

Autumn L. Cabell, Ph.D., LPC, CCC, NCC

DePaul University
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Education

Ph.D. in Education, Concentration: Counselor Education and Supervision

Virginia Commonwealth University, CACREP Accredited Program, May 2020

Dissertation: *A longitudinal study of the influence of a STEM career planning course and perceived stress on career search self-efficacy and retention in engineering undergraduate students*

Committee: Philip Gnilka, Ph.D.- (Chair), Kaprea Johnson, Ph.D., Diandra Prescod, Ph.D., Michael Broda, Ph.D.

M.A. in Education and Human Development, Concentration: School Counseling

George Washington University, CACREP Accredited Program, May 2017

B.S. Psychology with honors, Minors: Biology & Child Development

Florida State University, May 2015

Undergraduate Thesis: *The relationship of perinatal depression and maternal comorbidity on negative birth outcomes*

Committee: Heather Flynn, Ph.D.- (Thesis Director), Joedrecka Brown M.D., Thomas Joiner, Ph.D.

Certifications and Licensure

- Licensed Professional Counselor (IL), #178.016120
- Licensed Resident in Counseling (VA), #0704011516
- Nationally Certified Counselor (NCC), #901843
- Certified Career Counselor (CCC), #7613922596
- Strengths Basic Facilitator Training, Completed December 2019

Awards & Recognitions

- *2020-2021 NCACES Emerging Leader*
- *2019-2020 Outstanding Doctoral Student Award, Chi Sigma Iota- Omega Lambda Iota Chapter*
- *2019 Richmond Area Counselors Association (RACA) Fellowship Award (\$1000)*
- *Holmes Scholar, Fall 2018 - May 2020*

Academic Positions

- *Assistant Professor, DePaul University*; Chicago, IL, September 2020-present
- *Adjunct Instructor, Virginia Commonwealth University*; Richmond, VA, January 2020-May 2020

Research Areas

Line of Research: Examining the career development and mental health of historically underrepresented students to improve Science, Technology, Engineering, Mathematics, and Healthcare (STEM-H) career and persistence outcomes

Secondary Research Area: Addressing the career development of historically underrepresented counselors and counselors-in-training

Publications

* indicates Principal Investigator | + indicates student collaborators

Refereed Publications

***Cabell, A.L.** & Gnilka, P. (In Press). A longitudinal model of career search self-efficacy in engineering students. *Journal of Counseling & Development*.

***Cabell, A.L.** (In Press). Career search self-efficacy and STEM major persistence. *The Career Development Quarterly*.

Randell, A.L. (2020). Addressing the interpersonal skills gap in STEM: Counselor use of social justice, transformational leadership, and feedback to develop an engineering career ambassador program. *Virginia Counselors Journal*, 37, 50-57.

Lockeman, K., Dow, A., & **Randell, A.L.** (2020). Notes from the field: Evaluating a budget-based approach to peer assessment for measuring collaboration among learners on interprofessional teams. *Evaluation & Health Professions*, 43(3), 197-200
<https://doi.org/10.1177/0163278719826227>

Lockeman, K., Dow, A., & **Randell, A.L.** (2019). Validity evidence and use of the Interprofessional Education Collaboration (IPEC) competency self-assessment, Version 3. *Journal of Interprofessional Care*. [https://doi: 10.1080/13561820.2019.1699037](https://doi:10.1080/13561820.2019.1699037)

Book Chapters

Wheeler, N.J., **Cabell, A.L.** (In Press). Grief and bereavement. In M. Shillingford & T. Gonzalez, (Eds.), *Demystifying the DSM-V for School Counselors: A tool for school counseling students and practitioners*. San Diego, CA: Cognella, Inc.

Manuscripts Under Review

- ***Cabell, A.L.**, + Brookover, D., + Livingston, A., + Cartwright, I. (Under Review, October 2020). "It's Never Too Late:" High School Counselors' Support of Underrepresented Minority Students' Interest in STEM. *The Professional Counselor*.
- ***Cabell, A.L.** (Under Review, June 2020). Factors associated with the work-related burnout of residential employees: An examination of perfectionism and coping. *Journal of Human Services: Training, Research, and Practice*.

Projects in Progress

- ***Cabell, A.L.**, Gnilka, P., & Novakovic, S. (In Progress- writing manuscript). The role of perceived stress and resilience in predicting Black and Latinx students' networking and personal exploration self-efficacy: A social capital perspective
- ***Cabell, A.L.**, Kozachuk, L. (In Progress- submitting IRB November 2020). An exploratory study of the influence of racial microaggressions and career development on counselors of color professional counseling leadership engagement.

Non-refereed Publications

- Randell, A.L.** (2019, October). Suicide awareness. *The Virginia Counselor Newsletter*, 2,8-9. https://cdn.ymaws.com/www.vcacounselors.org/resource/resmgr/newsletters/October_2019_-_VCA_Newslette.pdf
- Randell, A.L.** (2019, August). Counselors & the STEM crisis. *The Virginia Counselor Newsletter*, 1, 20-21. <https://drive.google.com/file/d/1cG1s-ANHT6WQDkzYPHZnqS79HDIRUYNs/view>

Presentations

Refereed Presentations

National & International

- Cabell, A.L.**, (2021, June). *Counselor educator influencers: Social media as a mentorship opportunity*. Presentation submitted to the National Career Development Association Conference, Atlanta, GA.
- Cabell, A.L.**, (2021, June). *School Counselors and the STEM crisis: Promoting diversity*. Presentation submitted to the American School Counseling Association Conference, Las Vegas, NV.

- Cabell, A.L.**, (2021, March). *Demystifying grief & bereavement for school counselors*. Presentation submitted to the American Counseling Association Conference, Orlando, FL.
- Cabell, A.L.**, (2021, March). *A phenomenological study: School counselors and underrepresented students in STEM*. Presentation submitted to the American Counseling Association Conference, Orlando, FL.
- Cabell, A.L.**, (2020, September). *The influence of perceived stress on engineering students' career self-efficacy: A multilevel model*. Presentation at the 2020 Assessment and Research in Counseling Conference, Cincinnati, OH (Online).
- + Waters, M., + Crane, E., + Robinson, K., **Cabell, A.L.**, Gnilka, P.B. (2020, September). *Resilience as a mediator and moderator of perfectionism and burnout among school counselors*. Presentation at the 2020 Assessment and Research in Counseling Conference, Cincinnati, OH (Online).
- + Waters, M., + Crane, E., + Robinson, K., **Cabell, A.L.**, Gnilka, P.B. (2020, September). *Multidimensional perfectionism, depression, and anxiety: Test of social support mediation*. Presentation at the 2020 Assessment and Research in Counseling Conference, Cincinnati, OH (Online).
- Cabell, A.L.** (2020, July). *Promoting career development: A STEM career planning course, stress, and career search self-efficacy*. Presentation accepted at the 2020 National Career Development Association Virtual Global Career Development Conference.
https://vcu.zoom.us/rec/share/3u5TCJf8-kNIS6vt137yQf8xApW_eaa8hyMbr_QOzx6n43ZKHfW00mcNRj2cwdzm?startTime=1593024784000
- Cabell, A.L.** (2020, June). *Developing an engineering career ambassadors program: Social justice, transformational leadership, and feedback*. Poster accepted at the 2020 National Career Development Association Conference, Minneapolis, MN. (cancelled due to COVID-19)
- Randell, A.L.** (2020, February). *A preliminary analysis of the influence of a STEM career planning course and perceived stress on career search self-efficacy*. Poster at the 2019 Holmes Scholar Pre-conference at the American Association for Colleges for Teacher Education Annual Meeting, Atlanta, GA.
- Robinson, K., **Randell, A.L.**, Johnson, K., Crane, E., Livingston, A., Sarcinella, A., Gnilka, P. (2020, February). *Big Five Personality, depression, and anxiety: Tests of a social support mediation model in an LGBTQ+ college student sample*. Presentation at the 2020 American College Counseling Association Conference, Washington, D.C.

Randell, A.L., Rutledge, M., Brookover, D., Dawson, M., Dockery, D., & Gnilka, P. (2019, October). *A quantitative study on the wellness in counseling students*. Poster at the 2019 Association for Counselor Education and Supervision Conference, Seattle, WA.

Kozachuk, L., Weiss, A., **Randell, A.L.** (2019, October). *Suicidal ideation in clients with Autism: Strategies for supervising school counseling students*. Poster at the 2019 Association for Counselor Education and Supervision Conference, Seattle, WA.

Randell, A.L., Kozachuk, L., Spears, N., Deitz, M. (2019, March). *Understanding suicide in young African Americans: Suicide theory & Kalief Browder*. Presentation at the 2019 American Counseling Association Conference & Expo, New Orleans, LA.

Randell, A.L., Kozachuk, L., Deitz, M., Spears, N. (2019, March). *ACE, stress, resilience, & career search self-efficacy in minority college students*. Poster at the 2019 American Counseling Association Conference & Expo, New Orleans, LA.

Randell, A.L. (2019, February). *ACE, resilience, perceived stress, and personal exploration self-efficacy in undergraduate minorities*. Poster at the 2019 Holmes Scholar Pre-conference at the American Association for Colleges for Teacher Education Annual Meeting, Louisville, KY.

Deitz, M., Kozachuk, L., Rutledge, M., Spears, N., **Randell, A.L.**, & Gnilka, P. (2018, September). *A comparative analysis on longitudinal effects on anxiety and depression between college student-athletes and non-athletes*. Poster at the 2018 Assessment and Research in Counseling Conference, Richmond, VA.

Rutledge, M., Kozachuk, L., **Randell, A.L.**, Deitz, M., Spears, N., & Gnilka, P. (2018, September). *Multidimensional perfectionism and alcohol usage among college students*. Poster at the 2018 Assessment and Research in Counseling Conference, Richmond, VA.

Lockeman, K., Dow, A., **Randell, A.L.** (2018, April). *Validity evidence and use of the IPEC competency self-assessment, Version 3*. Paper at the 2018 American Educational Research Association Annual Meeting, New York City, NY.

Regional & State

Cabell, A.L. (2020, November). *Assisting with career development in the virtual space*. Presentation accepted to the 2020 Illinois Counseling Association, Skokie, IL.

Cabell, A.L. (2020, October). *A phenomenological study: How school counselors support underrepresented students in STEM*. Poster accepted to the 2020 North Central Counselor Education and Supervision Conference, Omaha, NE. (cancelled due to COVID-19)

Brookover, D., Regal, R., Sami, W., & **Randell, A.L.** (2020, March). *So you're thinking about getting your Ph.D.: What we wish we had known*. Presentation at the 2020 William and Mary and Virginia Commonwealth University Joint Research Symposium, Williamsburg, VA.

Randell, A.L., Deitz, M. E., Spears, N., Rutledge, M., Kozachuk, L., & Gnilka, P. B. (2018, October). *Employee burnout in youth residential facilities: Personality, stress, and coping*. Poster at the 2018 Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, NC.

Spears, N. & **Randell, A.L.** (2018, October). *Developing emotional intelligence in counselors: A post traumatic slavery disorder lens*. Presentation at the 2018 Southern Association of Counselor Education and Supervision Conference, Myrtle Beach, NC.

Spears, N. & **Randell, A.L.** (2017, October). *Post traumatic slavery disorder: Looking back in order to move forward*. Presentation at Virginia Commonwealth University's 3rd Annual Social Justice Student Conference, Richmond, VA.

Anwell, N., Crist, J., & **Randell, A.L.** (2017, October). *Motivational interviewing and broaching social justice topics*. Presentation at Virginia Commonwealth University's 3rd Annual Social Justice Student Conference, Richmond, VA.

Non-Refereed Presentations

Invited Speaker

Cabell, A.L. (2020, September). *Assessment and career planning during COVID-19*. Career Counseling Course, John Hopkins University, Baltimore, MD.

Cabell, A.L. (2020, September). *Finding a counseling job after graduate school*. Career Counseling Course, Palm Beach Atlantic, Orlando, FL.

Cabell, A. L., Cuba, M. (2020, August). *Research Data Collection Process: Tips and Strategies*, Virginia Commonwealth University Holmes Scholar Research and Mentorship Summit, Richmond, VA.

Randell, A.L. (2019, September). *Career counseling in higher education*. Student Services Course, Virginia Commonwealth University, Richmond, VA.

Randell, A.L. (2019, August). *Lunch panel: Positioning yourself for a Ph.D. program*. Virginia Commonwealth University Holmes Scholar Research and Mentorship Summit. Richmond, VA.

Randell, A.L., Brookover, D., Regal, R. (2019, August). *Developing wellness and time management skills*. Engineering Professional Development Course, Virginia Commonwealth University, Richmond, VA.

Randell, A.L. (2019, June). *Career counseling*. Professional Orientation and Ethical Practice in Counseling Course, Virginia Commonwealth University, Richmond, VA.

Randell, A.L. (2019, January). *Burnout in residential facility employees*. Elk Hill Farms, Goochland, VA.

Randell, A.L. (2019, January). *Wellness and the career journey*. Engineering Professional Development Course, Virginia Commonwealth University, Richmond, VA.

Randell, A.L., Kozachuk, L. (2018, March). *Career search self-efficacy: ACE, stress, resilience, race*. Career Counseling Course, Virginia Commonwealth University, Richmond, VA.

Funding

External Funding

Title: *An exploratory study of the influence of racial microaggressions and career development on counselors of color professional counseling leadership engagement*

Date: June 2020

Funder: North Central Association for Counselor Education & Supervision

Amount: \$300 (Funded)

Role(s): Principal Investigator, **Cabell, A.L.**, Team member, Kozachuk, L.-requested funding for participation incentive

Title: *Assisting with the "STEM Crisis": How school counselors support underrepresented students' pursuit of STEM careers*

Date: February 2020

Funder: Virginia Counseling Association Foundation

Amount: \$400 (Funded)

Role(s): Principal Investigator, **Randell, A.L.**- received funding for transcription services for a qualitative research study

Internal Funding

Virginia Commonwealth University

Title: *Student Travel and Professional Development Award*

Date: December 2018; April 2018; September 2019

Funder: Virginia Commonwealth University School of Education

Amount: \$400 (Funded)

Role(s): **Randell, A.L.**- received funding to attend counseling professional conferences

Florida State University

Title: *The relationship of perinatal depression and maternal comorbidity on negative birth outcomes*

Date: October, 2014

Funder: Bess H. Ward Endowed Scholarship

Amount: \$500 (Funded)

Role(s): Principal Investigator, Heather Flynn, Ph.D.; Co-Investigator, **Randell, A.L.** – developed a sub-project supported by a larger grant; developed an itemized budget and applied for internal funding through the Bess H. Ward Endowment

Teaching Experience

DePaul University

Graduate

- **CSL 552 Practicum-** (Clinical Mental Health Counseling [CMHC]), Fall 2020 Quarter, synchronous online format due to COVID-19
- **CSL 461 Testing and Appraisal-** (CMHC; School Counseling; College Counseling & Student Affairs), Fall 2020 Quarter, hybrid online format due to COVID-19

Virginia Commonwealth University

Undergraduate

- **CLED 405 A Survey of Career Counseling-**3 credits Spring 2020 *Shifted to an asynchronous online format due to COVID-19*

Graduate

- **CLED 602 Techniques in Counseling (Co-Taught)** – 3 credits (School Counseling; College Counseling & Student Affairs), Spring 2019
- **CLED 640/608 Practicum (Co-Taught)-** 3 credits (School Counseling; College Counseling & Student Affairs), Fall 2018

Professional Experience

Therapist, InsideOut Living Incorporated; Chicago, IL, October 2020- present

- Counsel up to 10 clients on topics related to trauma, career concerns, relationships, anxiety, depression, stress, etc.
- Participate in clinical staff meetings.
- Provide telemental health counseling to diverse populations of adolescent and adult clients.
- Conduct group counseling sessions and webinars.

Career Advisor, Virginia Commonwealth University College of Engineering Career Services; Richmond, VA, August 2018- May 2020

- Conducted career advising and mock interview appointments for over 150 students a semester.
- Led presentations on engineering career-related topics and professional development.

- Assisted with professional development courses; events such as career fairs, workshops, new student orientation, and employer visits.
- Developed and managed an undergraduate volunteer leadership program called Engineering Career Ambassadors.
- Edited grant proposals in order to help Engineering Career Services secure external funding.
- Managed platforms such as Handshake in order to post job positions, approve employers, schedule appointments with students, and maintain updated career resources for students.
- Maintained post-graduation employment data and completed other data-related tasks as needed.

*Resident in Counseling, **Health Brigade***; Richmond, VA, May 2019-February 2020

- Provided individual mental health and career counseling to a caseload of 3-4 clients weekly from marginalized backgrounds.
- Maintained progress notes using the SOAP format to keep accurate client records.
- Attended weekly individual or group supervision sessions to discuss cases.
- Administered screener assessments such as the PhQ-9 and the GAD-7 for depression and anxiety.
- Collaborated in a multidisciplinary setting to maintain communication between clients' service providers.
- Made referrals to medical, employment, and outreach departments when appropriate.

*Career Adviser, **Virginia Commonwealth University Career Services***; Richmond, VA, February 2018-August 2018

- Provided cover letter, resume, and personal statement feedback to undergraduate and graduate students.
- Offered in-person or phone appointments on career advising and mock interviewing.
- Utilized a CSO program to schedule appointments and handle student data.
- Met with approximately 15-20 students per week for either 30 minutes or 1-hour long appointments to set career goals and develop career plans.

*Youth Counselor, **UMFS Child and Family Healing Center***; Richmond, VA, August 2017-September 2018

- Contributed to building a safe therapeutic environment for high risk youth ages 11-18.
- Developed psychoeducational group activities.
- Trained in and utilized MANDT restraints.
- Assisted with medication management.
- Supervised over recreational activities.
- Developed internal coping skills in youth using a solution focused approach.
- Facilitated crisis management in school and residential setting.
- Completed daily treatment notes, q15 forms, and call logs.

*Group Facilitator, **Virginia Commonwealth University Division of Student Affairs***; Richmond, VA, August 2017-December 2017

- Facilitated mandated group counseling sessions with college students who violated the university code of conduct using existential theory and SFBT.

- Created a safe space to challenge past behaviors in order to help student make more adaptive future choices.
- Provided psychoeducation on decision making, leadership, and ethics.
- Performed administrative tasks to maintain accurate sanction information.

Counselor Intern, Community Counseling Services Center; Washington, D.C., September 2016-May 2017

- Provided individual and career counseling to a multicultural population.
- Established rapport with clients to develop a collaborative therapeutic relationship.
- Maintained client-related paperwork such as referrals, client diagnostic records, state mandated forms, and progress notes according to the American Counseling association guidelines.
- Created counseling plans for long and short-term goals with clients.
- Administered mental health screenings, career assessments, and psychological assessments such as the BSI/SOS-10.
- Utilized as person-centered, acceptance and commitment, and cognitive behavioral therapeutic approaches.
- Participated in weekly triatic supervision.

School Counselor Intern, Columbia Heights Educational Campus: Bell High School; Washington D.C. September 2016- May 2017

- Counseled predominantly African American and Hispanic junior and senior students.
- Conducted SAT workshop and preparation sessions for students.
- Aided students with college applications, career development, and truancy concerns.
- Provided administration and staff with AP test coordination support.
- Led classroom presentations on career planning, scheduling, and wellness topics.
- Facilitated small counseling groups, school wide town hall meetings, and college campus visits.
- Helped with scheduling Junior and Senior students for academic courses to ensure students were on track for graduation.

School Counselor Intern, T.C. Williams High School; Alexandria, VA, January 2016- May 2016

- Counseled diverse population of students on individual career goals, family life, high school graduation goals, and class scheduling.
- Assisted fulfilling the administrative duties and disciplinary meetings.
- Co-facilitated group counseling sessions on anger.
- Attended meetings to align the high school counseling department with the ASCA national model and the RAMP process.

Hotline Counselor, 211 Big Bend; Tallahassee, FL, September 2013-March 2015

- Documented calls on Helpline 211, Lifeline, and United Way.
- Conducted short term crisis counseling and information referrals.
- Counseled callers on topics such as: suicide, domestic violence, child abuse, sexual abuse, HIV, crisis and veteran's aid.

Professional Service

Editorial and Reviewer Service

- Reviewer, *Journal of Employment Counseling (JEC)*, April 2020-present
- Reviewer, *Journal of Equity in Behavioral Health Therapy (JEBHT)*, February 2020- present
- Conference Proposal Reviewer, 2021 ACA Conference
- Conference Proposal Reviewer, 2020 AARC Conference
- Conference Proposal Reviewer, 2019 ACES Conference
- Awards Reviewer, 2019 CSI International Outstanding- Large Chapter Award, Outstanding Newsletter, and Outstanding Individual Program
- Conference Proposal Reviewer, 2019 ACA Conference
- Conference Proposal Reviewer, 2018 SACES Conference

DePaul University Service

Counseling Program

- Strategic Planning Committee Member
- Equity and Social Justice Committee Member

Memberships and Service in Professional Counseling Organizations

- Holmes Scholar, American Association of Colleges for Teacher Education, October 2018-May 2020
 - Faculty Coach, August 2020
- National Career Development Association (NCDA), January 2019-present
 - Secretary, Illinois Career Development Association, June 2020-present
 - Diversity in Leadership Taskforce Liaison
 - Social Media Committee Chair
- Association for Counselor Education and Supervision (ACES), February 2018-present
 - ACES Career Interest Network, September 2020-present
 - NCACES, February 2020 – present
 - SACES, February 2018- present
- Association for Assessment Research in Counseling (AARC), February 2018-present
- American Counseling Association (ACA), February 2017-present
 - ICA, February 2020- present
- American School Counseling Association (ASCA), November 2015-present
- Chi Sigma Iota (CSI), Omega Lambda Iota Chapter (OLI), February 2017-present
 - CSI Counselor Community Engagement Committee Member, June 2018- present
- Zeta Phi Beta Sorority Incorporated, March 2014-present

