

Abbey Dias

She/her abbey.dias@outlook.com

Marine Ecology & Conservation | AAUS Scientific Diver | Underwater Film & Photo | PADI Instructor

EDUCATION

- 2016-2020 **B.A. in Biology *cum laude***, Whitman College, GPA: 3.699
“*On the adaptations of deep-sea vertebrates: Skeletal reduction and metabolic function*”
Advisors: Dr. Mackenzie Gerring. Dr. Ginger Withers, Dr. Kate Jackson
- 2018 School for Field Studies, Turks and Caicos (semester abroad)
Directed Research: “*Baseline measurement of coral reef topographic complexity using structure-from-motion Photogrammetry*”
Advisors: Dr. Franziska Elmer and Dr. Heidi Hertler

PROFESSIONAL EXPERIENCE | DIVING AND RESEARCH

- 2021–current **Research Technician**, Coastal Ecology and Conservation Lab, Sonoma State University, CA
Lead scientific diver for kelp forest restoration research in Dr. Brent Hughes’ Lab
Develops and implements protocols for kelp restoration funded by The Nature Conservancy
Successfully grew thermally tolerant kelp on gravel in laboratory and out-planted into the ocean
- 2020–2021 **Scuba Instructor and Ocean Education Intern**, Annie Crawley’s Dive Team, Edmonds, WA
Instructed PADI scuba courses for kids (ages 10-17) and adults using dry suits in Puget Sound
Wrote and instructed Distinctive Specialty courses for citizen science diving and local navigation
Created websites for [local marine protected area](#) and [educational ocean outreach platform](#)
- 2020 **AAUS Scientific Diver**, Walla Walla University’s Rosario Beach Marine Laboratory, WA
Planned and led dives around Puget Sound to collect data for subtidal research
Maintained scuba equipment and research vessels
- 2020 **Sally Ann Abshire Student Research Scholar**, Whitman College Biology Department, WA
“*Quantification of hemoglobin content and metabolic enzymes in deep-sea fishes*”
Initiated and pursued the study of rare blood samples to inform deep-sea physiological functions
- 2018-2020 **Teaching Assistant, Peer Tutor, Writing Fellow**, Whitman College, Walla Walla, WA
Taught and mentored students with course material from Biochemistry, Biology, Chemistry
Raised student grades from failing to passing while developing foundational study skills
- 2019 **OWUSS® / Divers Alert Network Dive Safety Education Intern**, Durham, NC
Risk mitigation and dive safety resources and initiatives
Upscaled comprehensive first aid course DFA Pro (v 3.0) for global audience
- 2018 **Undergraduate Research Intern**, University of Washington Friday Harbor Laboratories, WA
“*Habitat influence on bone density in fishes across a depth gradient (0–8,200 m)*”
Advisors: Dr. Mackenzie Gerring and Dr. Adam Summers

PEER-REVIEWED JOURNAL ARTICLES

Gerringer, M.E., **A. S. Dias**, A. von Hagel, J. Orr, A. Summers, S. Farina. 2021. Habitat influences skeletal morphology and density in the snailfishes (Family Liparidae). *Frontiers in Zoology: Life at the Extremes* 18, 16 (2021). <https://doi.org/10.1186/s12983-021-00399-9>

In preparation Martin, R. E., **A. S. Dias**, A. P. Summers, M. E. Gerringer. Trends in bone density variation within the family Macrouridae (Grenadiers). *Deep Sea Biology*.

GRANTS AND AWARDS

2021 Sonoma State University Student Research Award (\$750)
2016-2020 Whitman College Merit Scholarship (\$48,000)
2020 Sally Ann Abshire Student/Faculty Research Award (\$1,620)
2018-2019 Whitman Summer Internship Grant (\$3,500/year)
2019 American Microscopical Society Buchsbaum Prize for Excellence in Photomicrography
2019 University of Washington and Whitman College Student Conference Funding (\$870)
2018 Ben Rabinowitz Grant for Compassion in Healthcare (\$3,500)

SOCIETIES AND CLUBS

2020 PADI Ambassador
2020 Deep Sea Biological Society
2019 Explorer's Club
2019 Our World Underwater Scholarship Society
2019 Society for Integrative and Comparative Biology

MEDIA PUBLICATIONS AND FEATURES

2021 [A Voice for the Ocean](#). **A. Dias**. Divers Alert Network Dive Slate.
2021 Featured in book: [Planet Ocean: Why We All Need A Healthy Ocean](#)
2020-2021 Content creator and blogger for [OurOceanAndYou.com](#) and [EdmondsUnderwaterPark.com](#)
2020 Featured in: [Introducing the New 2020 PADI AmbassaDivers](#). PADI.
2019 [OWUSS Intern blog](#). **A. Dias**. Our World Underwater Scholarship Society.
2019 [Masters of the Deep: The Hadal Snailfishes](#). **A. Dias**. Integrative Organismal Biology.
2017 [A Cause for Conservation from a Sea Kayaking Student](#). **A. Dias**. Paddling Life.