

Alexa Vaghenas



Alexa Vaghenas is currently a junior at Yale University, originally from Stroudsburg, Pennsylvania. She is a psychology major and a member of the Education Studies Scholar program, an application-based program comprised of students with a range of interests across education practice, policy and research.

On campus, she is a peer wellness liaison, a soprano in the Yale Glee Club, the Greek-American liaison for the Yale Hellenic Society, and a pre-orientation program leader who helps first year students' transition into college life.

In the fall of 2018, she was awarded a Yale Student Wellness Grant to plan a physical wellness workshop that helped students cultivate bodily awareness, improve their alignment, and soothe everyday tensions.

In the future, she hopes to pursue a Master's degree in Applied Positive Psychology (MAPP) and pursue a career in wellness education.

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