Heather J. Peters, Ph.D., LP

Professor of Psychology

Social Sciences Division

University of Minnesota, Morris

Education

Ph.D. University of Arizona, 2006

- Clinical Psychology- APA Approved, Sport Psychology Minor
- Dissertation: A Cultural Analysis of Self-Talk, its Relationship to Performance, and Potential Moderators

M.A. University of Arizona, 2003

- Clinical Psychology- APA Approved, Sport Psychology Minor
- Thesis: Effect of Culture on Self-Talk and Responses to Feedback

B.A. University of Minnesota, Twin Cities, 2000

- Magna Cum Laude Psychology
- Thesis: Cross-Cultural Examination of Metacognition-In-class and General Knowledge Exams

B.S. University of Minnesota, Twin Cities, 2000

- Kinesiology
- Minor: Coaching

Licenses and Certifications

- Licensed Psychologist State of Minnesota, 2010-present
- Certified Mental Performance Consultant, Association of Applied Sport Psychology, 2008-2018

Positions/Employment

- Professor, Chair of the Division of Social Sciences, University of Minnesota, Morris, 2024 to present
- Associate Professor, University of Minnesota Morris, 2014-2024
- Assistant Professor, University of Minnesota Morris, 2007-2014
- Counselling and Psychological Services, Postdoctoral Fellow, APA Approved (2000 Hours), University of California, Davis 2006-2007
- Counseling and Psychological Services, Predoctoral Intern, APA Approved (2000 Hours), University of California, Davis 2005-2006
- Psychology Extern, Athletic Department, University of Arizona, 2003 – 2005
- Psychology Extern, Counseling and Psychological Services, University of Arizona, 2003-2004

- Psychology Extern, Arizona Children's Association, Tucson, AZ, 2002-2003.
- Lecturer, University of Arizona, 2001-2004
- Teaching Assistant, University of Arizona, 2000-2005
- Lab Manager, Sport & Exercise Psychology Lab, University of Arizona, 2000-2005
- Research Assistant, Sports Medicine Center, Mayo Clinic, Rochester MN, 2000
- Research Assistant, Cultural and Psychological Processes Lab, University of Minnesota, Twin Cities, 1998-2000
- Research Assistant, Memory and Cognition Lab, University of Minnesota, Twin Cities, 1999-2000
- Research Assistant, Institute of Child Development, University of Minnesota, Twin Cities, 1997-1998
- Research Assistant, Trucker Research Center for Women & Girls in Sports, University of Minnesota, Twin Cities, 1996-1997

Current Membership in Professional Organizations

- Minnesota Psychological Association, 2009 – present
- Society for a Science of Clinical Psychology, 2008 – present
- Association for Psychological Science, 2003 – present
- American Psychological Association, Divisions 12 & 47, 2002 – present
- Association for Applied Sport Psychology, 1997 – present

Honors and Awards for research/creative work, teaching, public engagement and service.

University of Minnesota

- Presidents' Civic Engagement Leadership Award, 2024
- Community Engagement Faculty/Staff Award, UMN Morris, 2024
- Justice, Equity, Diversity and Inclusion Award, 2023
- Charlotte Striebel Equity Award, 2019
- Horace T. Morse- University of Minnesota Alumni Association Awards for Outstanding Contributions to Undergraduate Education, 2016
- UMN Morris Alumni Association Teaching Award, 2016
- Cesar E. Chavez Award from Voces Unidas, 2014
- Dean's Course Release for Research (Spring), 2013
- Single Semester Leave (Fall), 2011

External Sources

Professional Honors and Awards

- University of Minnesota Psychology Distinguished Alumni Award, 2018
- Thesis of the Year Award- AASP "Effect of Culture on Self-Talk and Responses to Feedback", 2004

Graduate Honors and Award

- Nominated for Graduate Student of the Year, University of Arizona, 2005

RESEARCH, SCHOLARSHIP, AND CREATIVE WORK

Grants and Contracts

Received at University of Minnesota

- "Facilitate Diversity, Equity, and Inclusion Workgroup", Otter Tail County, MN, $62,838, 2021-2023
- "Standards-Based Dakota Indian Land Stewardship Education", Legislative-Citizens Commission on Minnesota, $197,000, 2016
- "Mni sota Makoce Dakota homelands Curriculum Revision Project", Minnesota Historical Society- Consultant, $98,039, 2016
- "Multicultural Psychology Course Overhaul", Educational Development Program, $1500, 2015
- "Culturally Based Curriculum, Wicozani and Suicidal ideation in Dakota Youth", Collaborative Research Center for American Indian Health NIH (U54MD008164)-Co-PI,$111,519,2014
- "Dreamers and their Parent's experiences", Faculty Research Enhancement Fund, $5000, 2013
- "Dialetic Structured Dialogue Research Training", Faculty Research Enhancement Fund, $1,200, 2013
- "American Indian Student Retention at UMM", Faculty Research Enhancement Fund, $1,000, 2013
- "Dakota Wicoh'aŋ: Using Culturally Relevant Methods to Explore Youth Physical Activity", Grand in Aid, $43,105, 2012
- "Executive Board Meeting and Annual Conference for the Association for Applied Sport Psychology", Faculty Research Enhancement Fund, $300, 2012
- "Executive Board Meeting and Annual Conference for the Association for Applied Sport Psychology", Faculty Research Enhancement Fund, $300, 2011
- "Executive Board Meeting and Annual Conference for the Association for Applied Sport Psychology", Faculty Research Enhancement Fund, $300, 2010
- "American Indian Successful Aging: Where is the Model?", Faculty Research Enhancement Fund, $250, 2010
- "Develop Strategies to Balance my Teaching, Research, and Service Activities", Faculty Research Enhancement Fund, $500, 2010
- "Athlete's Self-Talk", Faculty Research Enhancement Fund, $750, 2009
- "Multicultural Psychology Course Development with a Service-learning Component", Educational Development Program Grant, $2,000, 2008
- "Multicultural Counseling Competencies of Psychology Interns in Relationship to their Training Environments, Faculty Research Enhancement Fund, $750, 2008
- "Develop Strategies to Improve my Teaching, Research, and Service Activities", Faculty Enrichment Project, $500, 2008

Received at another institution:

- Association of Applied Sports Psychology, Research Grand, $575, 2005
- Social and Behavioral Research Initiative, Pre-Doctorate Grant-University of Arizona, $500, 2003

- Social and Behavioral Research Initiative, Pre-Doctorate Grant-University of Arizona, $500, 2002
- Grant for Honors Thesis, University of Minnesota, Twin Studies, $500, 1999
- Undergraduate Research Opportunity, University of Minnesota, Twin Cities, $500, 1998

Publications

Refereed Journal Articles and Chapters

Refereed Journal Articles and Chapters written with Student co-authors

student co-authors are underlined

- Flanagan, S. K., & Peters, H. J. (2020). Asexual-identified adults: Interactions with health-care practitioners. Archives of Sexual Behavior, 49(5), 1631-1643. https://doi.org/10.1007/s10508-020-01670-6
- Peters, H. J., Schwenk, H. N., Ahlstrom, Z. R., & McIalwain, L. N. (2017). Microaggressions: The experience of individuals with mental illness. Counseling Psychology Quarterly, 30(1), 86-112. https://doi.org/10.1080/09515070.2016.1164666

Refereed Journal Articles and Chapters written with Community co-authors

* indicates co-authors are community members

- Peters, H. J., *Peterson, T. R., & *Dakota Wicoh̓aŋ Community (2024). A Dakota cultural intervention's influence on Native Students' sense of belonging: A CBPR case study. AERA Open 10(1), 1-17. https://doi.org/10.1177/23328584231221793
- Peters, H. J., *Peterson, T. R., & *Dakota Wicoh̓aŋ Community (2020). A story of partnership built on Indigenous and feminist epistemologies and community-based participatory research. In L. Carter (Ed.), Feminist applied sport psychology: From theory to practice (pp. 125-136). Routledge/Taylor & Francis Group. https://doi.org/10.4324/9781351055949-12
- Peters, H. J., *Peterson, T. R., & *Dakota Wicoh̓aŋ Community (2019). Developing an Indigenous measure of overall health and well-being: The Wicozani instrument. The American Indian and Alaska Native Mental Health Research Journal, 26(2), 96-122. https://doi.org/10.5820/aian.2602.2019.96

Refereed Journal Articles and Chapters written Individually or with Professional co-authors

- Peters, H. J. (2025). Heather J. Peters: Culturally sensitive interventions and systemic change. In L. Fisher (Ed.), Social justice through sport and exercise psychology: Intergenerational voices and an embodied approach. Routledge.
- Carter, L., Oglesby, C., Morimoto, L., Peters, H. J., & Peterson, T. R., (2020). Doing feminist sport psychology. In L. Carter (Ed.), Feminist applied sport psychology: From theory to practice (pp. 205-212). Routledge/Taylor & Francis Group. https://doi.org/10.4324/9781351055949-21
- Forster-Scott, L., & Peters, H. J. (2020). Breaking stereotypes and barriers to working with Muslim and women of color. In L. Carter (Ed.), Feminist applied sport psychology: From theory to practice (pp. 197-204). Routledge/Taylor & Francis Group. https://doi.org/10.4324/9781351055949-20

- Peters H. J. & Stefanek, K. A. (2012). Fear of failure: What's culture got to do with it? In R. J. Schinke (Ed), Athletic insight's writings in sport psychology (pp. 289-300). NOVA Science Publishers.
- Stefanek, K. A. & Peters, H. J. (2011). Motivation in sport: Theory and application. In W. M. Cox & E. Klinger (Eds.), Handbook of motivational counseling: Goal-based approaches to assessment and intervention with addiction and other problems (2nd ed., pp. 415-435). Wiley Blackwell. https://doi.org/10.1002/9780470979952.ch17
- Peters, H. J., Krumm A., Gonzales, R., Paez, K., Gunter, K., Zygowitc, S., & Haggins, K. (2011). Multicultural environments of academic versus internship training programs: Lessons to be learned. Journal of Multicultural Counseling and Development, 39(2), 114-124. https://doi.org/10.1002/j.2161-1912.2011.tb00145.x
- Peters, H. J., & Williams, J. M. (2009). Rationale for developing a cultural sport psychology. In R. J. Schinke & S. J. Hanrahan (Eds.), Cultural sport psychology: from theory to practice (pp. 13-22). Human Kinetics, USA: Champaign, IL. https://doi.org/10.5040/9781492595366.ch-002
- Peters, H. J. (2008). The dynamogenic factors in pacemaking and competition. In D. Lavallee, J. M. Williams, & M. V. Jones (Eds.), Key studies in sport and exercise psychology (pp. 113-130). McGraw-Hill, USA: New York, NY.
- Peters, H. J., & Williams, J. M. (2006). Moving cultural background to the foreground: An investigation of self-talk, performance, and persistence following feedback. Journal of Applied Sport Psychology, 18(3), 240-253. https://doi.org/10.1080/10413200600830315
- Peters, H. J., Greenberg, J., Williams, J. M., & Schneider, N. R. (2005). Applying terror management theory to performance: Can reminding individuals of their mortality increase strength output? Journal of Sport and Exercise Psychology, 27(1), 111-116. https://doi.org/10.1037/t06070-000
- Peters, H. J., & Williams, J. M. (2005). Peak performance - A unifying model. In R. Bartlett, C. Gratton & C. Rolf (Eds.), Encyclopedia of International Sports Studies. Taylor and Francis, UK: London.

Manuscripts in Preparation

student co-authors are underlined

- Peters, H. J. & Mainville, C. E. (2024). Supporting the multicultural environment of an undergraduate psychology program: Perspectives of students and alumni. Manuscript in preparation.
- Peters, H. J., Walker, L. R., & Nye, C. A. (2024). Indigenous leadership values' relationship to ethnic identity, wicozani, and connectedness. Manuscript in preparation.

Non-refereed Journal Articles, Book Chapters, or Reports

Non-refereed Journal Articles, Books Chapters, or Reports written with Community co-authors

* indicates co-authors are community members

- Peters, H. J., *Peterson, T. R., & *Dakota Wicoh̓aŋ Community (2019). The Wicozani Instrument.

- *Peterson, T. R., Peters, H. J., Olson-Loy, S., Behr, M., & Ericksen, J. S. (2020). Native

American Student Educational Equity & Post-Secondary Attainment: An Assessment of Progress and Action Steps for 2020-2030. University of Minnesota Morris.

Non-refereed Journal Articles, Books Chapters, or Reports written individually or with Professional co-authors

- Gunter, K. K. & Peters, H. J. (2014). Work more effectively with clients by being aware of microaggressions. Association for Applied Sport Psychology, 29 (3), (pp. 9-11).
- Peters, H. J. et al. (2010). Morris Area Public Schools Survey 2009: Reasons for Choosing/Considering Alternative Schooling and Possible Topics to be Covered Through Special Programming (Research Report No. 1).

Presentations, Posters, and Exhibits

Presentations

Presentations with Student co-presenters

student co-presenters are underlined

- D'Ugo, M. M., Shanholtz, C. E., Beck, C. J., & Peters, H. J. (2019, February). The impact of microaggressions on team cohesion in collegiate student-athletes [Presentation]. Graduate and Professional Student Showcase, University of Arizona, Tucson AZ.
- Kachan, A., Peters, H. J., Thompson, S., & Lamb, A. (2016, May). Examining the effect of Big Five personality traits and past stressful experiences on aggression caused by video games [Conference presentation]. Midwestern Psychological Association Annual Conference, Chicago, IL.
- Peters, H. J., Macheledt, K., & Monette, L. (2014, April). Art, forgiveness and empathy: Art making tasks and increasing motivations of interpersonal forgiveness [Conference presentation]. Red River Psychology Conference, Moorhead, MN.

Presentations with Community co-presenters

* indicates co-presenters are community members

- Peters, H. J., Thul, C., *Peterson, T., & *Mohamed, M. (2022, April). Mistakes, successes, benefits and challenges of community-based participatory research: Perspectives from community & university researchers [Conference presentation]. Annual Social Justice Through Sport and Exercise Psychology Symposium 2022.
- Peters, H. J. & *Peterson, T. (2021, November). Communities creating a measure of wellbeing: The Wicozani instrument [Invited Presentation]. Data Scientists at the Government of Washington D.C.'s Child & Family Services Agency.
- *Peterson, T. & Peters, H. J. (2021, October). Indigenous research and evaluative concepts, story, and metrics [Invited presentation]. 2021 Luce Indigenous Knowledge Fellowship Convening, First Nations Development Institute.
- *Peterson, T. & Peters, H. J. (2021, July). Evaluation concepts, story, and metrics from a Dakota community [Invited presentation]. Native Language Immersion Initiative Cohort Convening, First Nations Development Institute.
- *Peterson, T. R. & Peters, H. J. (2018, November). Indigenous early childhood development evaluation frameworks [Invited presentation]. Evaluation Committee, Board of Directors, Better Way Foundation.

- *Peterson, T.R. & Peters, H.J. (July 2018). Youth outcomes associated with language acquisition [Invited presentation]. Native Language Funders Conversation, First Nations Development Institute, Prior Lake, Minnesota.
- Peters, H. J. *St. Clair, D., & *Peterson, T. R. (2016, October). Culturally based curriculum, Wicozani, and suicidal ideation in Dakota youth [Conference presentation]. Collaborative Research Center for American Indian Health, Sioux Falls, SD.
- Peters, H. J. & *Peterson, T.R. (2016, March). Influence of a culturally based Dakota Curriculum on students' sense of belonging, connectedness, Wicozani (overall health), and suicidal ideation [Invited presentation]. Thursday Afternoon Faculty Seminar, Morris, MN.
- Peters, H. J. & *Peterson, T.R. (2016, March). Culturally based curriculum, Wicozani, and suicidal ideation in Dakota youth [Conference presentation]. Collaborative Research Center for American Indian Health Summit, Ft. Totten, ND.
- Peters, H. J. & *Peterson, T. R. (2014, November). Gender's influence on Dakota sense of belonging, Wicozani, and language [Invited lecture]. Gender and Women Sexuality Studies Lecture Series, Morris, MN.
- *Peterson, T. R. & Peters, H. J. (2014, March). Considering culturally relevant pedagogy for teacher education and research practices in Dakota communities [Poster session]. American Association of College Teaching and Education, Indianapolis, IN.

Presentations given Individually or with Professional co-presenters

- Peters, H. J., Nunez, A., Singh, R., Peissig, L., & Botchwey, N. (2024, December 2). Fostering Inclusion: Insights and Strategies for Progress [Summit panel]. University of Minnesota's Diversity, Equity, and Inclusion Campus Climate Summit, Minneapolis, MN, United States.
- Malek, N., Hardy, R., Monroe, E., Peters, H. J., Sungur, E., & Brand, J. (2021, December). Perceptions of overall health and how it associates with stress, anxiety, self-efficacy, and mood of paramedics [Conference presentation]. Annual International Research Conference 2021: Global Development is Paramedic Research.
- Peters, H. J., Berlinger, A, & Karels, B. (2018, October). Developing personal and professional wellbeing [Invited presentation]. University of Minnesota Morris, Morris, MN.
- Peters, H. J. & Breen, S. (2018, September). Special considerations for international & underrepresented students [Invited presentation]. Academy of Distinguished Teachers Retreat, Deerwood, MN.
- Peters, H. J., Berlinger, A, & Karels, B. (2018, August). Developing personal and professional wellbeing [Presentation]. Annual Faculty Development Day, Morris, MN.
- Peters, H. J., Bridget, J., & Williamson, J. (2017, August). Mental health goes to college [Presentation]. Annual Faculty Development Day, Morris, MN.
- Peters, H. J. (2017, April). Students from marginalized backgrounds and university alienation: What you can do [Invited presentation]. Academy of Distinguished Teachers Annual Conference, Minneapolis, MN.
- Peters, H. J. & Dean, R. (2016, November). Trans and intersex athletes: Gene

expression and gender salience [Invited lecture]. Gender and Women Sexuality Studies Conference, Morris, MN.

- Dean, R. & Peters, H. J. (2016, November). Trans and intersex athletes: Gene expression and gender salience [Conference presentation]. Minnesota Out! Campus Conference, Morris, MN.
- Peters, H. J. & Shekhar, S. (2016, September). Special considerations for international & underrepresented students [Invited presentation]. Academy of Distinguished Teachers Retreat, Deerwood, MN.
- Peters, H. J. (2016, August). Work more effectively with students by understanding how culture influences you both [Invited presentation]. Annual Faculty Development Day, Morris, MN.
- Peters, H. J. (2014, February). Work more effectively with clients by understanding how culture influences both of you [Keynote address]. Association for Applied Sport Psychology's North Central Regional Conference, Mankato, MN.
- Peters, H. J. (2008, September). How to see people not problems [Invited conference presentation]. Annual Northern Plains Conference on Aging and Disability, Fargo, ND.
- Cougevan, K., Mclain, M., Maley, M., Peters, H. J., Boyer, E., & Lau, A. (2008, September). Tools for schools: University outreach panel, the body esteem boot camp [Conference presentation]. Annual meeting of the National Eating Disorders Association, Austin, TX.
- Hedstrom, R., Gano-Overway, L., Peters, H. J., & Stefanek, K. A. (2008, September). Walking the tight rope: Balancing effective sport psychology consultation and multiple roles in a small college setting [Conference presentation]. Annual meeting of the Association of Applied Sport Psychology, St. Louis, MO.
- Peters, H. J., & Williams, J. M. (2005). Positive self-talk relates to improved performance: Wrong – Cultural background counts [Conference presentation]. The Association for the Advancement of Applied Sport Psychology, Vancouver, BC.

Posters

Posters with Student co-presenters

student co-presenters are underlined

- Peters, H. J., LaFrinier-Ritchie, A., & Running Hawk, L. (2011, September). American Indian Successful Aging [Poster session]. Rural & Greater Minnesota, Conference, Morris, MN.
- Peters, H. J., LaFrinier-Ritchie, A., & Running Hawk, L. (2010, April). American Indian Successful Aging: Where is the Model [Poster session]. Biennial Cultural Competency Conference, Atlanta, GA.

Posters with Community co-presenters

* indicates co-presenters are community members

- Peters, H.J. & *Peterson, T.R. (2016, September). A cultural intervention's influence on associated connectedness and sense of belonging in Dakota youth. Witaya Unkospepi, Together We Learn [Poster session]. Teacher Inservice Training, Lower Sioux Indian Community.

- Peters, H. J. & *Peterson, T.R. (2015, June). A cultural intervention's influence on Wicozani and suicidal ideation in Dakota youth [Poster session]. Collaborative Research Center for American Indian Health Summit, Rapid City, SD.

Posters presented Individually or with Professional co-presenters

- Malek, N., Hardy, R., Monroe, E., Peters, H. J., Sungur, E., & Brand, J. (2021, October). Perceptions of overall health and how it associates with stress, anxiety, self-efficacy, and mood of paramedics [Poster session]. International Scientific Symposium at EMS World EXPO.
- Krumm, A. J, Gonzales, R. R., Peters, H. J., Gunter, K. K., Paez, K. N., Zygowicz, S. D., & Haggins, K. L. (2008, March). Multicultural competence and training environments: Individual differences in self-ratings [Poster session]. Annual International Counseling Psychology Conference, Chicago, IL.
- Krumm, A. J, Peters, H. J., Gonzales, R. R., Gunter, K. K., Paez, K. N., Zygowicz, S. D., & Haggins, K. L. (2007, August). Multicultural counseling competency and perceptions of the multicultural training environment [Poster session]. Annual Convention of the American Psychological Association, San Francisco, CA.
- Peters, H. J., & Williams, J. M. (2003, October). Applying terror management theory to performance: Can reminding individuals of their mortality increases strength output [Poster session]. Annual meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA.
- Peters, H. J., & Williams, J. M. (2003, October). The relationship between athletes' negative and positive self-talk, goal achievement, and perceived performance [Poster session]. Annual meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA.
- Peters, H. J., & Williams, J. M. (2003, October). What type of self-talk do athletes perceive as being negative [Poster session]? Annual meeting of the Association of Applied Sport Psychology, Philadelphia, PA.
- Peters, H. J., & Williams, J. M. (2001, October). Assessing American cultural orientation within diverse cultures [Poster session]. Annual meeting of the Association of Applied Sport Psychology, Orlando, FL.

Television Interview

- Anderson, A. (Host). (2020, April 9). Covering coronavirus wellness: Wicozani. [Television episode]. On COPASS. Pioneer PBS.

TEACHING AND CURRICULUM DEVELOPMENT

University of Minnesota

Courses, seminars, and instructional units taught

- PSY 3800: Research Practicum
- PSY 3542: Multicultural Psychology
- PSY 3313: Psychopathology

- PSY 3302: Personality
- PSY 4502: Alcohol & Drug Counseling Practicum
- PSY 4770: Empirical Investigations in Psychology
- PSY 4772: Empirical Investigations in Psychology
- PSY 4950: Advanced Seminar in Social and Applied Psychology: Social Aspects of Sport Psychology
- PSY 4896: Field Experiences in Psychology
- PSY 4930 1: Advanced Seminar in Personality or Clinical Psychology: Eating Disorders.
- PSY 4930 2: Advanced Seminar in Personality or Clinical Psychology: Multicultural Counseling
- IS 3800: Practicum in Social Sciences
- IS 3893:Prior Learning Directed Study
- IS 3996: Interdisciplinary Internship Psychology
- IS 4994H: Senior Honors Project
- HMSV 2001: Introduction to Human Services
- HMSV 4896: Human Services Internship

Directed Study

- PSY 3993: Black Psychology, Spring 2023
- PSY 2993: Connections between Indigenous Communities & Psychology, Spring 2020
- PSY 3893: American Indian Youth: Substance Abuse, Delinquency, and Potential Treatments, Fall 2013
- PSY 3993: Personality Characteristics and Graduation Rates, Fall & Spring 2012
- PSY 3993: Exploration of Archetypes Through Art, Spring 2012
- PSY 3993: Introduction to Profiling and the Impacts of Portraying Psychological Disorders in Popular Culture, Spring 2012
- PSY 4993: American Indian Successful Aging, Spring 2010
- PSY 4993: Diversity in Schools: Racial Identity Development and Teachers' Perceptions, Spring 2010
- PSY 4993: Ethics in Psychology, Spring 2008

Guest Lecture

- PSY 3611: History and Philosophy of Psychology (Spring 2018)
- PSY 3261: Human Sexuality (Spring 2016, Spring 2017, Spring 2018)
- PSY 4101: Helping Relationships (Fall 2007, Spring 2008)
- IS 4101: Introduction to Professional Conduct, Legal Constraints, Ethics in Human Services (Fall 2008, Spring 2009, Fall 2009)
- SOC 3141: Sociology of Childhoods (Spring 2009)

Curricular Innovations

- Service Learning
- Accessible Course Materials
- Anti-Racist Pedagogy
- Peer-Review Activities

Special Teaching Methods Implemented

- Active Learning
- Collaborative Learning
- Role Play
- Case Vignettes
- Video Critiques
- Student Presentations
- Article Dialogues
- Service Learning
- Community-based learning/research

Faculty Development Activities Regarding Teaching and Mentoring

- COPLAC's Scott Beard Leadership Circle, 2024
- Antiracist Pedagogy Across the Curriculum Institute, 2022
- Native Studies Summer Workshop for Educators, 2019
- University of Minnesota Faculty LEADS Cohort, 2018
- Brad Johnson, American Psychological Association, "Becoming a Master Mentor", 2018
- Brad Johnson, American Psychological Association, "Ethical Issues in Mentoring Relationships," 2018
- Academy for Distinguished Teachers Retreat, 2016, 2018
- Quality Matters Rubric Workshop, Engin Sungur,2012
- Thomas A. Parham, University of California, Irvine, "Building for Eternity Conceptual Pillars that Drive Contemporary Service Delivery in African American Psychology", 2012
- Faculty Professional Development Day,2010-2022
- Attend the Council of Undergraduate Research conference,2011
- Derald Wing Sue, Teachers College, Columbia University, Webinar "That's Not what I Meant!: Teaching about Microaggressions in the college Classroom" 2010

University of Arizona

Courses, seminars, and instructional units taught

- PSYC 365: Cross-Cultural Psychology
- PE 320: Psychological Foundations for Exercise and Sport
- PSYC 270: Psychology of Coaching
- INDV 101: Introduction to Psychology

ADVISING AND MENTORING

Undergraduate Student Activities

Undergraduate Research Projects

McNair

- 2023-2024: Equity, Diversity, & Inclusion in Predominantly White Organizations

- 2022-2024: Leadership in Native Communities & COVID-19's Impact on International Students' Lives and Their Health
- 2020-2021: Native Students at the University of Minnesota: Historical Trauma, Health, Connection
- 2019-2020: Leadership in Native Communities
- 2018-2019: Native American College Student's Perspectives on Healing Community

Morris Academic Partnership (MAP)

- 2013-2014: Assessing Rural Mental Health Workers' Multicultural Competencies
- 2010: Assessing Athletes' Self-Talk: Facilitative and Debilitative

Undergraduate Research Symposium

- 2022: Impact of COVID-19 on College Students' OCD Symptoms and Subsequent Daily Activities
- 2022: The Influence of Support Systems on the Academic Achievement of Native American & Latinx College Students
- 2022: COVID-19's Impact on International Students' Lives and Their Health
- 2022: Improving the Multicultural Environment of an Undergraduate Psychology Program: Perspectives of Current Students, Alumni, and Faculty
- 2022: Alternative Forms to Religion in the Lives of Secular College Students
- 2021: Native Students at the University of Minnesota: Historical Trauma, Health, Connection
- 2018: Representations of Native Americans in the Media and Impacts on Mental Health
- 2017: Health Care Experiences of Self-Identified Asexual
- 2017: Transforming Families: The Effects of Familial Social Support and Belongingness on the Healthy Identity Development of Trans Youth
- 2013: The Effects of Hypocrisy Induced Cognitive Dissonance on the Consumption of Fruits and Vegetables
- 2013: Mental Illness Microaggressions: The Experiences of College Students with mental Illnesses
- 2013: Religion, Peers, Parents, and Sex Education: Relationships with Sexual Awareness
- 2013: Artistic Expressions: Interactions between Art-Based Interventions and Motivations of Interpersonal Forgiveness
- 2013: The Effects of Media Exposure on Male Body Satisfaction and Self-Esteem
- 2012: Music Therapy and Autism Spectrum disorder
- 2010: American Indian Successful Aging. Poster session

Multicultural Mentorship Program

- Media's influence on Body Image, 2016-2017
- Microaggressions and Health Consequences, 2014-2015
- Why People Blame Rape Victims and the Psychological Effects? 2012- 2013

Global Issues Honors Consortium

- Assessing Rural Mental Health Workers' Multicultural Competencies, 2009-2010

Honors Thesis

- 2023: Native American Youth & Substance Abuse Treatment
- 2021: Decolonizing Methodologies in Psychotherapy: Acknowledging Traditional Healing Methods in Therapeutic Settings with Native American Peoples
- 2017: Analysis of Intercultural Competence in the Context of Ernest Hemingway's novel The Sun Also Rises
- 2017: Female Insanity: The Portrayal of a Murderess in Alias Grace
- 2017: Found Poetry: Combating Mental Illness Stigmas with Art
- 2016:Faculty Advisor: The Demons Within: Representations of the Devil in Literature and Possible Applications in Modern psychology
- 2014: Working with students with ADHD in Today's Classroom
- 2013: Faculty Advisor: An Examination of Characters in Television Shows and Movies who Depict Symptoms Associated with Autism Spectrum Disorders
- 2012: Music Therapy and Autism Spectrum disorder

Undergraduate Research Opportunities Program (UROP)

- 2012: Friendship Styles, Culture, and Studying Behaviors

Research Assistants

- 2022-2023:1 student, Indigenous Leadership Values
- 2022-2023:1 student, COVID-19's impact on International Students
- 2022-2023:1 student, Indigenous Students and their Support Systems
- 2022: 3 students, Assist with Empirical Investigations in Psychology projects
- 2020-2021: 2 students, McNair Projects
- 2019-2020: 2 students, Dakota Wicoh̓'aŋ (Fall & Spring)
- 2019-2020: 3 students, Friendship Styles, Culture, and Studying Behaviors
- 2019-2020: 1 student, Indigenous leadership
- 2018-2019: 6 students, Dakota Wicoh̓'aŋ (Fall & Spring)
- 2018:9 students, Dakota Wicoh̓'aŋ (Spring)
- 2017:14 students, Dakota Wicoh̓'aŋ (Fall)
- 2017:5 Students, Dakota Wicoh̓'aŋ (Spring)
- 2016-2017: 1 Student, Asexuality National Survey
- 2016: 2 Students, Personality, past stressful events, and video game aggression (Spring)
- 2014-2015:4 Students, Dakota Wicoh̓'aŋ (Fall, Spring)
- 2014:1 Student, Religion, Peers, Parents, and Sex Education
- 2014:1 Student, Interactions between Art-Based Interventions and Motivations of Interpersonal Forgiveness
- 2013-2014:3 Students, Mental Illness Microaggressions (Fall, Spring)
- 2013-2014:2 Students, Multicultural Competencies (Fall, Spring)
- 2013-2014:3 Students, Dakota Wicoh̓'aŋ (Fall, Spring)
- 2013:2 Students, Cognitive Dissonance and Eating Fruits and Vegetables (Spring)
- 2012-2013: 2 Students, Dakota Wicoh̓'aŋ (Fall, Spring)
- 2010-2011: 5 Students, Self-Talk (Fall)
- 2010-2011: 4 Students, Multicultural Competencies (Spring, Fall)

- 2009:6 Students, Survey for Morris Area School District (Spring, Fall)
- 2008-2009: 2 Students, Survey for Morris School District (Fall, Spring, Fall)
- 2008-2009: 2 Students, Motivation in Sport (Fall, Spring)
- 2008: 2 Students, Self-talk (Spring, Fall)
- 2007-2008: 1 Student, Cross cultural study of self-talk in the US and India (Fall, Spring)

Undergraduate Advising

- 2024-2025: 10 official advisees
- 2023-2024: 10 official advisees
- 2022-2023: 20 official advisees
- 2021-2022: 25 official advisees
- 2020-2021: 31 official advisees
- 2019-2020: 36 official advisees
- 2018-2019: 24 official advisees
- 2017-2018: 31 official advisees
- 2016-2017: 23 official advisees
- 2015-2016: 25 official advisees
- 2014-2015: 33 official advisees
- 2013-2014: 35 official advisees
- 2012-2013: 34 official advisees
- 2011-2012: 31 official advisees
- 2010-2011: 29 official advisees
- 2010-2011: 25 official advisees
- 2009-2010: 25 official advisees
- 2008-2009: 28 official advisees
- 2007-2008: 13 official advisees

University of Minnesota, Morris Master Adviser, 2016-2020

Great Lakes Master Adviser, 2014-2015

Other Mentoring Activities

- 2023-2024: Mentoring Zamzam Dini, Diversity Predoctoral Fellowship Program
- 2022-2023: Mentoring Krystina Sorwell, Ph.D.
- 2018-2019: Advising Mentor Priyanka Basu, Ph.D.
- 2017-2018: Advising Mentor Elliot James, Ph.D.
- 2017-2018: Mentoring Marissa Holst, Ph.D.
- 2016-2017: Advising Mentor Kevin Whalen, Ph.D.
- 2015-2016: Mentoring Bonnie Ekstrom, Ph.D.
- 2014-2015: Mentoring Kerry Michael, Ph.D.
- 2013-2014: Mentoring Theresa Peterson, Ed.D.
- 2012-2013: Mentoring Oscar Baldelomar, Ph.D.

- 2011-2012: Mentoring Karissa White, Predoctoral Fellowship Program
- 2011-2012: Mentoring Nick Leanord, Ph.D.
- 2009-2010: Advising Mentor Jacqueline Greenwood-Julian, Psy.D.
- 2009-2010: Advising Mentor Sheryl Stewart, Ph.D.
- 2009-2010: Advising Mentor Kevin Stefanek, Ph.D.

SERVICE AND PUBLIC OUTREACH

Service to the Profession of Psychology

Sport Psychology Services

- 2017: External Evaluator, Candidate for Associate Professor with Tenure, Exercise Science Department, Pacific University
- 2009-2017: Member of the United States Olympic Committee's Sport Psychology Registry
- 2009-2012: Secretary Treasure, the Association for Applied Sport Psychology (AASP), Executive Board Member

Editorships/Journal Reviewer Experience

- 2024-2025: Journal of Affective Disorders
- 2022-2023: Journal of Gay & Lesbian Mental Health
- 2020: Archives of Sexual Behavior
- 2017: British Journal of Social Psychology
- 2011-2019: Reviewer for Psychology of Sport & Exercise
- 2011-2019: Reviewer for Journal of Applied Sport Psychology
- 2009-2012: Guest reviewer for the Women in Sport and Physical Activity Journal
- 2008: Guest reviewer International Journal of Sport and Exercise Psychology.

Review panels for external funding agencies, foundations

- 2023: Invited Reviewer: Patient-Centered Outcomes Research Institute (PCORI) 2023 Cycle Achieve Health Equity
- 2023: Invited Reviewer: Tribal-Researcher Capacity Building Grants U.S. Department of Justice, Office of Justice Programs' National Institute of Justice
- 2006: Grant Review Committee, AASP

Committee memberships

- 2014-2017: Diversity Committee, AASP
- 2015-2016: AASP Foundation Committee, AASP
- 2015: Conference Program Review Committee, AASP
- 2012-2012: AASP Foundation, AASP
- 2010-2012: Development Committee, Chair, AASP
- 2009-2012: Finance Committee, Chair, AASP
- 2007-2011: Conference Program Review Committee, AASP
- 2007-2009: Dissertation Award Committee, AASP
- 2007: Marketing Search Committee, AASP
- 2005-2006: International Student Representative, AASP, Executive Board Member

- 2002-2005: Regional Student Representative, AASP
- 2003-2005: Member of the International Relations Committee, AASP
- 2003-2005: Facilitator for Proactive Peer Undergraduate Mentoring Program, AASP

Organization of conferences, workshops, panels, symposia

- 2013 Conference Planning Committee, Rural and Behavioral Health Conference
- 2013: Conference Presider of a Panel, AASP
- 2012: Conference Planning Committee, Rural and Behavioral Health Conference
- 2010: Conference Presider of a Panel, AASP
- 2010: Conference Planning Committee, Rural and Behavioral Health Conference
- 2009:Conference Presider of a Panel, AASP
- 2007-2019: Conference Program Review Committee, AASP
- 2007: Conference Presider of a Panel, AASP

Service to the University of Minnesota

University-wide service

- 2013-2019: Disabilities Issues Committee
- 2016: Academy of Distinguished Teachers Planning Committee
- 2016-2017: School of Public Health Work Group
- 2009-2010: All University GLBT Commission
- 2009-2010: Biennial Summit Planning Committee

University of Minnesota, Morris

- 2024-present: Planning Committee
- 2023-present: Co-developed and facilitated the Morris 1101 Multicultural Knowledge Initiative
- 2022-present: Faculty Liaison with Fond du Lac Tribal & Community College: Pre-Licensed Alcohol and Drug Counselor program development
- 2022-present: Faculty Liaison with Fond du Lac Tribal & Community College: Online Psychology program development
- 2022-2024: Equity and Diversity Committee, Chair
- 2017-2022: Commission on Women and Gender Equity, Chair
- 2017-2021: Human Services Coordinator
- 2019-2020: Native American Student Success Campus Resources Faculty Liaison: UMN Morris's Native American Serving Non-Tribal Institutions project
- 2017-2020: Equity & Diversity Advocate Pilot Project, Chair
- 2017-2021: Consultant Student Counseling
- 2011-2020: Student Behavior Committee, Chair
- 2017: Teach In- Immigrants & Refugees: Beyond the Rhetoric Chair of Planning Committee
- 2016: Human Services, Coordinator (Fall)
- 2016: Mental Health Awareness Week, Co-Coordinator
- 2015: Mental Health Awareness Week, Co-Coordinator
- 2015: Education Division Promotion & Tenure Review Committee

- 2014- 2017: Commission on Women
- 2014 & 2015: Martin Luther King Jr. Day of Service Presenter
- 2014-2015: Equity, Diversity and Intercultural Connections Retreat, Planning Committee Member & Facilitator
- 2014-2015: Circulation Library Technology Specialists Search Committee
- 2014: Social Science Division Chair Review Committee
- 2014: Community of Scholar, Individual Interviewer, Admissions
- 2013-2017: Liberal Arts for the Human Services, Discipline Coordinator
- 2013-2014: Technology and Instruction Access Working Group
- 2013: Community of Scholars (individual interviewer), Admissions
- 2011: Generate Proposal for UMM's Faculty Resource Center
- 2010: Faculty Professional Development Day Planning Committee, Chair
- 2010: Community of Scholars (individual interviewer), Admissions
- 2009-2010: Faculty Development Committee
- 2009: Summer Advising Participant, Advising
- 2009: New Recruit Dinner, Admissions
- 2009: Community of Scholars (individual & group interviewer), Admissions
- 2008-2009: Queer Issues Committee
- 2008-2009: Campus Resource and Planning Committee
- 2008: Safe Zone Training
- 2008-2019: Hold individual meetings with prospective students (at least 10 a year)

Social Sciences Division

- 2019-2020: Policy Committee
- 2017-2019: Supporting Junior Faculty of Color Work Group
- 2016-2017: Clinical/Counseling Psychology Search Committee Chair
- 2013-2015: Coordinated the transition from LAHS to HMSV
- 2013-2014: Health Psychology Search Committee
- 2012-2014: Social Sciences Social Committee, Chair
- 2013-2014: Psychology Search Committee
- 2012-2013: Anthropology Search Committee
- 2011: Generate Proposal for LAHS Major
- 2010: Organized Display of Faculty Research and Student Awards
- 2009-2010: Social Sciences Social Committee
- 2008: Filled in for Dr. Greenwood while on maternity leave

Psychology Discipline

- 2023: Coordinate the Psychology Alumni Talks: Cheyenne Willson & Lalania Walker
- 2019-2020: Coordinate the Psychology Alumni Talks: Andrew Burroughs, Andrea Renville, Winnie Lindstrom, & Madison Anderson
- 2019-2020: Coordinate the Native Psychology Cohort- Pilot Native American Support Services
- 2019: Provided clinical supervision to Rachel Coler Mulholland
- 2018-2019: Provided Clinical Supervision to Evan Loehle-Conger

- 2015: Coordinator for Psychology Guest Speaker: Dr. McNelly
- 2014: Psychology Discipline Coordinator (Fall)
- 2012-2013: Awards Committee, Chair
- 2009-2010: Awards Committee, Chair
- 2008-2010: Senior Seminar Placement, Chair
- 2008-present: Psi Chi, National Honor Society in Psychology Presenter

Service to Other Universities

University of California, Davis

- 2007: Emergency Preparedness Committee
- 2005-2007: Multicultural Group Facilitator
- 2005-2007: Eating Disorder Management Team
- 2005-2007: Sport Psychology Team
- 2005-2007: Social Committee

University of Arizona

- 2004: Faculty Search for Clinical Position Committee
- 2004: Panel- Preparation for Graduate School Course
- 2003-2005: Peer Athletic Leaders group Presenter
- 2003-2004: Clinical Student Representative
- 2003-2004: Psi Chi, National Honor Society in Psychology Presenter
- 2003: Clinical Graduate Students Manual Committee
- 2003: Safe Zone Training
- 2002-2004: Psychology Student Representative
- 2002-2003: Prospective Graduate Student Weekend Organizer
- 2001-2005: Psychology Teaching Assistant Committee

Public and Other Service

- 2023-2024: Provide Monthly Equity and Diversity training to 2nd grade students
- 2024: Horizon Public Health: Social Determinants of Health (6 workshops)
- 2023: Horizon Public Health: Multicultural Knowledge, Promoting a Growth Mindset (12 workshops)
- 2023: Junior Achievement North: Diversity, Equity, and Inclusion all staff Workshop
- 2023: Grow with Otter Tail County Professional and Personal Growth (15 workshops)
- 2010-2020: Consult for Prairie Community Services, Morris, MN
- 2019-2020: Coach an Odyssey of the Mind Team at Morris Area Elementary School
- 2019-2020: Coach 3rd grade basketball team
- 2018-2019: Provide Monthly Equity and Diversity training to 2nd grade students
- 2018: Latina Woman's Support Group: Presented a Workshop on Self Compassion, Morris, MN
- 2017: Swift County CPS, self-care and dealing with client loss
- 2016: Region 4 South Adult Mental Health Consortium Presenter
- 2014 & 2015: Martin Luther King Jr. Day of Service.
- 2014: Latina Woman's Support Group: Presented a Workshop on Self Care, Morris, MN

- 2013: Latina Woman's Support Group: Presented a Workshop on Depression, Morris, MN
- 2010: Provided a 231-page report to Scott Monson, Morris Area School District Superintendent
- 2008: Diversity Training for the Residents of Riverview Place, Fargo, ND
- 2007: Team Building Workshop for Kindred, ND Girl's Basketball Team
- 2004-2005: Relay for Life, Participant
- 2004: Mountain View High School, Presentation
- 2004: Jewish Family Services, Presentation
- 2003: Woman's Shelter, Volunteer
- 2003: Race for a Cure, Participant
- 2000: Habitat for Humanity, Team Organizer