., Rodriguez, L., **Heffern, J.**, & Pepic, V. (2020, February). *Poverty Impact on Achievement and Wellbeing among Mexican American Students*. Paper presented at the meeting of National Association of School Psychologists Annual Convention, Baltimore, MD.
- Rodriguez, L., Pepic, V., **Heffern, J.**, & Calderon, C. (2020, February). *Understanding Poverty, Stigmatization, and Multiple Identities: An Intersectional Framework*. Paper presented at the meeting of National Association of School Psychologists Annual Convention, Baltimore, MD
- Bilyeu, D., Cheney, J., & **Heffern, J.** (2019, March). *A Needs Assessment for Native Americans for Community Action (NACA) Pathways Youth Substance Abuse Prevention Program*. Paper presented at the meeting of 32nd Annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health, Tampa, FL.
- Carrero Pinedo, A., **Heffern, J.**, Pepic, V., Rodriguez, L., & Garcia, E. (2018, August). *Discussion: Dreaming of a Better Community: Latinx Immigrant Social Justice and Action in the Age of Trump*. Symposium presented at the meeting of American Psychological Association Convention, San Francisco, CA.
- Heffern, J.**, Vader, V., Belhekar, V., & Melott, R. (2018, August). *Using Factor Analytic Techniques to Delineate Personality Structures Among Indian College Students*. Poster presented at the meeting of American Psychological Association Convention, San Francisco, CA.

Professional and Leadership Activities

- Graduate Research Assistant, NAU Combined Counseling/School Psychology Doctoral Program under Dean Ramona Mellott.
- ArizonaLEND fellow, Leadership Education in Neurodevelopmental Disabilities Maternal and Child Health Training Program, University of Arizona, 2019-2020.

Professional Memberships

- American Psychological Association (APA)
- National Association of School Psychologists (NASP)
- Arizona Association of School Psychologists (AASP)