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# APPOINTMENTS

2018-Present Professor, Psychology, San Francisco State University

2018-Present Visiting Scholar, Pacific Institute of Research and Evaluation

2017-2022 Associate Professor, Psychology, San Francisco State University

2018 Visiting Professor, The Methodology Center, Pennsylvania State University

2013-2017 Assistant Professor, Psychology, San Francisco State University

2009-2013 Assistant Professor, Psychology, University of Colorado, Colorado Springs

# EDUCATION

2005-09 Postdoctoral Fellow, Human Development, University of California, Berkeley

2005 PhD, Human Development & Family Studies, Pennsylvania State University

2000 MS, Human Development & Family Studies, Pennsylvania State University

1994 BA, Psychology, University of California, Santa Cruz

1992 AA, General Education, Santa Rosa Junior College

# HONORS, SCHOLARSHIPS, & AWARDS

2021 Fellow in Equitable Scholarship Initiative, San Francisco State University

2017 Sabbatical, San Francisco State University

2014 International Research Award, German Educational Research Association

2014 Honorable Mention for Mello, Rashid et al. poster presentation, Time and Society International Conference, Poland

2012 Mentored Undergraduate Research Project Award, University of Colorado Colorado Springs

2010, 2011 Faculty Diversity Award Nomination, University of Colorado Colorado Springs

2007 Outstanding Dissertation Award in Human Development, Human Development Division, American Educational Research Association

2004, 2005 Office of Graduate Educational Equity Travel Support, Pennsylvania State University

2003 Rose Cologne Volunteer of the Year, Council for Human Services, Pennsylvania

2003 R. Paul Campbell Volunteer of the Year, Youth Service Bureau, Pennsylvania

2002 Kappa Omicron Nu National Honor Society

2000 Pennsylvania Psychological Foundation Educational Award

2000 Stormbreak Runaway and Homeless Shelter Volunteer Award, Pennsylvania

1994 Undergraduate Service Award, University of California, Santa Cruz

# FUNDING

## External

2022-2024 **Tobacco-Related Disease Research Program**

Title: Tobacco use and perceived discrimination based on socioeconomic status among Adolescents (T32IP4744).

Total costs: $766,734

Role on Project: Principal Investigator

2022-2023 **Tobacco-Related Disease Research Program**

Title: Covid Recovery Administrative Supplement for Racial and gender

discrimination, tobacco use, and time perspective among adolescents (T31IP1855).

Total costs: $100,000

Role on Project: Principal Investigator

2022-2023 **Tobacco-Related Disease Research Program**

Title: Cornelius Hopper Diversity Supplement, Delay Discounting and Tobacco Use among Racial/Ethnic Minority Adolescents (T31IP1855).

Total costs: $20,000

Role on Project: Principal Investigator

2022-2023 **Tobacco-Related Disease Research Program**

Title: Cornelius Hopper Diversity Supplement, Immigration and Tobacco Use among Racial/Ethnic Minority Adolescents (T31IP1855).

Total costs: $20,000

Role on Project: Principal Investigator

2021-2022 **Tobacco-Related Disease Research Program**

Title: Cornelius Hopper Diversity Supplement, Colorism and tobacco use among racial/ethnic minority adolescents (T31IP1855).

Total costs: $20,000

Role on Project: Principal Investigator

2020-2022 **Tobacco-Related Disease Research Program**

Title: Racial and gender discrimination, tobacco use, and time perspective

among adolescents (T31IP1855).

Total costs: $619,228

Role on Project: Principal Investigator

2011 **Private Donor**

Title: Supporting First Generation College Students.

Total costs: $5,000

Role on Project: Principal Investigator

2010 **International Society for the Study of Behavioral Development**

Title: Travel grant to attend conference in Zambia, Africa.

Total costs: $2,500

Role on Project: Principal Investigator

2008 **International Society for the Study of Behavioral Development**

Title: Travel grant to conduct research in Frankfurt, Germany.

Total costs: $3,500

Role on Project: Principal Investigator

2005-2008 **American Educational Research Association and Institute of Education Sciences**

Title: Investigating time perspective and educational attainment among racially/ethnically diverse and low-socioeconomic status adolescents.

Total costs: $225,000

Role on Project: Co-Investigator

2003-2004 **American Educational Research Association and the National Science Foundation**

Title: Across time and place: The development of adolescents’ educational and occupational expectations in the context of parental and neighborhood socioeconomic status (REC-990573).

Total costs: $15,000

Role on Project: Principal Investigator

2000-2001 **African American Success Foundation**

Title: Time is on our side: The relationship between future orientation and academic achievement among African American adolescents.

Total costs: $1,000

Role on Project: Principal Investigator

## Internal

**Mello**,Z. R. (2022). *Perceived immigration discrimination and tobacco use*. RSCA Recovery Research Grant, College of Science and Engineering, SFSU; $15,000.

**Mello**,Z. R. (2022). *Travel grant to attend SRA*, New Orleans, LA; $2,000.

**Mello**, Z. R. (2019). *Travel grant* *to attend SRCD*, Baltimore, MD; $1,500*.*

**Mello**, Z. R. (2018). *Travel grant* *to attend SRA*, Minneapolis, MN; $1,500*.*

**Mello**, Z. R. (2017). *Travel grant* *to attend SRCD*, Austin, TX; $1,500.

**Mello**, Z. R. (2016). *Travel grant*, The Pennsylvania State University; $1,533.

**Mello**, Z. R. (2016). *Travel grant* *to attend Time Conference,* Copenhagen, Denmark; $1,500.

**Mello**, Z. R. (2015). *Travel grant* *to attend SRCD,* Philadelphia, PA; $1,000*.*

**Mello**, Z. R. (2014). *Travel grant* *to attend Time Conference,* Warsaw, Poland; $1,000.

**Mello**, Z. R. (2013). *Travel grant* *to attend SRCD,* Austin, TX; $1,000.

+^Jaramillo, J. N., & **Mello**, Z. R. (2013). *Perceived discrimination, stereotype threat, and optimism among Native American adolescents*. Faculty-Student Research/Creative Works Award, College of Language, Arts, and Sciences, UCCS; $4,000.

**Mello**, Z. R. (2011, 2012). *Travel grant.* Faculty Minority Affairs Committee; $350.

**Mello**, Z. R. (2011). *Piloting a Spanish instrument to assess time perspective.* Innovations in Scholarship Inclusiveness Excellence; $1,000.

**Mello**, Z. R. (2011). *Parental messages about math and science schooling and work in adolescents*. Faculty Assembly Women’s Grant Program; $450.

**Mello**, Z. R. (2010). *Travel grant.* Faculty Assembly Women's Grant Program; $500.

**Mello**, Z. R. (2009). *Support for* *speaker on racial identity*. Matrix Center; $200.

**Mello**, Z. R. (2009). *Variation in female and male adolescents’ perceived career barriers and educational/occupational outcomes*. Faculty Assembly Women's Grant Program; $500.

# PUBLICATIONS

(H-index = 24; i10-index = 35; citations = 2,472; 31% with students)

## Refereed Manuscripts

1. Moon, J. \*^Wahleithner, J., +Chase, J., Tate, C. C., & **Mello**, Z. R. (2022). Adolescents’ reactions to the 2016 Presidential Election show emotion, civic engagement, and social group awareness. [Manuscript in preparation].Psychology Department, San Francisco State University.
2. Moon, J., \*^ Centeno*,* B.*,* De León, J. A., & **Mello**, Z. R. (2022)Revealing the nuance:Comparing approaches for research including adolescents with multiple racial/ethnic identities. [Manuscript in preparation].Psychology Department, San Francisco State University.
3. Moon, J., Hoff, C., +Lieber, R., & **Mello**, Z. R. (2022).Psychometrics and psychological well-being: The test–retest reliability of the Adolescent and Adult Time Inventory and associations with mental health outcomes*.* [Manuscript submitted for publication].Psychology Department, San Francisco State University.
4. Lonigro, A., Zammuto, M., Bianchi, D., Pompili, S., Di Tata,D., Worrell, F. C., **Mello**, Z. R., Longobardi, R., & Laghi, F. (2022). COVID-19 and time perspective during emerging adulthood: Take-home messages for the future. [Manuscript submitted for publication].Psychology Department, San Francisco State University.
5. **Mello**, Z. R., Buhl, M., Andretta, J. R., & Worrell, F. C. (in press). Risky behaviors and time attitude profiles among adolescents in the United States and Germany. *Discourse: Journal of Childhood and Adolescence Research [Diskurs Kindheits- und Jugendforschung]*.
6. **Mello**, Z. R., & Moon, J. (in press). Time buffers teasing and lessens tobacco use: The moderating role of time perspective on bullying victimization and tobacco use in adolescents. *Behavioural Processes.*
7. Coelho, S., Mendonça, A., Maroco, J., Cardoso, S., **Mello**, Z. R., & Guerreiro, M. (2022). Time perspective and amnestic mild cognitive impairment among adults. *Journal of Neuropsychology.* https://doi.org/10.1111/jnp.12274
8. Li, X., Chen, W., Lyu, H., Worrell, F. C., & **Mello**, Z. R. (2022). Psychometric properties of the Chinese version of the Zimbardo Time Perspective Scale. *Current Psychology*. https://doi.org/10.1007/s12144-021-02622-6
9. McKay, M., Worrell, F. C., Perry, P., Chishima, J., Živkovič, U., Mello, Z. R., & Cole, J. (2022). “Even a broken clock is right twice a day”: The case of the Zimbardo Time Perspective Inventory. *Personality and Individual Differences, 184(1)*. https://doi.org/10.1016/j.paid.2021.111157
10. **Mello**, Z. R., Barber, S. J., Vasilenko, S. A., +Chandler, J., & Howell, R. T. (2021). Thinking about the past, present, and future: Time perspective and self-esteem in adolescents, young adults, middle-aged adults, and older adults. *British Journal of Developmental Psychology, 40,* 92-111*.* https://doi.org/10.1111/bjdp.12393
11. Finan, L. J., Linden-Carmichael, A. N., Adams, A. R., \*Youngquist, A., Lipperman-Kreda, S., & **Mello**, Z. R. (2021). Time perspective and substance use: An examination across three adolescent samples. *Addiction Research & Theory*. https://doi.org/10.1080/16066359.2021.1948537
12. \*Moon, J., & **Mello**, Z. R. (2021). Time among the taunted: The moderating effect of time perspective on bullying victimization and self-esteem. *Journal of Adolescence, 89, 170-182.* https://doi.org/10.1016/j.adolescence.2021.05.002
13. Assylkhan, K., \*Moon, J., Tate, C., Howell, R., & **Mello**, Z. R. (2021). Time beyond traits: Time perspective dimensions, personality traits, and substance use in adolescents. *Personality and Individual Differences.* https://doi.org/10.1016/j.paid.2021.110926
14. +Chandler, J., & **Mello**, Z. R., (2021). Negative life events and time perspective among adolescents. *Psi Chi Journal, 26, 35-41*. https://doi.org/10.24839/2325-7342.JN26.1.35
15. Zhang, J. W., Howell, R. T., Pooya, R., Shaban-Azad, H., Chai, W. J., Ramis, T., **Mello**, Z. R., Anderson, C., & Keltner, D. (2021). Awe is associated with creative personality, convergent creativity, and everyday creativity. *Psychology of Aesthetics, Creativity, and the Arts*. https://doi.org/10.1037/aca0000442
16. Przepiorka, A., **Mello**, Z. R., & Worrell, F. C. (2021). The assessment of time attitudes among adolescents and young adults with the Polish Adolescent and Adult Time Inventory – Time Attitude Scale (AATI-TA-Polish). *European Journal of Psychological Assessment.* https://doi.org/10.1027/1015-5759/a000671
17. Vásquez-Echeverría, A., Alvarez-Nuñez, L., **Mello**, Z. R., & Worrell, F. C. (2020). Time attitude profiles and health-related behaviors: Validation of scores on a Spanish version of the Adolescent and Adult Time Inventory–Time Attitudes (AATI-TA). *The Spanish Journal of Psychology.* https://doi.org/10.1017/SJP.2020.51

1. Yacob, E. T., Melaku, B. M., Worrell, F. C., & **Mello**, Z. R. (2020). Measuring time perspective in Ethiopian young adults using the Adolescent and Adult Time Inventory (AATI). *Journal of Psychology in Africa, 6, 520-528*. https://doi.org/10.1080/14330237.2020.1842598
2. Finan, L. J., \*Moon, J., \*Kaur, M., Gard, D., & **Mello**, Z. R. (2020). Trepidation and time: An examination of anxiety and thoughts and feelings about the past, present, and future among adolescents. *Applied Developmental Science*. https://doi.org/10.1080/10888691.2020.1778476
3. Perry, J. L., Temple, E. C., Worrell, F. C., Živkovič, U., **Mello**, Z. R., Musil, B., Cole J. C., & McKay, M. T. (2020). Different version, similar result? A critical analysis of the multiplicity of shortened versions of the Zimbardo Time Perspective Inventory. *Sage Open.* https://doi.org/10.1177/2158244020923351
4. Worrell, F. C., **Mello**, Z. R., Laghi, F., Baiocco, R, and Lonigro, A. (2020). Time perspective constructs in Albanian and Italian adolescents: exploratory analyses. *Psychological Reports.* https://doi.org/10.1177/0033294120913493
5. Konowalczyk, S., \*Moon, J., Buhl, M., & **Mello**, Z. R. (2019). The past, present, and future all matter: How time perspective is associated with optimism and sensation seeking among young adults. *Research in Human Development*, *16*, 119-134*.* https://doi.org/10.1080/15427609.2019.1662709
6. **Mello,** Z. R. (2019). A construct matures: Time perspective’s multidimensional, developmental, and modifiable Qualities. *Research in Human Development*, *16*, 93-102*.* https://doi.org/10.1080/15427609.2019.1651156
7. Konowalczyk, S., Rade, F. C. A., & **Mello**, Z. R. (2019). Time perspective, sports club membership, and physical self-concept among adolescents: A person-centered approach. *Journal of Adolescence,* 141-151*.* https://doi.org/10.1016/j.adolescence.2019.02.008
8. Chishima, Y., Murakami, T., Worrell, F. C., & **Mello**, Z. R. (2019). The Japanese version of the Adolescent Time Inventory-Time Attitudes (ATI-TA) Scale: Internal consistency, structural validity, and convergent validity. *Assessment,* *26*, 181-192. https://doi.org/10.1177/1073191116683800
9. **Mello**, Z. R., Oladipo, S. E., +Paoloni, V. C., & Worrell, F. C. (2019). Time perspective and risky behaviors among Nigerian young adults*.* *Journal of Adult Development, 26*, 161-171*.* https://doi.org/10.1007/s10804-018-9304-2
10. Temple, E.C., Perry, J., Worrell, F. C., Živkovič, U., **Mello**, Z. R., Musil, B., Cole, J. C., & McKay, M. T., (2019). The Zimbardo Time Perspective Inventory: Time for a new strategy, not more new shortened versions. *Time and Society, 28,* 1167-1180. https://doi.org/10.1177/0961463X17718102
11. McKay, M. T., Worrell, F. C., Živkovič, U., Temple, L., **Mello**, Z. R., Musil, B., Cole, J. C., Andretta, J., & Perry, J. (2019). A balanced time perspective: Is it an exercise in empiricism, and does it relate meaningfully to health and well-being outcomes? *International Journal of Psychology.* https://doi.org/10.1002/ijop.12530
12. Dixon, D. D., Worrell, F. C., Keltner, D., & **Mello**, Z. R. (2018). The magic of hope: Hope mediates the relationship between socioeconomic status and academic achievement. *Journal of Educational Research, 111*, 507-515. https://doi.org/10.1080/00220671.2017.130291
13. Konowalczyk, S., **Mello**, Z. R., Röske, L. A. S., Buhl, M., Heim, R., & Worrell, F. C. (2018). Adolescent and Adult Time Inventory-Time Attitude Scales: Validity and contributions to physical activity and self-concept in Spanish adolescents. *International Perspectives in Psychology: Research, Practice, Consultation*, *7*, 76-90. https://doi.org/10.1037/ipp0000084
14. Worrell, F. C., Temple, E. C., McKay, M. T., Živkovič, U., Perry, J. L., **Mello**, Z. R., Musil, B., & Cole J. C. (2018). A theoretical approach to resolving the psychometric problems associated with the Zimbardo Time Perspective Inventory. *European Journal of Psychological Assessment*, *34*, 41-51. https://doi.org/10.1027/1015-5759/a000313
15. **Mello**, Z. R., +Walker, E. B., \*Finan, L. J., +Stiasny, A., +Wiggers, I. C., \*^McBroom, K. A., & Worrell, F. C. (2017). Time perspective, psychological outcomes, and risky behavior among runaway adolescents. *Applied Developmental Science, 22,* 233-243*.* https://doi.org/10.1080/10888691.2016.1276455
16. Dixon, D. D., Worrell, F. C., & **Mello**, Z. R. (2017). Profiles of hope: How clusters of hope relate to school variables. *Learning and Individual Differences, 59,* 55-64*.* https://doi.org/10.1080/00220671.2017.1302915
17. Juriševič, M., Worrell, F. C., and **Mello**, Z. R. (2017). Measuring time attitudes in Slovenia: Psychometric properties of the Adolescent and Adult Time Attitude Scale (AATI-TA). *Horizons of Psychology* [Psihološka obzorja], *26*, 89–97. https://doi.org/10.20419/2017.26.472
18. Şahin-Baltacı, H., Tagay, Ö., Worrell, F. C., & **Mello**, Z. R. (2017). Psychometric properties of Time Attitude Subscale scores of the Adolescent Time Inventory – Turkish. *International Perspectives in Psychology: Research, Practice, Consultation, 6,* 47-59. https://doi.org/10.1037/ipp0000066
19. Prow, R. M., Worrell, F. C., Andretta, J. R., & **Mello**, Z. R. (2016). Demographic differences in adolescent time attitude profiles: A person-oriented analysis using model-based clustering*. Berkeley Review of Education, 6*, 79-95*.* https://doi.org/10.5070/B86110030
20. **Mello**, Z. R., Zhang, J. W., Barber, S. J., +Paoloni, V. C., Howell, R. T., & Worrell, F. C. (2016). Psychometric properties of time attitude scores in young, middle, and older adult samples*.* *Personality and Individual Differences, 101*,57-61.https://doi.org/10.1016/j.paid.2016.05.037
21. \*Kaur, M., & **Mello**, Z. R. (2016). Positive and negative well-being among adolescents from theological and conventional schools in India. *Mental Health, Religion, and Culture.* https://doi.org/10.1080/13674676.2016.1165191
22. Worrell, F. C., Temple, E., McKay, M. T., Živkovič, U., Perry, J. L., **Mello**, Z. R., Musil, B., & Cole, J. C. (2016). A theoretical approach to the Zimbardo Time Perspective Inventory: Results from America, Australia, Slovenia, and the United Kingdom. *European Journal of Psychological Assessment*. https://doi.org/10.1027/1015-5759/a000313
23. +^Jaramillo, J., **Mello**, Z. R., & Worrell, F. C. (2015). Ethnic identity, stereotype threat, and perceived discrimination among Native American adolescents. *Journal of Research on Adolescence*, *26,* 769-775. [https://doi.org/](http://dx.doi.org.jpllnet.sfsu.edu/10.1111/jora.12228)10.1111/jora.12228
24. McKay, M. T., Cole, J.C., Percy, A., Worrell, F. C., &, **Mello**, Z. R. (2015). Reliability and factorial validity of the Adolescent Time Inventory-Time Attitude (ATI-TA) Scores in Scottish and Northern Irish adolescents. *Personality and Individual Differences, 86*, 412-416. https://doi.org/10.1016/j.paid.2015.06.040
25. McKay, M. T., Dempster, M., & **Mello**, Z. R. (2015). Does consideration of future consequences moderate the relationship between aggression and alcohol use in adolescents? Results from the United Kingdom. *Addiction Research and Theory, 23*, 372-379. https://doi.org/10.3109/16066359.2015.1009830
26. Perry, J. L., McKay, M. T., Worrell, F. C., Živkovič, U., **Mello**, Z. R., & Musil, B. (2015). Measuring time perspective in adolescents: Can you get the right answer by asking the wrong questions? *Personality and Individual Differences*, *78*, 53-57. https://doi.org/10.1016/j.paid.2015.01.015
27. McKay, M. T., Worrell, F. C., Temple, E. C., Perry, J., Cole, J. C., &, **Mello**, Z. R. (2015). Less is not always more: The case of the 36-item short form of The Zimbardo Time Perspective Inventory. *Personality and Individual Differences*, *72*, 68-71*.* https://doi.org/10.1016/j.paid.2014.08.018
28. Andretta, J. R., Worrell, F. C., & **Mello**, Z. R. (2014). Predicting educational outcomes and psychological well-being in adolescents using time attitude profiles. *Psychology in the Schools, 51,* 434-451*.* https://doi.org/10.1002/pits.21762
29. **Mello**, Z. R., \*Finan, L. J., & Worrell, F. C. (2013). Introducing an instrument to assess time orientation and time relation in adolescents. *Journal of Adolescence, 36,* 551-563*.* https://doi.org/10.1016/j.adolescence.2013.03.005
30. Worrell, F. C., **Mello**, Z. R., & Buhl, M. (2013). Introducing English and German versions of the Adolescent Time Attitude Scale (ATAS). *Assessment*, *20*, 496-510. https://doi.org/10.1177/1073191110396202
31. Andretta, J. R., Worrell, F. C., **Mello**, Z. R., +^Dixson, D. D., & +^Baik, S. H.(2013). Demographic group differences in adolescents’ time attitudes. *Journal of Adolescence, 36,* 289-301*.* https://doi.org/10.1016/j.adolescence.2012.11.005
32. **Mello**, Z. R., \*Anton-Stang, H. M., \*Monaghan, P. L., \*Roberts, K. J., & Worrell, F. C. (2012). A longitudinal investigation of African American and Hispanic adolescents’ educational and occupational expectations and corresponding attainment in adulthood. *Journal of Education for Students Placed at Risk*, *17,* 266-285.https://doi.org/10.1080/10824669.2012.717029
33. **Mello**, Z. R., Mallett, R. K., Andretta, J. R., & Worrell, F. C. (2012). Stereotype threat and school belonging in adolescents from diverse racial/ethnic backgrounds. *Journal of At-Risk Issues, 17,* 9-14*.*
34. +Hand, L. H., \*Anton-Stang, H. M., & **Mello**, Z. R. (2012). An investigation of gender, perceived gender-barriers to a future occupation, and academic achievement among delinquent adolescents. *Modern Psychological Science*, *17*, 19-26.

11. Mallett, R. K., **Mello**, Z. R., Wagner, D. E., Worrell, F. C., Burrow, R. N., & Andretta, J. R. (2011). Do I belong? It depends on when you ask*. Cultural Diversity and Ethnic Minority Psychology, 17,* 432-436. https://doi.org/10.1037/a0025455

1. Meyer, E. L., Schaefer, B. A., Soto, C. M., Simmons, C. S., Anguiano, R., Brett, J., Holman, A., Martin, J. F., Hata, H. K., Roberts, K. J., **Mello**, Z. R., & Worrell, F. C.(2011). Factor structure of Child Behavior Scale scores in Peruvian preschoolers. *Psychology in the Schools, 48*,931-942.https://doi.org/10.1002/pits.20596
2. **Mello**, Z. R., +Bhadare, D., Fearn, E. J., Galaviz, M. M., Hartmann, E. S., & Worrell, F. C. (2009). The window, the river, and the novel: Examining adolescents’ conceptions of the past, the present, and the future. *Adolescence,* *44*, 539-556.
3. **Mello**, Z. R., Worrell, F. C., & Andretta, J. R. (2009). Variation in how frequently adolescents think about the past, the present, and the future in relation to academic achievement*. Research on Child and Adolescent Development* [Diskurs Kindheits- und Jugendforschung], *4*, 173-183.
4. Worrell, F. C., & **Mello**, Z. R. (2009). Convergent and discriminant validity of time attitude scores on the Adolescent Time Perspective Inventory. *Research on Child and Adolescent Development* [Diskurs Kindheits- und Jugendforschung], *4*, 185-196.
5. **Mello**, Z. R. (2009). Racial/ethnic group and socioeconomic status variation in educational and occupational expectations from adolescence to adulthood. *Journal of Applied Developmental Psychology,* *30*, 494-504. https://doi.org/10.1016/j.appdev.2008.12.029
6. **Mello**, Z. R. & Worrell, F. C. (2008). Gender variation in extracurricular activity participation and perceived life chances in Trinidad and Tobago adolescents. Psyche *[Psykhe]*, *2*, 91-102. https://doi.org/10.4067/S0718-22282008000200008
7. **Mello**, Z. R. (2008). Gender variation in developmental trajectories of educational and occupational expectations and attainment from adolescence to adulthood. *Developmental Psychology*, *44*, 1069-1080. https://doi.org/10.1037/0012-1649.44.4.1069
8. **Mello**, Z. R., & Swanson, D. P. (2007). Gender differences in African American adolescents' personal, educational, and occupational expectations and perceptions of neighborhood quality. *Journal of Black Psychology*, *33*, 150-168. https://doi.org/10.1177/0095798407299514
9. Worrell, F. C., & **Mello**, Z. R. (2007). Reliability and validity of Zimbardo Time Perspective Inventory scores in academically talented adolescents. *Educational and Psychological Measurement, 67*,487-504. https://doi.org/10.1177/0013164406296985
10. **Mello**, Z. R., & Worrell, F. C. (2006). The relationship of time perspective to age, gender, and academic achievement among academically talented adolescents. *Journal for the Education of the Gifted*, *29*, 271-289. https://doi.org/10.1177/016235320602900302

## Book Chapters

Weinstein, R. S., Sami, N., & **Mello**, Z. R. (2016). Learning from Teacher-Student Advisories. In Weinstein, R. S., & F. C. Worrell (Eds.), *How a University-Charter District Partnership Created an Early College High School*. Oxford University Press.

**Mello**, Z. R., & Worrell, F. C. (2015). The past, the present, and the future: A conceptual model of time perspective in adolescence. In Stolarski M., van Beek W., & Fieulaine, N. (Eds.), *Time Perspective Theory: Review, Research and Application. Essays in Honor of Philip Zimbardo*. Springer International Publishing. https://doi.org/10.1007/978-3-319-07368-2

Buhl, M. & **Mello**, Z. R. (2009). Introduction to the Focused Topic. [Zum Schwerpunkt dieser Ausgabe]. *Journal for Research on Childhood and Adolescence* [Diskurs Kindheits- und Jugendforschung], 2, 151-152.

## Instruments & Manuals

**Mello**, Z. R., Worrell, F. C., M. Musil, B., Živkovič, U., & Juriševič, M. (2017). *The Adolescent and Adult Time Inventory – Slovenian*. San Francisco State University, The University of California, Berkeley, and The University of Llubljana.

**Mello**, Z. R., & Worrell, F. C. (2016). *The Adolescent Time Inventory: Technical manual.* San Francisco State University & The University of California, Berkeley.

**Mello**, Z. R., Worrell, F. C., & Sant’Ana, I. M. (2016). *The Adolescent and Adult Time Inventory – Portuguese (Brazilian)*. San Francisco State University & The University of California, Berkeley.

**Mello**, Z. R., Worrell, F. C., & Przepiorka, A. M. (2015). *The Adolescent Time Inventory – Polish*. San Francisco State University, The University of California, Berkeley, & John Paul II Catholic University of Lublin.

**Mello**, Z. R., Worrell, F. C., & Şahin-Baltacı, H. (2015). *The Adolescent Time Inventory – Turkish*. San Francisco State University, The University of California, Berkeley, & Pamukkale University.

**Mello**, Z. R., Worrell, F. C., & Kaur, M. (2015). The Adolescent Time Inventory *–* Hindi. San Francisco State University & The University of California, Berkeley.

**Mello**, Z. R., Worrell, F. C., Åström, E., & Carelli, M. G. (2014). *The Adolescent Time Inventory – Swedish.* San Francisco State University, The University of California, Berkeley, & Umeå Universitet.

**Mello**, Z. R., Worrell, F. C., & Chishima, Y. (2014). *The Adolescent Time Inventory – Japanese.* San Francisco State University, The University of California, Berkeley, & The University of Tsukuba.

**Mello**, Z. R., Worrell, F. C., & Rashid, K. (2013). *The Adolescent Time Inventory – Farsi.* San Francisco State University, University of California, Berkeley, & Bu-Ali Sina University.

**Mello**, Z. R., Worrell, F. C., Ling, S. C., & Xu, H. (2013). *The Adolescent Time Inventory – Chinese.* San Francisco State University, University of California, Berkeley, & University of California.

**Mello**, Z. R., Worrell, F. C., Laghi, F., Baiocco, R., & Lonigro, A. (2011). *The Adolescent Time Inventory – Italian.* University of Colorado, University of California, Berkeley, & Sapienza University of Rome.

**Mello**, Z. R., Worrell, F. C., Laghi, F., Baiocco, R., & Lonigro, A. (2011). The Adolescent Time Inventory *–* Albanian. The University of Colorado, University of California, Berkeley, & Sapienza University of Rome.

**Mello**, Z. R., Worrell, F. C., Anguiano, R. M., & Mendoza-Denton, R. (2010). *The Adolescent Time Inventory – Spanish.* University of Colorado & University of California, Berkeley.

**Mello**, Z. R., Worrell, F. C., & Buhl, M. (2008). *The Adolescent Time Inventory – German*. Frankfurt: German Institute for International Educational Research, University of Frankfurt/Main, & University of California, Berkeley.

**Mello**, Z. R., & Worrell, F. C. (2007). *The Adolescent Time Inventory – English*. University of California, Berkeley. https://faculty.sfsu.edu/~zmello/content/time-perspective.

## Newsletter Articles and Book Reviews

**Mello**, Z. R. (2009). How do academically talented adolescents think about the past, the present, and the future? *Academic Talent Development Program Newsletter*, Summer Issue.

**Mello**, Z. R. (2008). An introduction to the young scholar’s corner. *International Society for the Study of Behavioral Development Newsletter*, *2*, 54.

**Mello**, Z. R. (2007). Considering today’s teenager: A contemporary perspective on adolescence. [Review of the book *Understanding youth: Adolescent development for educators.] Teacher Education, 18*, 369-371.

**Mello**, Z. R. (2004). Graduate student profile. *Society for Research on Adolescence* *Newsletter*, Spring Issue, 4-6.

Burton, L. M., Tubbs, C. Y., Odoms, A., Oh, H. J., **Mello**, Z. R., & Cherlin, A. (2002, July-August). Health and low-income families. *Poverty Research News: Newsletter for the Joint Center for Poverty Research*, *6*, 6-7.

**Mello**, Z. R. (2000, Fall). “What goes around comes around:” Volunteering for professional and personal development. *Society for Research on Child Development* *Newsletter*, *43*, 3-4.

## Reports

Burton, L. M., Tubbs, C. Y., Odoms, A., Oh, H. J., **Mello**, Z. R., & Cherlin, A. (2002, September). *Welfare reform, poverty, and health: Ethnographic perspectives on health status and health insurance coverage in low-income families*. Report submitted to the Kaiser Family Foundation.

Matlock, T., Gutíerrez-Rivas, H., Lippman, D., **Mello**, Z. R., & McLaughlin, B. (1998). *Knowledge of polysemous word meaning in bilingual and monolingual children*. Report for U.S. Department of Education, R306F60077.

## Theses

**Mello**, Z. R. (2005). *The development of educational and occupational expectations from adolescence to adulthood in relation to gender, racial/ethnic group, and parental and neighborhood socioeconomic status* [Doctoral dissertation, The Pennsylvania State University]. Dissertation Abstracts International: Section B: The Sciences and Engineering, 66(4-B). Committee comprised Drs. Burton, Jacobs, Reardon, and Worrell.

**Mello**, Z. R. (2000). *Tomorrow’s forecast: Future orientation as a protective factor among African American adolescents* [Unpublished master’s thesis]. The Pennsylvania State University. Committee comprised Drs. Burton, Jacobs, and Swanson.

## Invited Presentations

**Mello**, Z. R. (2021, May). *The "i" in Time: A subjective conceptualization and measurement of time perspective.* Presented at the Quantitative Analysis of Behavior (SQAB) annual virtual meeting.

**Mello**, Z. R., Buhl, M., Andretta, J. R., & Worrell, F. C. (2019, November). *Time attitudes and risky behaviors among adolescents in America and Germany*. Presented at the International Symposium on Time Perspective (Time Perspective—Beyond East and West), Southwest University, Chongqing, China.

**Mello**, Z. R., (2019, November). *It is about Time: Time perspective’s multidimensional, developmental, and modifiable qualities*. Presented at the International Conference on Time Perspective, Chongqing, China.

**Mello**, Z. R., (2019, May). *The psychology of time: How time perspectives are associated with health and human development.* Presented at the San Diego State University, San Diego, CA.

**Mello**, Z. R., (2019, April). *A healthy time perspective? How thoughts and feelings about the past, present, and future are associated with psychological well-being and risky behaviors among adolescents.* Presented at the Midwestern Psychological Association, Chicago, IL.

**Mello**, Z. R., (2018, March). *It is about time: How time perspective is associated with substance use among adolescents*. The Prevention Research Center, The Pacific Institute for Research and Evaluation, Oakland, CA.

**Mello**, Z. R., (2017, November). *Measuring thoughts and feelings about the past, present, and future: Introducing the Adolescent and Adult Time Inventory*. The Methodology Center, The Pennsylvania State University, PA.

**Mello**, Z. R., (2017, November). *It is about time: How time perspective is associated with health outcomes in adolescents*. The Edna Bennett Pierce Prevention Center, The Pennsylvania State University, PA.

**Mello**, Z. R., (2016, September). *Time perspective theory in adolescence: A construct matures*.Invited paper presented at Heidelberg University, Germany.

**Mello**, Z. R. (2016, July). *Time perspective in adolescence: Conceptual & methodological issues*. Paper presented at the Methodology Center, The Pennsylvania State University, PA.

**Mello**, Z. R., (2014, March). A *cross-cultural examination of time perspective.* Invited paper presented at the biennial meeting of the German Educational Research Association, Berlin, Germany.

**Mello**, Z. R. (2009, March). *Investigating diverse adolescents' perceptions of time and group membership in relation to academic outcomes*. Invited paper presented at The Institute of Personality & Social Research Colloquia series, University of California, Berkeley, CA.

**Mello**, Z. R., Worrell, F. C., & Buhl, M. (2008, May). *The Adolescent Time Perspective Inventory: Development and preliminary validity evidence*. Invited paper presented at the German Institute for International Educational Research, Frankfurt, Germany.

**Mello**, Z. R. (2008, March). *Time perspective: Examining how diverse adolescents think about the past, the present, and the future*. Invited paper presented at the Community on Diversity Affairs Special Speaker Series, Loyola University Chicago, IL.

**Mello**, Z. R. (2007, June). *Adolescent time perspective: Conceptual and measurement issues*. Invited paper presented at the German Institute for International Educational Research, University of Frankfurt/Main, Germany.

**Mello**, Z. R. (2007, April). *Examining adolescent time perspective in the context of parental and neighborhood socioeconomic status*. International Seminar on the Psychology of Adolescence: Contexts of development, challenges, and solutions. Pontificia Catholic University, Santiago, Chile.

**Mello**, Z. R. (2006, May). *Time perspective among racial/ethnic minority and low-socioeconomic status adolescents*. Invited paper presented at the Psychology Department, University of California, Santa Cruz, CA.

**Mello**, Z. R. (2002, November). *The relationship between future orientation and academic achievement among low-income African American adolescents*. Invited paper presented at the annual African American Success Foundation Summit, Fort Lauderdale, FL.

## Chaired Symposia

Z. R. **Mello** (Chair). (2016, September). *Time perspective and identity formation*. Paper symposium presented at the biennial meeting of the European Association for Research on Adolescence, La Barossa, Spain.

Y. Chishima, R. Ishii, & Z. R. **Mello** (Co-Chairs). (2016, August). *Cross-cultural considerations for time attitudes: Perspectives from the United States, Germany, and Japan.* Paper symposium presented at the 3rd International Conference on Time Perspective, Copenhagen, Denmark.

Z. R. **Mello**, & M. Buhl (Chairs). (2015, March). *International studies on time perspective: How thoughts about the past, the present, and the future predict adolescent outcomes.* Poster symposium presented at the biennial meeting of the Society for Research on Child

Development, Philadelphia, PA.

Z. R. **Mello**, & F. C. Worrell (Chairs). (2012, September). *An international perspective on time perspective and developmental outcomes in adolescents*. Symposium conducted at the meeting of the 1st International Conference of Time Perspective, Coimbra, Portugal.

Z. R. **Mello** (Chair). (2006, April). *International perspectives on occupational future orientations from adolescence to adulthood in familial and social contexts*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

Z. R. **Mello**, & L. M. Martinez (Chairs). (2004, July). *Time and money: An international perspective on adolescents’ future orientations across family and socioeconomic contexts.* Symposium conducted at the biennial meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium.

Z. R. **Mello**, & N. P. Gardner (Chairs). (2004, March). *Thinking about the future: Adolescents' negotiation across contexts of school, work, and neighborhood*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

D. P. Swanson, & Z. R. **Mello** (Chairs). (2003, April). *Across time and place: The future orientation of early to late-adolescents in varied contexts.* Symposium conducted at the biennial meeting of the Society for Research on Child Development, Tampa, FL.

## Refereed Presentations

^\*Centeno, B., Moon, J., ^\*Arredondo, A., \*Bayazitli, I., & **Mello**, Z. R. (2022, October). *A qualitative approach to understanding perceived discrimination based on immigration among adolescents*. [Poster presentation accepted]. National Latinx Psychological Association Conference, Denver, Colorado.

^\*Centeno, B., Ben-Zeev, A., Moon, J., \*Bayazitli, I., & **Mello**, Z. R. (2022, October). *The moderating role of racial/ethnic identity on stereotype threat and the intellectual performance of Latinx groups*. [Poster presentation accepted]. National Latinx Psychological Association Conference, Denver, Colorado.

**Mello,** Z. R., Moon, J., ^\*Centeno, B., ^\*Arredondo, A., & \*Bayazitli, I. (2022, August). *Time heals all wounds: The moderating role of time perspective on bullying victimization and tobacco use among adolescents in the United States.* [Poster presentation accepted]. European Association of Research on Adolescence Conference, Dublin, Ireland.

**Mello,** Z. R., Moon, J., ^\*Centeno, B., \*Bayazitli, I., & ^\*Arredondo, A. (2022, August). *Where is the money? Introducing a new conceptual model for examining perceived discrimination based on socioeconomic status among adolescents.* [Paper presentation accepted]. European Association of Research on Adolescence Conference, Dublin, Ireland.

Przepiórka, A., Błachnio, A., Jankowski, T., **Mello**, Z. R., & Worrell, F. C. (2022, July). *Polish Adolescent and Adult Time Inventory– Time Attitude Scale (AATI-TA-Polish).* [Poster presentation accepted]. The 17th annual meeting of European Congress of Psychology, Ljubljana, Slovenia.

**Mello**, Z. R., Moon, J., ^\*Centeno, B., ^\*Arredondo, A., & \*Bayazitli, I. (2022, May). *Revealing the nuance: Comparing approaches for research including adolescents with multiple racial/ethnic identities in the United States.* [Poster accepted for presentation]*.* The biennial meeting of the International Society for the Study of Behavioural Development, Rhodes, Greece.

**Mello**, Z. R., Moon, J., ^\*Centeno, B., \*Bayazitli, I., & ^\*Arredondo, A. (2022, May). *Time buffers teasing and lessens tobacco use: The moderating role of time perspective on bullying and tobacco use among adolescents in the United States* [Poster accepted for presentation]*.* The biennial meeting of the International Society for the Study of Behavioural Development, Rhodes, Greece.

**Mello**, Z. R., Moon, J., ^\*Centeno, B., & \*Azzouz, L. (2022, March). *A conceptual model for the examination of perceived discrimination based on socioeconomic status among adolescents.* The biennial meeting of the Society for Research on Adolescence, New Orleans, LA, USA.

Solka, J., Finan, L. J., ^\*Centeno, B., & **Mello**, Z. R. (2022, March). *Discrimination experiences from peers and adults: An exploration of classes and associated psychosocial adjustment outcomes* [Poster submitted for presentation]*.* The biennial meeting of the Society for Research on Adolescence, New Orleans, LA, USA.

^\*Centeno, B., \*Kutner, J., Moon, J., & **Mello**. Z. R. (2022, March). *Perceived racial/ethnic discrimination and occupational expectations in STEM among racial/ethnic marginalized adolescents.* The biennial meeting of the Society for Research on Adolescence, New Orleans, LA, USA.

^\*Centeno, B. A., \*Azzouz, L., Moon, J., ^+Romero, E., & **Mello**, Z. R. (2021, July). *Ethnic identity and time perspective in Latinx American adolescents*. Poster presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

**Mello**, Z. R., Finan, L.J., & \*Moon, J. (2021, July). *Examining associations between time perspective dimensions and tobacco use in three samples of American adolescents.* Paper presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

+Kutner, J., Moon, J., & **Mello**, Z. R. (2021, July). *Perceived racial/ethnic discrimination and occupational expectations in STEM among Asian American and Latinx American adolescents*. Poster presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

\*Moon, J., Finan, L.J., Hoff, C. C., & **Mello**, Z. R. (2021, July). *Time perspective and mental health outcomes in American young adults.* Poster presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

\*Moon, J., Hoff, C. C., & **Mello**, Z. R. (2021, July). *Time After Time: The test-retest reliability of the Adolescent and Adult Time Inventory.* Poster presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

+Simnegar, J., Moon, J., & **Mello**, Z. R. (2021, July). *Is time money? An investigation of the association between time perspective and socioeconomic status in American adolescents*. Poster presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

Worrell, F.C., Temple, E. C., McKay, M. T., Živkovič, U., Perry, J. L., **Mello**, Z. R., Bojan, M., & Cole, J. C. (2021, July). *Time perspective measurement: Current issues and future directions*. Paper presented at the 5th International Conference on Time Perspectives, Vilnius, Lithuania.

Finan, L. J., Adams, A., & **Mello**, Z. R. (2020, May). *Time perspective and substance use: An examination across three high schools*. Poster presented at the annual meeting of the Association of Psychological Science, Chicago, IL, USA.

`Worrell, F. C., Yacob, E. T., Melaku, B., & **Mello**, Z. R. (2020, May). *Examining Adolescent and Adult Time Inventory (AATI) scores in Ethiopia*. Poster accepted for presentation at the annual meeting of the Association of Psychological Science, Chicago, IL, USA.

`Beal, S. J., Nause, K., +^de la Piedra-Morrissey, O., & **Mello**, Z. R. (2020, March). *Looking to the future: Associations among adolescents’ expectations and health risk behavior in public high school and clinical samples*. Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

`**Mello**, Z. R., \*Moon, J., & \*Seril, L. (2020, March). *Feelings and thoughts about time among the intimidated: An examination of peer victimization and time perspective in adolescents.* Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

**`**\*Moon, J., Konowalczyk, S., Buhl, M., \*Seril, L., & **Mello**, Z. R. (2020, March). *A person-centered approach to the examination of time perspective, optimism, and sensation seeking in young adults.* Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

`\*Moon, J., \*Seril, L., & **Mello**, Z. R. (2020, March). *“They say time heals all wounds”: The interactive effect of peer victimization and time perspective on self-esteem in adolescents.* Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

`\*Seril, L., \*^Wahleithner, J., +Chase, J., Tate, C., \*Moon, J., & **Mello**, Z. R. (2020, March). *“Burn him… Change the world… Give people hope”: Reactions to the 2016 Presidential Election by diverse adolescents.* Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

`\*Seril, L., Tate, C., \*Moon, J., & **Mello**, Z. R. (2020, March). *Intimidation and inequality: Bullying, social dominance orientation, and gender among adolescents.* Poster accepted for presentation at the biennial meeting of the Society for Research on Adolescence, San Diego, CA, USA.

**`**+^Chandler, J. V., & **Mello**, Z. R. (2019, March). *Adverse experiences accentuate the past: Negative life events and time perspective among adolescents.* Poster presented at the biennial meeting of the Society for Research on Child Development, Baltimore, MD.

**`Mello**, Z. R., Tate, C., Finan, L., Lipperman-Kreda, S., & +^Chandler, J. V. (2019, March). *“I’m more afraid to tell my race now”: Adolescents respond to the election of Donald Trump.* Poster presented at the biennial meeting of the Society for Research on Child Development, Baltimore, MD.

`+^Chandler, J. V., **Mello**, Z. R., Finan, L. J., & Lipperman-Kreda, S. (2019, March). *The healthiest live in the present and the future: Time perspective and substance use among adolescents.* Poster presented at the biennial meeting of the Society for Research on Child Development, Baltimore, MD.

`**Mello**, Z. R., Finan, L. J., +^Alcaraz, L. & +^Poole, D. (2019, March). Risky business and behaviors: Adolescents’ occupational expectations, substance use, and anticipated sexual transmitted infection*.* In E. Sharp (Chair), *Adolescent Future Expectations and Aspirations, Adult Outcomes, and the Influence of Gender and Sociocultural Context* presented at the biennial meeting of the Society for Research on Child Development, Baltimore, MD.

Lipperman-Kreda, S., Grube, J. W., Finan, L. J., Kaner, E., Balassone, A., Gaidus, A., Abadi, M., & **Mello**, Z. R. (2019, February). *Youth activity spaces, exposure to tobacco outlets, and perceptions of exposure to tobacco retail marketing*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.

Lipperman-Kreda, S., Grube, J. W., Finan, L. J., Kaner, E., Balassone, A., Gaidus, A., Abadi, M., & **Mello**, Z. R. (2019, February). *Youth daily exposure to tobacco outlets within their activity spaces and cigarette smoking behaviors*. Poster presented at the annual meeting of the Society for Research on Nicotine and Tobacco, San Francisco, CA.

Konowalczyk, S., Wolter, V., Rade, A. C. F., Buhl, M., & **Mello**, Z. R. (2018, August). *Time attitude profiles among adolescents in Germany, Luxembourg, and Spain*. Paper presented at the 4th International Conference on Time Perspective, Nantes, France.

Worrell, F. C., Ling, S. C., Andretta, J. R., & **Mello**, Z. R. (2018, August). *Comparing time attitude clusters and time attitude latent profiles.* Paper presented at the 4th International Conference on Time Perspective, Nantes, France.

Worrell, F. C., Juriševič, M., Andretta, J. R., & **Mello**, Z. R. (2018, August). *Time Attitudes, the Big Five, and coping in Slovenian adolescents.* Paper presented at the 4th International Conference on Time Perspective, Nantes, France.

Worrell, F. C., Ling, S.C., & & **Mello**, Z. R. (2018, August). *Examining Adolescent and Adult Time Inventory Time Attitude scores in Singapore.* Poster presented at the 4th International Conference on Time Perspective, Nantes, France.

**Mello**, Z. R., Tate, C., +^Alcaraz, L., & +^Chandler, J. (2018, May). *“I’m scared and worried about my future”: Adolescents respond to the election of Donald Trump.* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

+^Chandler, J., & **Mello**, Z. R. (2018, May). *Time orientation and self-esteem among adolescents and young adults.* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Worrell, F. C., Yacob, E. T., Melaku, B., & **Mello**, Z. R. (2018, May). *Examining Adolescent and Adult Time Inventory (AATI) scores in Ethiopia.* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Worrell, F. C., Soto, C. A., Mendoza-Denton, R., & **Mello**, Z. R. (2018, May). *Examining Adolescent and Adult Time Inventory (AATI) scores in Peru.* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Mello,** Z. R., +^Poole, L., & +^Alcaraz, L. (2018, April).*“I want to be the first dude to smoke weed in space”: Adolescents’ occupational expectations and substance use*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Minneapolis, MN.

**Mello**, Z. R., \*Youngquist, A., Lanza, S. T., & +^Chandler, J. (2017, April). *Time perspective and sexual risky behavior in adolescents*. Poster presented at the biennial meeting of the Society for Research on Child Development, Austin, TX.

\*Kaur, K., +^Sewell, M. B., +^Poole, D. R., & **Mello**,Z. R**.** (2017, April). *Trepidation and time: Anxiety and perspectives towards the past, the present, and the future among adolescents*. Poster presented at the biennial meeting of the Society for Research on Child Development, Austin, TX.

**Mello**, Z. R. (2016, September). Time perspective in adolescence: A construct matures. In Z. R. **Mello** (Chair), *Time Perspective and Identity Formation.* Symposium presented at the biennial meeting of the European Association for Research on Adolescence, La Barrosa, Spain.

\*Youngquist, A. L., +^Solis, G. M., \*Kaur, M., **Mello**, Z. R., & Worrell, F. C. (2016, September). *Adolescent time orientation as a predictor of substance use on school property*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Cadiz, Spain.

+^Chandler, J. V., & **Mello**, Z. R. (2016, September). *Time orientation and self-esteem in young adults*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Cadiz, Spain.

Şahin-Baltacı, H., Tagay, Ö., Worrell, F. C., & **Mello**, Z. R. (2016, September). *Psychometric properties of Time Attitude Subscale scores of the Adolescent Time Inventory – Turkish*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Cadiz, Spain.

**Mello**, Z. R., & \*Kaur, M. (2016, August). Theoretical perspectives on time perspective and culture. In Y. Chishima, R. Ishii, & Z. R. **Mello** (Co-Chairs), *Cross-cultural considerations for time attitudes: Perspectives from the United States, Germany, and Japan.* Symposium presented at the 3rdInternational Conference on Time Perspective, Copenhagen, Denmark.

**Mello**, Z. R., Worrell, F. C., & Buhl, M. (2016, August). *Tensions in time perspective: Current debates in the field—theory and development*. Debate presented at the 3rd International Conference on Time Perspective, Copenhagen, Denmark.

+Paoloni, V. C., +Walker, E. B., & **Mello**, Z. R. (2016, August). *Cognitive flexibility and time perspective in American college students*. Poster presented at the 3rd International Conference on Time Perspective, Copenhagen, Denmark.

**Mello**, Z. R., \*Youngquist, A. L., +^Solis, G. M., & +^Tavakoli, M. (2016, August). *Time orientation as an indicator of adolescent substance use in school.* Poster presented at the 3rd International Conference on Time Perspective, Copenhagen, Denmark.

**Mello**, Z. R., \*Collins, C. C., +^Chandler, J., & Barber, S. (2016, August). *Time perspective and age: Time orientation in younger and older adults*. Poster presented at the 3rd International Conference on Time Perspective, Copenhagen, Denmark.

+Walker, E., +^Solis, G., \*Finan, L., **Mello**, Z. R., & Worrell, F. C. (2016, April). *Time relation in runaway and non-runaway adolescents*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

Prow, R. M., Worrell, F. C., Andretta, J. R., & **Mello**, Z. R. (2015, November). *Demographic differences in adolescent time attitude profiles: A person-oriented analysis using model-based clustering.* Paper presented at the Berkeley Unified School District Educational Research Symposium, Berkeley, CA.

Merino Soto, C. A., Worrell, F. C., Mendoza-Denton, R., & **Mello**, Z. R. (2015, July). *Adolescent Time Inventory (ATI): Estudio piloto de una escala de perspectiva del tiempo para adolescentes.* Paper presented at the 35th Interamerican Conference of Psychology, Lima, Perú.

+Walker, E. B., **Mello**, Z. R., & Worrell, F. C. (2015, May). *Comparing runaway and non-runaway adolescents' risk-taking behavior and time orientation*. Poster presented at Stanford Undergraduate Psychology Conference, Stanford, CA.

+^Mayes, I., **Mello**, Z. R., & Worrell, F. C. (2015, April-May). *Perceived college barriers predict educational attainment in Latino/a adolescents.* Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

+Davidson, A. L., \*Youngquist, A. L., & **Mello**, Z. R. (2015, April-May). *Adolescent time orientation as a predictor of substance use.* Poster presented at the annual meeting of the Western Psychological Association, Las Vegas, NV.

**Mello**, Z. R. (2015, April). *The Past, the present, and the future: A conceptual model of time perspective with implications for educational interventions*. Poster presented at the annual meeting of the American Educational Research Association, Chicago, IL.

Buhl, M., Kuhn, H. P., **Mello**, Z. R., & Worrell, F. C. (2015, March). Zusammenhänge zwischen der Entwicklung von Zeitperspektive und Selbstreguliertem Lernen in der Sekundarstufe [*Relationships between the development of time perspective and self-regulated learning in secondary students*]. Paper presented at the annual meeting of The Educational Science and Educational Psychology Association, Bochum, Germany.

\*^Marquez, C., \*Youngquist, A., +Paoloni, V. C., +Walker, E. B., & **Mello**, Z. R. (2015, March). *Time perspective and well-being: Adolescents who talk with their parents about the past, present, and future are physically healthier*. Poster presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

\*Youngquist, A., \*^Marquez, C., +Paoloni, V. C., +Walker, E. B., & **Mello**, Z. R. (2015, March). *Time perspective and well-being: Adolescents who talk with peers about the past, present, and future are physically healthier*. Poster presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

**Mello**, Z. R., +^Jaramillo, J., & Worrell, F. C. (2015, March). *Ethnic identity, stereotype threat, and academic achievement in Native American adolescents*. Poster presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

**Mello**, Z. R., (2015, March). How thoughts and attitudes about the past, the present, and the future predict outcomes in adolescence. In Z. R. **Mello** and M. Buhl (Co-Chairs), *International studies on time perspective.* Poster Symposium presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

Worrell, F. C., **Mello**, Z. R., & International Collaborators. (2015, March). Validating Adolescent Time Inventory-Time Attitude scores in samples from eight countries. In Z. R. **Mello** and M. Buhl (Co-Chairs), *International studies on time perspective: How thoughts about the past, the present, and the future predict adolescent outcomes.* Poster Symposium presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

Buhl, M., **Mello**, Z. R., Kuhn, H., & Worrell, F. C. (2015, March). *Time perspective and self-regulated learning in German adolescents*. Poster presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.

**Mello**, Z. R. (2014, July-August). *Conceptualizing and measuring time perspective in adolescence: International implications*. Paper presented at the 2nd International Conference on Time Perspective, Warsaw, Poland.

**Mello**, Z. R., Oladipo, S., & Worrell, F.C. (2014, July-August). *Time relation in American and Nigerian adolescents and young adults*. Poster presented at the 2nd International Conference on Time Perspective, Warsaw, Poland.

Buhl, M., **Mello**, Z. R., Kuhn, H. P., & Worrell, F. C. (2014, July-August). *Time perspective and political orientation in adolescence*. Paper presented at the 2nd International Conference on Time Perspective, Warsaw, Poland.

Konowalczyk, S., Heim, R., **Mello**, Z. R., & Buhl, M. (2014, July-August). *An international comparison of confirmatory factorial structure and latent profiles regarding the construct of adolescent time perspective*. Poster presented at the 2nd International Conference on Time Perspective, Warsaw, Poland.

**Mello**, Z. R., Rashid, K., Worrell, F. C., & Fathi, F. (2014, July-August). *Validating Adolescent Time Attitude Scores (ATAS) in a sample of Iranian adolescents*. Poster presented at the 2nd International Conference on Time Perspective, Warsaw, Poland.

Dixson, D. D., Keltner, D., Worrell, F. C., & **Mello**, Z. R. (2014, May). *Does social desirability affect time perspective scores?* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Dixson, D. D., Keltner, D., Worrell, F. C., & **Mello**, Z. R. (2014, May). *The magic of hope: Mediator of the relationship between SES and GPA.* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Ling, S. C., Xu, H., Worrell, F. C., & Mello, Z. R. (2014, May). *Introducing the Chinese version of the Adolescent Time Attitude Scale (ATAS).* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Mello**, Z. R., Oladipo, S., \*Anton, L., \*Bowen, K.D., & Worrell, F. C. (2014, May). *A cross-cultural examination of time perspective in America and Nigeria*. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Mello**, Z. R. (2014, March). *Conceptualizing time perspective in adolescence: Dimensions, development, and culture.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Austin, TX.

+^Jaramillo, J. N., **Mello**, Z. R., &, Worrell, F. C. (2014, March). *Ethnic identity, discrimination, and psychological well-being in Native American adolescents*. Poster presented at the biennial meeting of the Society for Research on adolescence, Austin, TX.

**Mello**, Z. R., +Saxon, A. M., +Wiggers, I.C., &, Worrell, F. C. (2014, March). *Comparing runaway and non-runaway adolescents in time perspective, risky-behavior, and optimism.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Austin, TX.

**Mello**, Z. R., \*Finan, L. J., +^Jaramillo, J. N., &, Worrell, F. C. (2013, April). *How is time frequency related to risky behavior among Native American adolescents?* Poster presented at the Society for Research on Child Development, Seattle, Washington.

**Mello**, Z. R., \*Finan, L. J., & Worrell, F. C. (2012, September). *Time orientation, time relation, and risky behaviors among adolescents in the United States.* Poster presented at the 1st International Conference of Time Perspective, Coimbra, Portugal.

**Mello**, Z. R., \*Finan, L. J., & Worrell, F. C. (2012, September). *Time perspective and racial/ethnic group membership among adolescents in the United States.* Poster presented at the 1st International Conference of Time Perspective, Coimbra, Portugal.

\*Finan, L. J., **Mello**, Z. R., & Worrell, F.C. (2012, March). *The role of the past: Time frequency and time attitudes in adolescents.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, Canada.

\*^McBroom, K., **Mello**, Z. R., & Worrell, F. C. (2012, March). *Comparing runaway and non-runaway adolescents’ attitudes toward the past, the present, and the future.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Vancouver, Canada

Winters, L., Qureshi, L., Brown, N., **Mello**, Z. R., & \*^McBroom, K. (2012, March). *Impact of Trauma on adolescents: Screening for symptoms and help-seeking behaviors in response to traumatic experiences using the Wellness Assessment for Teens to Get Organized (WAY2GO!) Online Survey*. Poster presented at the annual meeting of the Society for Adolescent Health and Medicine, New Orleans, LA.

Andretta, J. R., **Mello**, Z. R., & Worrell, F. C., (2011, August). *An examination of risky behavior and educational outcomes across time attitude profiles.* Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

Barry, C. Y., Vandiver, B. J., Worrell, F. C., & **Mello**, Z. R. (2011, August). *Effects of time perspective and ethnic identity on Asian and Caucasian American students’ academic achievement at the secondary level.* Poster presented at the annual meeting of the American Psychological Association, Washington, DC.

**Mello**, Z. R., \*Anton-Stang, H. M., +Hand, L. A., +^Gutíerrez, C. M., +^Benight, S. K., & \*^McBroom, K. A. (2011, March). *Predicting adolescent substance use with attitudes toward the past, the present, and the future*. Poster presented at the biennial meeting of the Society for Research on Child Development, Montreal, Canada.

+^Gutíerrez, C. M., **Mello**, Z. R., \*Anton-Stang, H. M., & Worrell, F. C. (2011, March). *Latino adolescents’ attitudes toward the past, the present, and the future in relation to academic achievement*. Poster presented at the biennial meeting of the Society for Research on Child Development, Montreal, Canada.

Andretta, J. R., Baik, S., \*Coté, J. S., +^Dixson, D. D., \*^Ramarajan, D., **Mello**, Z. R., & Worrell, F.C. (2010, August). *Themes in adolescents’ descriptions of the past, the present, and the future*. Poster presented at the annual meeting of the American Psychological Association, San Diego, CA.

**Mello**, Z. R., \*Anton-Stang, H. M., \*Monaghan, P. L., & Worrell, F. C. (2010, July). *Time meaning and academic achievement in American adolescents*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Lusaka, Zambia.

**Mello**, Z. R., \*Anton-Stang, H. M., \*Monaghan, P. L., & Worrell, F. C. (2010, July). *An investigation of the relationship between time frequency and time attitudes in American adolescents*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Lusaka, Zambia.

\*Anton-Stang, H.M., **Mello**, Z. R., \*Monaghan, P. L., +^Gutíerrez, C. M., & Worrell, F. C. (2010, July). *Circle figures indicating the past, the present, and the future to predict risky behavior in adolescents from the United States*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Lusaka, Zambia.

Buhl, M., Höhler, J., **Mello**, Z. R., & Worrell, F. C. (2010, July). *Time perspective during adolescence: measure, profiles, and correlations with personality traits and school experiences*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Lusaka, Zambia.

**Mello**, Z. R. (2010, April). *The past, the present, and the future: A new conceptual model of time perspective.* Poster presented at the annual meeting of American Educational Research Association, Denver, CO.

**Mello**, Z. R., \*Roberts, K. J., Worrell, F. C., & \*Monaghan, P. L. (2010, March). *African American developmental trajectories of educational expectations: Connecting adolescent expectations to adult attainment.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.

**Mello**, Z. R., & Worrell, F. C. (2010, March). *Validity of adolescents’ scores on a measure of time orientation and time relation*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.

Andretta, J. R., **Mello**, Z. R., Worrell, F. C., +^Baik, S., \*Coté, J. S., +^Dixson, D. D., & \*^Ramarajan, D. (2009, August). *Gender and racial/ethnic differences in adolescents’ attitudes toward the past, the present, and future*. Poster presented at the American Psychological Association, Toronto, Canada.

**Mello**, Z. R., \*^Ramarajan, D., \*Coté, S. S., Andretta, J. R., +^Baik, S., +^Dixson, D. D., & Worrell, F. C. (2009, May). *African American and Latino adolescents’ perceptions of barriers and academic outcomes*. Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Andretta, J. R., **Mello**, Z. R., Worrell, F. C., +^Baik, S., \*Coté, S. S., +^Dixson, D. D., & Ramarajan, D. (2009, May). *How do adolescents’ attitudes toward the past, the present, and the future predict their academic achievement?* Poster presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.

**Mello**, Z. R., & Worrell, F. C. (2009, April). *Using how frequent adolescents think about the past, the present, and the future to predict academic achievement*. Poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO.

**Mello**, Z. R., Mallett, R. K., Worrell, F. C., & Andretta, J. R. (2008, July). *Testing stereotype threat in a diverse U.S. adolescent population*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Würzburg, Germany.

Worrell, F. C., **Mello**, Z. R., & Buhl, M. (2008, July). *Examining English and German versions of an Adolescent Time Perspective Measure*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Würzburg, Germany.

**Mello**, Z. R., & Worrell, F. C. (2008, July). *Racial/Ethnic and gender variation in adolescents’ perceptions of barriers*. Poster presented at the biannual meeting of the International School Psychology Association, Utrecht, Netherlands.

**Mello**, Z. R., & Worrell, F. C. (2008, July). *The Adolescent Time Perspective Inventory: development and preliminary validity evidence*. Paper presented at the American Educational Research Association Postdoctoral Fellows Retreat, National Harbor, MD.

**Mello**, Z. R., Worrell, F. C., & +Bhadare, R. (2008, May). *Using circle figures indicating the past, the present, and the future to predict academic achievement in adolescents*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Turin, Italy.

Worrell, F. C., **Mello**, Z. R., Mallett, R. K., & Andretta, J. R. (2008, May). *Using stereotype threat and ethnic identity to predict academic achievement in diverse adolescents in the U.S*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Turin, Italy.

**Mello**, Z. R., & Worrell, F. C. (2008, March). *Time perspective measurement, perceptions of barriers, and stereotype threat in racially/ethnically diverse adolescents.* Poster presented at the annual meeting of American Educational Research Association, New York City, NY.

\*Roberts, K. J., **Mello**, Z. R., & Worrell, F. C. (2008, March). *Predicting Hispanic adolescents’ high school dropout status with educational expectations*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.

Buhl, M., **Mello**, Z. R., & Worrell, F. C. (2008, March). *Examining validity and reliability evidence for Adolescent Time Perspective Measure (ATPM) scores in a German sample*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.

**Mello**, Z. R., Andretta, J. R., +Bhadare, D., Fearn, E., Galaviz, M., Hartmann, E., Young, A., & Worrell, F. C. (2007, August). *Adolescent time perspective: Temporal dimensions and implications for psychological development*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Simmons, C. M., Soto, C. M., Worrell, F. C., Anguiano, R., Brett, J., Holman, A., Martin, J. F., Hata, H. K., Roberts, K. J., **Mello**, Z. R., & Schaefer, B. A. (2007, August). *Validity of Child Behavior Checklist scores in a Peruvian sample*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Mello**, Z. R., & Worrell, F. C. (2007, April). *Adolescent time perspective among racial/ethnic minority adolescents*. Poster presented at the annual meeting of the American Educational Research Association, Chicago, IL.

**Mello**, Z. R. (2007, April). *Time perspective: Examining how adolescents think about the past, the present, and the future*. Paper presented at the Human Development Colloquium, Graduate School of Education, University of California, Berkeley.

**Mello**, Z. R., \*Roberts, K. J., & Worrell, F. C. (2007, March). Examining the link between adolescent educational expectations and adult educational attainment among African American males. In D. Wood (Chair), *Future orientation and the gender gap in African American achievement*. Paper presented at the biennial meeting of the Society for Research on Child Development, Boston, MA.

**Mello**, Z. R., Swanson, D. P., & Worrell, F. C. (2006, July). *Gender differences in African American adolescents’ future expectations and perceptions of neighborhood quality*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Melbourne, Australia.

Worrell, F. C., & **Mello**, Z. R. (2006, July). *Perceived life chances: Establishing construct validity*. Poster presented at the biennial meeting of the International Society for the Study of Behavioral Development, Melbourne, Australia.

**Mello**, Z. R., & Worrell, F. C. (2006, May). *Variation in time perspective scores by age, gender, and academic achievement among adolescents in the U.S.A*. Poster presented at the biennial meeting of the European Association for Research on Adolescence, Antalya, Turkey.

Worrell, F. C., & **Mello**, Z. R. (2006, May). *Self-concept scores in Trinidadian adolescents.* Poster presented at the biennial meeting of the European Association for Research on Adolescence, Antalya, Turkey.

**Mello**, Z. R., & Worrell, F. C. (2006, April). *Developmental trajectories of educational and occupational expectations from adolescence to adulthood: Examining variation by parental education, occupation, and income.* Poster presented at the biennial meeting of the American Educational Research Association, San Francisco, CA.

**Mello**, Z. R., & Worrell, F. C. (2006, March). Developmental trajectories of occupational expectations from adolescence to adulthood by socioeconomic status and race/ethnicity. In Z. R. **Mello** (Chair), *International perspectives on occupational future orientations from adolescence to adulthood in familial and social contexts.* Paper presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

**Mello**, Z. R. (2006, March). *Gender differences in developmental trajectories of occupational expectations from adolescence to adulthood.* Poster presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

**Mello**, Z. R. (2005, April). *Developmental trajectories of educational expectations by racial/ethnic group and gender.* Poster presented at the biennial meeting of the Society for Research on Child Development, Atlanta, GA.

**Mello**, Z. R. (2004, July). The development of U.S.A. adolescents’ educational expectations by parental socioeconomic status. In Z. R. **Mello**, & L. M. Martinez (Chairs), *Time and money: An international perspective on adolescents’ future orientations across family and socioeconomic contexts.* Symposium conducted at the biennial meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium.

**Mello**, Z. R. (2004, April). Educational expectations from adolescence to adulthood: Examining variation by parental socioeconomic status and racial/ethnic group. In Hood, D. (Chair), *High school and beyond: Adolescents’ schooling and development*. Symposium conducted at the annual meeting of the American Educational Research Association, San Diego, CA.

**Mello**, Z. R., & Swanson, D. P. (2004, March). Gender differences in African American adolescents' expectations, neighborhood quality, and occupational opportunity. In Z. R. **Mello** & N. P. Gardner (Chairs), *Thinking about the future: Adolescents' negotiation across contexts of school, work, and neighborhood*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

**Mello**, Z. R. (2004, March). Adolescents’ educational expectations, socioeconomic status, and racial/ethnic group membership. In D. P. Swanson & E. Loken (Chairs), *Special* *Student Poster Symposium*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.

**Mello**, Z. R., & Swanson, D. P. (2003, June). *Tomorrow’s forecast: Future expectations as a protective factor among low-income African American adolescents.* Poster presented at the Sixth Annual Summer Institute on Developmental Science, Uppsala University, Sweden.

**Mello**, Z. R., & Swanson, D. P. (2003, April). Planning for the future: Gender differences in African American adolescents’ future orientation. In D. P. Swanson & Z. R. **Mello** (Chairs), *Across time and place: The future orientation of early to late-adolescents in varied contexts.* Symposium conducted at the biennial meeting of the Society for Research on Child Development, Tampa, FL.

**Mello**, Z. R. (2003, April). *African American adolescents’ future orientation in the context of perceived family conflict and self-esteem*. Poster presented at the biennial meeting of the Society for Research on Child Development, Tampa, FL.

Cooper, C. R., Cooper, R. C., Chavira, G., **Mello**, Z. R., & Mikluski, D. (2002, August). The role of families in identity development and pathways to college: Both challenges and resources for African American and Latino Youth. In C. R. Cooper & R. Seginer (Chairs), *Families and culture in adolescent future orientation and identity Development*. Symposium conducted at the biennial meeting of the International Society for the Study of Behavioral Development, Ottawa, Canada.

Worrell, F. C., & **Mello**, Z. R. (2002, June). *Reliability and validity of Zimbardo Time Perspective scores in academically talented adolescents*. Paper presented at the Hawaii International Conference on the Social Sciences, Honolulu, HI.

**Mello**, Z. R., & Swanson, D. P. (2002, April). *Looking ahead: African American adolescents’ future orientation and academic achievement*. Poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.

Swanson, D. P., Cunningham, M., Dotterer, A., & **Mello**, Z. R. (2002, April). *Beneath the surface: Alternative determinants of aggressive attitudes among African American adolescent males*. Poster presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.

**Mello**, Z. R. (2001, April). *Tomorrow’s forecast: Future orientation as a protective factor among low-income African American adolescents*. Poster presented at the biennial meeting of the Society for Research on Child Development, Minneapolis, MN.

Swanson, D. P., & **Mello**, Z. R. (2001, April). Racial identity and spirituality: Developing perspectives on life. In S. G. Fegley & D. P. Swanson (Chairs), *Identity, spirituality, and resilience: Connecting the missing link.* Paper symposium conducted at the meeting of the Society for Research on Child Development, Minneapolis, MN.

Swanson, D. P., & **Mello**, Z. R. (2000, March). *Eurocentric attitudes and differential gender effects on achievement attitudes.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.

**Mello**, Z. R. (1999, April). *Young African American mothers’ future orientation: Do neighborhood and school contexts matter?* Poster presented at the biennial meeting of the Society for Research on Child Development, Albuquerque, NM.

**Mello**, Z. R., & Burton, L. M. (1998, August). *Looking to the future: Expectations and*

*perceptions of young African American mothers in high-risk environments*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA.

**Mello**, Z. R. (1998, February). *Pathways of identity exploration in Latino and African American students participating in university academic outreach programs*. Poster presented at the biennial meeting of the Society for Research on Adolescence, San Diego, CA.

Harrington, D. M., Sanders, P. E., Chin, S. C., **Mello**, Z. R., & Rickey, A. D. (1997, April). *Creative activities as means by which adolescents address various developmental tasks.* Poster presented at the biennial meeting of the Society for Research on Child Development, Washington, DC.

Mohr, J., Harrington, D. M., Sanders, P. E., Chin, S. C., **Mello**, Z. R., & Rickey, A. D. (1997, April). *An attachment-theoretical perspective on adolescent artistic activity.* Poster presented at the biennial meeting of the Society for Research on Child Development, Washington, DC.

Cooper, C. R., Azmitia, M., Cooper, R. G., Lopez, E. M., Dunbar, N., Figueroa, J., & **Mello**, Z. R. (1996, April). Language minority students' multiple worlds: African American and Latino youth in academic outreach programs. In P. Gandara (Chair), *Bridging elementary, secondary, and higher education: Access, opportunities, and achievement*. Symposium conducted at the meeting of the Linguistic Minority Research Institute, Sacramento, CA.

## Non-Refereed Presentations

**Mello**, Z. R. (2022, February). *Academic outcomes and perceived discrimination based on social class and race/ethnicity among Latinx high school students.* Paper presented at the SPA-MBB Brown Bag Series, San Francisco State University, San Francisco, CA.

**Mello**, Z. R. (2021, September). *Tobacco/nicotine use and perceived discrimination based on socioeconomic status among adolescents*. Paper presented at the SPA-MBB Brown Bag Series, San Francisco State University, San Francisco, CA.

**Mello**, Z. R. (2020, September). *Looking backward, looking forward: How time perspective moderates the associations between racial and gender discrimination and tobacco use in adolescents*. Paper presented at the SPA-MBB Brown Bag Series, San Francisco State University, San Francisco, CA.

\*Moon, J., Finan, L. J., Gard, D., & **Mello**, Z. R. (2019, June). *Time and trepidation: An examination of thoughts and feelings about the past, present, and future and anxiety among adolescents*. Poster presented at the Bay Area Affective Science Meeting, San Francisco State University, San Francisco, CA.

\*Kaur, M. & **Mello**, Z. R. (2016, May). *Positive and negative well-being among adolescents from theological and conventional schools in India.* Poster presented at the College of Science and Engineering Student Project Showcase, San Francisco State University, San Francisco, CA.

\*Youngquist, A. L. & **Mello**, Z. R. (2016, May). *Bullying, time perspective, and self-esteem among adolescents.* Poster presented at the College of Science and Engineering Student Project Showcase, San Francisco State University, San Francisco, CA.

+Walker, E. & **Mello**, Z. R. (2016, May). *Time perspective and self-esteem in young adults.* Poster presented at the College of Science and Engineering Student Project Showcase, San Francisco State University, San Francisco, CA.

\*Kaur, M. & **Mello**, Z. R. (2016, April). *Positive and negative well-being among adolescents from theological and conventional schools in India.* Poster presented at the Graduate Research Showcase, San Francisco State University, San Francisco, CA.

\*Youngquist, A. L. & **Mello**, Z. R. (2016, April). *Bullying, time perspective, and self-esteem among adolescents.* Poster presented at the Graduate Research Showcase, San Francisco State University, San Francisco, CA.

**Mello**, Z. R., & \*Youngquist, A. L., (2015, December). *Time perspective and substance use among delinquent adolescents*. Paper presented at the Developmental Concentration Brown Bag series, San Francisco State University, CA.

\*Youngquist, A. L., +Davidson, A., & **Mello**, Z. R. (2015, May). *Time perspective as a predictor of adolescent substance use*. Poster presented at the College of Science and Engineering Research Exhibition at San Francisco State University, San Francisco, CA.

\*Marquez, C. & **Mello**, Z. R. (2015, May). *Income barriers to academic and occupational achievement among adolescents.* Poster presented at the San Francisco State University College of Science and Engineering Student Project Showcase, San Francisco, CA.

\*Youngquist, A. L., +Davidson, A., & **Mello**, Z. R. (2015, April). *Time perspective as a predictor of adolescent substance use*. Poster presented at the Graduate Research and Creative Works Showcase at San Francisco State University, San Francisco, CA.

+Paoloni, V. C. & **Mello**, Z. R. (2015, May). *Cognitive flexibility and time perspective in college students.*Poster presented at the College of Science and Engineering Student Project Showcase, San Francisco, CA.

**Mello**, Z. R. (2014, October). *Conceptualizing time perspective in adolescence: Cross-cultural implications.* Paper presented at the Developmental Concentration Brown Bag series, San Francisco State University, CA.

**Mello**, Z. R. (2013, October). *Time perspective and health: How does thinking about the past, the present, and the future predict food choices in diverse adolescents?* Presented at Developmental Concentration Brown Bag series, San Francisco State University, CA.

**Mello**, Z. R., +Saxon, A. M., +Wiggers, I.C., &, Worrell, F. C. (2013, April). *A comparison of run-away and non-runaway adolescents’ time perspectives and risky behavior.* Poster presented at the Colorado Springs Undergraduate Research Forum, Colorado Springs, Colorado.

+^Jaramillo, J. N., **Mello**, Z. R., &, Worrell, F. C. (2013, April). *Perceived discrimination, stereotype threat, and optimism among Native American adolescents.* Poster presented at the Colorado Springs Undergraduate Research Forum, Colorado Springs, Colorado.

+^Gutíerrez, C. M., **Mello**, Z. R., \*Anton-Stang, H. M., & Worrell, F. C. (2011, April). *Latino adolescents’ attitudes toward the past, the present, and the future in relation to academic achievement.* Poster presented at the Colorado Springs Research Forum, Colorado Springs, Colorado.

**Mello**, Z. R., \*Anton-Stang, H. M., +Hand, L. H., +^Gutíerrez, C. M., +Benight, S. R., \*^McBroom, K. A., \*Finan, L. J., & +Sharpe, T. R. (2011, April). *How do attitudes toward the past, the present, and the future predict substance use in adolescents?* Poster presented at the annual meeting of Mountain Lion Research Day, Colorado Springs, Colorado.

**Mello**, Z. R., Worrell, F. C., Andretta, J. R., +Baik, S., \*Coté, J. S., +^Dixson, D. D., & \*^Ramarajan, D. (2009, April). *Variation in how frequently adolescents think about the past, the present, and the future in relation to academic achievement*. Poster presented at the Graduate School of Education Research Exhibition, The University of California, Berkeley.

Andretta, J. R., **Mello**, Z. R., & Worrell, F. C. (2008, March). *Adolescent time perspective attitudes in relation to gender and racial/ethnic group.* Poster presented at the Graduate Research Exhibition, Graduate School of Education, The University of California, Berkeley, CA.

**Mello**, Z. R., & Burton, L. M (1999, March). *Looking to the future: Expectations and perceptions of young African American mothers*. Poster presented at the Annual Graduate Research Exposition, The Pennsylvania State University, State College, PA.

# TEACHING

*Courses*

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| --- | --- |
| *Graduate*  Adolescence  Families, Diversity, and Interventions  Psychosocial Development  Publishing in the Social Sciences  Race/Ethnicity: Theory, Measurement, Research, and Practice  Research Methods  Time Perspective: Theory and Measurement | *Undergraduate*  Adolescent Development  Advanced Infant Development  Child Development  Developmental Psychology  Senior Seminar  Writing Intensive Seminar  Theories of Personality  Young Adulthood |

## Supervision

Summary: 4 PhDs (by appointment), 13 Master’s, 7 Undergraduate Honors

24. \*Bayazitli, I. (2023). *Associations among time perspective and academic outcomes in*

*adolescents*. Master’s thesis (chair), San Francisco State University.

23. \*Azzouz, L. (2022). *Perceived discrimination based on race and ethnicity, time perspective,*

*And the role of ethnic identity in racial/ethnic minority adolescents*. Master’s thesis (chair),

San Francisco State University.

22. \*Moore, L. (2021). *An intersectional approach to understanding the relationships between*

*social identities, including race/ethnicity, gender, social class, and academic achievement,*

*ethnic identity, and school equity*. Master’s thesis (chair), San Francisco State University.

1. \*Hamideh, S. (2021). *Stereotype threat in first-generation college students*. Master’s thesis (member), San Francisco State University.
2. ^+Romero, E. (2021). *Ethnic identity and time perspective in Latinx adolescents.* Undergraduate Honors thesis (chair), San Francisco State University.
3. +Kutner, J. (2021). *Racial discrimination and occupational expectations in adolescents*. Undergraduate Honors thesis (chair), San Francisco State University.
4. +Simnegar, J. (2021). *Is time money? Time perspective differences between low- and high-socioeconomic status adolescents*. Undergraduate Honors thesis (chair), San Francisco State University.
5. ^\*Jaramillo, J. (2019). *Psychological outcomes in foster care children and adolescents.* Doctoral thesis (member), Oregon State University.

16. \*Moon, J. (2019). *Does time perspective protect the self-esteem of adolescents victimized by bullying?* Master’s thesis (chair), San Francisco State University.

15. \*Seril, L. (2019). *Bullying and social dominance orientation among adolescents.* Master’s thesis (chair), San Francisco State University.

1. \*Assylkhan, K. (2019). *Multi-level analysis of interactions between individual’s attention to past, present, and future events in coaching.* Doctoral thesis (member), Case Western Reserve University.
2. ^\*Simon, D. (2019). *Development and validation of the Perpetration of Racial Microaggressions Scale*. Master’s thesis (second reader), San Francisco State University.
3. +Chandler, J. (2018). *Life-events and time perspective among adolescents*. Undergraduate Honors thesis (chair), San Francisco State University.
4. \*Phan, T. V. T. (2018). *Ethnic identity, STEM exposure, and STEM interest among adolescents.* Master’s thesis (second reader), San Francisco State University.
5. \*Rodriguez, M. U. (2016). *Impact of adult student time perspective on learning performance in online game-based learning*. Doctoral thesis (member), Open University of Catalonia, Spain.
6. \*Youngquist, A. L. (2016). *Bullying, time perspective, and self-esteem among adolescents*. Master’s thesis (chair), San Francisco State University.
7. \*Kaur, M. (2016). *Anxiety and time perspective among adolescents*. Master’s thesis (chair), San Francisco State University.
8. +Walker, E. (2016). *Time perspective and self-esteem in young adults*. Undergraduate Honors thesis (chair), San Francisco State University.
9. +Paoloni, V. C. (2015). *Cognitive flexibility and time perspective in college students.* Undergraduate Honors thesis (chair), San Francisco State University.
10. \*O’Leary, A. (2014). *Parentification and psychological wellbeing: The role of culture, ethnicity, and perceived unfairness.* Master’s thesis (second reader), San Francisco State University.
11. \*Lee, Y. (2014). *Fathering behaviors of mattering, parent-adolescent relationships, and adolescents’ adjustment: Trends across time.* Master’s thesis (second reader), San Francisco State University.
12. \*Finan, L. (2012). *Daydreaming or distraught? Understanding perceived stress in adolescents who are oriented toward the past.* Master’s thesis (chair), University of Colorado, Colorado Springs.
13. ^ +Jaramillo, J. (2012). *Understanding Native American adolescents and ethnic discrimination.* Undergraduate Honors thesis (chair), University of Colorado, Colorado Springs.
14. \*Andretta, J. (2010). *Time attitude profiles in adolescents: Predicting differences in educational outcomes and psychological wellbeing.* Doctoral thesis (member), The University of California, Berkeley.

## Selected Student Accolades

2022 ^\*Centeno, B., Graduate Award for Distinguished Achievement, SFU

2021 ^\*Centeno, B., Sally Casanova Pre-Doctoral Fellowship Awardee, SFSU

2019 \*Moon, J., First Place Awardee California State University-System Research Competition in Behavioral and Social Sciences, SFSU

2018 +Chandler, J., Undergraduate Student Honoree, Psychology Department, SFSU

2016 \*Kaur, M., Graduate School Student Recognition Award, SFSU

2012 ^+Jaramillo, J., University Research Award, UCCS

# SERVICE

## Federal Agencies

2014 NIH Early Career Reviewer, Cognition and Perception Study Section

## Editorial Boards

2021-2024 Editorial Board, Journal of Applied Developmental Psychology

2020-Present Assistant Editor, Journal of Adolescence

2014-Present Editorial Board, International Journal of Behavioral Development

2019-2020 Editorial Board, Journal of Adolescence

*Editor of Special Issues*

*2019* Mello, Z. R. (2019). A Construct Matures: Time Perspective across the Life-Span. *Research in Human Development.*

## Ad-Hoc Reviewer

AIDS Care - Psychology, Health & Medicine - Vulnerable Children and Youth Studies

Applied Developmental Science

Australian Psychologist

Berkeley Review of Education

British Journal of Sociology

Child Development

Child Development Perspectives

Children and Youth Services Review

Current Psychology

Developmental Psychology

Educational & Psychological Measurement

Educational Psychology

Educational Psychology: An International Journal of Experimental Educational Psychology

Emerging Adulthood

European Journal of Personality

International Journal of Behavior Development

International Perspectives in Psychology: Research, Practice, Consultation

Japanese Psychological Research

Journal of Adolescence

Journal of Adolescent Research

Journal of Applied Developmental Psychology

Journal of Child and Family Studies

Journal of Early Adolescence

Journal of Educational Psychology

Journal of Experimental Child Psychology

Journal of Experimental Psychology: General

Journal of Latinos and Education

Journal of Personality Assessment

Journal of Psychology and Mental Health

Journal of Research on Adolescence

Journal of School Psychology

Journal of Social and Personal Relationships

Journal of Youth Studies

Language Teaching & Learning

Learning and Individual Differences

Mindfulness

Psychological Reports

Sociology of Education

Time and Society

Timing and Time Perception

Sociological Perspectives

Youth and Society

Urban Education

## Ad-Hoc Reviewer for Textbooks

Developing Person Through Childhood and Adolescence, Published by Macmillan

Invitation to the Life Span, Published by Macmillan

## Executive Councils

2006-2010 International Society for the Study of Behavioral Development (ISSBD), Early Career Representative: (a) initiated elected position for young scholar representative, (b) recruited global young scholars to serve in society governance, (c) contributed toward proposals to fund young scholar travel, and (d) organized workshops to foster scholarly and professional capacity of young scholars.

2004-2008 Society for Research on Adolescence (SRA), Student Representative: elected to Executive Council, expanded student representation, initiated biennial meeting workshops on publishing and funding for young scholars.

## Professional

2021 Mid-Career Awards Committee, Society for Research on Adolescence

2015 Biennial Meeting Proposal Reviewer, Society for Research on Adolescence

2013 Biennial Meeting Proposal Reviewer, Society for Research on Adolescence

2012 Dissertation Awards Committee Member, Society for Research on Adolescence

2011 Biennial Meeting Proposal Reviewer, Society for Research on Adolescence

2009 Biennial Meeting Proposal Reviewer, Society for Research on Adolescence

2007 Biennial Meeting Proposal Reviewer, Society for Research on Adolescence

## Department

2021-2022 Faculty Hiring Committee

2021-2022 Scholarship Committee

2021-2022 Budget Committee

2020-2021 Retention, Tenure, and Promotion Committee

2020-2021 Advisory to the Chair Committee (Chair)

2020 Undergraduate Recruitment

2015-2019 Advisory to the Chair Committee

2019 Undergraduate Recognition Ceremony, Keynote Speaker

2018 Graduate Recognition Ceremony Participation

2018 Undergraduate Recognition Ceremony Participation

2018 Graduate Recognition Ceremony Participation

2018 Psi Chi Induction Ceremony Keynote Speaker

2017 Graduate Recognition Ceremony Participation

2017 Undergraduate Graduation Recognition Ceremony Participation

2016 Undergraduate Graduation Recognition Ceremony Participation

2016 Graduate Recognition Ceremony Participation

2015 Undergraduate Graduation Recognition Ceremony Participation

2015 Graduate Recognition Ceremony Participation

2014-2015 Faculty Hiring Committee—Clinical Trauma Cluster Hire

2014 Undergraduate Graduation Recognition Ceremony Participation

2014 Graduate Recognition Ceremony Participation

2013-2014 Faculty Hiring Committee—Aging

2001-2002 Department Head Search Committee Graduate Student Representative, Penn State

2001-2002 Faculty Meeting Graduate Student Representative, Penn State

1998-1999 Co-Chair Graduate Student Steering Committee, Penn State

1997-1998 Graduate Student Association Student Representative, Penn State

*College of Science & Engineering*

2020-2021 Leave with Pay, Sabbatical Committee (Chair)

2019-2020 Leave with Pay Committee Member

2018-2019 Leave with Pay Committee Member

2016 College of Science and Engineering Research Showcase Judge

2014 College of Science and Engineering Research Showcase Judge

## University

2021-2024 University Sabbatical Committee, SFSU

2021 Commencement Graduation Video, SFSU

2019-2020 ORSP-DRC Grant Review, SFSU

2019 Commencement Participation, SFSU

2018-2019 Committee to Review Research Service Organizations, SFSU

2018 Commencement Participation, SFSU

2017 Commencement Participation, SFSU

2015-2017 University Research Council, SFSU

2016 Commencement Participation, SFSU

2015 Commencement Participation, SFSU

2014 Commencement Participation, SFSU

2011-2012 Faculty Minority Affairs Committee, UCCS

2010-2011 Rosa Parks and Cesar Chavez Scholarship Committee, UCCS

2005-2006 Berkeley Postdoctoral Association Board Member, UC Berkeley

2005-2006 California Prep High School Research Committee, UC Berkeley

## Community

2022-Present Monte Rio Unified District School Board

2022-Present Redwood Empire Food Bank

2021-2022 Gender Workshop Series at Richmond High School

2022 Staff Gender Presentation at Richmond High School

2019 Interview with Westmont High School Student

2019 Interview with Burlingame High School Student

2019 Career Fair Presentation, Westmont High School Student

2016 Interview with Ocean High School Student

2016 Research Presentation at Richmond High School

2016 SFSU Student Interview for Adolescent-Related Film Project

2015 Research Presentation at Albany High School

2007-2008 Alternative Learning Community, Volunteer

2006-2007 Ralph J. Bunche Middle School, Volunteer

2001 Upward Bound Math and Science Student Mentor

1997-2005 Stormbreak Runaway and Homeless Shelter, Volunteer

## Consulting

2006 “Multilevel modeling: Nesting, trajectories, and dyads.” University of California, Santa

Cruz; Sponsored by M. Azmitia.

# PROFESSIONAL MEMBERSHIP

Society for Research on Adolescence