



Dr. Cecilia Valrie is currently an assistant professor in the psychology department. She received her Bachelor of Arts at East Carolina as well as a Masters and PhD from the University of North Carolina at Chapel Hill. Due to her belief in health linking to who we are Dr. Valrie's research focuses on the implements of chronic sleep development. Throughout her research she focuses on the importance of sleep in the population, specifically pertaining to minorities and adolescents. She is currently working with researchers from the University of North Carolina at Chapel Hill schools of Medicine and Psychology as well as East Carolina University Pediatrics and others in the psychology department. Her mentors include those from East Carolina as well as

University of North Carolina at Chapel Hill. Dr. Valrie looks for the "whole" in information. In order to do so, she has traveled throughout Eastern and Central North Carolina. She has also presented her research through various schools belonging to the Dallas, Texas and Oakland, California communities. In addition to her presentations, Dr. Valrie has lectured to the Society of Behavioral Medicine as well as child health psychologists. Although she has traveled to many cities to further her research, Dr. Valrie's main focus is the state of North Carolina because of the tremendous call for society to gain knowledge and sensitivity to the needs of those in rural areas and smaller communities. Dr. Valrie's research includes subtopics such as the sleep patterns of those with sickle cell disease and anything involving the health of children. Dr. Valrie's dedication to her research allows her to continue and further programs through funding, working with students, and generating new ideas by consistently listening to the community. The passion to continue her research is based on the potential for change. According to Dr. Valrie, change can be accomplished by improving the lives of those she works with such as families, children, and adolescents.

<http://core.ecu.edu/psyc/ValrieC/Valrie.html>