

Education

Doctorate of Philosophy in Counseling Psychology

New Mexico State University – Las Cruces, New Mexico

June 2015 – June 2020 (*anticipated*)

Faculty advisor: Eve Adams, Ph.D.

Bachelor of Science in Psychology, magna cum laude

University of North Texas – Denton, Texas

August 2010 – May 2014

Faculty advisor: Mark Vosvick, Ph.D.

Minors in Communication Studies; Lesbian, Gay, Bisexual and Transgender (LGBT) Studies; and Spanish

Honor's Thesis: *Mindfulness, self-esteem and positive states of mind: Correlates of psychological quality of life in an LGBT sample*

Teaching Experience

New Mexico State University – Department of Counseling & Educational Psychology

Fall 2017, Course Instructor

CEP 300V: Human Relations Training

- Instructed 1 section of an online undergraduate course of 30 students
- Topics include lifespan development, interpersonal communication, and self-care
- Assessed student performance based on quizzes and responses to discussion posts

Fall 2017, Course Instructor

CEP 498: CCP Internship

- Instructed 1 section of an upper-level undergraduate course of 9 students
- Topics include ethical behavior in professional settings and application of research
- Prepared lectures, in-class discussion topics and student assessment materials
- Assessed student performance based on written assignments and student hours logged at clinical/research internship site

Spring 2017 & Spring 2018, Course Instructor

CEP 420: Introduction of Mindfulness

- Instructed 1 section of an upper-level undergraduate course of 30 students
- Topics include mindfulness-based stress reduction and applying mindfulness in helping professions
- Prepared lectures, in-class discussion topics and student assessment materials
- Assessed student performance based on quizzes, written assignments and group work

Fall 2015 & Fall 2016, Course Instructor

CEP 320, Sex Roles in Education

- Instructed 2 sections of an upper-level undergraduate course of 35-40 students
- Topics include gender and sexuality in contexts of schools, careers, and relationships
- Prepared lectures, in-class discussion topics and student assessment materials
- Assessed student performance based on written and group assignments

Spring 2016 & Summer session 2016, Course Instructor

CEP 110G, Human Growth & Development

- Instructed 2 sections of an introductory-level undergraduate course of 20-30 students

- Topics include cognitive, physical, and social development throughout the lifespan
- Prepared lectures and student assessment materials
- Assessed student performance based on quizzes and written assignments

Spring 2016, Teaching Assistant

CEP 210, Educational Psychology

- Aided instructor Kayla Bolland in facilitating an undergraduate course of 35 students
- Assisted in uploading, grading and preparing student assessment materials
- Lectured on topic of Sexual & Gender Diversity

University of North Texas – Department of Kinesiology, Health Promotion & Recreation

August 2012 – December 2013, Teaching Assistant

HLTH 2200, Family Life and Human Sexuality

- Aided instructors Chwee-Lye Chng, Ph.D. and Lee Ancona, Ph.D with three sections of an undergraduate course of 50-120 students
- Collected daily attendance, recorded exam grades via Scantron forms, and uploaded final grades to University of North Texas registrar

Research Experience

New Mexico State University – Department of Counseling & Educational Psychology

January 2016 – (continued), Research Assistant

Mindfulness Research Team – Dr. Eve Adams, Director

- Organize and attend monthly team meetings
- Supervise data collection and entry for ongoing research on CEP undergraduate and graduate students' measures of various mindfulness and well-being constructs
- Recruit and manage involvement of CEP undergraduate research assistants
- Produced poster, *The effects of a university mindfulness course on mindful attention, self-compassion, life satisfaction and perceived stress*, presented at Association for Psychological Science conference, 2016
- Aid in writing of manuscript addressing cultural differences in self-efficacy and mindfulness skills

September 2015 – December 2016, Research Assistant

Research of Dr. Chris Blazina

- Reviewed and edited 2 chapters of *Men and Their Dogs: A New Psychological Understanding of 'Man's Best Friend.'* (2016).
- Assist in online recruitment of participants for quantitative research on human-animal interaction.

University of North Texas – Department of Psychology

September 2011 – May 2015, Office Manager & Research Assistant

Center for Psychosocial Health Research – Dr. Mark Vosvick, Director

- Interviewed and voted on inclusion of new undergraduate research assistants
- Supervised data collection schedules and training on QDS software for Project Gray Pride, a research study examining psychosocial factors of LGBT individuals aged 50+
- Co-wrote research grant application to NIH (not accepted) for Lesbian Health Study
- Collected and transcribed qualitative data for Focus Group for LGBT Faculty at UNT and for the Health Care Needs Assessment of LGBT people living in Dallas County
- Provided supervision to numerous undergraduate and graduate students in preparing research studies for poster presentations
- Acted as confederate in Project MOVE, a research study co-facilitated by department of Health Promotion examining the role of stress in adults living with HIV who are in substance use recovery.
- Produced Honor's Thesis utilizing data from Project Health, a quantitative study examining psychosocial health factors in LGBT-identifying adults living in north Texas

- First author on 3 posters presented at national conferences; co-author on 1 poster presented at national conference; 2 paper presentations at on-campus research events; and 1 manuscript awaiting review

Research Presentations

Betancourt, S., **Stem, W.**, Hitter, T. L., Adams, E. M. *Examining Outcomes of a University Undergraduate Mindfulness Course: Mindful Attention, Anger Rumination, Attachment Anxiety, and Psychological Inflexibility*

- Poster to be presented at Association for Psychological Science (29th Annual Conference, Boston, MA) – May 28, 2017

Stem, W., Hitter, T. L., Adams, E. M. *The effects of a university mindfulness course on mindful attention, self-compassion, life satisfaction and perceived stress.*

- Poster presentation at Association for Psychological Science (28th Annual Conference, Chicago, IL) – May 29, 2016
- Poster presentation at Southwest Institute for Health Disparities Research (SWIHDR conference at New Mexico State University, Las Cruces, NM) – September 30, 2016
 - Awarded 3rd place poster of conference

Palmer, S., **Stem, W.**, Vosvick, M. *Role of Self Forgiveness, HIV Stigma & Social Support: Psychological Quality of Life in HIV+ Sample.*

- Poster presentation at Society of Behavioral Medicine (26th annual meeting, San Antonio, TX) – April 22, 2015

Stem, W., Bonds, S., Vosvick, M. *Correlates of resilience in an HIV+ sample: Behavioral disengagement, optimism and HIV-related stigma*

- Poster presentation at Association for Psychological Science (26th Annual Convention, San Francisco, CA) – May 23, 2014

Stem, W., Miller, J., Prybutok, M., Vosvick, M. *Correlates of stress in an LGBT sample: Health perceptions, substance use and self-esteem*

- Poster presentation at Association for Psychological Science (25th Annual Convention, Washington, DC) – May 23, 2013
- Paper Presentation at University of North Texas Scholar's Day – April 18, 2013

Stem, W., Lopez, E., Chng, C., Vosvick, M. *Mindfulness, self-esteem and positive states of mind; Correlates of psychological quality of life in an LGBT sample*

- Poster presentation at American Public Health Association (140th Annual Meeting, San Francisco, CA) – October 29, 2012
- Paper presentation at University of North Texas Scholar's Day – April 19, 2012

Publications

Stem, W., Vosvick, M. *Mindful acceptance and self-esteem: Role in stress and psychological quality of life of an LGBT sample*

- Manuscript in review for publication in *Psychology of Sexual Orientation and Gender Diversity*

Volunteer Activities

New Mexico State University - Doctoral Student Association of Counseling & Educational Psychology

2015-2017, Cohort representative

- Attend bimonthly counseling psychology training committee meetings
- Engaged students in conference reimbursement processes through student government
- Volunteered at El Caldito Soup Kitchen in Las Cruces, NM
- Helped organize the first DSA-sponsored Loteria fundraiser.

University of North Texas – Department of Psychology

Octobers 2011 – 2014, AIDS ARMS LifeWalk participant

- Assisted in raising over \$8000 in donations for people living with HIV/AIDS in north Texas

April 2012 – December 2013, Journalist for UNT psychology dept. undergraduate biannual newsletter

- Interviewed and wrote spotlight article on 3 psychology faculty members

Novembers 2012 & 2013, Secretary for Senate Committee on the Status of LGBT Faculty at UNT

- Aided in scheduling, documenting and facilitating biannual meetings for UNT faculty

May 2012 – May 2013, Psychology Ambassador for College of Arts & Sciences

- Connected students with advising resources and represented the UNT psychology department at various “open house” events

November 2011 – May 2013, Psi Chi volunteer participant

- Participated in two nationally recognized service events during which Psi Chi members picked up roadside litter and performed labor maintenance at an equine therapeutic center

Guest Lectures

New Mexico State University – Department of Counseling & Educational Psychology

Spring 2017

CEP 495: Psychology, Multiculturalism and Counseling, Alejandro Cervantes, M.S.

Topic: Mindfulness and Multicultural Considerations

Spring 2016

CEP 499: Feminism in Counseling, Chelsea Bridges, M.A.

Topic: Feminism in Music

CEP 210: Educational Psychology, Kayla Bolland, B.A.

Topic: Sexual & Gender Diversity

CEP 498: CCP Internship, Dr. Elsa Arroyos

Topic: Grad school readiness & departmental research opportunities

Awards and honors

New Mexico State University

Fall 2016 – Spring 2017, Preparing Future Faculty Assistantship (Eve Adams, Ph.D., advisor)

University of North Texas

Fall 2011- Spring 2012, Psi Chi, UNT Chapter – Recognized as an outstanding member

Fall 2010, Spring 2011, Fall 2011, Spring 2012 and Spring 2013 – President’s List

Fall 2012 – Dean’s List

Additional Relevant Work Experience

New Mexico State University Department of Counseling & Educational Psychology – Las Cruces, NM

August 2016 – (continued), Research Assistant (Eve Adams, Ph.D., supervisor)

Maintain organization and engage in data collection and analysis for the mindfulness research team of Dr. Eve Adams

August 2015 – December 2015, Clinic Assistant (Chris Blazina, Ph.D., supervisor)

Assisted in scheduling and maintenance of counseling & educational psychology clinic

University Behavioral Health – Denton, TX

July 2014 – June 2015, Mental Health Technician

Maintained unit milieu; facilitated communication between psychiatrists, counselors, nurses and patients; and provided emergency behavioral intervention as a full-time nursing staff member working on an inpatient unit populated by adults in crisis