

CURRICULUM VITA

Sandra Aphrodite Sgoutas-Emch

Work Contact

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Education

- Ph.D. Biopsychology, University of Georgia, Athens, Georgia, 1991
- M.S. Biopsychology, University of Georgia, Athens, Georgia, 1989
- B.A. Psychology, Emory University, Atlanta, Georgia, 1986
Graduated with Honors

Work Experience

Special Assistant to the Dean, Chair of Dean Advisory Council for Faculty Mentoring. Fall 2020 – Spring 2021.

Responsibilities:

- Leading council to develop a mentoring plan for faculty within the College of Arts and Sciences.
- Surveying faculty on needs for mentoring
- Research “best practices” for mentoring programs especially women in STEM and BIPOC faculty
- Design program with a budget

Faculty Liaison, Mulvaney Center for Community Awareness and Social Action. University of San Diego, Fall 2020 - present. Office of Strategic Initiatives and Institutional Effectiveness.

Responsibilities:

- Help coordinate faculty development efforts for community engagement work.
- Lead researcher for team to assess efforts of the center as well as Scholarship of Engagement projects.
- Coordinating efforts for assessment management plan for the Center
- Facilitating updates for Civic Action Plan for the University

Facilitator for Campus Compact Credential Program on Faculty Development. Fall 2020.

- Design Community of Practice for certificate program
- Facilitate discussions for the program

Facilitator for Campus Compact Community of Practice for Civic Action Plan Implementation. 2019 – 2020.

Responsibilities and Accomplishments:

- Coordinating bimonthly community of practice (CoP) sessions with community engagement practitioners across the country. Purpose of the CoP is to help institutions of higher education fulfill the goals outlined in their Civic Action Plans (CAP). CAPs are declarations of shared commitment to the public purposes of higher education.

Director of Center for Educational Excellence, University of San Diego, CA, 2009

– 2019. Provost Office.

The University of San Diego is a comprehensive medium-sized, private Catholic University with close to 9,000 undergraduate and graduate students. The Center provides faculty development to over 750 faculty members.

Responsibilities and Accomplishments:

- Collaborate with all units on campus on faculty development issues, work with associate deans or equivalent at each of the schools to design trainings and workshops for faculty development including topics on global learning and internationalization, developing learning outcomes and backward course design, and implementing UDL design for inclusive education
- Develop and mentor faculty liaison positions for faculty development with each school and college
- Individual and group consultation which entails working with individual faculty on their teaching, developing curriculum, and rank and tenure; develop faculty and professional learning communities on topics such as spirituality and the academy, universal design learning, and team-based learning
- Co-creator of diversity faculty toolkit, inclusive education series, and equity trainings for peer review
- Co-created tech talk series to support faculty use of technology in the classroom
- Work with upper administration on a variety of faculty-related issues such as faculty recruitment, faculty workload, student evaluation development, faculty review processes and support of engaged scholarship; work with institutional research to integrate data with programming. Co-created template for departments to help support equity in peer review process.
- Strategic planning experience at the department level, developed plans for the CEE as well as worked on university's strategic plan for 2024 and plans for other centers on campus. Created 5 year strategic plan for CEE and Center for Diversity and Inclusion.
- Member of university assessment committee and support assessment efforts on campus
- Creator and coordinator of common read program for the campus
- Fund raising including grant writing and donor solicitations
- Created and implemented program review for center
- Manage budget for the center and daily operations including completing year end reports.
- Supervise both staff (2 fulltime; 1 part-time and 4 work study students) and faculty (4 faculty liaisons) who work in the center.

Chair of Core Curriculum Committee, University of San Diego, CA Fall 2014 - Spring 2016.

Responsibilities and Accomplishments:

- Manage the core curriculum
- Developed tracking system for courses

- Resided over meetings for approval of all newly proposed course
- Coordinated with registrar for course schedules
- Worked on integration of community engagement, interdisciplinarity and diversity requirements for the revised core curriculum.

Associate Director of Center for Educational Excellence, University of San Diego, CA, 2007 – 2009.

Responsibilities and Accomplishments:

- Assist director of the center, design programs specifically geared toward inclusion and diversity such as family friendly policies, diversifying faculty recruitment and implicit bias training for search committees and rank and tenure committees.

Director of Gender Studies Program, University of San Diego, San Diego, CA, 2005- 2009.

Responsibilities and Accomplishments:

- Hiring of faculty for introduction and capstone courses
- Management of course schedules for the minor
- Managing budget for the program
- Development of learning outcomes and criteria for interdisciplinary courses for the program
- Fund raising for program including grant writing and funder solicitations
- Assisting with program review and strategic plan.

Professor, Psychology, University of San Diego, San Diego, CA
September 2003 – present.

Affiliated Faculty for Women and Gender Studies and Ethnic Studies Programs, University of San Diego, San Diego, CA
September 1998 – present.

Associate Professor, Psychology, University of San Diego, San Diego, CA
September 1998 – 2003.

Adjunct Professor at Western Kentucky University, 1997 – 2001.

Assistant Professor, Psychology, University of San Diego, San Diego, CA,
September 1993 – 1998.

Fellowships and Trainings

2019 Certificate in Higher Education Administration 101, The Center for Higher Education Leadership, Fall 2019.

2019 Certified VALUE Institute Scorer, Spring – Summer 2019.

Trained to score work products for the writing literacy VALUE rubric.

AAC&U Training for VALUE Institute, Spring 2019. Creative Thinking.

AAC&U Training for VALUE Institute, Fall 2018. Information Literacy.

Provided feedback on the VALUE rubric for information literacy.

2018 Certified VALUE Institute Scorer, Spring – Summer 2018.

Trained to score work products for the critical thinking VALUE rubric.

National Campus Compact Scholar in Residence, 2017 – 2018.

Researched faculty development models for Campus Compact to implement on a national scale including a sabbatical leave program for community engaged scholars.

Assessment Leadership Academy, WSCUC (formerly known as WASC),
2014 – 2015.

Prepares postsecondary professionals to provide leadership in a wide range of activities related to assessment of student learning, from facilitating workshops and supporting the scholarship of assessment to assisting administrative leadership in planning, budgeting, and decision-making related to educational effectiveness.

Faculty Fellow for the California Campus Compact- Carnegie Foundation Service-Learning for Political Engagement, Summer 2007 – Summer 2009.

To address the challenge of political disengagement among young people and advance the field of service-learning by focusing on dilemmas inherent in teaching for political participation. Through this two-year program, Fellows developed, implemented and evaluated courses that use service-learning to increase students' understanding of and skills and motivation for political participation.

NIH Postdoctoral Fellow, Psychoneuroimmunology, The Ohio State University Medical School, Columbus, Ohio, 1991 – 1993.

Research fellowship that examined the interactions between the cardiovascular, endocrine and immune systems responses to stress and the impact on health.

Teaching Experience

September 1993 – present. University of San Diego, (San Diego, California). Instructor for Research Methods, Health Psychology, Health Psychology of Women and Ethnic Groups, Advanced Research Methods in Health Psychology and Biopsychology, Biopsychology, Brain, Behavior, and Immunity, Hormones and Behavior, Psychology of Stress, Cultural Constructs of Motherhood, Exploration of Human Sexuality and Statistics. Prepared lectures, laboratories, and advised students on Research Methods in Psychology.

June - August 1991. University of Georgia (Athens, Georgia). Instructor for Experimental Design Laboratory. Instructed and assisted students in statistical analysis procedures, experimental design, and designing, running, and writing -up their own experiments.

September 1990 - June 1991. University of Georgia, (Athens, Ga.). Instructor for Introduction to Psychology Course. Responsible for the preparation of exams and lectures for the course.

April - June 1990. University of Georgia, (Athens, Ga.). Instructor for Comparative Psychology. Responsible for the preparation of exams and lectures for the course.

September 1988 - June 1989. University of Georgia, (Athens, Ga.). Instructor for Comparative Psychology Lab. Responsible for setting up experiments, organizing, and giving lectures on the area of Comparative Psychology.

Grants

Linda Vista Initiative sponsored by US Bank, \$750.00 to support creation of community-based stress management program for middle school students. Spring, 2019.

Linda Vista Initiative sponsored by US Bank, \$750.00 to support a peer health education program for Middle School students. Fall, 2018.

Co-PI, Advancement of Female Faculty: Institutional climate, Recruitment and Mentoring (AFFIRM), National Science Foundation \$599,414 Awarded during Period: 8/15/11-7/31/16.

Presidential Advisory Board Grant Awardee, \$5,000.00 for stress focus groups of students on USD's campus, 2008.

Faculty Team Advisor for grant submitted by the University of San Diego to The National Society for Experiential Education, National Community Development Program. Grant Awarded - February, 1997 – 2001.

Irvine II: Cultural Competency Grant for Continuation Project of Cultural Health Fair (1999). Total amount \$1400.00

Irvine II: Cultural Competency Grant for Cultural Health Fair (1998). Total amount \$995.00

Research Funds from Irvine Foundation Faculty Grants (1994). Total amount \$7,000.00.

Honors and Awards

National Finalist for Thomas Ehrlich Civically-Engaged Faculty award for Civic Engagement and the Public Good by Campus Compact, 2015.

Recipient of Distinguished Faculty Award, University of San Diego Associated Students, 2013.

Keynote Speaker for Montgomery Middle School Promotion Ceremony, summer, 2012.

Recipient of Distinguished Faculty Award, University of San Diego Associated Students, 2011.

Recipient of the Woman of Impact Award, University of San Diego Women's Center, 2010.

Principal for a Day, Honoree for Montgomery Middle School, San Diego Unified School District, Fall, 2009.

Outstanding Faculty Award, Mortar Board Society for recognition of outstanding scholarship, leadership and service, Spring 2007, Spring 2011.

Nominated for Woman of Impact, University of San Diego, Fall 2006, Fall 2012.

Nominated for 2001 Thomas Ehrlich National Faculty Award for Service learning.

Exemplary Partnership Award – San Diego Schools 18th Annual End-of-Year Community Recognition Event. Team member of University of San Diego in partnership with Twain High School. Spring 2000.

Innovation Award for Experiential Education at the University of San Diego, 1998.

Hebert Zimmer Scholar of Psychology Award, University of Georgia, 1991.

Outstanding Graduate Teaching Award, University of Georgia, 1991.

Outstanding Young Women of America Award, 1989.

Psi Chi Psychology Honor Society, initiated 1987.

Oxford Scholar, Emory University, 1986.

Publications – Journals

Sgoutas-Emch, S.A. & Wanic, R. (2020). Assessing Integrative Learning through Critical Reflection and Community Engagement in Health Education. *Journal of Experiential Education*, under review.

Sgoutas-Emch, S.A., Guerrieri, K. & Strawser, C. (2020). Perceptions and Visions of Community Engagement: A Pilot Study for Assessment Across the Institution. *Journal of Community Engagement and Higher Education*. Accepted.

Sgoutas-Emch, S.A. & Guerrieri, K. (2019). Utilizing a Model of Social Change to Examine and Foster Equitable, Democratic, and Mutually Beneficial Networked Community

- Partnerships. *International Journal of Research in Service Learning and Community Engagement*. Accepted.
- Sumner, S., Sgoutas-Emch, S.A., Nunn, L., & Kirkley, E. (2017). Implementing Innovative Pedagogy and a Rainbow Curriculum to Expand Learning on Diversity. *InSight: A Journal for Scholarly Teaching*, 12, 94 – 119.
- Sgoutas-Emch, S.A., Baird, L., Myers, P. Camacho, M., & Lord, S. (2016). We're Not All White Men: Using a Cohort/Cluster Approach to Diversify Faculty Hiring in STEM. *Journal of Thought and Action*, 32(1), 91 - 107.
- Nunn, L., Sgoutas-Emch, S.A., Sumner, S. & Kirkley, E. (2016). Girls Get Free Drinks: Undergraduates' Misunderstandings of Heterosexual Privilege. *Journal of Homosexuality*, 26, 1 - 16.
- Guerrieri, Kevin & Sgoutas-Emch, S. (2016). Immersions in Global Equality and Social Justice: A Model of Change. *Engaging Pedagogies in Catholic Higher Education* 2(1) Article 4.
- Kathol, N. & Sgoutas-Emch, S.A. (2016). Alcohol Use in College: The Relationship With Religion, Spirituality and Proscriptive Attitudes. *Journal of Religion and Health*, March, 1 - 13.
- Baker, M.A. & Sgoutas-Emch, S.A. (2014). An Evidence-Based Strategic Plan to Address Student Financial Stress. *College Student Affairs Journal*, 32(1), 113 – 128.
- Sgoutas-Emch, S.A (2013). Integrating Active Learning and a Community-Based Project in a Health Psychology Course, *Journal of Civic Engagement*, 20, 1–14.
- Sgoutas-Emch, S.A. (2010). Is that Politics in My Health Care? Implementing Political Engagement in a Health Psychology Course to Increase Student Awareness. *Journal of Civic Commitment*, 14(1).
- Nagel, E. & Sgoutas-Emch, S.A (2007). The relationship between spirituality, health beliefs and health behaviors in college students. *Journal of Religion and Health*, 46(1), 141-154.
- Sgoutas-Emch, S.A., Nagel, E. & Flynn, S. (2007). Correlates of Performance in Biological Psychology: How Can We Help? *Journal of Instructional Psychology*, 33.
- Sgoutas-Emch, S.A., Fox, T., Preston, M., Brooks, C. & Serber, E. (2001). Stress Management: Aromatherapy as an Alternative. *The Scientific Review of Alternative Medicine*, 5(2), 29 – 34.
- Sgoutas-Emch, S.A. & Johnson, C. (1998). Is journal writing an effective method of reducing anxiety towards statistics ? *Journal of Instructional Psychology*, 25(1), 49-57.
- Johnson, C. & Sgoutas-Emch, S.A. (1997). High and Low Facilitators to Test Anxiety: Do They Differ in Measures of Performance and Anxiety Toward Statistics? *Journal of Psychology and Behavioral Sciences*, 11, 22 - 29.
- Cacioppo, J.T., Malarkey, W., Kiecolt-Glaser, J.K., Uchino, B.N., Sgoutas-Emch, S.A., Sheridan, J.F., Bernston, G.G. & Glaser, R (1995). Pre-ejection Period as a Novel Approach to Explore Heterogeneity in Neuroendocrine and Immune Responses to Brief Psychological Stressors. *Psychosomatic Medicine*, 57, 154-164.
- Sgoutas-Emch, S.A., Cacioppo, J.T., Uchino, B., Malarkey, W., Pearl, D., Kiecolt

- Glaser, J.K. & Glaser, R. (1994). Individuals High in Heart Rate Reactivity Show Magnified Endocrine and Cellular Immune Responses to Experimental Psychological Stress. *Psychophysiology*, 31(3), 264 - 271.
- Sgoutas, D., Sgoutas, S. & Clark, R. (1990). Parallel Assays of B-Endorphin and ACTH in Cushings' Patients Undergoing Petrosal Sinus Sampling. *Clinical Biochemistry*, 23, 321-326.
- Sgoutas, D., Barton, E., Hammarstrom, M., Peters, P. & Sgoutas, S. (1989). Four Sensitive Thyrotropin Assays Critically Evaluated and Compared. *Clinical Chemistry*, 38, 1785-1789.
- Hearn, T., Sgoutas, S., Hearn, J. & Sgoutas, D. (1987). Stability in Polyunsaturated Fatty Acids after Microwave Cooking of Fish. *Journal of Food Science*, 5, 1209-1211.
- Hearn, T., Sgoutas, S., Sgoutas, D. & Hearn, J. (1987). Polyunsaturated Fatty Acids and Fat in Fish Flesh for Selecting Species for Health Benefits. *Journal of Food Science*, 5, 1430-1431.

Publications – Chapters

- Sgoutas-Emch, S.A. (2020). Burning the Candle at Both Ends: Supporting the Multiplicity of Faculty Roles. In *Professor Burnout*, Rebecca Pope-Ruark (Ed.): John Hopkins Press
- Sgoutas-Emch, S.A., Friedman, J., Liu, J., Meyskens, M., Myers, P. & Salinas, T. (2020). Building Faculty SoTL skills through a multi and interdisciplinary writing community of Practice. In *Evidence-Based Faculty Development Through Scholarship of Teaching and Learning (SoTL)*.
- Sgoutas-Emch, S.A. (2020). Supporting Mission and Core Values: The Role of Faculty Development Centers at Faith-based Institutions. In *Re-imagining teaching to maximize student learning: Case studies of faculty development centers*. Editors Neisler, O. Qaboos, S. & Mairette, N. Stylus Publications. In press.
- Guerrieri, K., Sgoutas-Emch, S.A., Nayve, C., Liu, J., Rivas, J.C., & Williams, M. (2020). Community Engagement, Social Innovation, and Anchor Institutions: A Case Study for Converging Paradigms of Social Justice Education. In *The Civic Mission of Higher Education: Connecting Social Innovation and Civic Engagement*.
- Sgoutas-Emch, S.A. (2011). Dilemmas Working on the Politics of Community: Lessons From Community Service Learning and Health Psychology. In C. Cress and D.M. Donahue, *Democratic Dilemmas of Teaching Service Learning: Tensions, Trials, and Triumphs*. Stylus Press.
- Camacho, M., Sgoutas-Emch, S. & Stern, S. Cultural Construction of Motherhood: Ideologies, Practices and Contradictions (2011). Teaching Motherhood: A Collection of Post-Secondary Courses on Mothering/Motherhood. *Motherhood Initiative for Research and Community Involvement*.
- Sgoutas-Emch, S.A., Glaser, R. & Kiecolt-Glaser, J.K. Psychological Influences on Immune and Endocrine Function (1996). In F.H. Willard & M. Patterson, *Nociception and the Neuro-Immune Connection*. New York: Raven Press.

Unpublished Reports

- Bond, B., Sgoutas-Emch, S.A., Kua, J. & Tammelleo, S. (2017). Increasing the Effectiveness of Teaching Evaluation: A Proposal to the Academic Assembly of the College of Arts & Sciences.
- Sgoutas-Emch, S.A., et al. (2017). Dean's Council for ARRT College of Arts and Sciences - Diversity, Inclusion, Interdisciplinarity, Changemaking and Community Engagement.
- Sgoutas-Emch, et al. (2016). Task Force White Paper on Orientation and Development for Faculty and Staff.
- Sgoutas-Emch, S.A. (2015). Evidence-Based Faculty Development for Adjunct Faculty at the University of San Diego.
- del Rio, E., Sgoutas-Emch, S.A., Allen, A., & Morris, B. (2014). Faculty Recruitment Toolkit to Diversify our Faculty.
- Blaser, R., Galvan, V., Moriarty, D., & Sgoutas-Emch, S. (2011). Proposal for the Establishment of a Behavioral Neuroscience Major at USD.
- Sgoutas-Emch, S., Din, N., & Pollock, S. (2011). Centralizing Tutoring Services at USD.
- Sgoutas-Emch, S.A. (2010). Evaluation of Student Perception of USD's Diversity Course Summary Report.
- Sgoutas-Emch, S. & Avery, C. (2010). USD's Student Campus Climate Summary Report.
- Baker, M. & Sgoutas-Emch, S. (2010). Stress on Our Campus: Academic Stress Briefing Paper. University of San Diego.
- Baker, M. & Sgoutas-Emch, S. (2009). Stress on Our Campus: Financial Stress Briefing Paper. University of San Diego.

Posters and Presentations

- Sgoutas-Emch, S.A. & Guerrieri, K. (2020). CAP 2.0: Strategically Implementing and Assessing an Institutional Civic Action Plan. Campus Compact Conference. Accepted.
- Sgoutas-Emch, S.A., Strawser, C. & Guerrieri, K. (2019). From the Shallow to the Deep: A Pilot Study on the Assessment of Community Engagement from Course-Based Experiences to the Institutional Level. International Association for Research in Service-Learning and Community Engagement Conference, Albuquerque, NM.
- Sgoutas-Emch, S.A. (2019). Connecting through Contemplative Practices: Lightning Rounds. POD Network Conference, Pittsburgh, PA.
- Sgoutas-Emch, S.A., Cress, C., Donahue, D., Anover, V., & Robinson, P. (2019). An Inclusive Conversation for Initiating a Regional Faculty Professional Development Institute: Beyond our Community and Building Bridges. Continuum of Service Conference, San Diego, CA.
- Sgoutas-Emch, S.A., Guerrieri, K. & Heinle, K. (2018). Utilizing a Model of Social Change and Mixed Methods to Examine Equitable, Inclusive, and Reciprocal Relationships across Diverse Community Partnerships. International Association For Research in Service-Learning and Community Engagement (IARSLCE), New Orleans.
- Sgoutas-Emch, S.A., Diaz, Lark, & Macdonald, K. (2018). Interdisciplinary Faculty Learning Community to Support Team-Based Learning across the Disciplines. Team-Based Learning Collaboration Conference, San Diego, CA.
- Moran, K. Sgoutas-Emch, S.A., Del Rio, E. & Sumner, S. (2018). "Using Data to Inform Transformational Faculty Development Programming from the Individual to the

- Institutional” AAC&U Network for Academic Renewal Diversity Conference, San Diego, CA.
- Sgoutas-Emch, S.A. & Guerrieri, K. (2018). Implementing Backward Design to Move Forward: Development of an Outcomes-Based Civic Action Plan. Campus Compact National Conference, Indianapolis, IN.
- Sgoutas-Emch, S.A., Baird, L., Myers, P., Friedman, J., Lord, S., and Camacho, M. (2017). Managing Mentoring Programs for Retention of Diverse and Interdisciplinary Female Faculty in STEM. NSF ADVANCE Conference, Baltimore, MD.
- Sgoutas-Emch, S.A. (2017). Increasing Accessibility of the Curriculum: Developing Strategies for Diversity and Inclusion using a Social Change Model. International Conference of Higher Education and Teaching and Learning. University of West Scotland.
- Stolz, S., Whittaker, W., Tillis, J. & Sgoutas-Emch, S.A. (2017). Inclusive Education Through UDL Practices: Spreading the Practice One Faculty at a Time. Disability In Education Conference, Minneapolis.
- Cress, C. Donahue, D, et al. (2017). Longitudinal Perspectives on Faculty Fellows for Political Engagement: Pedagogical Innovations, Engaged Scholarship, Leadership Roles, and Implications for Future Professional Development Activities. Continuum of Service Campus Compact, Denver, CO.
- Myers, P., Friedman, J., Sgoutas-Emch, S.A., et al. (2016). Diversifying By Clustering, SACNAS, Long Beach, CA.
- Sgoutas-Emch, S.A., Nayve, C., Liu, J. & Loggins, J. (2016). Supporting Seasoned Practitioners by Bridging Community Engagement, Social Change and Scholarship. IARSLCE. New Orleans, LA.
- Sgoutas-Emch, S.A., Baird, L., Camacho, M., Friedman, J., Lord, S. (2016). Fostering Success to Support a Cohort /Cluster of Women in STEM at the University of San Diego. NSF ADVANCE/GSE Program Workshop.
- Sgoutas-Emch, S.A., Myers, P., Talbott, S., & Zavala, M.E. (2015). The Secret Lives of Academics: How to Prepare for the Jobs You Will Be Asked to do but No One Talks About. Society for Advancement of Chicano and Native Americans in the Sciences conference, Washington D.C.
- Lord, S., Baird, L., Friedman, J., Myers, P., Sgoutas-Emch, S., & Camacho, M. (2015). Innovative Cohort Hiring Practice at the University of San Diego. *Frontiers in Engineering*.
- Sgoutas-Emch (2015). Evidence-based strategic planning for contingent faculty needs to enhancement our learning environments. WSCUC (formerly WASC) Academic Resource Conference, Oakland.
- Sgoutas-Emch, S., Sumner, S., Perez-Franco, M., Cervantes, A. (2015). Addressing Campus Climate for LGBTQ populations through Grassroots Multi-level and Department Approaches. AAC&U Diversity Conference, San Diego. Accepted.
- Sgoutas-Emch, S. & Guerrieri, K. (2015). An Alternate Model of Change: Personal to the Global, From the University to the World. Ashoka Exchange, Washington D.C.
- Sgoutas-Emch, S., Nunn, L., Kirkley, E. & Sumner, S. (2014). Developing Collaborative Teaching Strategies for Recognizing Heterosexual Privilege across Disciplines, National Women Studies Conference, Puerto Rico.

- Sgoutas-Emch, S., Ceranic, T., Liu, J., & Zarate, S. (2014). Preparing Faculty for the Scholarly Work of Civic Engagement. International Association for Research on Service Learning and Community Engagement Conference, New Orleans.
- Lord, S., Camacho, M., Myers, P., Sgoutas-Emch, S., Baird, L., & Friedman, J. (2014). Interactive Theatre to Engage Faculty in Difficult Dialogs: First Implementation. Frontiers in Education (FIE) Conference, Madrid, Spain.
- Sgoutas-Emch, S.A. & Darby, M. (2014). Getting Out of Our Silos: Leveraging Collaborations to Maximize Our Outcomes. Professional and Organizational Development Network Annual Conference, Dallas.
- Berghan, L., Artze-Vega, I., Sgoutas-Emch, S., Walker, P., Sulit, M.T. and Roy, P. (2014). Diversity Committee at 20: Leveraging Our Past, Building Our Future. Professional and Organizational Development Network Annual Conference, Dallas.
- Baird, L., Friedman, J., Lord, S., Camacho, M., Myers, P. & Sgoutas-Emch, S. (2014). Using Mixed Methods to Assess Campus Climate for Faculty and Develop Programming for Retention. ADVANCE NSF conference, Washington D.C.
- Sgoutas-Emch, S., Myers, P., Ruiz, A., Talbott, S., Talley, D., & Zavala, M.E. (2014). Preparing for the Academic Decathlon, SACNAS Conference, Los Angeles.
- Sgoutas-Emch, S.A., Sumner, S., Kirkley, E. & Nunn, L. (2014). Linking Learning Outcomes on Power and Privilege to a Cluster of Courses on Sexual Diversity. AACU's Diversity, Learning and Student Success Conference, Chicago.
- Sgoutas-Emch, S.A., Nunn, L., Sumner, S. & Kirkley, E. (2013). Cross-Disciplinary Teaching and Learning on Sexual Diversity. Society for the Scientific Study of Sexuality, San Diego.
- Sgoutas-Emch, S.A (2013). Moderator for Decolonial Knowledges and Feminist Engagements. National Women's Studies Association, Cincinnati.
- Sgoutas-Emch, S.A., Weinstein, S., Therese-Sulit, M. & Bernhagen, L. (2013). Diversity Committee Grants: Past, Present and Future. POD conference, Pittsburgh.
- Sgoutas-Emch, S.A. Myers, P., Talley, D., Friedman, J., Talbott, S. & Velez, W. (2013). Finding Mentorship in All the Right Places, SACNAS National Conference, San Antonio.
- Kathol, N. & Sgoutas-Emch (2013). The relationship between religion, spirituality, peer and parental influence, and alcohol. European Congress of Psychology, Oslo.
- Baird, L., Boyd, M., Friedman, J., Hubbard, L., Lord, S., Myers, P. & Sgoutas-Emch, S.(2013). AFFIRM's mentoring inside out: A pilot project for early career female faculty. ADVANCE NSF conference, Washington D.C.
- Myers, P., Friedman, J., Talley, D. & Sgoutas-Emch, S.A (2012). "Opening Up Academic Career Choices: Liberal Arts Colleges 101" SACNAS National Conference, Seattle.
- Snawder, J., Demaeyer, M., O'Neil, S., Olsen, J., Lovette-Colyer, E. & Sgoutas-Emch, S.A. (2012). Purity Balls and Anti-Choice Politics to Racist Immigration Practices: Strategies Resistance to Change. National Women Studies Association conference, Oakland, CA.
- Schroeder, L., Sgoutas-Emch, S. & Sulit, M.T (2012). Using Pencils and Pixels for Diversity Initiatives in Higher Education, POD Conference, Washington, D.C.
- Sgoutas-Emch, S.A. & Ryan, A. (2011). The Faculty Development Center as an Agent for Institutional Change. POD annual conference, Fall 2011, Atlanta.
- Rothman, M., Sgoutas-Emch, S.A. & Myers, P. (2011). Sustaining Innovation through Recognition. 14th Annual Continuum of Service Conference, Spring, San Diego.

- Baker, M., Sgoutas-Emch, S.A. & MacNeil, M. (2011). How college students from historically underrepresented groups and different academic programs experience and cope with stress. American College Health Association Annual Meeting, Phoenix.
- Sgoutas-Emch, S.A., Loggins, J. & Ruffins, R. (2011). The University and K-12: A Tale of Sustainable Collaboration. The California Service-Learning Leadership Institute. February, San Diego, CA.
- Baker, M. & Sgoutas-Emch, S.A. (2010). Targeting student stress in a college setting: A research-based strategic planning process. 138th American Public Health Association (APHA) Annual Meeting, Denver, Fall.
- Sgoutas-Emch, S.A. & Baker, M. (2010). Using Multiple Modality of Data Collection and Analysis to Target Financial Stress in a College Setting. Association of Psychological Science, Boston, Spring.
- Sgoutas-Emch, S.A. & Ryan, A. (2009). Building Networks to Support Underrepresented Students, Workshop for Professional Organization of Development Conference, Houston.
- Wehrle, G., Sgoutas-Emch, S.A. & Liu, J. (2009). The “Art” of Partnership: Building Community through sustainable partnerships, workshop for the 12th Annual Continuum of Service Conference, Seattle, Spring 2009.
- Sgoutas-Emch, S.A. (2009). Helping Communities help themselves: Applying civic and political engagement to a health psychology course. European Congress of Psychology, Summer, Oslo.
- Sgoutas-Emch, S.A. & Ryan, A. (2008). Fostering Diversity Through the Arts, Professional Organization of Development Conference, Reno, Fall.
- Combs, B., Wallace, M. & Sgoutas-Emch, S.A. (2008). Does Political Ideology and Feminist Identification relate to women’s attitudes and experiences of their menstrual cycles? Society of Behavioral Medicine, San Diego, CA.
- Sgoutas-Emch, S.A. & Pendl, S. (2007). Pain tolerance and Sensitivity: The role of premenstrual symptoms, body awareness and neuroticism. Xth European Congress of Psychology, Prague.
- Winters, K., Mason, A. & Sgoutas-Emch, S.A. (2006). Body Image, Eating Disorders and GBLT Individuals. Western Psychological Association, Palm Springs.
- Pendl, S., Flynn, S. & Sgoutas-Emch, S.A. (2006). Body and Awareness and the reporting of PMS. Western Psychological Association, Palm Springs.
- Sgoutas-Emch, S.A. (2005). The Menstrual Cycle: Knowledge, Symptoms, and Perception. 9th European Congress of Psychology, Grenada, Spain.
- Meschi, L. & Sgoutas-Emch, S.A. (2005). Health Care Options: What Do College Students Know, Choose and Why? American Psychological Society, Los Angeles, CA.
- Sgoutas-Emch, S.A. (2003). Introductory Psychology Students: Perceptions and Choices. Western Psychological Association, Vancouver, Canada.
- Sgoutas-Emch, S.A. (2003). Success in Biological Psychology Courses: Who, What and How. Western Psychological Association, Vancouver, Canada.
- Sgoutas-Emch, S.A. & Flynn, R.C. (2003). Modulation of Acute Pain Based on Music

- Preference, Gender and Pain Beliefs. European Congress of Psychology, Vienna, Austria.
- Sgoutas-Emch, S.A. & Mayerson, C. (2002). Health Beliefs and Behaviors of College Students: A Focus on Alternative Medicine. Society of Behavioral Medicine, Washington, DC.
- Nagel, E. & Sgoutas-Emch, S.A. (2002). Role of Religion and Spirituality on Health and Health Behaviors in College Students. Society of Behavioral Medicine, Washington, D.C.
- Sgoutas-Emch, S.A., Wilson, C. & Nagel, E. (2001). Predictors for performance in biological psychology: Are psychology majors at a disadvantage? European Congress of Psychology, London, England.
- Johnson, C.J. & Sgoutas-Emch, S.A. (2000). Anxiety, efficacy, and gender: Do they Effect your choice of major? American Psychological Association Convention, Washington D.C.
- Sgoutas-Emch, S.A. (2000). Designing a Health Fair with the Community: A Service Learning Project. Western Psychological Association Conference, Portland, Oregon.
- Sgoutas-Emch, S.A., Bautista, B. & Schultz, A. (2000). College students and alternative medicine: Can beliefs and knowledge lead to usage? Western Psychological Association Conference, Portland, Oregon.
- Adams, M. et al. (1999). K-16 Service-Learning Collaborative Project Strategies. National Society of Experiential Education National Convention, San Diego.
- Sgoutas-Emch, S.A. Fox, T., Brooks, C., Serber, E., Goura, D., Preston, Gallagher, E. & Davis, R. (1999). Aromatherapy and Stress: Can a scent help you relax? Twentieth Annual Society of Behavioral Medicine Scientific Sessions, San Diego, CA.
- Sgoutas-Emch, S.A. (1999). Do your health practices relate to perceived pre-menstrual and physical symptoms, anxiety levels, and relations to stress? VI European Congress of Psychology, Rome, Italy.
- Sgoutas-Emch, S.A., Burch, T, Goura, D., Casey, S., Petersen, K. & Rasmussen, J. (1998). Distraction or Pain Beliefs: Can they control reactions to pain ? Western Psychological Association, Albuquerque, NM, 1998.
- Sgoutas-Emch, S.A., Fox, T. & Gallagher, E. Differences in high and low speech anxious individuals to stress. Western Psychological Association, Albuquerque, NM.
- Gallagher, E., Fox, T., Ochaba, A., Villegas, J. & Sgoutas-Emch, S.A. (1997). How performance on the Stroop Task is altered by Music. Western Psychological Association, Seattle.
- Sgoutas-Emch, S.A., Johnson, C.J., Wilbert, C., Coler, J. & Mallery, F. (1996). Responses to short-term anxiety: Can personality type make a difference? American Psychological Society, San Francisco.
- Sgoutas-Emch, S.A. & Johnson, C. (1995). The Effects of Journal Writing on both Physiological and Psychological Parameters of Anxiety toward Statistic Courses. IV European Congress of Psychology, Athens, Greece.
- Johnson, C. & Sgoutas-Emch, S.A. (1995). High and Low Facilitators to Test

- Anxiety: Do They Differ in Measures of Performance and Anxiety Toward Statistics. Western Psychological Association, Los Angeles, CA.
- Uchino, B., Sgoutas-Emch, S.A., Malarkey, W.B., Cacioppo, J.T., Kiecolt-Glaser, J.K., Malarkey, W.B. & Glaser, R. (1993). Individuals High in Social Support are Characterized by Enhanced Immune Function. American Psychological Society Convention, Chicago, IL.
- Sgoutas-Emch, S., Cacioppo, J., Uchino, B., Malarkey, W., Pearl, D., Kiecolt-Glaser, J. & Glaser, R. (1993). Individuals High in Heart Rate Reactivity Show Magnified Endocrine and Cellular Immune Responses to Experimental Psychological Stress. Research Perspectives in Psychoneuroimmunology IV, Boulder, CO.
- Sgoutas-Emch, S., Cacioppo, J., Uchino, B., Malarkey, W., Pearl, D., Kiecolt-Glaser, J. & Glaser, R. (1993). The Effect of a Laboratory Stressor on the Cardiovascular, Endocrine, and Immune Systems of High versus Low Heart Rate Reactors. Fourteenth Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA.
- Sgoutas-Emch, S., Allen, J. & Zeichner, A. (1992). Menstrual Cycle Stage and The Impact of Mental Arithmetic Stress on Cardiovascular and Salivary Cortisol Responses. Thirteenth Annual Meeting of the Society of Behavioral Medicine, New York City, NY.
- Allen, J., Zeichner, A. & Sgoutas, S. (1990). Cardiovascular and Neuroendocrine Reactivity to Physical versus Mental Stressors in White and Black Males. International Society of Behavioral Medicine, Upsala, Sweden.
- Sgoutas, D., Barton, E., Hammarstrom, M., Peters, P. & Sgoutas, S. (1989). Four Sensitive Assays Thyrotropin Assays Compared. 41st National Meeting of the American Association for Clinical Chemistry, Atlanta, GA.
- Sgoutas, D., Clark, R. & Sgoutas, S. (1989). Parallel Assays of beta-Endorphin and ACTH in Cushings' Patients Undergoing Petrosal Studies. 41st National Meeting of American Association of Clinical Chemistry, Atlanta, GA.
- Sgoutas, S., Allen, J. & Zeichner, A. (1989). Neuroendocrine and Cardiovascular Responses in White and Black Normotensive Males to Two Types of Stress Tasks. Psi Chi Convention: Northeast Georgia Section, Athens, GA.
- Popovic, P., Popovic, V. & Sgoutas, S. (1985). Embedding of Labelled Technetium in Heated Spleen of Rats. Society of Experimental Biology: Southeast Section, Charleston, S.C.

Faculty Supervised Student Presentations and Papers

- Kathol, N. The relationship between religion, spirituality, peer and parental influence, and alcohol (2011). Creative Collaborations, University of San Diego.
- Levesque, K. Attitudes and Knowledge of Undergraduate Students towards Complementary and Alternative Medicine (2010). Creative Collaborations, University of San Diego.
- Engelhardt, M. (2009). Using Community Service Learning to Benefit a Family Success Center. Creative Collaborations, University of San Diego.

- Perkins, A. & Childs, C. The role of feminism and political ideology on reporting of premenstrual symptoms. 14th annual Psychology Student Research Fair, Cal State San Marcos, Spring 2007.
- Kreikebaum, S. (2007). Assessment of a Holistic Cardiac Rehabilitation Intervention. Journal of Psychological Inquiry, Spring Issue.
- Boswell, K. (2004). The effects of various types of stressors of immune function and symptom expression in systemic lupus erythematosus: A literature review. Journal of Psychological Inquiry, 9.
- Meschi, L. Kirkpatrick, C. & Sgoutas-Emch, S.A. Conventional vs. Alternative: Which do college student vs choose and why? 11th annual Psychology Student Research Fair, Cal State San Marcos, Spring 2004.
- Berry, A. & Green, J. Psychosocial factors that predict the reporting of premenstrual symptoms. 10th annual Psychology Student Research Fair, Cal State San Marcos, Spring 2003.
- Nagel, E. & Jezik, V. The relationship between spirituality, health beliefs, and health behaviors in college students. University of San Diego Undergraduate Research Conference, Spring 2002.
- Flynn, R., Jezik, V., Hyduke, S. & Gibson, J. Modulation of acute pain based on music preference, pain beliefs, and gender. 9th Annual Student Research Fair, San Marcos, Spring 2002.
- Mayerson, C. & Collins, L. College Students' Beliefs, Knowledge and Practices concerning Alternative Medicine. University of San Diego Undergraduate Research Conference, Spring 2001.
- Dela Peza, R., McHugh, M., Rossi, L. & Tagle, L. Alternative Pain Management Techniques: Distractors and Beliefs. University of San Diego Undergraduate Research Conference, Spring 2001.
- Jacobi, S. & Bitterlin, J. Expanding Natural Family Planning in Tijuana. Presented at the 21st Century Natural Family Planning Conference, Marquette University, Spring, 2000.
- Nagel, E. & Wilson, C. How psychosocial parameters are related to performance in biological psychology. University of San Diego Student Research Conference, 2000. Winner: Honorable Mention.
- Brooks, C., Davis, R. & Zabala, R. Knowledge and attitudes about alcohol awareness week. University of San Diego Student Research Conference, 1998.
- Dervaes, M. Motivational effects of exercise. University of San Diego Student Research Conference, 1998.
- Gallagher, E. & Fox, T. How performance on the Stroop Task is altered by Music. Fourth Annual CSUSM (California State University at San Marcos) Undergraduate Psychology Research Fair, Spring, 1997.
- Brooks, C. & Wilbert, T. Is our alcohol awareness week effective? Fourth Annual CSUSM (California State University at San Marcos) Undergraduate Psychology Research Fair, Spring, 1997.
- Johnson, C.J. Facilitating anxiety and its effect on performance in a statistics course. University of San Diego Undergraduate Research Conference, Spring, 1995.

Media and Webinars

- “Civility Series Part I: Understanding and Incorporating Civility into Practice.” Panelist. Wednesday, August 26th, 2020 via Zoom. Federal Bar Association.
- “Mental escape’ pictures actually relieve stress. Here’s what they look like.” CNBC.com. March 31, 2020. <https://www.cnbc.com/2020/03/31/mental-vacations-and-travel-photos-relieve-stress.html>
- “Why an off-the-grid hour at work is so crucial.” BBC.com. January 11, 2019. <https://www.bbc.com/worklife/article/20190111-why-an-off-the-grid-hour-at-work-is-so-crucial#:~:text=They%20put%20heart%20monitors%20on,not%20check%20email%20at%20work.>
- “Impact of Procrastination of Student Academics.” Bonita Vista High School Newspaper. Fall 2018.
- "Applying ACHA-NCHA in Higher Education to Enhance Services for Student Health and Success" Pacific Coast Health Association, October 23rd, 2014. Webinar
- “Congress and campuses feud over social sciences.” San Diego Union Tribune, October 20, 2013.

Invited Talks

- “Team-Based Learning - Bringing Reluctant Students Together for Collaborative Learning.” College of Arts and Sciences, 5X5 presentations. April, 2019.
- “Special Interest Group: Faculty & Educational Development: A SIG Hosted by the POD Network in Higher Education.” WASC ARC Conference, Anaheim, CA, Spring, 2019
- “USD Just Read Book Discussion: Living on \$2.00 dollars a day: The impact of poverty on health outcomes.” University of the Third Age, USD, January 2019.
- “Special Interest Group: Faculty & Educational Development: A SIG Hosted by the POD Network in Higher Education.” WASC ARC Conference, Burlingame, CA, Spring 2018.
- “Aligning your Program for 21st Century Expectations.” Faculty Development Program on Curriculum Design for Higher Education. CEIPA Business School, Colombia and Universidad Siglo, Argentina. August 28th, 2017.
- “The Ultimate Sacrifice: A Behavioral Profile of a Martyr.” Center for Catholic Thought and Culture. Immersion Trip to Guatemala and El Salvador Research Talk. Spring 2017.
- Panel of Finalist for Thomas Ehrlich Award for Faculty Civic Engagement and the Public Good. Continuum of Service Conference, Boston, Spring 2016.
- “Effects of Yoga versus walking on mood, anxiety, and brain GABA levels: A randomized controlled MRS study.” Psychology Journal Club, University of San Diego, March, 2011.
- Undergraduate research opportunities in psychological sciences. Phi Delta Epsilon’s Pre-Health immersion program. Fall, 2010 at the University of San Diego.
- The Signs of the Times Dialogue: A Process in Search of Understanding. Change Agent as Artist. Panelist. Fall, 2010.
- Improving Teaching through Peer Review, Center for Educational Excellence, Spring 2009.
- Want Fries with That: The Catholic Church and Moral Dilemma in Individual Health. Seminars in Catholic Social Thought and Health Care, Spring 2009.
- Fostering Civic Engagement in the 21st Century Classroom. Creating Dialogue on Social Responsibility Conference, Winter, 2009, USD.

Service-Learning Steps 1, 2, 3: How can this facilitate the learning we would like to see? San Diego Regional Network Faculty Workshop, January, 2008, USD.

Facilitator for Discussion on Feminism at USD. 2006 Fall Women Faculty Dinners.

How to Manage Your Stress. Invited Speaker for Staff/Faculty at the University of San Diego, Summer 2006.

Women and Stress. Invited Speaker for Faculty Diversity Dinner at the University of San Diego, Spring 2006.

Introduction to the Vagina Monologues. Invited Speaker for Women's Center at the University of San Diego, Spring 2006.

Workplace Stress. Invited Speaker for Faculty Human Resource Department at the University of San Diego, Spring 2006.

Panel on Eating Disorders. University of San Diego Body Image Week. Fall 2005.

Discussion of Movie "Super-size Me" University of San Diego Psychology Club, Spring 2005, Invited Speaker.

Justice and People with Disabilities Workshop. Social Issues Conference, University of San Diego, San Diego, CA, 1999. Faculty member of panel.

Stress and its management. Invited Talk for Course in Nursing School at the University of San Diego (1999 – 2005).

Stress Management and Final Exams. Invited Speaker/Facilitator at University of San Diego Undergraduate Dormitories. 1999 – 2004.

Twenty- Sixth National Society of Experiential Education Conference. Kansas City, KS, October 22 - 25, 1997. Team member representing USD for the National Community Development Program.

Institute for California Campus Compact at California State University San Marcos. Summer 1997. Selected as Faculty Mentor.

Stress Management. University of San Diego Psychology Club, Spring 1997. Invited Speaker.

Application to Graduate School Workshop. University of San Diego Psychology Club, 1996 - 1998. Invited Speaker.

Hyperreactors and their physiological responses to stress. Invited Speaker at Veterans Hospital, University of California, San Diego, 1996.

National Convention for Sigma Xi (research society). Panel member for discussion entitled " Serving the Needs of Members : From New Initiates to Nobel Laureate." San Diego, CA, 1996.

California Regional Institute on Integrating Service with Academic Study. California Campus Compact, San Diego, CA, 1994. Presenter and team member for the University of San Diego.

"The Effect of Stress on the Immune System. " Student Health Professions Cancer Conference, Columbus, Ohio, 1993.

University Service

Senate Faculty Status Committee, Fall 2018 – 2021.

Task Force Member for Faculty Senate Committee on Title IX and Gender Equity, Spring 2018 – 2019.

Team Member for USD's Campus Compact Civic Strategic Plan, Fall 2016 – Spring 2017.

University President's Cabinet, Spring 2016 – Spring 2018.
 Co-chair, Presidential task force on faculty/staff orientation and development, Spring 2016 – Spring 2017.
 Subcommittee for Engaged Scholarship Pathway, Strategic Initiatives, Summer 2016.
 Subcommittee on Developing Institutional Statement and Outcomes for Diversity and Inclusion.
 Advisory Board for the Digital Humanities, Fall 2015 – 2019.
 CARE Faculty Ambassador for Title IX, Fall 2015 – 2017.
 University Outcomes Committee, Fall 2015 – 2017.
 Advisory Board for Mulvaney Center for Civic Action and Social Awareness, Fall 2014 – present.
 Chair, Core Curriculum Committee, Fall 2014 – Spring 2016.
 University Assessment Committee, Fall 2014 – 2019.
 Interim Report team for WSCUC (formerly WASC) accreditation report. 2014 – Fall 2016.
 Core Logistics Committee for Core revision, 2014 – 2016.
 Coordinator of USD Just Read Program, USD's Common Read Program. 2011 – present.
 Advisory Board for the Office of Undergraduate Research Fall 2011 – Spring 2015.
 Selection Committee for Woman of Impact Award, Fall 2011.
 Member of Center for Inclusion and Diversity Research Team, Fall 2010 – Spring 2012.
 Member of Task Force for Diversity Curriculum, Fall 2010 – Spring 2014.
 Member of Committee for Innovation in Community Engagement, Fall 2013 – present.
 Task Force Member for Recruiting Faculty from Underrepresented Groups, Fall 2010- Spring 2013.
 Task Force Member for Family Friendly Policies, Fall 2010 – Spring 2012
 Member of the Institutional Resource Council now known as Institutional Technology Advisory Committee, Spring 2010 – 2019
 Grant Committee for Presidential Advisory Board for Inclusion and Diversity (PABID), Fall 2009
 Member of Committee of Wellness and Health Initiative – Co-Chair of Stress Task Force, Fall 2008 – 2011
 USD Team Member for Diversity Research Institute, UCLA, Summer, 2009
 Advisory Board for Women and Gender Studies, Fall 2009 – 2017.
 Associate Director of the Center for Educational Excellence, Fall 2007 – Fall 2009.
 Chair, Academic Subcommittee for PABID Strategic Plan, Spring 2009
 Co-Chair for Diversity and Inclusion Theme WASC Team, Fall 2008 – Spring 2012
 Member of WASC Steering Committee for Institutional Accreditation, Fall 2008 – Spring 2012
 Member of Women's Center Strategic Planning Team, Spring 2009
 Member of First Year Experience Committee – Fall 2009 – 2010
 Member of Second Year Experience Committee – Fall 2009 - 2010
 Presidential Advisory Board for Inclusion and Diversity, Fall 2007 – Spring 2010
 Task force at the University of San Diego for Diversity, Internalization and Globalization – Spring 2007
 Faculty advisor for SURE project 2001 – 2003; 2005 - 2006
 Faculty Advisor for McNair Program – Fall 2005 – Spring 2006

Faculty Judge for the Annual USD Student Research Conference - 2000- 2008.
 Committee for Experiential Education, 1997 – 2013.
 Vice Chair of Experiential Education Committee 1996 – 2000
 Chair of Experiential Education Committee 2000 - 2003
 California Compact Regional Meeting of Service Learning by Discipline. Azusa Pacific, Fall 2002. Attendee and Representative for Psychology Department at the University of San Diego.
 Faculty Advisor for Transborder Institute Grant submitted by Susan Jacobi entitled “Expanding family planning options: Creating a partnership between USD, the Institute of Reproductive Health, and Health Care Providers in Tijuana.”
 Women’s Center Advisory Committee – Fall 2005 – Spring 2009
 Director of Gender Studies – Fall 2005 – Spring 2009
 Advisory Board Member for Community Service Learning - 2000 – 2013
 Member of Honors Committee 2000 – 2002
 Health Sciences Evaluation Committee – Fall 1993 – Spring 1998; Fall 2005
 Spring 2008
 Community Service Learning: Faculty Mentor at University of San Diego, 1995.
 Chair of IACUC (Animal care) Committee - Fall 1998 – 2000. Member of committee 1992 – 2000

College Service

Vice Chair of the Academic Assembly, Fall 2020 – Spring 2022.
 Dean’s Advisory Council on Rank and Tenure, Fall 2016 – Spring 2017.
 Subcommittee examining student evaluation forms and process for the College, Fall 2016 – Spring 2017
 Dean’s Advisory Council on Adjunct Faculty, 2014 – Spring 2015
 Dean’s Advisory Council on the Four Criteria for Rank and Tenure, 2013 – 2014
 Undergraduate Curriculum Committee, Fall 1997; Fall 2014 – Spring 2017
 Member of Academic Affairs Planning Committee, Fall 2011 – 2014
 Member and former chair of the Faculty Status Committee (served many terms) – current chair (2019 – present)
 Member of Faculty Research Grant Review Committee 2002 - 2003
 Member of Teaching and Learning Committee 2004
 Masters Committee for Sally Lane, MS candidate at the University of San Diego, Department of Marine Studies 1996
 Masters Committee for Rindy Andersen, MS candidate at the University of San Diego, Department of Marine Sciences, 1997 - 1999

Department Service

Coordinator and Developer of the Department of Psychological Sciences Undergraduate Research Colloquium, Fall 2008 – 2017
 Curriculum Committee – Fall 2016 – 2019
 Adjunct Review Committee creator of guidelines and member – Fall 2014 – Spring 2016
 Coordinator of Department Adjunct faculty Support Committee, Fall 2014 – Fall 2015
 Department Chair Search Committee, Fall 2013 – Spring 2014
 Department Assessment Committee, Fall 2009 - Spring 2012; Fall 2019 - present

Other Professional Activities

Conference Planning Committee for Continuum of Service Conference. Spring 2021.
 Reviewer for International Journal of STEM Education. Fall, 2019.
 Reviewer for Oxford University Press. Textbook on Human Sexuality. Spring, 2019.
 International Association for Research in Service Learning and Community Engagement (IARSLCE) scholarship and communication committees. Spring 2019 - present.
 Ad Hoc Committee for POD Network Strategic Plan. Fall 2018 – present.
 Conference Planning Committee for 2019 IARSLCE conference.
 Elected to the Professional, Organization, and Development (POD) Network, Core Committee (Board of Directors), Spring 2018 – Spring 2021.
 Advisory Committee for the 2019 Continuums of Service conference (COS).
 Planning Committee for 2018 AAC&U Diversity Conference, San Diego, CA.
 Internal Advisory Board Member for NSF funded IUSE Grant entitled "An Interdisciplinary Faculty Community Using a Protein-focused Course Based Undergraduate Research Experience (CURE) to Improve Student Learning." Begins summer 2017.
 External Reviewer for St. Thomas University Psychology Faculty Member. 2017.
 Reviewer for Association of College and University Educators, Online Modules, Summer, 2016.
 Reviewer for Thomas Ehrlich Engaged Faculty Award, Summer, 2016.
 External Reviewer for Cal Lutheran Undergraduate Psychology Department, Fall 2015 – Spring 2016.
 Executive of USD's AAUP chapter, Member-at-Large. Fall 2013 – 2015.
 Association of American Colleges and Universities and Project Kaleidoscope Associate on STEM Education, 2012 – 2014.
 Executive Board Member of POD Diversity Committee, Spring 2011- Spring 2015, Served as Travel Grant Coordinator, Vice Chair, Chair and Past Chair.
 Member, POD Diversity Assessment Team, Spring 2011.
 Selected to Participate in Diving Deep: Campus Compact's Institute for Experienced Civic and Community Engagement Practitioners. Indianapolis, IN, Summer, 2011.
 Doctoral Committee for Lisa Jensen, PhD candidate at the California School of Professional Psychology. 1996 - 1997.
 Reviewer for Continuum of Service Conference, Fall 2010 – present.
 Reviewer for Professional and Organizational Development Conference, 2009 - present
 Reviewer for American Psychological Association Conference, 2000- 2012
 Reviewer for Society of Behavioral Medicine Conference, 2009
 Ad Hoc Reviewer for the journals of Psychological Reports, Health Psychology and Sleep Health. 1996 – Present
 Book Reviewer for Sage Publishing. 2003 – present
 Masters Committee for Danya Geller, MS candidate at University of Canterbury, Department of Psychology, 2001 – 2002.
 Masters Committee for Camille Johnson, MS candidate at Western Kentucky University, Department of Clinical Psychology. 1997 - 2001.
 Consultant for Healthy Start Grant in Linda Vista. Responsibilities involved supervising the 3 year evaluation process and data collection for the

National Healthy Start - October 1997 - October 1998.
 Workshops on Ethnic Therapy. Obtained certification of training in Native American and Asian American Therapy by the county of San Diego Mental Health Services.

Community Service

Chair of the St. Spyridon Greek Orthodox Church Greek School Board, 2005 – 2018.
 Advisory Board Member for Center for Ethics in Science and Technology for San Diego, 2009 – present.
 Board Member of Youth Action Team, Linda Vista Community, Montgomery Middle School. 2009 – 2014.

Professional Memberships

Association of American Colleges and Universities, Associate Fellow
 American Association of University Professors
 American Psychological Society, Member
 American Psychological Association, Member
 Divisions of Health Psychology and Psychology of Women
 Professional and Organizational Development Network
 Sigma Xi, Research Honor Society
 Society of Behavioral Medicine, Member
 Western Psychological Association

Areas of Research Interests

Cardiovascular Stress Responses in Humans
 Neuroendocrine and immune response to various types of stressors
 Interaction of Neural, Endocrine, and Immune System Responses during
 Stress, Anxiety and Depression
 Female Health issues such as Premenstrual Syndrome
 Health Beliefs and Alternative Medical Practices
 Role of Religion and Spirituality on Health and Wellness
 Impact of Community Engagement on Attitudes and Stereotypes and Learning
 Scholarship of Teaching and Learning