

Education & Degrees

- Ph.D.**
(July, 2015)
Florida International University, Miami, Florida.
Major: Industrial-Organizational Psychology
Dissertation Title: Examining the impact of resilience on work stress and strains in nurses.
Chair: Valentina Bruk-Lee, Ph.D.
- M.S.**
(May, 2010)
Missouri State University, Springfield, Missouri.
Major: Industrial-Organizational Psychology
Thesis Title: Performance self-rating modesty and leniency biases among Japanese and U.S. expatriates.
Chair: Robert G. Jones, Ph.D.
- B.S.**
(May, 2008)
University of Iowa, Iowa City, Iowa.
Major: Psychology
Minor: French

Teaching Experience

Associate Professor. *University of Nebraska – Kearney, Kearney, NE.* (August 2020 – Present; Assistant Professor, August 2015 – August 2020)

- General Psychology (7 sections)
- Experimental Psychology & Lab (5 sections & 7 sections)
- Health Psychology & Lab (6 sections & 2 sections)
- Health Psychology Online (2 sections)
- Ethics in Psychology (5 sections)
- Abnormal Behavior & Society – Traditional (8 sections)
- Abnormal Behavior & Society – Online (6 sections)

Graduate Teaching Assistant. *Florida International University, Miami, FL.* (August 2010 – July 2012; August 2014 – July 2015)

- Introduction to Industrial-Organizational Psychology (2 sections)
- Organizational Stress (1 section)
- Organizational Consulting (1 section)
- Research Methods in Psychology – Laboratory (4 sections)
- Introduction to Social Psychology (1 section)

Instructor. *Florida International University, Miami, FL.* (Summer 2012)

- Introduction to Psychology (1 section)

Professional Experience

Graduate Assistant. *Center for Leadership, College of Business Administration, Florida International University, Miami, FL.*

(August 2012 – July 2014)

- Responsible for planning, implementing, and analyzing the impact of a gratitude intervention on the wellbeing of 48 public school principals and their teachers and students, including the development of survey materials and procedures, statistical analysis, and communicating results.
- Responsible for the planning and execution of a research project on servant leadership in 233 CEOs and public school principals, including the development of survey materials and procedures, statistical analysis, and communicating results.
- Gathered research for a study on university rankings.
- Assisted in the Center's lecture series and colloquia on leadership development.

Project Assistant. *I/O Solutions.* (September 2013)

- Proctor for Miami Beach Police Department promotional assessment center.

Areas of Expertise & Research Interests

- Occupational Health and Safety
- Performance Appraisal
- Wellbeing Interventions

Skills

- Thirteen years of experience in national and international research across industries (college and graduate students, university employees, nurses, surgeons, CEOs, high potential leaders, public school principals, and a cross-section of industries such as finance, construction, and retail).
- Strong six-year graduate background in areas such as: performance appraisal, selection, occupational health and safety, leadership, consulting, survey development, quantitative methods, personality, training, psychometrics, and structural equation modeling.
- Proficient in SPSS, AMOS, Mplus, PROCESS, and Interaction!.
- Two years of experience in leadership development at a top-ranked executive education program by hr.com.

Peer-Reviewed Publications

- Lanz, J. J.** (2020). Evidence-based resilience training for nursing students: A randomized controlled pilot trial. *International Journal of Applied Positive Psychology*. doi:10.1007/s41042-020-00034-8
- Lanz, J. J., Fritson, K., Hoffert, K.*, & Carrillo, KC.*** (2019). Reducing burnout through a mindful meditation mobile app: A randomized controlled trial. *Journal of Psychology & Behavioral Science*, 7(2), 66-73. doi:10.15640/jpbs.v7n2a1
- Lanz, J. J., Gregory, P., Menendez, M., & Harmon, L.** (2018). Dr. Congeniality: Understanding the importance of surgeons' nontechnical skills through 360° feedback. *Journal of Surgical Education*, 75(5), 984-992. doi:10.1016/j.jsurg.2017.12.006
IF: 2.209/5-Year IF: 2.481
- Lanz, J. J. & Bruk-Lee, V.** (2017). Resilience as a moderator of the indirect effects of conflict and workload on job outcomes among nurses. *Journal of Advanced Nursing*, 73(12), 2973-2986. doi:10.1111/jan.13383
IF: 2.376
- Bruk-Lee, V., Lanz, J. J., Drew, E. N., Coughlin, C., Levine, P. J., Tuzinski, K., & Wrenn, K. A.** (2016). Examining applicant reactions to different media types in character-based simulations for employee selection. *International Journal of Selection and Assessment*, 24(1), 77-91. doi:10.1111/ijsa.12132
IF: 0.826
- Nixon, A. E., Lanz, J. J., Manapragada, A., Bruk-Lee, V., Schantz, A., & Rodriguez, J. F.** (2015). Nurse safety: How is safety climate related to affect and attitude?. *Work and Stress*, 29(4), 401-419. doi:10.1080/02678373.2015.1076536
IF: 3.140/5-Year IF: 4.764

Authored Book Chapters

- Lanz, J. J., & Forrest, K.** (2019). Resilience as a predictor of desistance. In R.D. Morgan (Ed.). *The SAGE Encyclopedia of Criminal Psychology*. Thousand Oak: SAGE Publications. doi:10.4135/9781483392240.n403
- Bruk-Lee, V., & Lanz, J. J.** (2017). Conflict at work. In S.G. Rogelberg (Ed.), *Encyclopedia of Industrial/Organizational Psychology* (2nd Ed.). Thousand Oak: SAGE Publications. doi:10.4135/9781483386874.n78
- Bruk-Lee, V., & Lanz, J. J.** (2017). Conflict management. In S.G. Rogelberg (Ed.), *Encyclopedia of Industrial/Organizational Psychology* (2nd Ed.). Thousand Oak: SAGE Publications. doi:10.4135/9781483386874.n79

Conference Presentations

Rokusek, B., & **Lanz**, J. J. (2020, April). Using a strengths-based resiliency intervention to reduce stress and burnout in nursing students. Poster presentation at the 90th annual convention of the Rocky Mountain Psychological Association Convention, Denver, CO.

Rodefer, J., **Lanz**, J. J., Synek, S.*, & Rokusek, B.* (2020, January). Assessing the implementation of a critical thinking intervention in traditional and online courses. Poster presented at the 42nd annual National Institute on the Teaching of Psychology, St. Pete Beach, FL.

Synek, S.*, Rokusek, B.*, & **Lanz**, J. J. (2019, April). Comparing the efficacy of teaching psychological critical thinking in online and traditional classrooms. Oral presentation at the 89th annual convention of the Rocky Mountain Psychological Association Convention, Denver, CO.

Note: Sarah Synek received a 2019 Psi Chi RMPA Regional Research Award for this project.

Snihur, A.** & **Lanz**, J. J. (2019, April). Climate scientist stress: The role of interpersonal conflict. Poster presented at the 34th annual conference of the Society for Industrial and Organizational Psychology, National Harbor, MD.

Snihur, A.** & **Lanz**, J. J., & Manapragada, A. (2018, April). Climatologist stress: Are climate scientists feeling the heat? In J. Dinh & T. Rizzuto (Co-Chairs), *I/O to the Rescue: Managing Crises in the Aftermath of Hurricane Harvey*. Symposium at the 33rd annual conference of the Society for Industrial and Organizational Psychology, Chicago, IL.

Note: this symposium was rated a "Reviewer's Choice" by the SIOP reviewers as one of the highest-rated sessions.

Lanz, J. J. & Bruk-Lee, V. (2017, April). The buffering effect of resilience on nurse stress. Poster presented at the 32nd annual conference of the Society for Industrial and Organizational Psychology, Orlando, FL.

Lanz, J. J. & Manapragada, A.** (Co-chairs). (2017, April). Putting the "health" in healthcare: Protecting worker safety and wellbeing. Symposium presented at the 32nd annual conference of the Society for Industrial and Organizational Psychology, Orlando, FL.

Lanz, J. J., Falcon, A.** & Bruk-Lee, V., Manapragada, A.** & Schantz, A.** (2016, April). Examining the nomological network of resilience. Poster presented at the 86th annual convention of the Rocky Mountain Psychological Association Convention, Denver, CO.

Wiggin Loux, M., **Lanz**, J.J., Gregory, P., & Harmon, L. (2015, October). Evaluating the impact of a 360 degree survey feedback and goal setting quality improvement process on behavior of OR staff in a community hospital operating room. Poster presented at the 28th annual OR Manager Conference, Nashville, TN.

- Schantz, A., Coxe, S., Barrantes, R., **Lanz, J.J.**, & Raouf, T. A. (2015, July). An archival data examination of team resilience. Presentation at the 2015 INGRoup Conference, Pittsburgh, PA.
- Falcon, A., Manapragada, A., **Lanz, J. J.**, & Schantz, A. (2015, May). The mediating role of job-related negative affect in the job control–physical symptoms relationship. In J. Mazzola (Chair), *Stress on worker well-being/burnout*. Interactive paper session conducted at the 11th international conference for Work, Stress, and Health, Atlanta, GA.
- Lanz, J. J.**, & Bruk-Lee, V. (2015, May). The buffering effects of resilience on nurse conflict. In P. Perrewé & P. Spector (Co-chairs), *Advances in workplace and nonworkplace mistreatment research*. Interactive paper session conducted at the 11th international conference for Work, Stress, and Health, Atlanta, GA.
- Lanz, J. J.**, Nixon, A. E., & Manapragada, A. (2015, May). Beyond safety: Safety climate's influence on contextual performance. In S.A. Andel (Chair), *Taking a closer look at the antecedents of workplace safety*. Symposium conducted at the 11th international conference for Work, Stress, and Health, Atlanta, GA.
- Schantz, A. D., Falcon, A., **Lanz, J. J.**, Manapragada, A., & Bruk-Lee, V. (2015, April). Drug, alcohol, and tobacco use to cope with workplace conflict. In M.A. Clark & L.M. Zimmerman (Co-chairs), *Addictions and vices and work, Oh my!* Symposium conducted at the 30th Annual Conference of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
- Manapragada, A., Falcon, A., **Lanz, J. J.**, Schantz, A. D., & Bruk-Lee, V. (2015, April). Speaking up at work: Personality's role in employee voice behavior. Poster presented at the 30th national conference of the Society for Industrial Organizational Psychology, Philadelphia, PA.
- Manapragada, A., **Lanz, J. J.**, Falcon, A., Schantz, A. D., & Bruk-Lee, V. (2014, May). Breaking the silence: The influence of job control and engagement on employee silence behavior. Poster presented at the 29th national conference of the Society for Industrial Organizational Psychology, Honolulu, HI.
- Lanz, J. J.**, Manapragada, A., Nixon, A. E., Bruk-Lee, V., Schantz, A. D., & Rodriguez, J. (2014, May). The safety dance: Outcomes of psychological safety climate. Poster presented at the 29th national conference of the Society for Industrial Organizational Psychology, Honolulu, HI.
- Schantz, A. D., Falcon, A., **Lanz, J. J.**, Manapragada, A., & Bruk-Lee, V. (2014, February). Antecedents to employee drug-alcohol-tobacco use. Poster presented at the Sunshine Education and Research Center, Tampa, FL.

- Lanz, J. J., Falcon, A., Schantz, A., Manapragada, A., & Bruk-Lee, V. (2014, February).** Predictors of resilience. Poster presented at the Sunshine Education and Research Center, Tampa, FL.
- Lanz, J. J., Manapragada, A., Bruk-Lee, V., & Nixon, A. E. (2013, May).** Expanding safety climate research: The mediating effect of job attitudes on organizational outcomes. Poster presented at the 9th international conference for Work, Stress, and Health, Los Angeles, CA.
- Lanz, J. J. & Rudolph, C. W. (2013, April).** Do incremental theorists penalize others' failure to demonstrate positive change? Poster presented at the 28th national conference of the Society for Industrial Organizational Psychology, Houston, TX.
- Manapragada, A., **Lanz, J. J., Bruk-Lee, V., & Nixon, A. E. (2013, February).** Beyond safety: Safety climate's influence on organizational outcomes. Poster presented at the Sunshine Education and Research Center, Tampa, FL.
- Drew, E. N., **Lamer, J. J., Bruk-Lee, V., Levine, P. J., & Wrenn, K. A. (2012, April).** Keeping up with the Joneses: Applicants' reactions to multimedia SJTs. Poster presented at the 27th national conference of the Society for Industrial and Organizational Psychology, San Diego, CA.
- Lamer, J. J., Jones, R. G., Fleenor, J. W., & Mitchell, W. (2011, April).** Do expatriates change or bring their biases with them? Performance self-rating modesty and leniency biases among expatriates. In K. Wilson (Chair), *What do you mean by that? Culture, gender and evaluations*. Symposium conducted at the 26th national conference of the Society for Industrial and Organizational Psychology, Chicago, IL.

Invited Talks

- Lanz, J. J. (2017, 2018, 2019, 2020).** Building resilience. Presentation given to UNK Pre-Nursing students, Kearney, NE.
- Lanz, J. J. (2018, March 12).** Climatologist stress: Are climate scientists feeling the heat? Presentation given to Sigma Xi, Kearney, NE.
- Lanz, J. J. (2017, 2018).** Coping with stress. Presentation given to first-year students in the Speech/Language Pathology Master's program, Kearney NE.
- Lanz, J. J. (2017, July 6).** Unconscious bias: Communications in medicine. Presentation given to first-year students in the UNMC Physician's Assistant program, Kearney, NE.
- Lanz, J. J. (2017, February 8).** Examining the impact of resilience on work stress and strains in nurses. Presentation given at the 2017 series of National Occupational Research Agenda (NORA) Symposia at the University of South Florida, Tampa, FL.

White Papers

Fritson, K. K., & Lanz, J. J. (2019). *The effects of mindful meditation using a mobile app - participant report* [White paper]. Submitted to the City of Kearney and Kearney Public Schools.

Lanz, J. J. (2017). *Evidence-based resilience training in UNMC – Kearney nursing students: A randomized controlled trial* [White paper]. Submitted to UNMC – Kearney nursing faculty.

Howland, N.R., Lamer, J. J., & Visio, M. (2008). *A climate assessment of Professional Answering Service* [Technical report].

Mentored Student Publications

Messbarger, L.*, & Lanz, J. J. (2020). Examining the relationship between screen time and the biopsychosocial aspects of health. *Journal of Psychological Inquiry*, 24(1), 32-41.

Note: Julie Lanz served as a faculty sponsor on this manuscript.

Engels, S. (2018). Influenza prevention: Predicting Nebraskans' intent to get the flu shot [White paper]. Presented to Two Rivers Public Health Department.

Mentored Undergraduate Student Presentations

Hallberg, A.* (2019, April). Exploring essential oils in college students. Poster presented at UNK Research Week, Kearney, NE.

Fisher, L.* (2019, April). Applicant reactions to social media screening: Individual differences and LGBT views affecting organizational attractiveness. Poster presented at UNK Research Week, Kearney, NE.

Note: Received UNK Diversity Award

Carrillo, KC.* & Hoffert, K.* (2019, April). The effects of mindful meditation using a mobile app. Poster presented at UNK Research Week, Kearney, NE.

Note: Received 1st Place in the Behavior/Social Sciences Poster Category

Hallberg, A.* (2019, March). Exploring essential oils in college students. Poster presented at the 39th annual Great Plains Students' Psychology Convention, Springfield, MO.

Note: Unable to present due to weather

Carrillo, K.C.* & Hoffert, K.* (2019, March). The effects of mindful meditation using mobile app. Poster presented at the 39th annual Great Plains Students' Psychology Convention, Springfield, MO.

Note: Unable to present due to weather

Covarrubias, A. J.* (2018, April). Exploring the positive effects of adult coloring books. Poster presented at the 88th annual Rocky Mountain Psychological Association Convention, Denver, CO.

Engels, S.* (2018, March). Influenza prevention: Predicting Nebraskans' intent to get the flu shot. Poster presented at UNK Student Research Day, Kearney, NE.

Engels, S.*, & Baker, M.* (2017, October). Influenza vaccinations: Relating media type, gender, & neuroticism. Poster presented at the Fall 2017 UNK Research Symposium, Kearney, NE.

Messbarger, L.* (2017, April). Examining the relationship between screen time and the biopsychosocial aspects of health. Poster presented at the 2017 National Conference on Undergraduate Research, Memphis, TN.

Carrillo, P.*, & Jaimes, M.* (2017, March). The effects of a brief gratitude intervention on creativity. Poster presented at the 37th annual Great Plains Students' Psychology Convention, Hays, KS.

Messbarger, L.* (2017, March). Examining the relationship between fear of missing out and social media. Poster presented at UNK Student Research Day, Kearney, NE.

Messbarger, L.* (2016, October). Examining the relationship of screen time and health. Poster and oral presentation at the Fall 2016 UNK Research Symposium, Kearney, NE.

Van Skiver, A.*, **Lanz, J. J.**, & Messbarger, L.* (2016, October). Understanding financial anxiety and its role in student well-being. Poster presented at the Fall 2016 UNK Research Symposium, Kearney, NE.

Messbarger, L.*, & **Lanz, J. J.** (2016, March). The effect of gratitude and well-being. Poster presented at the 36th annual Great Plains Students' Psychology Convention, Kearney, NE.

Funded Undergraduate Research Projects & Awards

- UNK Summer Student Research Project, Lauren Messbarger, Summer 2016 - \$1,500
- UNK Undergraduate Research Fellowship, Lauren Messbarger, 2016-2017 - \$500
- UNK Undergraduate Research Fellowship, Shelby Engels, 2017-2018 - \$500
- UNK Undergraduate Research Fellowship, Kaitlynn Zitek, 2017-2017 - \$500
- UNK Undergraduate Research Fellowship, Autumn Hallberg, 2018-2019 - \$500
- UNK Undergraduate Research Fellowship, KC Carrillo, 2018-2019 - \$250

- Psi Chi RMPA Regional Research Award, Sarah Synek, 2019 - \$400
- UNK Undergraduate Research Fellowship, Drew Fritson, 2019-2020 - \$500

Media Outreach

Mihm, A. (Host). (2019, October 4). Talk of the Town. [Radio Program]. *KGFW Radio*. Psychology Club interview on the Kearney Walk to End Alzheimer's. Location: Kearney, NE.

FIU Center for Leadership. (2018, March 30). Lessons that last. Retrieved from <https://lead.fiu.edu/resources/leadership-news/news/lessons-that-last.html>

Kummer, L. (2018, March 9). Mental Health seminar benefiting UNK psychology club, mental health providers. *NTV News*. Retrieved from <http://nebraska.tv/news/local/mental-health-seminar-benefiting-unk-psychology-club-mental-health-providers>.

Bohall, B. (Host). (2017, August 2). Morning Edition. [Radio Program]. *NET Radio*. Interview on nurse burnout study. Location: Lincoln, NE.

Williams, J. (Host). (2017, August 1). All Things Considered. [Radio Program]. *NET Radio*. Interview on nurse burnout study. Location: Lincoln, NE.

Giboney, S. (2017, August 1). Lanz's research studies nurse burnout, stress at work. *KRVN Rural Radio*. Retrieved from <http://krvn.com/regional-news/lanzs-research-studies-nurse-burnout-stress-at-work/>

Giboney, S. (2017, August 1). Lanz's research studies nurse burnout, stress at work. *UNK News*. Retrieved from <http://unknews.unk.edu/2017/08/01/lanzs-research-studies-nurse-burnout-stress-at-work/>

Lanz, J. J., & Bruk-Lee, V. (2017, July 28). Resilience as a buffer of stress in nurses. *JAN Interactive Blog*. Retrieved from <http://journalofadvancednursing.blogspot.co.uk/2017/07/resilience-as-buffer-of-stress-in-nurses.html> on July 28, 2017.

Grants, Awards, and Certifications

Funded Grants:

- Fall 2019. UNK Research Services Council Seed Grant. *The effects of mindful meditation using a mobile app in law enforcement officers and their romantic partners*. PI: Julie Lanz. Co-PI: Dr. Krista Fritson. Co-Investigator: Drew Fritson. \$4,112.50.

- Fall 2018. Psi Chi Undergraduate Research Grant. *The effects of mindful meditation using a mobile app*. PI: Julie Lanz. Co-PIs: Dr. Krista Fritson, Kendra Hoffert, & KC Carrillo. \$1,500.
- July 2013. NIOSH Sunshine ERC Pilot Grant. *Examining the impact of resilience on work stress and strains in nurses* (Dissertation). \$12,240.00. 5T42OH008438-09, 11/6/2013-6/30/2014

Non-Funded Grants:

- November 2019. R21, PAR-18-798, National Institute for Occupational Safety and Health. *Improving nurse and patient wellbeing through improvisational theatre*. PI: Julie Lanz. Co-Investigators: Michelle Fleig-Palmer, Janice Fronczak, & Valentina Bruk-Lee. \$358,167.00
- October 2018. R21, PAR-18-798, National Institute for Occupational Safety and Health. *Improving nurse and patient wellbeing through improvisational theatre*. PI: Julie Lanz. Co-Investigators: Michelle Fleig-Palmer, Janice Fronczak, & Valentina Bruk-Lee. \$362,811.00
- June 2018. R21, PA-18-489, National Institute of Nursing Research. *Improving nurse communication through improvisational theatre*. PI: Julie Lanz. Co-Investigators: Michelle Fleig-Palmer, Janice Fronczak, & Valentina Bruk-Lee. \$389,557.00
- May 2018. T34 MARC, PAR-17-068. *Maximizing access to research careers undergraduate - student training in academic research*. PIs: Kimberly Carlson & Julie Shaffer. Faculty mentor: Julie Lanz. \$1,891,888.00.
- January 2017. Seed grant application – University of Nebraska Food for Health Collaboration Initiative. *Utilizing technology combined with consumer education and gamification-based behavioral influencing in food waste reduction and health promotion*. PI: Hamid Sharif. Co-PIs: Michael Hempel, Dejun Su, Qiuming Zhou, Julie Lanz, Kelly Macarthur, Ozan Ciftci, Changmou Xu, & Theo Lioutas. \$149,546.
- May 2016. (T34 MARC GM118209-01. *Maximizing access to research careers undergraduate - student training in academic research*. PIs: Kimberly Carlson & Julie Shaffer. Faculty mentor: Julie Lanz. \$1,384,924.

Withdrawn Grants:

- July 2018. R21, PAR-18-798. National Institute for Occupational Safety and Health. *Improving nurse and patient wellbeing through improvisational theatre*. PI: Julie Lanz. Co-Investigators: Michelle Fleig-Palmer, Janice Fronczak, & Valentina Bruk-Lee. \$389,557.00

Awards:

- UNK College of Arts and Sciences Faculty Mentoring of Student Research Award (2020).
- Faculty Stipend Award (2018). The Effects of Mindful Meditation Using a Mobile App. Psi Chi: \$1,500 [*This was in the top 11 of applications overall, so this faculty stipend was split between Dr. Fritson and I in addition to the student grant.*]
- Student Travel Award (2015). Society for Occupational Health Psychology: \$200.00.

Certifications:

- Structured Behavioral Interview Techniques, InterviewRight™ (2013)
- UNK Faculty Online Training (2016)

Professional Activities and Affiliations:

- UNK Graduate Faculty Status, May 2016
- Rocky Mountain Psychological Association – RMPA (2016 – Present)
- The Council on Undergraduate Research (2016 – Present)
- Society for Occupational Health Psychology – SOHP (2015 – Present)
- APA Div. 14: Society for Industrial & Organizational Psychology – SIOP (2009 - Present)

Service Activities

Department:

- **Coordinator**, Health Psychology Lab (2015 – Present)
- **Director, Online Psychology Programs** (2020 – Present)
- **Chair**, Psychology Dept. Online Teaching Committee (September 2017 – Present)
- **Co-Advisor**, Psychology Club and Psi Chi (August 2016 – Present)
 - Awards
 - UNK Emerging Leader Award, Jasmine Beringer (President) (April 2018)
 - UNK Applauding Excellence Award for Outstanding Collaborative Program for the Mental Health First Aid Training program conducted by: UNK Psychology Club, UNK Health Sciences, UNK Counseling & School of Psychology Graduate Program, UNK Student Health and Counseling Office, and Region 3 (April 2019)
- **Member**, Psychology Dept. Human Subjects Committee (2016 – 2019)
- **Member**, Psychology Dept. Assessment Committee (2016 – Present)
- **Co-Coordinator**, Psychology Department 50th Anniversary Alumni Party (Spring 2019)
- **Advisor**, Psychobiology majors (Spring 2016 – Present)
- **High School Visitations** (Spring 2016 – Present)
- **Member**, Search Committee for Psychology Department Office Associate (Fall 2016)

- **Member**, Search Committee for Psychology Department Assistant Professor (Spring 2019)

University:

- **Social Sciences Representative**, UNK Research Service Council (2016 – Present)
- **Judge**, UNK Student Research Day (2016)
- **Committee Member**, Ph.D. Supervisory Committee, UNMC College of Nursing (2019 – Present)
- **Negotiator**, UNKEA Negotiation Team (March 2020 – Present)

Profession:

- **Editorial Assistant**, Routledge Research Encyclopedia of Psychology in the Real World, Health Psychology Volume (2019 – Present)
- **Committee Member**, Ph.D. Supervisory Committee for Denise Waterfield, UNMC College of Nursing (2019 – Present)
- **Member**, Society for Industrial-Organizational Psychology
- **Member**, Society for Occupational Health Psychology
- **Member**, Rocky Mountain Psychological Association
- **Member**, Council of Undergraduate Research (2016 – Present)
- **Judge**, 36th Annual Great Plains Students' Psychology Convention (2016)
- **Application Reviewer**, Great Plains IDeA-CTR Scholars Program on Clinical and Translational Research (Summer 2017)
- **Reviewer**, Society for Industrial & Organizational Psychology Annual Conference
- **Reviewer**, Journal of Workplace Behavioral Health (2016 – Present)
- **Reviewer**, Journal of Advanced Nursing (2017 – Present)
- **Reviewer**, Occupational Health Science Journal (2017 – Present)

Community:

- **Member**, BHECN at Kearney Education and Training Subcommittee (2017 – 2020)
- **Committee Member**, NSEA District 38 legislative candidate interviews (April 2018)