

Laura Mars, PhD

Adjunct Faculty

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My teaching career began over 20 years ago when I taught a night class at the education center on Fort Wainwright, Alaska. I had just left the military after 10 years of service and was interested in teaching. I absolutely loved it and have never looked back! My passion for teaching and inspiring my students has only grown over the subsequent years. I am very interested in helping students be the best version of themselves throughout their academic journey.

Teaching fulfills a passion I have for science, research, discovery, and learning. My courses are designed to foster a learning environment where students know I am excited to teach them, they feel encouraged to participate, and they value each other's input.

Academic Background

- PhD, Health Psychology, Walden University
- MS, Psychology, Walden University
- BS, Sociology, Methodist College

Expertise and Interests

As a veteran, I am particularly interested in veterans and their families. My dissertation topic was "A Study of Daily Adjustment Among Spouses of Returning Combat Veterans." Currently, I am researching veterans and readjustment/resiliency factors and positive living and spirituality. I would like to someday write a series of children's books that focus on resiliency and positive personality characteristics in children.

Outside the Classroom

When I am not teaching, I enjoy taking care of my family and our farm. We live on a large farm with animals and plenty of space to garden and play. I enjoy growing our own herbs and vegetables. This past summer, I taught myself how to make pickles and jam, all from our garden. I love to be outside with our children and animals. On a typical day, you can find me cooking, gardening, or riding four-wheelers around the farm, which I find very relaxing.