My name is Pooja Sawrikar and I have been working at two universities over the course of my academic career – the University of Sydney and the University of New South Wales. At the first university, I was a lecturer in Social Psychology, and at the second I was a researcher in social policy. My work covers many areas including coping with stress, body image dissatisfaction, acculturation, mental health, adolescence, personal and institutional racism, child poverty, social inclusion, multiculturalism, cultural identity and cultural values, mentoring, newly arrived migrants and refugees, child protection, and gender equity. I have strong expertise and experience on both qualitative and quantitative research.