# CURICULUM VITAE

**Name:** Dr. Anissa Sheena Chitwanga
Texas State University

**Title:** Assistant Professor
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School of Social Work
712 N Comanche Street
San Marcos, TX 78666

## EDUCATION

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| **Ph.D.**<br>**December 2024** | University of Illinois Urbana-Champaign<br>School of Social Work |
| **MSW**<br>**2017** | Michigan State University<br>School of Social Work<br>Concentration: Organization and Community Leadership |
| **2017** | Michigan State University<br>Certification In Community Engagement |
| **BA**<br>**2010** | University of Malawi<br>College of Arts and Humanities, Department of English<br>Major: English<br>Minor: Psychology |

## TEACHING INTERESTS

Identity and Difference in Social work Practice, Populations in Social Work, Poverty & Social Change, Alcohol and Chemical Dependency, Integrating difference and Culture into direct Practice, Social Services in the community, Macro Social Work Practice, Social Welfare Policy, Social work with women, Research Methods, Human Behavior.

## TEACHING EXPERIENCE

**Fall 2024- Present Assistant Professor-Texas State University**

**Courses**

**Fall 20206**

**SOWK 5308 – Human Behavior in Individual and Family Social Environments**

Examines individual and family dynamics across the lifespan through major theories and empirical research in human development, focusing on the biological, psychological, social, and cultural factors that shape varied patterns of behavior within diverse social environments, along with the professional and ethical frameworks used to critically assess human functioning and practice-based literature.

**SOWK 3312- Alcohol and Chemical Dependency**
Focused on substance use and addiction, this course covers drug and alcohol dependency, treatment and prevention strategies, relevant laws and policies, and biopsychosocial factors influencing substance abuse among vulnerable and marginalized populations.

**Summer 2026** **SOWK 5322 – Advanced Social Policy**
Examining the development, implementation, and evaluation of social policies, applying analytical frameworks to assess impacts on populations and service delivery systems, with attention to historical, political, economic, and ethical factors shaping policy decision-making.

**SOWK 2375- Social Services in the Community**
Providing an overview of U.S. social welfare policy and macro-level social work, focusing on social problems, historical and political influences on welfare systems, agency structures, and services for marginalized and vulnerable populations.

**Spring 2026** **SOWK 3312- Alcohol and Chemical Dependency**
Focused on substance use and addiction, this course covers drug and alcohol dependency, treatment and prevention strategies, relevant laws and policies, and biopsychosocial factors influencing substance abuse among vulnerable and marginalized populations.

**Spring 2026** **SOWK 2375- Social Services in the Community**
Providing an overview of U.S. social welfare policy and macro-level social work, focusing on social problems, historical and political influences on welfare systems, agency structures, and services for marginalized and vulnerable populations.

**Fall 2024 - Fall 2025** **SOWK 4310.006 - Populations in Social Work**
Teaching competencies, concepts and theories that inform social work's understanding and integrating difference and culture in a variety of social contexts. Supporting students in developing skills for culturally competent social work generalist practice with varying populations using student reflections, discussions, and critical engagement with class materials.

**Fall 2025** **SOWK 2320.001- Love and Relations**

Teaching relationships in Social work practice, including the complexity of professional, familial, friendship, and intimate partnerships. Supporting students in developing awareness identity and expression in relationships, and applying inclusive, ethical, and professional standards to social work practice through reflection, discussion, and critical engagement with course materials.

**Summer 2024** **Adjunct Instructor, SOCW 451A**
**University of Illinois School of Social Work**
HBSE1: Human Development
University of Illinois at Urbana-Champaign School of Social Work
Teaching major theories that inform social work's understanding of human behavior in a variety of social contexts

**Fall 2022 – 2024** **Adjunct Instructor, SOCW 300**
**University of Illinois School of Social Work**
Identities and Issues in Social Work
University of Illinois at Urbana-Champaign School of Social Work
Lead Instructor: Janet Carter-Black, PhD
Teaching various modules for the course.

**Spring 2023** **Guest Lecturer, SOCW 451**
**University of Illinois at Urbana-Champaign**
Human Behavior
Guest Lecture on young adulthood

**Fall 2022** **Guest Lecturer, SOCW 451**
**University of Illinois at Urbana-Champaign**
Human Behavior
Guest Lecture on young adulthood

**Fall 2021 – Spring 2023** **Teaching Assistant, SOCW 300**
**University of Illinois School of Social Work**
Identities and Issues in Social Work
University of Illinois at Urbana-Champaign School of Social Work
Lead Instructor: Janet Carter-Black, PhD
Teaching assigned section(s)
Participation and discussion about course content and choice of text/content
Assisting in the preparation of special notes
Grading papers for sixty students
Keeping attendance records

## RESEARCH INTERESTS

Mental health
Poverty and international social development
International Social Work
Women empowerment
Social Welfare Policy

Macro Social Work Education
Simulations
Youth, Mentoring and HIV

## PROFESSIONAL / COMMUNITY SERVICE

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| **2026** | **SSWR 2026 Flash Talk Session Moderator,** International Social Work and Global Issues Flash Talk Session. |
| **2025-2026** | **Member,** MSW Comprehensive Exam Committee, Texas State University School of Social Work |
| **2025-2026** | **Member,** Coverdell Scholarship committee**,** Texas State University School of Social Work |
| **2024- Present** | **Member,** Scholarship Committee, Texas State University School of Social Work |
| **2024- Present** | **Member,** MSW Committee, Texas State University School of Social Work |
| **2024-Present** | **Member,** Pre-Tenure Committee, Texas State University School of Social Work |
| **2022-2024** | **Co-president**, Doctoral Social Work Association, University of Illinois at Urbana-Champaign School of Social Work |
| **2022-2024** | **Member,** Ph.D. Committee, University of Illinois at Urbana-Champaign School of Social Work |
| **2020-2023** | **Volunteer Actor**, Simulations in Social Work Education Project. a community based participatory research aimed at fostering better relationships between the community and law enforcement in Champaign County. Simulations were also conducted and filmed to enhance learning and for use in social work education settings. |
| **2019 – 2020** | **Media and Outreach Chair**, Doctoral Social Work Association, University of Illinois at Urbana-Champaign School of Social Work |
| **2015 – 2017** | **Member**, Phi Alpha Honor Society 2016, Michigan State University School of Social Work Chapter |
| **2021 – 2022** | **International Student Chair**, Doctoral Social Work Association, University of Illinois at Urbana-Champaign School of Social Work. |

## RESEARCH EXPERIENCE

**2024-Present** **Primary Investigator (PI)**

Lead researcher focusing on the mental sexual and reproductive health impacts on marginalized women particularly those in unhealthy sexual relationships. Develop and lead a gender-based violence research program examining transactional and intimate relationship dynamics among university women in Malawi. Responsible for study design, grant writing, international collaboration, data oversight, and dissemination. Submitted external funding proposal to the Sexual Violence Research Initiative (SVRI) and received internal funding through the Texas State University Research Enhancement Program (REP).

**2023** **Research Assistant**
Child Tax Credit Study
University of Illinois Urbana-Champaign, Labor Education Programs
Principal Investigator: Dylan Bellisle, Ph.D.

Collaborated with principal investigator on developing processes for coding interview data and identifying emerging themes from the interviews. Coding process involved:

- reading interviews, identifying themes, and writing memos.
- corresponding to individual interviews and across interviews.

Contributed to research summaries that report on analysis findings. Conduct literature review on topics related to research on family financial decisions.

**2023** **Research Assistant**
University of Illinois Urbana-Champaign, School of Social Work
Principal Investigator: Moses Okumu, Ph.D.

Collaborated with principal investigator on Screening articles for developing a systematic review on the effectiveness of technology based and/or digital interventions to promote sexual health among adolescents and young adults (10–24 Years) in sub-Saharan Africa.
Contributed to research summaries that report on analysis findings. Conduct literature review and helped in drafting sections of manuscripts on topics related to health, vulnerability and mental health and HIV among African Youth.

**2022- 2023** **Collaborator**
Racial Healing Project
University of Illinois Urbana-Champaign, School of Social Work
Collaborators: Teresa Ostler, Ph.D., Kevin Tan, Ph.D., Chi-Fang Wu.,

Coordinated and conducted research on macro-level social work and social innovation education, social-purpose collaboration, and social innovation. Collaborating on implementation of social simulations to advance racial healing and social justice.

**2021 –**

**Spring 2023** **Research Assistant**
University of Illinois at Urbana-Champaign
Principal Investigator: Teressa Ostler

Collaborate in developing, conducting, and administering simulations focused on teaching death and dying, and cultural competency in social work practice. Collaborate in developing manuscripts, proposals, and presentations and focus groups following simulations.

**2020 – 2021** **Collaborator**
Simulations in Social Work Education
University of Illinois at Urbana-Champaign School of Social Work
Collaborators: Teresa Ostler, Ph.D.; Kevin Tan, Ph.D., Nicole Cantoni, Jeanna Campbell.

Coordinated and conducted research on macro-level social work and social innovation education, social-purpose collaboration, and social innovation. Collaborated on implementation of social simulations to advance social work education.

**2019** **Research Assistant**
University of Illinois at Urbana-Champaign School of Social Work
Principal Investigator: Anderson Steven, Ph.D.

Gathered data and maintained accurate records for the Dean of Social Work. Provided first class communication and collaboration with coworkers
Skilled at detecting, resolving issues, and understanding and analyzing data
Preparing presentation slides for the Dean

## FUNDING AND AWARDS

**2024** Research Enhancement Program (REP). Texas State University

**2023** Daniel S. Sanders Fellowship in International Social Development ($2660)

**2023** Daniel S. Sanders Peace and Social Justice Memorial Fund Travel Award ($3000)

**2023** Jean M. Due & Marianne Ferber International Research Fund ($1000)

**2022** School of Social Work International Studies Dissertation Scholarship ($3500)

**2022** UIUC School of Social Work Conference Travel Award ($700

**2022** Cares Grant ($250)

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| **2021** | Higher Education Emergency Relief Fund (HEERF) ($1000) |
| **2021** | UIUC School of Social Work Professional Development Grant ($1000) |
| **2021** | Cares Grant ($5000) |
| **2021** | School of Social Work Cynthia Bell Ph.D. Memorial Scholarship ($1200) |
| **2020** | UIUC School of Social Work Conference Travel Award ($100) |
| **2020** | Higher Education Emergency Relief Fund (HEERF) ($1000) |
| **2020** | Supplemental Summer Block Grant Program (SSBG) ($4800) |
| **2020** | Graduate College Block Grant ($2800) |
| **2019** | UIUC School of Social Work Conference Travel Award ($500) |
| **2015** | The MasterCard Foundation Scholarship (100,000) |

## PEER-REVIEWED PUBLICATIONS

**Chitwanga, A.,** & Ostler, T. (2022). Experiences and Dreams of a Young Malawi Slay Queen and Her Children: How Peer Support, Trust, and Sharing Can Address Stigma, Mistrust, and Shame. *Zero to Three*, *43*(2), 13-18.

Wu, C. F., Anderson, S. G., **Chitwanga, A. S**., & Yoon, S. (2022). What Do We Know About Access to Public Benefits and Services Among Low-Income Minority Families? A Scoping Review of the Literature. *J. Soc. & Soc. Welfare*, *49*, 94.

Okumu, M., Logie, C. H., **Chitwanga, A. S**., Hakiza, R., & Kyambadde, P. (2023). A syndemic of inequitable gender norms and intersecting stigmas on condom self-efficacy and practices among displaced youth living in urban slums in Uganda: a community-based cross-sectional study. *Conflict and Health*, *17*(1), 38.

Jones, K.V., **Chitwanga, A**., Qiu, Q., Avery, A., Hicks, C., Theard-Griggs, C., Yemets, D., Vavilala, M., Theard, A. (2024). Trends in Applications and Enrolment to Summer Research Intensive and Asynchronous Online Injury and Violence Prevention Education Programs by Race and Ethnicity. *Journal of Higher Education*

Banda, L. C. G**., Chitwanga, A.**, & Chinkondenji, P. (2025). Beyond Short-Term Fixes: What Works in Sustainable Child Marriage Interventions in Malawi? *Journal of the Society for Social Work and Research.*

Banda L., **Chitwanga A.**, & Chinkondenji, P. (2025). A 'girl' or a 'child'? Examining a Rights-Based Approach to Child Marriage through an Intersectionality/African Feminist Lens. *Journal of Human Rights and Social Work.*

## BOOK CHAPTERS

Andrade F., **Chitwanga, A**., Sun K., "Simulations in Teaching Social work Practice" in *Social Work and Simulations: Teaching Practice, Research, Policy & Social Injustices,* edited by Kevin Tan, Chi-Fang Wu, Teresa Ostler. Oxford University Press

Laursen, T., Mahoney, J., **Chitwanga, A.,** "Trauma Informed Response and Racial Healing through Simulations" in *Social Work and Simulations: Teaching Practice, Research, Policy & Social Injustices*, edited by Kevin Tan, Chi-Fang Wu, Teresa Ostler. Oxford University Press.

## PUBLICATIONS UNDER REVIEW

**Chitwanga A.S.,** Banda L. C., A Syndemic Approach to Sexual and Reproductive Health Outcomes Among Malawian Women in Blesser Relationships.

**Chitwanga A.S.,** Ostler T., Banda L.C., Relationships and Mental Health of Slay Queens in Sub Saharan Africa: A Scoping Review

## PUBLICATIONS IN PREPARATION

**Chitwanga A.S.,** Banda L. C., Parker V.L. A Qualitative Account of the Role of Resilience in Women's Agency and Mental Health Coping Strategies within Blesser Relationships in Malawi

**Chitwanga A**., Parker V.L., Banda L. C., Bryant D., Navigating Silent Struggles: Mental Health and Service Utilization Among Malawian Women in Blesser Relationships.

Sun K., **Chitwanga A**., Making Meaning, Performing Culture: Engaging Cultural Competence via Performers' Voices in Simulation Learning

Cantoni N., **Chitwanga A**, Uncovering Themes of Mental Health Treatment Stigma When Offered an Animal-Assisted Intervention

Campbell J., **Chitwanga A**. S., Cantoni N., Simulation as a tool for the Advancement of Social Work Values and Ethics in Social Work Education.

## CONFERENCE PRESENTATIONS

**Chitwanga A.S.,** Banda L. C., Parker V.L. A Qualitative Account of the Role of Resilience in Women's Agency and Mental Health Coping Strategies within Blesser Relationships in Malawi. Poster Presentation at Society for Social Work and Research (SSWR) annual conference 2026 (Washington D.C)

**Chitwanga A**., Parker V.L., Banda L.C., Bryant D., Navigating Silent Struggles: Mental Health and Service Utilization Among Malawian Women in Blesser Relationships. Poster

Presentation at the Council on Social Work Education (CSWE) annual conference 2025. (Denver, Colorado)

**Chitwanga A.S.,** Banda L. C., Parker V.L A Syndemic Approach to Sexual and Reproductive Health Among Malawian Women in Blesser Relationships. Paper Presentation at the Council on Social Work Education (CSWE) annual conference 2025. (Denver, Colorado)

Sun K., **Chitwanga A.**, Making Meaning, Performing Culture: Engaging Cultural Competence via Performers' Voices in Simulation Learning. Paper Presentation at the Council on Social Work Education (CSWE) annual conference 2024. (Kansas City, Missouri)

**Chitwanga A.**, Ostler T., Relationships and Mental Health of Slay Queens in Sub Saharan Africa: A Scoping Review. Poster Presentation at Society for Social Work and Research (SSWR) annual conference 2023 (Phoenix, Arizona)

**Chitwanga A.S.**, Navigating the Greener Pastures: A Narrative of An African immigrant Woman's Experiences Upon Arrival in the United States and Access to Public Benefits. Oral presentation at the University of Missouri Black Migration's Symposium, 2019 (Columbia, MO)

Banda L., **Chitwanga A.**, A 'girl' or a 'child'? Examining a Rights-Based Approach to Child Marriage through an Intersectionality/African Feminist Lens. Poster Presentation at Society for Social Work and Research (SSWR) annual conference 2024 (Washington D.C)

Cantoni N., **Chitwanga A.**, Uncovering Themes of Mental Health Treatment Stigma When Offered an Animal-Assisted Intervention, International Congress of Qualitative Inquiry 2023 (University of Illinois at Urbana-Champaign)

Anderson S.,Wu, C., **Chitwanga, A. S.**, Yoon S., What Do We Know About Access to Public Benefits and Services Among Low-Income Minority Families? A Scoping Review of the Literature. Poster presentation at the Council on Social Work Education (CSWE) annual conference 2020. (online)

Cantoni N., **Chitwanga A. S.**, Campbell J., Simulation as a tool for the Advancement of Social Work values and Ethics in Social Work education. Poster presentation at the Council on Social Work Education (CSWE) annual conference 2020. (online)

## SPECIALIZED TRAINING

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| **2025** | Teaching Online at Texas State University |
| **2022** | UIUC CITL Grad Academy for Teaching Assistants (University of Illinois Urbana Champaign) |
| **2022** | Attachment Style Interview Training |
| **2016** | Michigan State University Graduate Professional Training |

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| **2015-2017** | Leadership Academy for African Development Training (LAAD) |
| **2013-2014** | Cambridge Teachers Training |
| **2008-2010** | ZAMANAWE Peer Educators Training |