

Dr. Kristina Ruiz-Mesa, Effective Communication



Kristina Ruiz-Mesa, Ph.D. is an Assistant Professor of Communication Studies and the Basic Course Director of Oral Communication at California State University, Los Angeles. Prior to joining the Cal State LA faculty, Dr. Ruiz-Mesa, a New Jersey native, worked in diversity and inclusion research and assessment at Villanova University, and has worked around the nation as a communication and diversity consultant.

Dr. Ruiz-Mesa graduated from the University of Colorado at Boulder with a Ph.D. in Organizational Communication. Currently, Dr. Ruiz-Mesa is studying ways to improve organizational communication practices for diversity and inclusion. Her previous research on the academic impact of experiencing racial micro-aggressions in U.S. higher education has been used to create programming and improve support services for underrepresented students throughout the nation.

At Cal State LA, Dr. Ruiz-Mesa directs one of the largest oral communication programs in the nation, teaches a variety of courses including graduate-level Instructional Communication, Qualitative and Rhetorical Research Methods, and undergraduate courses in Humanities Approaches to Race, Sex Roles in Communication, Feminism and Communication, Communication Capstone, and Oral Communication.

Her research has been presented at conferences throughout the United States and Europe, and has been published in the Journal of Communication Pedagogy, The Hispanic Outlook in Higher Education, Basic Communication Course Annual, and in book chapters on a variety of issues related to public speaking, diversity leadership, trigger warnings in classrooms, best practices for communication engagement, and classroom transparency.

In this session, participants will learn techniques to hone their verbal and nonverbal communication skills, and strategies for improving professional communication and work relationships. This interactive and engaging session will focus on best practices for building and sustaining communication with colleagues, framing ideas for diverse audiences, and ways to efficiently and effectively communicate in the workplace.