

ANASTASIA CHOUVALOVA

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EDUCATION

2022-2027

TEXAS TECH UNIVERSITY - Ph.D., BIOLOGY

My Ph.D. degree focuses on exploring how undergraduate STEM students' personal lay theories (i.e., beliefs about intellectual ability) form and how their meta-lay theories (i.e., perceptions of their instructors' beliefs) form. I aim to triangulate these findings to design an evidence-based professional development workshop for faculty. (Current GPA = 4.0)

Advisor: Lisa Limeri

2018-2022

UNIVERSITY OF GUELPH – B.Sc., BIOMEDICAL SCIENCES (MINOR: NEUROSCIENCE)

My rigorous and competitive undergraduate degree allowed me to study human health within a variety of disciplines ranging from endocrinology to pharmacology, while my neuroscience minor cultivated my passion for cognition and educational psychology. (GPA = 4.0)

HONOURS, GRANTS, & AWARDS

2024

LOVE OF LEARNING AWARD, PHI KAPPA PHI

Received a \$1,000 scholarship to attend the Society for the Advancement of Biology Education Research (SABER) West Conference 2025.

2024

LEARNING ASSISTANT ALLIANCE SCHOLARSHIP, INTERNATIONAL LEARNING ASSISTANT CONFERENCE

Received a \$600 scholarship to attend the 2024 International Learning Assistant Conference.

2024

INCENTIVE SCHOLARSHIP, TEXAS TECH UNIVERSITY

Received a \$1,000 scholarship for my service as treasurer with the Texas Tech University Association of Biologists (TTUAB) Organization.

2024

INVITATION TO THE NATIONAL SOCIETY OF LEADERSHIP & SUCCESS, TEXAS TECH UNIVERSITY

Invited member of TTU's chapter of the National Society of Leadership and Success (declined).

2024

INDUCTION TO PHI KAPPA PHI, TEXAS TECH UNIVERSITY

Invited to become a member of Phi Kappa Phi, the most prestigious honor society in the

country, as a representative of the top 10% of graduate students at TTU (accepted).

2023

SMART Scholarship Semifinalist, DEPARTMENT OF DEFENSE

Advanced to the semifinalist stage of the Science, Mathematics, and Research for Transformation (SMART) Scholarship-for-Service Program.

2022-2027

Distinguished Graduate Student Assistantship (DGSA), TEXAS TECH UNIVERSITY

Offered tuition waivers and a monetary award of \$30,000/year as an incoming doctoral student.

2022

DBER-SiT Travel Grant, SABER 2022

Received a \$600 travel grant to attend the SABER 2022 National Conference.

2021-2022

Alex Peepre Memorial Scholarship, UNIVERSITY OF GUELPH

For high academic standing and demonstration of marked qualities of leadership.

2021

Stephanie Betts Memorial Scholarship, UNIVERSITY OF GUELPH

For outstanding academic and extracurricular achievement in the Biomedical Sciences major.

2020

Van Stralen & Van Der Hoeven Memorial Scholarship, UNIVERSITY OF GUELPH

For demonstrating academic achievement and exemplary leadership.

2018-2022

Board of Governors' Scholarship, UNIVERSITY OF GUELPH

For entering my program with one of the highest admission averages of my cohort.

GRADUATE RESEARCH EXPERIENCE

2022-2024

DBER Seminars, TEXAS TECH UNIVERSITY

Role: Participant and Presenter.

Leader: Beth Thacker.

I am a regular attendee of the Discipline-based Education Research seminars hosted by Dr. Beth Thacker of the TTU Physics Department. I have presented seven times at this seminar.

2024

Department of Biology, TEXAS TECH UNIVERSITY

RESOURCE USE IN LEARNING ASSISTANTS: Using a case study approach to investigate how new learning assistants rely on resources to solve problems to unveil gaps in the resource system.

Collaborators: Lisa Limeri.

2023-Present

Department of Biology, TEXAS TECH UNIVERSITY

LAY THEORIES IN O-CHEM: Using mixed methods to see how flipped vs. traditional organic chemistry courses affect students' implicit beliefs about their ability and intelligence.

Collaborators: Jeremy Hsu (Chapman University), Lisa Limeri, Anisha Navlekar.

2022-2023

Department of Biology, TEXAS TECH UNIVERSITY

STUDY STRATEGIES: Using quantitative methods to elucidate the relationships between implicit beliefs, error-related beliefs, and studying behaviors in undergraduate STEM students. Published in International Journal of STEM Education.

Collaborators: Anisha Navlekar, Lisa Limeri, Devin Mills, Mikayla Adams, Sami Daye, Fatima de Anda.

2022-Present

Department of Biology, TEXAS TECH UNIVERSITY

STUDENT PERCEPTIONS: Using qualitative methods to explore how undergraduate STEM students form their perceptions of their instructors' implicit beliefs about their students' ability and intelligence. First draft of the manuscript is complete.

Collaborators: Isabel Billings, Kim Ga Yeon, David Vizcaino, Nathan Hoggatt, Aastha Mehta, Abby Caraway, Lisa Limeri.

GRADUATE MENTORING EXPERIENCE

2022–Present

Department of Biology, TEXAS TECH UNIVERSITY

Heading a team of seven undergraduate STEM students working as researchers on the Student Perceptions Project. My students have won numerous awards in undergraduate student conferences and presentations.

Undergraduate students: Isabel Billings, Kim Ga-Yeon, Nathan Hoggatt, David Vizcaino, Abby Caraway, Aastha Mehta

Awards:

- 2023: Texas Tech University Association of Biologists Symposium (TTABSS) Best Undergraduate Poster Award
- 2023: Transformative Undergraduate Research Experience Scholar Toreador Special Poster Session Third Place
- 2023: Texas Tech University Undergraduate Research Conference Education Impact Second Place
- 2024: Undergraduate Writing Center Abstract Competition 3rd Place

UNDERGRADUATE RESEARCH EXPERIENCE

2021-2022

School of Engineering, UNIVERSITY OF GUELPH

Using a phenomenological approach to explore the role of problem analysis, problem-solving skills, and memorization in the multidisciplinary undergraduate STEM curriculum.

Supervisor: Karen Gordon

2021

Human Health & Nutritional Sciences, UNIVERSITY OF GUELPH

Using data mining techniques in databases to investigate the prevalence of employability skills in authentic assessments occurring in the health sciences majors.

Supervisor: Kerry Ritchie

2020

Ontario Veterinary College, UNIVERSITY OF GUELPH

Composition of a literature review about mental health and well-being interventions for veterinary students.

Supervisor: Andria Jones-Bitton

TEACHING EXPERIENCE (PAID)

September 2022 – Present

Biology Teacher Scholars Program, TEXAS TECH UNIVERSITY

Position: Program Participant (August 2022-June 2022) and Cohort Leader (August 2023-Present)

Participated in a pilot program aiming to improve the pedagogical practices and pedagogical content knowledge of teaching assistants in the Biology Department of Texas Tech University and the following year, became a cohort leader for incoming participants.

September 2022 – February 2022

Textbook Writing, TEXAS TECH UNIVERSITY

Position: Author

Co-writing an open-access textbook called “[Introductory Biology 2](#)” for an introductory biology course in collaboration with Doctor Joshua Reid, Doctor Lisa Limeri, and Mason Tedeschi.

September 2022 – Present

Biology Department, TEXAS TECH UNIVERSITY

Position: Lecture Teaching Assistant

Grading assignments, creating exam questions, formatting exams, proctoring exams, offering office hours and extra support to students.

2020-2022

Scholars Education, GUELPH

Position: High School Mathematics & Science Teacher

Providing extra support to high school and elementary students across a variety of STEM subjects.

PUBLICATIONS

August 2025

Characterizing the content and mechanisms of instructor messages that communicate instructor beliefs about ability to undergraduates, PSYARXIV

Preprint (*published*). Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga Yeon Kim, Aastha Mehta, David Vizcaino, Dr. Lisa Limeri.

https://doi.org/10.31234/osf.io/436vf_v1

May 2025

Understanding the lived experiences of the Society for the Advancement of Biology Education Research Members through an intersectional framework, CBE LIFE SCIENCES EDUCATION

Journal article (*accepted*). Authors: Ariel Chasen, Nicole Scheuermann, Teri Balser, **Anastasia Chouvalova**, Clark Coffman, Amanda Conner, Adriel Cruz, Alexander Eden, Robert Erdmann, Dawn Foster-Hartnett, Cathay Ishikawa, Mike Klymkowsky, Justine Liepkalns, Kelsey Metzger, Miriam Segura, Beverly Smith-Keiling, Erika Williams, Ashli Wright, Natalia Caporale.

February 2024

Undergraduates' reactions to errors mediates the association between growth mindset and study strategies, INTERNATIONAL JOURNAL OF STEM EDUCATION

Journal article (*published*). Authors: **Anastasia Chouvalova**, Anisha Navlekar, Devin Mills, Mikayla Adams, Sami Daye, Fatima De Anda, Lisa Limeri.

November 2022

Problem-solving in biology vs. engineering: What can engineering educators learn from biology educators, CANADIAN ENGINEERING EDUCATION ASSOCIATION

Full conference paper (*published*) and presentation. Authors: **Anastasia Chouvalova**, Sarah DeDecker, Ryan Clemmer, Julie Vale, Karen Gordon.

November 2022

Memorization: Friend or Foe When Solving Problems in STEM Undergraduate Courses, CANADIAN ENGINEERING EDUCATION ASSOCIATION

Full conference paper (*published*). Authors: Sarah DeDecker, **Anastasia Chouvalova**, Karen Gordon, Ryan Clemmer, Julie Vale.

CONFERENCE PRESENTATIONS

January 2025

From molecules to mindset, universality, and brilliance: How students' lay theories form and change throughout organic chemistry, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH WEST 2025 MEETING

Short talk. Authors: **Anastasia Chouvalova**, Lisa Limeri, Jeremy Hsu.

July 2024

Curriculum reform that fosters equity and inclusion, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH WEST 2024 MEETING

Roundtable. Authors: **Anastasia Chouvalova**, Justine Liepkalns, Erika Williams, Amanda Conner, Brock Couch, Clark Coffman, Mike Klymkowsky, Teri Balser.

July 2024

With effort, thou shall pass: a qualitative study of how undergraduate STEM students perceive their instructors' beliefs, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH WEST 2024 MEETING

Poster. Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga-Yeon Kim, Aastha Mehta, David Vizcaino, Lisa Limeri.

June 2024

A qualitative study of college STEM student perceptions of their instructors' beliefs about intelligence and ability, INCLUSIVE ENVIRONMENTS AND METRICS IN BIOLOGY EDUCATION AND RESEARCH CONFERENCE 2024

Short talk. Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga-Yeon Kim, Aastha Mehta, David Vizcaino, Lisa Limeri.

January 2024

How instructor behaviors and classroom factors shape undergraduate STEM students' meta-lay theories, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH WEST 2024 MEETING

Poster. Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga-Yeon Kim, Aastha Mehta, David Vizcaino, Lisa Limeri.

July 2023

Toward a SABER culture of inclusion and belonging, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH 2023 MEETING

Roundtable. Authors: Ariel Chasen, **Anastasia Chouvalova**, Clark Coffman, Dawn Foster-Hartnett, Nicole Scheuermann, Erika Williams, Mike Klymkowsky, Teri Balser, Saumya Sankaran, Amanda G Conner, Jacob Wainman, Kelsie Bernot.

July 2023

Elucidating the relationship between mindset, error-related beliefs, and study strategy use in undergraduate STEM students, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH 2023

Short Talk. Authors: **Anastasia Chouvalova**, Anisha Navlekar, Mikayla Adams, Sami Daye, Fatima De Anda, Lisa Limeri.

June 2023

Student Perceptions of their Instructors' Lay Theories in Undergraduate STEM Classrooms, GORDON RESEARCH CONFERENCE 2023

Poster. Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga-Yeon Kim, Aastha Mehta, David Vizcaino, Lisa Limeri.

April 2023

Meta-lay theories: How do undergraduate STEM students perceive their instructors' beliefs?, X-DPER CONFERENCE 2023

Poster. Authors: **Anastasia Chouvalova**, Isabel Billings, Abby Caraway, Nathan Hoggatt, Ga-Yeon Kim, Aastha Mehta, David Vizcaino, Lisa Limeri.

January 2023

Expanding the mindset context: How students perceive their STEM instructors' mindset beliefs, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH WEST 2023 MEETING

Plenary talk. Authors: **Anastasia Chouvalova**, David Vizcaino, Nathan Hoggatt, Kim Ga Yeon, Isabel Billings, Lisa Limeri.

July 2022

How to immerse biology undergraduate students in problem-solving: Lessons for biology education from engineering and computer science, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH 2022 MEETING

Presentation. Collaborators: **Anastasia Chouvalova**, Sarah DeDecker, Ryan Clemmer, Julie Vale, Karen Gordon.

COMMUNITY SERVICE (UNPAID)

October 2023 – Present

Graduate Student Affairs Committee, TEXAS TECH UNIVERSITY

Role: Student Representative

- Providing input into TA-related matters
- Developing, disseminating, and analyzing graduate student surveys

January 2023 – Present

Conference Planning Committee, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH EAST

Role: Head of Abstract Committee for the SABER East Conference.

- Collaborate with other committee members to coordinate conference submissions
- Set up the abstract submission website

August 2022 - Present

Diversity, Equity, and Inclusion (DEI) Committee Member, SOCIETY FOR THE ADVANCEMENT OF BIOLOGY EDUCATION RESEARCH

Role: Member of *Membership, Attendance, and Climate Survey subcommittee*

- Design and run a climate survey to be piloted at the SABER 2023 Annual Conference

August 2022 - Present

Treasurer and Full Member, TEXAS TECH UNIVERSITY ASSOCIATION OF BIOLOGISTS

Role: Full Member (August 2022-Present), Treasurer (August 2023-Present)

- Coordinate laboratory material sales and help committee plan events
- Manage the organizational budget, complete tax forms

2021-2022

College of Biological Science Office of Educational Scholarship & Practice, UNIVERSITY OF GUELPH

Role: Undergraduate Student Representative

- Create surveys to measure and evaluate STEM students' academic experiences
- Collect, analyze, and relay data about student experience to the faculty committee

- Manage an undergraduate student blog

2019-2022

Students Supporting the University Health Network, UNIVERSITY OF GUELPH

Role: Co-President (2021-2022), Events Director (2020-2021), Events Planner (2019-2020)

- Plan and coordinate events to raise funds for cancer research at major healthcare facilities in the Toronto region

2018-2022

Best Buddies, UNIVERSITY OF GUELPH

Role: Administrator (2020-2022), Ambassador (2019-2020), Volunteer (2018-2019)

- Foster friendships between university students and individuals with special needs in the Guelph community

COURSE WORK

Undergraduate level:

- Anatomy: neuroanatomy, human anatomy
- Biology: biodiversity, microbiology, human health, molecular and cell biology, genetics, epidemiology, foodborne disease
- Neuroscience: behavioral neuroscience, cognitive neuroscience, principles of learning
- Psychology: cognitive psychology, social psychology, organizational psychology
- Physiology: cardiology, endocrinology, immunology, human physiology, nutrition, pharmacology
- Mathematics: calculus, statistics
- Chemistry: general chemistry, biochemistry, environmental toxicology
- Physics
- History, sociology

Graduate level:

- Biology: bioinformatics, evolutionary genomics, biostatistics, programming, pedagogy, publishing, responsible research conduct
- Psychology and educational psychology: cognitive neuroscience, qualitative research methods, case study research, cognition and instruction