

## CURRICULUM VITAE

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## EDUCATION, TRAINING, and RESEARCH

### **Ph.D. in Human Development**

09/01/2023 - present

University of Maryland College Park (website [link](#))

### **Fulbright Scholar, International Researcher**

09/01/2021 - 08/31/2023

University of Massachusetts Amherst (website [link](#))

### **All But Dissertation (ABD) in Psychology**

09/01/2018–07/28/2021

St. Petersburg State University (website [link](#))

### **MA in Sociology**

09/01/2012–08/01/2014

Higher School of Economics (website [link](#))

### **BA in Sociology**

09/01/2008–08/01/2012

Yaroslavl State Pedagogical University (website [link](#))

## **Awards and Honors**

Flagship Fellowship Program, University of Maryland College Park, 2023-2027

Graduate School's Dean's Fellowship, University of Maryland College Park, 2023-2025

Fulbright Scholarship Program, University of Massachusetts Amherst, 2021-2022

## **Publications**

- VASILENKO, V. V., SAVENYSHEVA, S. S., & ZAPLETINA, O. O. (2021). Parenting stress and daily hassles in mothers of Young and preschool children. И ПСИХОТЕРАПИЯ, 28. [[Google Scholar](#)]
- Savenysheva, S. S., & Zapletina, O. O. (2021). Social support as a parental stress factor among mothers with children of early and preschool age. Bulletin of the

Kostroma State University. Series: Pedagogy. Psychology. Sociokinetics, 27(1), 126-132. [[Google Scholar](#)]

- Zapletina, O. O. (2020). Socio-psychological and socio-demographic factors of parental stress: analysis of foreign sources. *The world of science. Pedagogy and Psychology*, 8(6). [[Google Scholar](#)]
- Savenysheva, S. S., & Zapletina, O. O. (2019). Parental stress of mothers with children of early and preschool age: the role of socio-demographic factors. *The world of science. Pedagogy and Psychology*, 7(6). [[Google Scholar](#)]
- Zapletina, O. O. (2019). parental stress. *Working with Montessori Parents. In Integration of Montessori Pedagogy with the Russian Educational Space* (pp. 20-25). [[Google Scholar](#)]
- Ivaniushina, V. A., & Zapletina, O. O. (2015). Participation in extracurricular activities and development of personal and interpersonal skills in adolescents. [[Google Scholar](#)]

### **Conference Presentations**

Conference: *The Society for Research in Child Development (SRCD) (2025)*

- Poster presentation: 'Parents' Questions to Children Vary by SES and Child Age'

Conference: *The Society for Research in Child Development (SRCD) (2023)*

- Poster presentation: 'Rejecting Fathering and Child Self-Regulation in 10-Year-Olds'
- Paper symposium (co-author): 'Exploring associations between parent and child executive function across childhood: Mechanisms, moderators, and main effects'

Conference: *62nd Annual Meeting of the New England Psychological Association (2022)*

- Poster presentation: 'Fathering and Adolescents' Self-Regulation Development. Inhibitory Control and Temporal Discounting'

Conference: *32nd International Congress of Psychology (ICP) (2021)*

- Poster presentation: 'Mothers' Childhood Experience and Parenting Stress'

Conference: *St. Petersburg State University 'Psychology of the XXI century' (2021)*

- Paper presentation: 'Features of parenting stress in the situation of the coronavirus pandemic COVID-19'

Conference: *26th biennial meeting of the International Society for the Study of Behavioural Development (ISSBD) (2020)*

- Paper presentation: 'Parenting stress and social support among preschoolers' mothers'

Conference: *St. Petersburg State University 'Psychology of the XXI century' (2020)*

- Paper presentation: *Parenting stress and social support of mothers with preschool children*

Conference: *Moscow Pedagogical State University 'IX International Conference: A free child. From Montessori to the present day' (2019)*

- Paper presentation: 'Parental stress and work with parents in the Montessori class'

Conference: *Higher School of Economics 'Sociology in action' (2014)*

- Paper presentation: ‘*The impact of extracurricular activities on the development of adolescents*’

## OTHER WORK EXPERIENCE

### **Freedom School Educational Specialist/Testing Manager**

06/17/2024 – 08/16/2024

Community Builders of Maryland, LTD (website [link](#))

### **Teacher Assistant**

01/01/2023 - 05/31/2023

University of Massachusetts Amherst, Department of Psychological and Brain Sciences

### **Senior Montessori Teacher**

09/01/2015–05/31/2021

Montessori School ECO (website [link](#))

- Prepared educational materials and conducted classes for children from 3 to 6 years
- Supervised and developed the professional skills of assistants
- Communicated with parents regarding their child’s growth and development
- Prepared and sent reports about children’s educational experiences once per week

### **Retraining program – Montessori Teacher – Preschool education**

01/10/2017–05/01/2018

Academy of Advanced Studies and Professional Retraining of Educators, Ministry of Education, Moscow (Russia)

### **Montessori Teacher’s Assistant**

09/01/2014-07/30/2015

Mir Detstva (website [link](#))

- Provided attentive care of children
- Maintained order in the group
- Followed the children’s nap and meal routines
- Accompanies children on educational walks
- Engaged children in outdoor games

### **Trainee Researcher**

09/01/2012–08/01/2014

Higher School of Economics (HSE), Laboratory of Sociology of Education and Science (website [link](#))

- Involved in projects at the stages of gathering and processing data
- Organized the regional and international scientific seminars and conferences at HSE
- Participated in the annual summer practice (fieldwork) for students

- Supervised a group of undergraduate students

## VOLUNTEERING

Craig's Doors (homelessness shelter) (website [link](#))

Amherst, MA, 01003 (USA)

01/01/2022 - 04/01/2022

Counselor for Ukrainian refugees

SvitloChat

03/01/2022 - 01/01/2023

## PERSONAL SKILLS

Languages: Russian (1st language), English (C1 proficiency)

### Organizational/managerial skills

- Mentorship experience in organizing a group of first-year students
- Leadership in the organization of the educational process in kindergarten
- Supervision and organization of classes in a group of preschoolers (20 children)

### Job-related skills

- Teamwork skills: actively participated in the organization of the practice and conducted the study in conjunction with colleagues, while working as an intern researcher.
- Organizational skills: in the role of senior teacher, organization of the work performed by the assistants as well as the designing and implementation of the educational processes
- Communication skills: experience in intervening between and communicating with people belonging to different cultural and social groups
- Problem-solving skills: as a senior teacher, meeting with parents to build rapport and develop a common communication strategy
- Professional development: strive to constantly improve the quality of my work through ongoing education and involvement in new and challenging activities that allow for personal and professional growth