

Jason Sadora, M.A.; M.S.; LPC, is a third-year Ph.D. Clinical Psychology Graduate Student. Jason graduated with his M.S. in Kinesiology and Nutritional Science in 2015 and M.A. in Professional Counseling in 2016. Jason originally joined the USARNG on June 6th, 2006, as a Cavalry Scout. He deployed to Afghanistan in 2011 as a Nodal System Operator. Jason is currently conducting research at Brigham and Women's Hospital Pain Management Center, investigating the applications of Electromyography-biofeedback, cortisol, and mindfulness in relation to chronic pain. Additionally, Jason is current providing acute care treatment for active military service members and veterans with Seven Hills Behavioral Hospital. Jason has been enthusiastically involved with Division-19 in developing a mentorship program, marketing and developing the annual Summit, and is a recipient of the Society Leadership Program. Jason's active participation with D19 for the past two years has influenced his desire place to focus on developing a mentorship program. He believes that mentorship is the backbone of a strong organization as it can increase member retention and engagement, fills leadership positions, foster diversity and inclusion, and strengthens the overall culture of D19.

Being Student Member-at-Large will enable Jason to oversee both mentor and mentee opportunities. Having oversight of available opportunities for mentorship will help improve D19's overall efficiency in carrying out the vision of promoting the open exchange of ideas and growing leaders across the professional lifespan. To this date, the D19 mentorship program that Jason has developed over the past year has produced fourteen successful matches. However, challenges continue with identifying potential matches due to Jason's limited oversight of available mentors and mentees. Being Student Member-at-Large will support Jason's ability to develop more relationships at a deeper level as he will have a greater presence within D19. As a representative of D19, Jason will be able to develop external relationships to decrease the gap between psychology students of different divisions, training foci, and training program affiliations.

In summary, Jason plans to be a Student Member-at-Large who will act with care for each member and regard for the mission of D19. Jason would like to thank D19 for the opportunity and all members for their consideration.