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Education

- 2018 | **Doctor of Philosophy in Experimental Psychology**
The University of Alabama
Emphasis in Cognitive Psychology and Developmental Science, Minor Emphasis in Statistics
Dissertation: The Acquisition of Survey Knowledge across Repeated Exposures to a Novel Environment in Individuals with Down Syndrome
- 2015 | **Master of Arts in Experimental Psychology**
The University of Alabama
Thesis: Processing Spatial Relations: The Role of Instructions on the Priming of Egocentric and Allocentric Spatial Representations
- 2012 | **Bachelor of Arts in Psychology**
Rivier College
Honor's Thesis: The Testing Effect in the Classroom

Work Experience

- 2023 – Present | **Lead Data Science Manager**
2022 – 2023 | **Data Manager** (part-time)
Motivate Lab
- Responsible for creating and maintaining data management and statistical programming processes for qualitative and quantitative data
 - Conduct survey research, including psychometric analyses to evaluate reliability and validity, statistical modeling, and publishing scholarly articles
 - Generate and deliver insight gleaned from analyses for multiple audiences, and provide recommendations to internal and external stakeholders based on research findings
- 2022 – 2023 | **Assistant Professor of Psychology**
2017 – 2022 | **Lecturer in Psychology**
Maryville College
- Maintained an active research lab where I published papers, presented at conferences, supported institutional research, and mentored student research
 - Taught courses and held workshops in statistics, research methodology, and programming in R
 - Consulted with the Associate Dean, Career Center, faculty, and students on data analysis, statistical programming, grant writing, and results interpretation

2012 – 2017	Graduate Student Assistant <i>The University of Alabama</i> <ul style="list-style-type: none"> – Designed, managed, collected, and analyzed data for survey and behavioral research projects – Trained and supervised undergraduate and graduate research assistants on a large, federally funded grant, as well as other concurrent research projects – Collaborated with colleagues on research projects using a wide range of methodologies
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Publications

2024	<p>Himmelberger, Z. M., Tibbetts, Y., Barron, K. E., Hulleman, C. S., Harootunian, G., & Speicher, M. R. (2024). How can a Growth Mindset-supportive Learning Environment in Medical School Promote Student Well-being? <i>Families, Systems, & Health</i>, 42(3), 343–354. doi:10.1037/fsh0000915</p> <p>Tibbetts, Y., Himmelberger, Z. M., Barron, K. E., Speicher, M. R., & Hulleman, C. S. (2024). The Relationships Between Learning Mindsets and Osteopathic Medical Student Psychological Well-being and Ill-being. <i>JAMA Network Open</i>, 7(6), 1-12. doi:10.1001/jamanetworkopen.2024.18090</p>
2023	<p>Elmore, J. D., Lewis, J. A., Himmelberger, Z. M., & Sherwood, J. (2023). Everyday moral transgressions (EMTs): investigating the morality of everyday behaviors. <i>Current Psychology</i>, 43, 10484-10493. https://doi.org/10.1007/s12144-023-05114-x</p>
2022	<p>Himmelberger, Z. M., Faught, G. G., Tungate, A., Conners, F. A. & Merrill E. C. (2022). Personality traits predict attitudes toward individuals with intellectual disability. <i>International Journal of Developmental Disabilities</i>, 69(6), 906-914. https://doi.org/10.1080/20473869.2022.2044594</p>
2021	<p>Yang, Y., Himmelberger, Z. M., Robinson, T., Davis, M., Conners, F., & Merrill, E. (2021). Everyday memory in people with Down syndrome. <i>Brain Sciences</i>, 11(551). https://doi.org/10.3390/brainsci11050551</p>
2020	<p>Faught, G. G., Himmelberger, Z. M., Conners, F. A., & Tungate, A. S. (2020). Sustained attention to response task performance trajectories in Down syndrome. <i>Journal of Intellectual Disability Research</i>, 65(3), 230-235. https://doi.org/10.1111/jir.12805</p> <p>Lewis, J. A., Himmelberger, Z. M., & Elmore, J. D. (2020). I can see myself helping: The effect of self-awareness on prosocial behavior. <i>International Journal of Psychology</i>, 56(5), 710–715. https://doi.org/10.1002/ijop.12733</p> <p>Himmelberger, Z. M., Merrill, E. C., Conners, F. A., Roskos, B., & Yang, Y. (2020). The</p>

acquisition of survey knowledge by individuals with Down syndrome. *Frontiers in Human Neuroscience*, 14(256), 1–17. <https://doi.org/10.3389/fnhum.2020.00256>

- 2016 Faught, G. G., Conners, F. A., & **Himmelberger, Z. M.** (2016). Auditory and visual sustained attention in Down syndrome. *Research in Developmental Disabilities*, 53, 135–146. <https://doi.org/10.1016/j.ridd.2016.01.021>

Manuscripts in Preparation

- 2024 Tibbetts, Y., Totonchi, D., Best, M., Francis, M., **Himmelberger, Z. M.**, DeCoster, J., Lee, G., Barron, K., & Hulleman, C. (in preparation) Growth Mindset and Perceptions of Other's Growth Mindset Across Contexts
- Himmelberger, Z. M.**, Bagci, M., Roskos, B., & Merrill, E. C. (in preparation). The Effects of Landmark Saliency and Location on the Learning Trajectories of Route and Landmark Information in a Virtual Environment. *Journal of Environmental Psychology*.
- Himmelberger, Z. M.**, Guercio, E., Barrow, J., Tibbetts, Y., Speicher, M. R., Brannan, G. D., & Hulleman, C. S. (in preparation). Prevalence of Burnout and Psychiatric Morbidity in Graduating Osteopathic Medical Students. *Academic Medicine*.
- Himmelberger, Z. M.**, Johnson, B., Carey, K., Tibbetts, Y., Speicher, M. R., & Hulleman, C. S. (in preparation) Burnout, Job Satisfaction, and Perceptions of the Workplace in U.S. Osteopathic Medical School Faculty. *Medical Science Educator*.
- Sherwood, J., Lewis, J. A., Elmore, J. D., & **Himmelberger, Z. M.** (in preparation) Choose Your Fighter: An Application of Error Management Theory to Predicting Outcomes in High-Cost Physical Confrontations.

Workshops, Panel Discussions, and Invited Talks

- 2024 Francis, A., Speicher, M., Tibbetts, Y., **Himmelberger, Z.**, Gin, L., & Hulleman, C. S. (2024, April). Evaluating and Implementing Supportive Learning Mindsets in OME. Workshop given at Educating Leaders. Kansas City, MO.
- Tibbetts, Y., **Himmelberger, Z.**, & Barron, Y. (2024, March). Student Motivation and Well-Being in Medical School and the Resilient Mindsets in Medicine Initiative. Webinar hosted by the International Association of Medical Science Educators.
- Panelist, "What's Next?: Navigating Career Paths Post Grad-School", moderated by Tanvi Tomar. Panel discussion at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

- 2021 | **Himmelberger, Z. M.**, & Johnson, A.R. (2021, March). Applied Multilevel Modeling with Longitudinal Data. Workshop given at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2020 | **Himmelberger, Z. M.**, & Johnson, A.R. (2020, June). An Introduction to Multilevel Modeling. Workshop given at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2018 | **Himmelberger, Z. M.**, & Johnson, A.R. (2018, April). Introduction to R. Workshop given to students, faculty, and staff at Maryville College. Maryville, TN.

Conference Presentations

* Undergraduate student author

- 2024 | **Himmelberger, Z.**, Speicher, M., Hulleman, C., Tibbetts, Y., Francis, A., Gin, L., Barron, K., & Guercio, E. (2024, June). Well-Being and Resilience in Historically Underserved Students. Focus Session at the Annual Meeting of the International Association of Medical Science Educators. Minneapolis, MN.
- Hulleman, C., Thoman, D., Hulleman, T., **Himmelberger, Z.**, Beardsley, P., & Vaughn, A. (2024, June). Improving student outcomes in math through online faculty professional development. Paper presentation at the Annual Meeting of the American Society for Engineering Education. Portland, OR.
- Speicher, M., Delaney, P., Francis, A., Tibbetts, Y., **Himmelberger, Z.**, Gin, L., Barron, K., Bragan, L., Hulleman, C. S., & Young, L. (2024, April). Beyond Growth Mindset: Using Mindset GPS to Create Motivationally Supportive Learning Environment. Poster presentation at Educating Leaders. Kansas City, MO.
- Himmelberger, Z. M.**, Gin, L., Francis, A., Barron, K., & Tibbetts, Y. (2024, April). To: Students / Subject: Improving Learning Mindsets Through Supportive Messaging. Teaching take-out presentation at the Annual Meeting of the Rocky Mountain Psychological Association. Denver, CO.
- Himmelberger, Z. M.**, Tibbetts, Y., Barron, K., Hulleman, C., Harootunian, G., & Speicher, M. (2024, April). Motivationally Supportive Learning Environments in Medical School and Osteopathic Medical Student Well-being and Burnout. Oral presentation at the Annual Meeting of the Rocky Mountain Psychological Association. Denver, CO.
- Himmelberger, Z. M.**, Tibbetts, Y., Francis, M. K., Totonchi, D. A., & Hulleman, C. S. (2024, February). Growth Mindset and Disability: A Longitudinal Analysis of College Students with and without Disabilities. Poster presentation at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

Tibbetts, Y., Best, M., Totonchi, D., Francis, M., **Himmelberger, Z.**, Hulleman, C.S. (2024, February). Growth Mindset Cultures: A stronger Predictor of Outcomes than an Individual's Own Growth Mindset. Poster presentation at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

Elmore, J. D., Lewis, J. A., Sherwood, J., & **Himmelberger, Z. M.** (2024, February). Capturing Everyday Morality: Evaluating the Representativeness of New and Existing Moral Vignettes. Poster presentation at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

2023 Guercio, E., **Himmelberger, Z.**, Tibbetts, Y., Speicher, M., & Brannon, G. (2023, May). Evaluating Osteopathic Medical Students' Burnout & Resiliency: Measurement Tools Selection. Oral presentation at the AAMC Health Workforce Research Conference. Washington D.C.

*Skibbie, S., *Osorio Candelario, A., *Cruz, C., & **Himmelberger, Z.** (2023, April). Wayfinding: Acquisition of Survey Knowledge. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. New Orleans, LA.

*Knocke, E., & **Himmelberger, Z.**, Vann, J. (2023, April). Nurses' Attitudes Towards Obese Patients. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. New Orleans, LA.

*Winebarger, L., Barrow, J., *Shore, M.E., *Skibbie, S., & **Himmelberger, Z.** (2023, April). "Sometimes My Arms Bend Back": Uncanniness as a Personality Trait. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. New Orleans, LA.

*Garrett, A., *Lee, K., & **Himmelberger, Z.** (2023, April). The Effects of Music and Animal-Assisted Intervention on Stress. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. New Orleans, LA.

2022 Elmore, J.D., Lewis, J.A., **Himmelberger, Z.M.** & Sherwood, J.A. (2022, May). Moral or Not? the Morality of Everyday Behaviors and Individual Differences in Moral Detection. Poster presentation at the Annual Meeting of the Association for Psychological Science, Chicago, IL.

Lewis, J.A., Sherwood, J.A., **Himmelberger, Z.M.**, & Elmore, J.D. (2022, May). Picking Sides in a Fight Is a Coin Flip: Layperson MMA Fight Outcome Predictions Perform No Better Than Chance. Poster presentation at the Annual Meeting of the Association for Psychological Science, Chicago, IL.

Sherwood, J.A., Lewis, J.A., Elmore, J.D., & **Himmelberger, Z.M.** (2022, May). The Leprous Nature of Victim Status: Being Victimized Decreases Social Desirability. Poster presentation at the Annual Meeting of the Association for Psychological Science, Chicago, IL.

- 2021 | Lewis, J.A., Sherwood, J.A., Elmore, J.D., & **Himmelberger, Z.M.** (2021, May). I Came, I Saw, I Helped: Self-Awareness Increases Prosocial Behavior Regardless of Self-Presentational Concerns. Poster presentation at the Annual Meeting of the Association for Psychological Science. Virtual.
- *Ross, V., *Goforth, B., & **Himmelberger, Z.** (2021, March). Just World Belief and Authoritarianism May Interact to Promote Sexism. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Goforth, B., *Ross, V., & **Himmelberger, Z.** (2021, March). Relationship between Sexual Education, Religiosity, and Rape Myth Acceptance. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Tucker, C., *Johnson, J., & **Himmelberger, Z.** (2021, March). Self-esteem and Dungeons & Dragons Character Creation. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2020 | *Bagci, M., **Himmelberger, Z.**, & *O'neil, A. (2020, June). The Effects of Landmark Saliency on Route Learning. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Leonard, T., *Guisadio, G., *Coyle, E., & **Himmelberger, Z.** (2020, June). Relationship between Contact and Comfort around Individuals with Intellectual Disability. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Coyle, E., *Leonard, T., & **Himmelberger, Z.** (2020, June). A New Measure of Comfort around Individuals with Intellectual Disability. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2019 | *Wilson, H., Shiba, K., & **Himmelberger, Z.** (2019, April). College Students' Electronics and Social Media Use: The Impact of Nature Exposure and Physical Activity. Poster presentation at the National Conference on Undergraduate Research, Kennesaw, GA.
- *Wang, K., Shiba, K., & **Himmelberger, Z.** (2019, April). The Attitude of Teachers Towards Online Teaching Environments from a Global Perspective. Poster presentation at the National Conference on Undergraduate Research, Kennesaw, GA.
- Merrill E., Conners, F., Roskos, B., Robinson, T., **Himmelberger, Z.**, & Yang, Y. (2019, March). Acquisition of Route and Survey Knowledge during Wayfinding by Individuals with Down Syndrome. Symposium presentation at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- 2018 | *Everett, D., Shiba, K., & **Himmelberger, Z.** (2018, November). Impact of cause of death on attitudes towards the deceased. Poster presentation at the Tennessee Psychological Association Convention, Nashville, TN.

- 2017 | **Himmelberger, Z.**, Tungate, A., Faught, G., Merrill, E., & Conners, F. (2017, March). Predicting Attitudes Towards People with Intellectual Disability. Poster Presentation at the Gatlinburg Conference on Research and Practice in Intellectual and Developmental Disabilities. San Antonio, TX.
- Robinson, T., Merrill, E., Yang, Y., Conners, F., **Himmelberger, Z.**, & Davis, M. (2017, March). Developmental trajectory analysis of verbal and every day long term memory: A comparison of persons with intellectual disability with and without down syndrome. Poster Presentation at the Gatlinburg Conference on Research and Practice in Intellectual and Developmental Disabilities. San Antonio, TX.
- 2016 | **Himmelberger, Z.**, Kraemer, K.R., & Merrill, E.C. (2016, November). Gender Differences in Memory for Landmarks at Choice Points. Poster presentation at the Annual Meeting of the Psychonomic Society, Boston, MA.
- 2015 | **Himmelberger, Z.** & Merrill, E.C. (2015, November). Instruction Moderates the Location Priming Effect of Egocentric and Allocentric Specific Processing. Poster presentation at the Annual Meeting of the Psychonomic Society, Chicago, IL.
- Merrill, E. C, Yang, Y., **Himmelberger, Z.**, *Robinson, T., & *Reid, C. (2015, March). Do you know which way is north? children's cardinal direction knowledge. Poster presentation at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Yang, Y., Merrill, E. C, & Himmelberger, Z. (2015, March). Contribution of sex, age, and spatial abilities to the development of route learning skills. Paper presentation at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- 2014 | **Himmelberger, Z.**, & Merrill, E. C. (2014, November). Negative priming of spatial relations. Poster presentation at the Annual Meeting of the Psychonomic Society, Long Beach, CA.
- 2012 | Rekart J. L., Schoenfeld, N., ***Himmelberger, Z.**, & Pelletier, C. (2012, May). Assessing K-12 educator and college student beliefs and knowledge about the brain. Poster presentation at the Association for Psychological Science, Chicago, IL, II-49.

Courses Taught

- 2017 – 2023 | **Maryville College**
R Programming in Psychology, Intellectual Disability: Brain and Cognition, Developmental Disabilities, Advanced Neuroscience, Introductory Psychology, Experimental Psychology, Research Design, Adolescent Psychology, Adult Development and Aging, Introductory Statistics, Cognitive Psychology, Readings Course in Cognitive Psychology
- 2019 – 2020 | **Bellevue University**
Introduction to Psychology, Human Development

2012 – 2017	The University of Alabama Experimental Research Laboratory, Introduction to Psychology, Elementary Statistics, Research Laboratory Coordinator (for all Experimental Research Lab sections), Psychology, Law, & Justice (Teaching Assistant), Physiological Psychology (Teaching Assistant), Elementary Statistics (Teaching Assistant), History and Systems in Psychology (Teaching Assistant), Honors Introductory Psychology (Teaching Assistant)
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Grants and Awards

2023	Student Organization Advisor of the Year Recognition for advising Best Buddies, a student organization which was also awarded for their work.
2022	Faculty Development Award Award given by Maryville College to take undergraduate students to a professional conference. <i>Award: \$1,627</i> Outstanding Teacher Award Recognition based on a nomination ballot from the junior and senior classes.
2021	Faculty Development Award Award given by Maryville College to complete a MicroMaster's Program in Statistics and Data Science at MITx. <i>Award: \$2,700</i>
2019	Faculty Development Award Award given by Maryville College to take undergraduate students to a professional conference. Funds were not used due to COVID. <i>Award: \$2,130</i>
2015	Research Travel Award Award given by The University of Alabama to present research at a professional conference. <i>Award: \$600</i>
2014	Research Travel Award Award given by The University of Alabama to present research at a professional conference. <i>Award: \$600</i>
2013	Research Travel Award Award given by The University of Alabama to present research at a professional conference. <i>Award: \$600</i>

Professional Development Courses

2022	Fundamentals of Statistics MITx 18.6501x course as part of the MIT Statistics and Data Science MicroMaster's curriculum Machine Learning with Python - From Linear Models to Deep Learning MITx 6.86x course as part of the MIT Statistics and Data Science MicroMaster's curriculum Probability - The Science of Uncertainty and Data MITx 6.431x course as part of the MIT Statistics and Data Science MicroMaster's curriculum
2021	Machine Learning & Statistical Analysis (with honors) WorldQuant University Applied Data Science Module Scientific Computing & Python (with honors) WorldQuant University Applied Data Science Module Bayesian Data Analysis Course taught by Aki Vehtari (GSU, 2021)
2019	Information Technology and the Community Engagement Professional Community of Practice hosted by Indiana Campus Compact ACUE Certificate in Effective Instruction Career Guidance and Readiness concentration

Service and Committee Work

2021 – 2023	Maryville College Faculty Salary Committee
2019 – 2023	Faculty advisor for the Maryville College Best Buddies student organization
2018 – 2019	Maryville College Student Life Committee Faculty representative for the Maryville College Student Government Association
2014 – 2015	UA-ACTS Mentor for students with Autism Spectrum Disorder Graduate student representative to the Undergraduate Advising Committee
2014	Graduate student representative to the Graduate Curriculum Committee
2013 & 2014	Mentor for 1st Year Graduate Students