

ODALIS G. GARCIA, PHD

NIH NHLBI T32 Postdoctoral Fellow
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I am a postdoctoral fellow at the University of Texas at Austin. **Across my research endeavors I aim to answer the question of who, when, and how do different stressors across the lifespan impact sleep and the development of distressing dreams or nightmares.** I earned my PhD in Psychology (with a focus on Health and Social Psychology) at North Dakota State University under the mentorship of Dr. Katherine Duggan. Prior to starting my graduate training, I conducted research as a undergraduate McNair fellow working under the mentorship of Dr. Danica Slavish at the University of North Texas. As a postdoctoral fellow I am interested in understanding how racialized stressors perpetuate cardiovascular health disparities both directly and indirectly through sleep and nightmare reactivity. In collaboration with Dr. Jacob Cheadle, I aim to identify the social, psychological, and biological processes involved in these relationships and the cultural resilience factors that may attenuate their effects. Ultimately I hope to become a well-rounded, independent researcher ready for an R1 tenure-track position.

Education -----

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| 2026 | Ph.D. in Psychology, North Dakota State University
Mentors: Drs. Katherine A. Duggan
Dissertation: "Investigating the relationship between sleep, dreams, and emotional autobiographical memory processes" |
| 2024 | M.S. in Psychology, North Dakota State University
Mentor: Dr. Katherine A. Duggan
Thesis: "Applying a modern situational measure to improve the reliability, validity, and outcome predictability of dream assessment" |
| 2021 | B.A. in Psychology and Minor in Human Development and Family Studies, University of North Texas
Mentor: Dr. Danica Slavish
McNair Research: "Bidirectional association in daily stress and nightmares" |

Professional History -----

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| 2026- | Postdoctoral Research Affiliate, The University of Texas at Austin |
| 2021-2026 | Graduate Research Assistant, Personality and Trajectories to Health and Sleep (PATHS) Lab, North Dakota State University |
| 2021-2023 | Graduate Teaching Assistant, Department of Psychology, North Dakota State University |

2020-2021 Undergraduate Research Assistant, Sleep and Health in Everyday Life (SHEL)
Research Laboratory, University of North Texas

Competitive Honors, Fellowships, and Awards -----

2025 Society for Personality and Social Psychology Summer Institute for
Social and Personality Psychology (SPSP SISPP)
2023-2026 *Awarded*, NSF Graduate Research Fellowship
2023 *Alternate & Honorable Mention*, Ford Foundation Pre-Doctoral
Fellowship
2022 Society for Personality and Social Psychology Summer Psychology
Forum Travel Award
2022 Sleep Research Society Trainee Merit Award
2022 *Honorable Mention*, Ford Foundation Pre-Doctoral Fellowship
2021 Sleep Research Society Diversity Membership Award
2020-2021 Ronald E. McNair Scholar
2020-2021 University of North Texas Undergraduate Research Fellowship
2020-2021 Lupe Murchison North Texas Evidence-Based Psychologist Placement
Initiative Fellowship
2020-2021 Inducted into Psi Chi International Honor Society in Psychology
2019-2021 University of North Texas Dean's List
2019-2021 University of North Texas Greater Texas Foundation Scholar
2019-2021 University of North Texas Eagle Excellence Scholarship
2019-2021 University of North Texas Emerald Eagle Scholars Program
2018-2019 Inducted into Phi Theta Kappa Honor Society
2017-2018 Lone Star College Dean's List

Projects & Publications -----

Publications

Garcia, O. G., Hamm, J. M., Weston, S. J., Pierce, M. J., Tan, J. X. Y., & Duggan, K. A. (2025). Discrimination, psychosocial resources, and sleep: A test of the Reserve Capacity model. *Health Psychology, 44*(11), 1049-1062. <https://doi.org/10.1037/hea0001515>

Hamm, J. M., Barlow, M. A., **Garcia, O. G.,** & Duggan, K. A. (2023). Context-dependent shifts in self-regulatory personality processes during COVID-19: Changes in control predict dynamic shifts in goal reengagement capacity. *Social and Personality Psychology Compass, 17*(8), e12771. <https://doi.org/10.1111/spc3.12771>

Garcia, O. G., Menge, R. S., & Duggan, K. A. (2023). Sleep, psychological well-being, and mental health. In H. S. Friedman & C. H. Markey (Ed.) *Encyclopedia of Mental Health*

(3rd ed., pp. 260-269). Elsevier. <https://doi.org/10.1016/B978-0-323-91497-0.00251-4>

Slavish, D.C., Dietch, J.R., Kane, H. S., Messman, B.A., **Garcia, O.**, Wiley, J.F., Yap, Y., Kelly, K., Ruggero, C.J., & Taylor, D.J. (2021). Daily stress and sleep associations vary by work schedule: A between- and within-person analysis in nurses. *Journal of Sleep Research*, 31(3), e1306. <https://doi.org/10.1111/jsr.13506>

Garcia, O., Slavish, D. C., Dietch, J. R., Messman, B. A., Contractor, A. A., Haynes, P. L., Pruiksma, K. E., Kelly, K., Ruggero, C., & Taylor, D. J. (2021). What goes around comes around: Nightmares and daily stress are bidirectionally associated in nurses. *Stress & Health*, 37(5), 1035-1042. <https://doi.org/10.1002/smi.3048>

Projects in Preparation

Garcia, O. G. & Duggan, K.A. (*under review*). The Dreams Adapted to a Sleep and Health (DASH) Framework: A biopsychosocial approach to nightmare etiology and its sequelae. Manuscript draft available at: <https://pathslab.com/DASHframework>

Garcia, O.G. & Duggan, K.A. (2024). Investigating the effect of perceived control on subsequent sleep. Pre-registration retrieved from <https://osf.io/mgteq>

Garcia, O. G., Price, M. A., & Duggan, K. A. (2024). Differentiating typical dreams, disruptive dreams, perceived nightmares, and true nightmares using discriminant function analysis. Pre-registration retrieved from <https://osf.io/wq3n6>

Garcia, O. G., & Duggan, K. A. (2023). Validating a modern situational measure for dream content and experience assessment. Pre-registration retrieved from <https://osf.io/8ebs5>

Invited Talks and Oral Presentations

Garcia, O. G., & Duggan, K. A. (2026, May 8). Have you ever had a dream? A biopsychosocial approach to understanding sleep and nightmares [Invited Talk]. NDSU Psychology Colloquium, Fargo, ND.

Hanson, K., Hamm, J. M., **Garcia, O. G.**, Adams, A., & Duggan, K. A. (2024, October 27-30). Dynamics between trait neuroticism and self-reported general health during the acute stages of the COVID-19 pandemic: A longitudinal analysis [Oral Presentation]. American Public Health Association (APHA) Annual Meeting, Minneapolis, MN.

Garcia, O.G., Hamm, J. M., Weston, S. J., Tan, J. X. Y., & Duggan, K. A. (2022, July 6-8). Loneliness is a stronger predictor of poor sleep than discrimination: An application of social psychology to behavioral sleep medicine [Data Blitz]. SPSP Summer Psychology Forum, Minneapolis, MN.

Garcia, O. G., & Duggan, K. A. (2022, June 04-08). The role of parental absence and parental

conflict on child and adolescent sleep [Oral Presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Charlotte, NC.

Garcia, O. G., & Slavish, D. C. (2020, October 1-2). Bidirectional association in daily stress and nightmares [Oral Presentation]. Baylor McNair Research Conference, Virtual.

Poster Presentations

Garcia, O. G. & Duggan, K. A. (2026, May 20). *Investigating the role of dreams and sleep in emotional memory reprocessing and consolidation* [Poster Presentation]. Translational Science Engaging North Dakota (TRANSCEND) symposium, Fargo, ND.

Zanetti, E., Forehand, K., **Garcia, O., & Duggan, K.** (2026, April 8). *Comparing stress, anxiety, and depression as predictors of insomnia in college students* [Poster Presentation]. NDSU Student Research Day, Fargo, ND. Red River Psychology Conference, Moorhead MN.

Garcia, O. G., Price, M. A., & Duggan, K. A. (2025, June 7-11). *Differentiating typical dreams, disruptive dreams, perceived nightmares, and true nightmares using discriminant function analysis* [Poster Presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Seattle, WA.

Price, M. A., **Garcia, O. G., Hamm, J. M., & Duggan, K. A.** (2025, June 7-11). *Personality traits are associated with nightmare frequency and distress* [Poster Presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Seattle, WA.

Rudolf, P. M., **Garcia, O. G., & Duggan, K. A.** (2025, April 25). *Stress and Dream Aggression: Exploring the association between daily stress and aggressive dream content* [Poster Presentation]. Red River Psychology Conference, Fargo, ND.

Hannam, J., **Garcia, O. G., Price, M. A., Hamm, J. M., & Duggan, K. A.** (2025, April 9-10). *Socioeconomic factors and sleep: A multi-wave longitudinal approach* [Poster Presentation]. NDSU EXPLORE Student Research Day, Fargo, ND.

Hanson, K. R., Weston, S. J., **Garcia, O. G., & Duggan, K. A.** (2025, April 9-10). *Self-rated stress responses to stressful and non-stressful films* [Poster Presentation]. NDSU EXPLORE Student Research Day, Fargo, ND.

Le, H. X., Hamm, J. M., **Garcia, O. G., Weston, S. J., Adams, A. M., & Duggan, K. A.** (2025, April 9-10). *An inductive thematic approach to uncovering personality processes linking neuroticism to sleep: Early results from a systematic review* [Poster Presentation]. NDSU EXPLORE Student Research Day, Fargo, ND.

Garcia, O. G., Hamm, J. M., Klepacz, L., & Duggan, K. A. (2025, March 19-22). *Daily associations between general and sleep-specific perceived control with sleep: Results from an adult lifespan community sample* [Poster Presentation]. Society for

Biopsychosocial Science and Medicine (SBSM), Seattle, WA.

Le, H. X., Hamm, J. M., Weston, S. J., **Garcia, O. G.**, Adams, A. M., & Duggan, K. A. (2025, February 20-22). *Personality processes and sleep: A qualitative approach* [Poster Presentation]. Society for Personality and Social Psychology (SPSP) - Health Pre-conference, Denver, CO.

Garcia, O. G., Hamm, J. M., Klepacz, L., & Duggan, K. A. (2025, February 20-22). *Getting up on the right side of the bed: Daily associations between perceived control and sleep in an adult lifespan community sample* [Poster Presentation]. Society for Personality and Social Psychology (SPSP) - Health Pre-conference, Denver, CO.

Garcia, O. G., Hamm, J. H., Saarinen, H. L., & Duggan, K. A. (2024, June 1-5). *Dreamer perceptions of a modern situational measure for dream content and experience* [Poster Presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Houston, TX.

Hannam, J. M., **Garcia, O. G.**, Hamm, J. M., Pierce, M., Klepacz, L., & Duggan, K. A. (2024, April 9-10, April 26, & June 1-5). *Sociodemographic factors and sleep: An intersectional framework* [Poster Presentation]. NDSU Student Research Day, Fargo, ND. Red River Psychology Conference, Moorhead, MN. Associated Professional Sleep Societies (SLEEP) annual meeting, Houston, TX.

Hanson, K. R., Hamm, J. M., **Garcia, O. G.**, Adams, A. M., & Duggan, K. A. (2024, April 26). *Dynamics between trait neuroticism and self-reported general health during the acute stages of the COVID-19 pandemic: A longitudinal analysis* [Poster Presentation]. River Psychology Conference, Moorhead, MN.

Garcia, O. G., Byron, G. S., Hackerson, E. L., Knopps, A. G., Johnson, E. M., Duggan, K. D., & Hilmert, C. J. (2024, February 8-10). *Associations between stressors, sleep, health, and academic perseverance in college students of diverse identities: Results of a pilot study* [Poster Presentation]. Society for Personality and Social Psychology (SPSP) - Health Pre-conference, San Diego, CA.

Byron, G. S., **Garcia, O. G.**, Knopps, A. G., Johnson, E. M., Hackerson, E. L., & Hilmert, C. J. (2024, February 8-10). *Multiple minority status and stress in college students* [Poster Presentation]. Society for Personality and Social Psychology (SPSP) - Health Pre-conference, San Diego, CA.

Pierce, M. J., Hamm, J. M., Duggan, K. D., & **Garcia, O. G.** (2023, November 8-12). *Dynamic benefits of finding the silver lining: Coupled changes in secondary control and well-being during COVID-19* [Poster Presentation]. Gerontological Society of American (GSA) annual meeting, Tampa, FL.

Hannam, J. M., **Garcia, O. G.**, & Duggan, K. A. (2023, August 4). *The role of sociodemographic factors in sleep-related beliefs and daytime health behaviors* [Poster

- Presentation]. NDSU 2023 Summer Research Poster Session, Fargo, ND.
- Garcia, O. G.** & Duggan, K. A. (2023, June 3-7). *Adapting and validating a modern situational measure for dream content and experience assessment* [Poster presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Indianapolis, IN.
- Garcia, O.G.,** Hamm, J. M., Duggan, K. A. (2023, March 08-11). *The relationship between sleep and perceived control in mid- to late life: Results from a pilot study* [Poster Presentation]. American Psychosomatic Society (APS) annual meeting, San Juan, Puerto Rico.
- Duggan, K. A., **Garcia, O. G.,** Weston, S. J., & Hamm, J. M. (2023, March 08-11). *Preliminary feasibility and acceptability data of a 9-week randomized wait-list controlled personality intervention for sleep and cardiometabolic risk* [Poster presentation]. American Psychosomatic Society (APS) annual meeting, San Juan, Puerto Rico.
- Garcia, O.G.,** Hamm, J. M., Weston, S. J., Tan, J. X. Y., & Duggan, K. A. (2023, February 23-25). *The impact of psychosocial resources supersedes the impact of discrimination on poor sleep* [Poster Presentation]. Society for Personality and Social Psychology (SPSP) annual meeting, Atlanta, GA
- Duggan, K. A., **Garcia, O. G.,** Weston, S. J., & Hamm, J. M. (2023, February 23). *Design and preliminary feasibility and acceptability of a 9-week randomized wait-list controlled personality intervention for sleep and cardiometabolic risk* [Poster presentation]. Society for Personality and Social Psychology (SPSP) annual meeting, Health Pre-conference, Atlanta, GA.
- Hamm, J. M., Barlow, M., Tan, J. X., **Garcia, O. G.,** & Duggan, K. A. (2022, November 02-06). *Goal adjustment capacities during COVID-19: Context-dependent benefits for emotional well-being* [Poster presentation]. Gerontological Society of American (GSA) annual meeting. Indianapolis, IN.
- Weston, S. J., Hamm, J. M., **Garcia, O. G.,** Tan, J. X. Y., & Duggan, K. A. (2022, July 6-8). *Sleep narratives reveal current theories concerning SES disparities and sleep may have limited utility* [Poster presentation]. SPSP Summer Psychology Forum, Minneapolis, MN.
- Garcia, O. G.** & Duggan, K. A. (2022, June 04-08). *The role of parental absence and parental conflict on child and adolescent sleep* [Poster presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Charlotte, NC.
- Meyer, M. J., Hamm, J. M., **Garcia, O. G.,** Tan, J. X. Y., Delaney, R. L., & Duggan, K. A. (2022, June 04-08). *The role of perceived control in buffering against poor sleep in essential workers during COVID-19* [Poster presentation]. Associated Professional Sleep Societies (SLEEP) annual meeting, Charlotte, NC.
- Garcia, O. G.** & Slavish, D. C. (2021, June 10-13). *Daily stress and nightmare are*

bidirectionally associated among nurses [Poster presentation]. Associated Professional Sleep Societies annual meeting (SLEEP 2021), Virtual.

Garcia, O. G. , Slavish, D.C., Messman, B., Wardle, S., Dietch, J.R., Ruggero, C.J., Kelly, K., & Taylor, D.J. (2020, November 17-22 & September 18). *The Effects of Alcohol Consumption and Work Stress on Insomnia Symptoms in Nurses* [Poster presentation]. Association for Behavioral and Cognitive Therapies conference, Virtual.
U. North Texas McNair Fall Assembly 2020, Virtual.
<https://www.youtube.com/watch?v=JqcZZmEJmVw>

Fellowship and Grant Application Experience -----

2025	<i>Submitted (unfunded)</i> , University of California Presidential Postdoctoral Fellowship Program
2023-2026	NDSU College of Graduate and Interdisciplinary Studies Research Support
2023-2026	<i>Awarded</i> , National Science Foundation Graduate Research Fellowship
2022	<i>Alternate & Honorable Mention</i> , Ford Foundation Pre-Doctoral Fellowship
2022	Paul and Daisy Soros Fellowship for New Americans
2021	<i>Honorable Mention</i> , Ford Foundation Pre-Doctoral Fellowship

Methodological Coursework and Formal Training -----

Sleep assessment	<u>Polysomnography training</u> (at NDSU), including data collection and analysis. <u>Actigraphy training</u> (at NDSU), including data collection, scoring, and analysis; actigraphy is a small wristwatch-like device that uses movement signals to infer sleep/wake patterns
Research & Statistical Methods	<u>Multilevel Structural Equation Modeling</u> (SMaRT Workshops; 2026), a 3-day workshop overviewing the most popular uses of MSEM for intensive longitudinal data. <u>Introduction to Latent Profile Analysis</u> (SMaRT Workshops; 2026) a 3-day workshop introducing foundational aspects of LPA and introductory information on LPA extensions. <u>Longitudinal Structural Equation Modeling</u> (SMaRT Workshops; 2026), a 3-day workshop focused treatment of structural equation modeling (SEM) of longitudinal data, with an emphasis on the applied use of these techniques. <u>Grad. Advanced Research Methods and Analysis</u> (PSYC 762; North Dakota State U., Spring 2024, Advanced applications of regression with a focus on multilevel regression models used to analyze nested cross-sectional and longitudinal data.) <u>Grad. Applied Research Methods</u> (PSYC 761; North Dakota State

	U., Spring 2023, Developing methodological, design, analytic, and quantitative skills with focus on multivariate statistics) <u>APA Science Training Sessions: Intensive Longitudinal Data</u> (4 webinars introducing the design and analysis of research with intensive longitudinal data) <u>Grad. Experimental Methods</u> (PSYC 640; North Dakota State U., Fall 2022, Intermediate experimental design and data analysis with emphasis on the analysis of variance.) <u>Undergrad. Quantitative Methods</u> (PSYC 2317; U. North Texas, Fall 2019, covering psychological data analyses plans and introduction to SPSS) <u>Undergrad. Research Methods</u> (PSYC 2950; U. North Texas, Spring 2020, covering experimental procedures and design)
Grantsmanship	<u>NIH: National Institute of Aging Regional Director's Meeting</u> (Grand Forks, ND; Tribal leaders, researchers, and community partners unite to discuss funding opportunities, aging research priorities, and data resources.) <u>Grad. Grant Writing for Psychology Scientists</u> (PSYC 763; North Dakota State U., Fall 2021, covering methods to find, apply, and earn grants in psychology) <u>Grad. Writing for Scholars</u> (UNIV 640; North Dakota State U., Fall 2021, covering the application process for the NSF GRFP)
Science Communication	<u>American Association for the Advancement of Science (AAAS) Media Training for Scientists</u> (September 2024, March 2026) <u>Science Communication Training by Alan Alda Center for Communicating Science</u> (May 2024)

Professional Service and Volunteer Activities -----

Public Outreach and Science Communication Efforts

Knopps, A., Hackerson, E. L., **Garcia, O. G.**, Johnson, E. M., & Delaney, R. “*Scientists in Training Podcast*.” A monthly science communication podcast describing our inside experiences in academia. On the first of every month, we share the tools, personal experiences, and advice for interested and new scientists when entering academia. We hope to provide open and honest conversations around the scientific issues of today and our experiences in academia.

www.scientistsintraining.com

17 episodes
(Mar 2022-December 2023)

Episode Examples: “Road to the Ph.D.”, “Ethics in Research”, “Starting the conversation: Racial Minority Insights”, “Imposter Syndrome”, “All Things Grants”, “Conferences, Journals, Manuscripts, OH MY!”, “Oh, the things you’ll

write”

Duggan, K. A., Hilmert, C. J., Byron, G., & **Garcia, O. G.** “*The Psychophysiology of Stress: How the brain and body communicate to prepare us for challenges*” This is a 90-minute talk focused on explaining stress, describing how the body responds to stress, explaining how scientists study stress, explaining how stress is related to health, and suggesting ways to cope with stress.

2022-2025, April

Presentation to middle- and high school students at NDSU’s Avenues of Scientific Discovery

Pierce, M., **Garcia, O. G.**, Moch, M., & TRIO SSS Staff. “*Spring Reset*” This is an interactive and discussion-based workshop introducing research-supported goal setting practices. The SMART goals framework was presented to students as an option to frame their goals in a actionable manner.

2023, March

Presentation to underrepresented college students at NDSU’s TRIO Student Support Services

Garcia, O. G. “*Science Communication as a Graduate Student*” This is a roundtable unconference session to discuss science communication activities as a graduate student. This session is meant to share ways of participating in science communication activities.

2023, February

Roundtable unconference session at SPSP’s 2023 Annual Meeting.

Garcia, O. G. “*What is stress and what can you do about it?*” This is a one-hour talk focused on defining stress, its consequences, and different way to cope with stress using the biopsychosocial perspective. The talk includes a life events stress test and a guided meditation activity.

2022, April

Presentation to underrepresented college students at NDSU’s TRIO Student Support Services

Garcia, O. G. “*What do your sleep and dreams tell you?*” This is a one-hour talk focused on communicating sleep measurement, healthy sleep practices, and how sleep impacts memory and physical health to populations which are underrepresented in research. The talk concludes with a worksheet and reflection activity focused on different domains of sleep and how to improve them behaviorally.

2022, February

Presentation to underrepresented college students at NDSU’s TRIO Student Support Services

Volunteer Activities

2023-2026 *Pen Pal*, Letters to a Pre-Scientist

2021 Served as a STEM education pen pal for middle/high school students from low-income schools to encourage students of all backgrounds see themselves as future STEM professionals.

2023 *Heart Health and Research Outreach*, Pelican Rapids Fest

A community tabling event where we inform people about their blood pressure

- and better sleep habits. Provide resources informed by the American Heart Association about how to maintain a healthy lifestyle. We also describe the research in our lab informing sleep and heart health.
- 2022-2023 *Mentor, Next-Gen Psychology Scholars Program*
Provide resources and mentor psychology students through the graduate school application process.
- 2022 *Cardiovascular Health Outreach, Red River Farmer's Market*
A community tabling event where we inform people about their blood pressure, sleep, and stress. Provide resources informed by the American Heart Association about how to maintain a healthy lifestyle.
- 2022 *Research Outreach, NDSU Memorial Union*
Introducing and informing students about undergraduate research opportunities.
- 2022 *Stress, Sleep, & Finals Outreach, NDSU Memorial Union*
Promoted healthy sleep and stress coping mechanisms with finals approaching.
- 2022 *Program Outreach Volunteer, Red River Psychology Conference*
Promoted the NDSU psychology department during the tri-college Fargo-Moorhead Annual Red River Psychology conference
- 2022 *Volunteer Judge, Tri-County Science and Technology Fair ([LINK](#))*
Remotely judged science projects in psychology for high school students.

Professional, Institutional, & Departmental Service

- 2025-ongoing *Full Reviewing Graduate Student Member, NDSU Institutional Review Board*
- 2025-ongoing *Student Representative, Social, Personality, & Health Network Executive Committee*
Represent graduate student perspectives for SPHN events and programming.
- 2024-2025 *Trainee Subcommittee Member, Sleep Research Society*
Facilitating SLEEP 2025 conference trainee programming by helping plan sessions, moderating sessions, helping with event logistics, and serving as a mentor in the SRS's SLEEP Pals Program.
- 2023-2025 *Graduate Student Alternate, NDSU Institutional Review Board*
- 2023 *Graduate Student Representative, Tenure-Track Assistant Professor of Health Psychology Search Committee*

Ad-Hoc Reviewing

Stress & Health – February 2022*

Health Psychology – May 2023*

Psychosomatic Medicine – November 2023*

Dreaming – February 2025

Scientific Reports – January 2026

BMC Nursing – March 2026

* starred reviews were co-reviewed with Dr. Katherine Duggan

Teaching & Mentoring Experience -----

College Teaching Certificate, North Dakota State University

A nine-credit program offering hands-on training in modern instructional methods and real-world experience in lesson planning, student assessment, and classroom management.

Instructor of Record, North Dakota State University

In this role, I was in charge of all course content, including lectures, in-class active learning activities, and scaffolding discussion. In this course students gain an understanding of the psychology of human life span development in the physical, cognitive, emotional, and social domains, across contexts.

Fall 2025: one section of Development Psychology (PSYC 250)

Teaching Assistant (TA), North Dakota State University

In this role I scaffold student active learning, hosted office hours, and graded assignments. My efforts were focused on students' critical and creative thinking, oral and written communication, and understanding of scientific research.

Fall 2022: one course of Developmental Psychology (PSYC 250)

Fall 2021: two courses of Developmental Psychology (PSYC 250)

Teaching-Related Professional Development

Teaching College Science (STEM 810 @NDSU) – Semester-long course for graduate students to learning about science teaching and student learning at the undergraduate level. Content includes implementation of evidence-based learning strategies, classroom observations, and teaching activities.

Anti-Racist Teaching and Research Webinar (hosted by Society for Personality and Social Psychology) – Webinar with panel of experts that discussed current and past issues of systematic, racism, equity, and inclusion within psychology and offered their perspectives on how to implement anti-racist mentoring, teaching, and research.

Teaching & Learning Conference (May 2022, hosted by Office of Teaching and Learning – NDSU) – Conference for faculty and graduate students who want to learn more about teaching and learning. The sessions covered topics such as supporting student mental health, improving student learning through skill development, improving student learning with technology tools, and building an inclusive classroom.

Designing Tech-Infused Learning Environments (STEM 840 @NDSU) – Semester-long course for graduate students intended to prepare college-level instructors to effectively infuse appropriate technology tools into contemporary higher education learning environments. This course includes technology-focused teaching philosophy, discussions of AI, and evaluating the use of technological tools in higher education.

Student Preparation and Approaches to Teaching: Exploring Best Practices and Lessons Learned

(hosted by Society for Personality and Social Psychology) – Webinar with panel that discussed challenges in teaching (e.g., considerations for working, commuting, and caretaking students) and best approaches to resolve the challenges and promote student retention and learning (e.g., providing scaffolding *in* the course).

Student Mentoring

Mentored Scholarly Research Projects

	<i>Projects and/or Activities</i>
Ella Zanetti <i>NDSU UG RA</i>	Comparing stress, anxiety, and depression as predictors of insomnia in college students (Poster) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Kaitlyn Forehand <i>NDSU UG RA</i>	Comparing stress, anxiety, and depression as predictors of insomnia in college students (Poster) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Polly Rudolf <i>NDSU UG RA</i>	Stress and Dream Aggression: Exploring the Association Between Daily Stress and Aggressive Dream Content (Poster; https://osf.io/qd2w8/overview) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Joelle Hannam <i>NDSU UG RA & Obama-Chesky Voyager</i>	NDSU Voyager Scholarship Recipient Joelle Hannan wins Obama-Chesky Scholarship Socioeconomic status & dysfunctional beliefs about sleep (https://osf.io/mrygz/) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Katelyn Hanson <i>NDSU UG RA & Honor Thesis Student</i>	Navigating Neuroticism: A Look into Stability and Changes in Personality Traits Through the COVID-19 Pandemic (https://osf.io/qfn36/) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Elizabeth Voss <i>High School Summer School Student</i>	Sleep and Executive Function (https://osf.io/5cus4)
Hieu Le <i>NDSU UG RA & Honor Thesis Student</i>	Personality processes in qualitative sleep narratives. (https://osf.io/gnksq) Research Procedures – Dreams & Sleep Study (https://osf.io/vxdk3/)
Samantha Weston <i>NDSU UG RA & Honor Thesis Student</i>	Psychosocial risk and resilience factors that buffer the impact of a stressful film on subsequent sleep: Pilot study (https://osf.io/5cdt4) Sleep narratives reveal current theories concerning SES disparities and sleep may have limited utility (Poster)
Rachel Menge <i>NDSU UG RA & Student co-author</i>	Sleep, psychological well-being, and mental health [Book Chapter]

Additional undergraduate research mentorship

Trained on research procedures for Dreams & Sleep Study (<https://osf.io/vxdk3/>)
Olivia Soine (NDSU UG RA); Molly Lenz (NDSU UG RA); Kaelyn Farha (NDSU UG RA); Joselyn Casavant (NDSU UG RA); Julia Schmidt (NDSU UG RA)

Professional Memberships -----

Society for Biopsychosocial Science and Medicine (formerly American Psychosomatic Society)	since 2023
Society for Personality and Social Psychology	since 2022
Sleep Research Society	since 2022

Professional References -----

Dr. Katherine A. Duggan
Graduate Mentor
Assistant Professor
North Dakota State University
NDSU Dept. 2546 P.O. Box 6050
Fargo, ND 58108-6050
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