

Stephanie A. Brescia, Ph.D.

New Brunswick, NJ 08901 • stephanie.brescia@gse.rutgers.edu

EDUCATION

- Rutgers University**- New Brunswick, NJ May 2020
Doctor of Philosophy, Higher Education
Dissertation: *Food Insecurity Among Students at Rutgers-New Brunswick: Three Investigations into the Personal, Academic, and Institutional Factors that Affect the Persistence of Food Insecure Students in Higher Education*
- Rutgers University**- New Brunswick, NJ May 2014
Master of Education, College Student Affairs
- Villanova University**- Villanova, PA May 2012
Bachelor of Arts, Psychology and Italian

CURRENT POSITION

College Student Affairs, Ed.M. Program, Rutgers University September 2021-Present
Assistant Professor of Practice & Program Coordinator

- Serve as the Program Coordinator for the College Student Affairs (CSA) program and oversee all course offerings, scheduling, and the recruitment and selection of part-time lecturers
- Teach three core courses per semester in the CSA program
- Advise and mentor students to support their academic, professional, and scholarly development
- Manage all aspects of the admissions process including student recruitment, application review, and selection
- Organize a multi-day interview process where admitted students interview for student affairs internships
- Serve as a liaison to the Division of Student Affairs and internship site supervisors to provide support for student development during practicum experiences
- Supervise a field experience student to provide experience in academic program administration
- Manage and develop content for all program communications with students, faculty, staff, alumni, and employers
- Facilitate monthly faculty meetings to discuss program updates and student concerns
- Review student academic progress and conduct developmental academic probation meetings as needed
- Develop and oversee the Culminating Exam process required for successful completion of the Ed.M. degree
- Create and facilitate new student orientation for incoming CSA students
- Develop opportunities for student voices to be heard through town hall, group, and individual meetings
- Use quantitative and qualitative methods to research student basic needs insecurity in higher education

HONORS, AWARDS, & FELLOWSHIPS

- Rutgers University Research 2 Practice Fellowship Fall 2022-Spring 2022
- NASPA Region II Outstanding Contribution to Literature or Research Award Summer 2022
- Rutgers Graduate School of Education Alumni Association Dr. Arleen H. Urban Excellence in Dissertation Award Spring 2021
- Rutgers School of Graduate Studies Excellence in Teaching & Leadership Award Spring 2020
- Rutgers Graduate School of Education Doctoral Fellowship Fall 2016-Spring 2020
- Rutgers Human Ecology Research Scholarship Spring 2019
- Rutgers Human Ecology Poster Session 1st Place Graduate Student Winner Spring 2019
- Rutgers University Pre-Doctoral Leadership Academy Fellowship Fall 2018-Spring 2019
- Rutgers College Student Affairs Endowed Scholarship Fall 2018-Spring 2019
- Rutgers Graduate School of Education Alumni & Friends Scholarship Fall 2017-Spring 2018
- St. John's University Excellence in Service to Students Award Spring 2015

CURRENT EXTERNAL GRANTS

- Hunger-Free Campus Grant, \$99,647** July 1, 2021- September 30, 2023
- Awarded by the Office of the Secretary of Higher Education, State of New Jersey
 - Principal Investigator: Cara Cuite
 - Co-Investigators: **Stephanie Brescia**, Kerri Willson, Anne Newman

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CURRENT INTERNAL GRANTS

Rutgers University Research 2 Practice Grant, \$1,500

September 15, 2022-May 31, 2023

- Awarded by the Tyler Clementi Center for Diversity Education and Bias Prevention
- Co-Principal Investigators: **Stephanie Brescia** and Cara Cuite

PEER-REVIEWED PUBLICATIONS

- Cuite, C., Dietz, K., Bates, L. & **Brescia, S.** (Forthcoming). Food insecurity among undergraduate students is not static over time. *Journal of Nutrition Education and Behavior*.
- **Brescia, S.**, & Cuite, C.L. (2022). Underestimating food insecurity: Marginally food secure students may not be food secure. *Nutrients*, 14(15).
- Cuite, C.L., **Brescia, S.A.**, Errickson, L.B., & Sawatzky, A.J. (2020). Farm-based programming for college students experiencing food insecurity. *Journal of Extension*, 58(6).
- Gigliotti, R. A., Dwyer, M., **Brescia, S. A.**, Gergus, M., & Stefanelli, J. (2020). Learning leadership in higher education: Communicative implications for graduate education. *Atlantic Journal of Communication*, 28(4), 209-223.
- **Brescia, S. A.**, & Cuite, C. L. (2019). Understanding coping mechanisms: An investigation into the strategies that students use to avoid, manage, or alleviate food insecurity. *Journal of College and Character*, 20(4), 310-326.

ONLINE REPORTS AND PUBLICATIONS

- Goldrick-Rab, S., Baker-Smith, C., Clark, K., Dahl, S., **Brescia, S.**, & Williams, T. (2021). *A first look at impacts of the college housing assistance program at Tacoma Community College*. The Hope Center for College, Community, and Justice.
- The Hope Center for College, Community, and Justice. (2021). *#RealCollege 2021: Basic Needs Insecurity Among Los Angeles Community College Students During the Ongoing Pandemic - A #RealCollegeCalifornia Report*. Philadelphia, PA.
- The Hope Center for College, Community, and Justice. (2021). *#RealCollege 2021: Basic Needs Insecurity Among Virginia Community College System Students During the Ongoing Pandemic*. Philadelphia, PA.
- The Hope Center for College, Community, and Justice. (2021). *#RealCollege 2021: Basic Needs Insecurity During the Ongoing Pandemic*. Philadelphia, PA.
- The Hope Center for College, Community, and Justice. (2021). *#RealCollege 2021: Basic Needs Insecurity Among Texas College Students - A #RealCollegeTexas Report*. Philadelphia, PA.
- Cuite, C., **Brescia, S.**, Willson, K., Weintraub, D., & Bates, L. (2020). *Basic needs insecurity among Rutgers-New Brunswick*. Retrieved from http://humeco.rutgers.edu/documents_PDF/ru-basic-needs-study.pdf.
- Cuite, C., **Brescia, S.**, Errickson, L., Hallman, W. (2020). *Maintaining COVID-19 safety practices: Guidelines for food pantries*. Rutgers Cooperative Extension Fact Sheet FS1318. Retrieved from <https://njaes.rutgers.edu/fs1318/>.
- Cuite, C. L., **Brescia, S. A.**, Porterfield, V., Weintraub, D. S., & Willson, K. A. (2018). *Food insecurity among students at Rutgers-New Brunswick*. Retrieved from http://humeco.rutgers.edu/documents_pdf/RU_Student_Food_Insecurity_2018.pdf

MANUSCRIPTS UNDER REVIEW

- Brescia, S., & Cuite, C.L. (under review) Logistics, social stigma, and reserving resources for others: Understanding barriers to campus pantry use. *Innovative Higher Education*. In first review.
- Cuite, C.L., Vineis, M., **Brescia, S.**, Willson, K., Weintraub, D., Wiseman, J., & Heath, C. (under review) Health care provider perceptions of a food insecurity screening and referral program in university student health centers. *Journal of Student Affairs Research and Practice*. In first review.

MANUSCRIPTS IN PREPARATION

- **Brescia, S.** (in preparation). 'Can I really accept this?' Understanding the Help-Seeking Behaviors of Food Insecure College Students.
- Delos Reyes, J., **Brescia, S.**, & Cuite, C.L. (in preparation). Developing a scale to measure stigma associated with food pantry use among undergraduate students.

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PUBLISHED ABSTRACTS AND PROCEEDINGS

- Jimenez, M., **Brescia, S.**, & Cuite, C.L. (in press). Disparities in food insecurity prevalence and correlates among undergraduate, master's and doctoral students. *Journal of Nutrition Education and Behavior*.
- Delos Reyes, J., **Brescia, S.**, Cuite, C. (October 19, 2021). Developing a scale to measure stigma associated with food pantry use among undergraduate students. *Journal of the Academy of Nutrition and Dietetics*. Supplement 1, 121, 9. pA-89. DOI <https://doi.org/10.1016/j.jand.2021.06.237>
- Cuite, C., **Brescia, S.**, Vineis, M., Wiseman, J., Heath, C., Heimlich, D., Weintraub, D., & Willson, K. (2020). Evaluation of a food insecurity screen and intervene program at university health services. *Hot Topics in Food Insecurity Research*, 52(7), S2-S3. DOI <https://doi.org/10.1016/j.jneb.2020.04.017>

PEER-REVIEWED CONFERENCE PRESENTATIONS

- **Brescia, S. A.**, & Cuite, C. L. (2022, June). Promoting health equity for food insecure students at Rutgers University New Brunswick. Poster presented at Community Engaged Research Symposium, New Brunswick, NJ.
- Delos Reyes, J., **Brescia, S. A.**, Cuite, C. (2021, April) Food insecurity and food pantry use: A study of U.S. citizen and non-U.S. citizen university students. Abstract presented to the virtual 88th Annual Meeting of the New Jersey Academy of Nutrition and Dietetics, NJ, Online.
- Cuite, C. L., **Brescia, S. A.**, & Vineis, M. (2020, July). Evaluation of a food insecurity screen and intervene program in university student health centers. Paper presented at the Society for Nutrition Education and Behavior (SNEB) National Conference, San Diego, CA, Online.
- Cuite, C., **Brescia, S.**, Vineis, M, Wiseman, J., Heath, C., Heimlich, D., Weintraub, D., & Willson, K. (2020, June). Evaluation of a food insecurity screen and intervene program in university student health centers. Poster presented at the Epsilon Sigma Phi Alpha Xi Chapter Annual Meeting, Online.
- Cuite, C. L., **Brescia, S.A.**, Vineis, M., & Wiseman, J. Heath, C., Heimlich, D., Weintraub, D., & Willson, K. (2020, May). Food insecurity: Screening and referral through student health services. Paper presented at 100th Annual American College Health Association (ACHA) National Conference, Chicago, IL (Conference cancelled).
- Cuite, C. L., **Brescia, S. A.**, Vineis, M., Wiseman, J., Heath, C., Heimlich, D., Weintraub, D., & Willson, K. (2020, March). Food insecurity screen and intervene. Paper presented at the Universities Fighting World Hunger Summit, Lexington, KY (Conference cancelled).
- Errickson, L. B., Cuite, C. L., Sawatzky, A., **Brescia, S. A.**, & Willson, K. (2020, March). Integrated efforts to reduce campus hunger: The role of farmers markets and student farms. Poster presented at the Universities Fighting World Hunger Summit, Lexington, KY (Conference cancelled).
- Cuite, C., **Brescia, S.**, Vineis, M., Wiseman, J., Heath, C., Heimlich, D., Weintraub, D., & Willson, K. (2020, January). Evaluation of a food insecurity screen and intervene program in university student health centers. Poster presented at the Rutgers Cooperative Extension Annual Meeting, New Brunswick, NJ.
- **Brescia, S. A.**, & Cuite, C. L. (2018, November). Understanding coping mechanisms: A mixed methods investigation into the strategies that students use to avoid, manage, or alleviate food insecurity. Paper presented at 43rd Annual Association for the Study of Higher Education (ASHE) National Conference, Tampa, FL.
- Gigliotti, R. A., Dwyer, M., **Brescia, S. A.**, Gergus, M., & Stefanelli, J. (2018, November). Learning leadership in higher education: Implications for graduate education. Paper presented at National Communication Association (NCA) 104th Annual Convention, Salt Lake City, UT.
- Porterfield, V., & **Brescia, S. A.** (2017, November). The effect of incentives on student surveys: An IR perspective. Paper presented at 44th Annual North East Association of Institutional Research Conference, Jersey City, NJ.
- **Brescia, S. A.** (2017, November). Food for thought: Examining college student food insecurity using critical race theory. Paper presented at 42nd Annual Association for the Study of Higher Education (ASHE) National Conference, Houston, TX.
- **Brescia, S. A.** (2017, November). Using the past to inform the present: The history of students with disabilities in higher education, 1944-1950. Paper presented at 42nd Annual Association for the Study of Higher Education (ASHE) National Conference, Houston, TX.

INVITED PRESENTATIONS

- **Brescia, S.A.**, Kumar, A., & Leget, A. (2022, April 27). "A Conversation with Graduate School of Education Alumni Association Dissertation Award Recipients." Invited panel presentation to the Rutgers Graduate School of Education and the Graduate School of Education Alumni Association, New Brunswick, NJ.

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- Cuite, C.L., **Brescia, S. A.**, Willson, K., Walzer, M., & Bates, L. (2020, November 13). "Rutgers-NB 2019 Basic Needs Assessment Study." Student Affairs Assessment Spotlight, New Brunswick, NJ (Online).
- Cuite, C. L., & **Brescia, S. A.** (2020, April 23). "Food Insecurity Among Students at Rutgers -New Brunswick." Invited presentation to the Division of Student Affairs at Rutgers University, New Brunswick, NJ.
- Cuite, C.L. & **Brescia, S. A.** (2020, April 7). "Preview of the Rutgers Student Quality of Life Study." Chancellor's Task Force on Student Essential Needs, New Brunswick, NJ (Online)
- **Brescia, S. A.** (2020, February 12). "Food Insecurity at Rutgers-New Brunswick." Invited presentation to the Philanthropic Educational Organization (PEO) Chapter Y, Cranbury, NJ.
- **Brescia, S.A.** & Cuite, C. (2019, December 4). "Food Insecurity Among Students at Rutgers -New Brunswick: Implications for Enrollment Management." Invited presentation to the Division of Enrollment Management at Rutgers University, New Brunswick, NJ.
- **Brescia, S. A.** (2019, August 13). "Studying Basic Needs Insecurity on Campus." Invited presentation to the College Affordability Working Group of the Secretary of Higher Education of New Jersey, Trenton, NJ.

TEACHING EXPERIENCE

Graduate Courses

- College Student Affairs Capstone Course, *Rutgers GSE, Educational Psychology* Sp. 22
- Field Experience Seminar for First Year Graduate Students, *Rutgers GSE, Educational Psychology* Sp. 22
- Field Experience Seminar for Second Year Graduate Students, *Rutgers GSE, Educational Psychology* Su. 22, Sp. 22
- Introduction to Student Affairs, *Rutgers GSE, Educational Psychology* Fa. 22, Fa. 21
- Internship Seminar, *Rutgers GSE, Educational Psychology* Fa. 22, Fa. 21
- Student Leadership, Workshop, and Program Development, *Rutgers GSE, Educational Psychology* Fa. 22, Fa. 21

Undergraduate Courses

- Hunger & Food Insecurity in New Brunswick: Service-Learning & Alternative Spring Break, *Byrne Seminar, Rutgers Honors College* Sp. 20
- Hunger & Food Insecurity in New Brunswick: A Service-Learning Perspective, *Byrne Seminar, Rutgers SEBS, Human Ecology* Fa. 18
- Students in Transition Seminar, *Rutgers School of Arts & Sciences* Fa. 13

MENTORING

Dissertation Committee Membership

- Ibiyemi Adesanya, Member of Ph.D. Thesis Committee, *Higher Education, Seton Hall University* Expected 22

Culminating Paper & Presentation Committee Primary Advisor

- Angel Cordero-Gonzalez, Primary Advisor, *College Student Affairs, Rutgers University* May 22
- Sierra Gray, Primary Advisor, *College Student Affairs, Rutgers University* May 22
- Ryan Johnson, Primary Advisor, *College Student Affairs, Rutgers University* May 22

SERVICE

Rutgers University-Wide Task Forces and Committees

- Chancellor's Task Force on Student Essential Needs, *Member* 2019- Present

Conferences Organized

- Envisioning Hunger Free College in New Jersey, *Conference Committee Co-Lead* 2022
- Basic Needs Insecurity in New Jersey Higher Education, *Conference Committee Member* 2018

Educational Psychology & Graduate School of Education Committees

- Graduate School of Education Student Grievance Committee, *Member* 2021-Present
- Assistant Professor of Higher Education and College Student Affairs Search Committee, *Member* 2022

Involvement in National Organizations

- National Association for Student Personnel Administrators (NASPA), Faculty Mentoring Program 2022-2023
- Association for the Study of Higher Education (ASHE) Policy Institute, *Selected Participant* 2018

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Other Service

- College Avenue Community Café for Food Insecure Students, *Co-Founder* 2019

MEDIA COVERAGE

- 2022: Expert Source, “N.J. higher education community gather to envision hunger-free college”, Morning Ag Clips, <https://www.morningagclips.com/n-j-higher-education-community-gather-to-envision-hunger-free-college/>
- 2022: Featured, New Jersey Higher Education Community and Advocates Gather to Envision Hunger-Free College, SEBS NJAES Newsroom <https://sebsnjaesnews.rutgers.edu/2022/02/new-jersey-higher-education-community-and-advocates-gather-to-envision-hunger-free-college/>
- 2021: Featured, SEBS AND NJAES lead the charge in addressing food insecurity on campus. July 26, 2021, Explorations: George H. Cook Campus Magazine. <https://explorations.rutgers.edu/sebs-and-njaes-lead-the-charge-in-addressing-food-insecurity-on-campus/>
- 2021: Expert source, “Rutgers receiving grants to help hardest hit by pandemic.” July 20, 2021. NJ Morning Ag Clips. <https://www.morningagclips.com/rutgers-receiving-grants-to-help-hardest-hit-by-pandemic/>
- 2020: Featured, “Rutgers Makes Progress Addressing Student Food Insecurity” https://www.rutgers.edu/news/rutgers-makes-progress-addressing-student-food-insecurity?utm_source=newsletter&utm_medium=email&utm_campaign=rutgerstoday&utm_content=Community
- 2020: Expert Source. “Rutgers-New Brunswick addresses food insecurity.” NJ Morning Ag Clips. <https://www.morningagclips.com/rutgers-new-brunswick-addresses-food-insecurity/>
- 2020: Expert Source, “Survey Finds Nearly 40 percent of College Students are Food Insecure.” March 2, 2020. The Counter. <https://thecounter.org/survey-finds-40-percent-of-college-students-are-food-insecure/?fbclid=IwAR1Rp9k0uuK1Ja1Pc-DXx11UPCbhKzPjih0PfANSpTZbbToHbwtphUx-CO0>

JOURNAL REVIEW

- Journal of College and University Student Housing (2021-2024) *Journal Board Member, Reviewer*

PROFESSIONAL AFFILIATIONS

- Hunger Free Campus Network, Hunger Free New Jersey 2022-Present
- Association for the Study of Higher Education (ASHE) 2016-Present
- National Association of College Personnel Administrators (NASPA) 2012-Present

RESEARCH, HIGHER EDUCATION, AND STUDENT AFFAIRS EXPERIENCE

Hope Center for College, Community, and Justice, Temple University

December 2020-August 2021

Research Project Manager

- Maintained organization and efficiency to coordinate and oversee the successful completion and progress of multiple large-scale, nationally funded research projects
- Created research protocols, planning documents, and survey or interview instruments
- Developed and submitted Institutional Review Board (IRB) research protocols, amendments, extension requests and other required documentation
- Created research presentations for national education conferences and Hope Center webinars
- Interfaced with internal and external entities, including funders and research partners, to discuss services, technology, and research project demands
- Established and maintained collaborative relationships with administrators, faculty, staff, and funders to facilitate research needs such as data collection and partner communication
- Coordinated documentation and storage of data received from colleges and partner organizations
- Prepared literature reviews, descriptive statistics, tables, and figures for national reports and research papers
- Collaborated in writing scientific papers and managed the publication process
- Assisted with the preparation and submission of new grants/proposals for research funding
- Recruited institutions to participate in the national #RealCollege Survey and other Hope Center projects

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- Supervised the research team summer intern and provided guidance on personal and professional development

School of Graduate Studies, Rutgers University

June 2017-June 2020

Project Manager (25 hours per week)

- Created, administered, and reported findings from online surveys used to determine the impact of COVID-19 on the progress of graduate students and the operation of graduate programs
- Designed and implemented school-wide Individual Development Plans, used to monitor graduate student progress, promote transparency, define professional goals, and identify opportunities for growth and development
- Partnered with the Office of Violence Prevention and Victim Assistance and the Office of Title IX to design and implement training sessions focused on sexual violence and harassment for graduate students and faculty
- Developed and administered a yearly graduate program assessment (via Qualtrics) and co-authored summary reports
- Analyzed data from the Ph.D. Exit Survey and develop reports to aid faculty in graduate program evaluation
- Oversaw the data visualization of all graduate program statistics using Tableau data visualization software
- Chaired the Three-Minute Thesis planning committee through the development of all recruitment, marketing, communication, and event materials
- Conducted student meetings and developed educational workshops to help students prepare thesis presentations

Office of the Secretary of Higher Education (OSHE), State of New Jersey

May 2019-Septemeber 2019

Graduate Policy Fellow

- Provided survey tools and developed state-wide guidelines for the assessment of campus food insecurity in compliance with the NJ Hunger Free Campus Act
- Created processes, procedures, and application materials for the Hunger Free Campus Act grant
- Presented original research on student food insecurity to the state-wide Making College Affordable Working Group to aid committee members in the development of policies and initiatives to make higher education more affordable
- Analyzed over 7,000 open-ended survey responses, from the OSHE student stakeholder survey and co-authored *Stakeholder Survey Report: Student Respondents 2018-2019*
- Coordinated and organized meetings, events, and research materials for the state-wide Safe and Inclusive Learning Environments working group which focused on using campus climate surveys and best practices to make campus communities safe for all students

Institutional Research and Academic Planning, Rutgers University

August 2016-May 2017

Doctoral Intern (20 hours per week)

- Analyzed data from the national Student Experience in the Research University (SERU) survey to compose research reports about institutional climate and student financial security at Rutgers University
- Conducted original research, reviewed existent literature, and co-authored a scholarly paper about college student motivations for participating in surveys and the use of incentives in survey research
- Created graphs comparing the current and previous US News and World Report Rankings of Rutgers University to peer and aspirant institutions in the Association of American Universities (AAU)
- Assisted in the development of an online data management tool by cross-referencing aggregate SERU survey data
- Reviewed and evaluated current literature about college student food insecurity and monitored the survey progress of the 2016 Rutgers Hunger Survey in conjunction with faculty
- Prepared conference materials and website communications for the SERU National Research Symposium

Residence Life, St. John's University

July 2014-July 2016

Residence Director

- Facilitated the community development of one residence hall housing approximately 441 first-year students
- Supervised, trained, evaluated, and mentored a staff of 11 Resident Assistants and 1 Senior Resident Assistant regarding community development, conflict mediation, programming, and personal growth

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- Served as the interim supervisor of one sophomore residence hall and all residence hall staff including 1 Graduate Assistant, 10 Resident Assistants, and 1 Senior Resident Assistant (January 2016-July 2016)
- Participated in the on-call crisis response duty rotation for over 16,000 residential and commuter students
- Contributed to the recruitment and selection of professional staff by chairing The Placement Exchange (TPE) selection committee
- Chaired the Resident assistant and Graduate Assistant recruitment and selection team through the development of all interview, evaluation, job description, and communication materials for over 300 applicants
- Fostered the personal development of students by providing support and guidance in regard to interpersonal conflicts, mental and physical health concerns, transition issues, and academic challenges
- Collaborated with Faculty-in-Residence to develop educational learning opportunities for first-year students
- Served as a Student Conduct Hearing Officer to engage students in reflective dialogue and administer sanctions
- Created and implemented a Leadership Development Workshop series for Hall Council Executive Boards members
- Advised the Resident Hall Council for programming and advocacy
- Chaired the training and development committee to create and implement training workshops for student and professional staff focused on mental health, programming, leadership, and dialogue facilitation
- Managed and allocated a yearly Resident Assistant programming budget of over \$2,400
- Chaired the large-scale Battle of the Buildings program by collaborating with campus recreation, facilities services, dining, sustainability, and outside vendors and companies
- Created a Senior Resident Assistant performance evaluation system to measure individual and group development

Residence Life, Rutgers University

August 2012-May 2014

Hall Director (Graduate Assistantship)

- Oversaw the daily operations of 3 Residence Halls housing approximately 465 students
- Trained, supervised, and evaluated a staff of 9 Resident Assistants
- Implemented educational learning opportunities through the program mentorship of 4 living learning communities
- Managed and allocated a yearly programming budget of \$4,000
- Chaired the Mental Health Awareness large scale programming committee for the Busch Campus
- Served on the on-call crisis management duty rotation for two campuses and 7,500 students
- Advised Resident Assistants in program creation, development, and implementation
- Provided student support in regard to mental health concerns, academic difficulties, and interpersonal conflicts
- Contributed to the recruitment, selection, and interview processes of over 300 Resident Assistant applicants