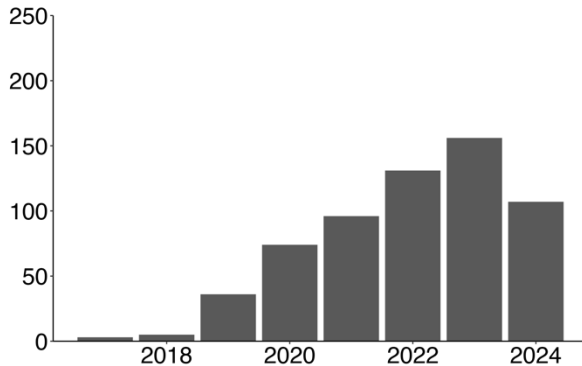


# Amanda L. McGowan, PhD

Website: <http://www.amandalmcgowan.com/>

## Scholarly Highlights

Citations Per Year



Publication Metrics

**Total Publications:**  
30

**Total Citations:**  
622

**First Author:**  
15

**Mean Impact Factor**  
3.1

**In review:**  
3

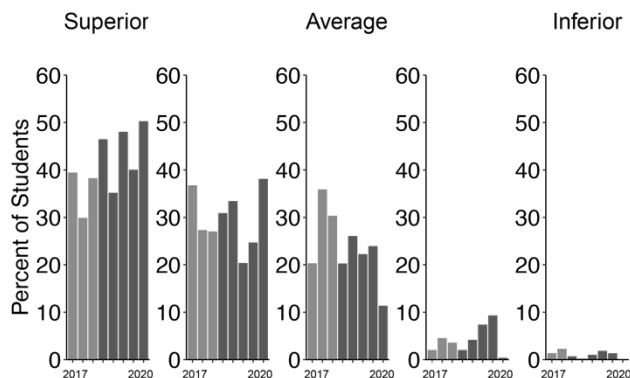
**h-index**  
10

Recent Presentations

- Invited talk on Higher Order Network Models for Measuring Health in Daily life
- Talks on networks of wellness and how the brain controls mood to the Army Research Office

## Teaching Highlights

Overall Teaching Ratings by Semester

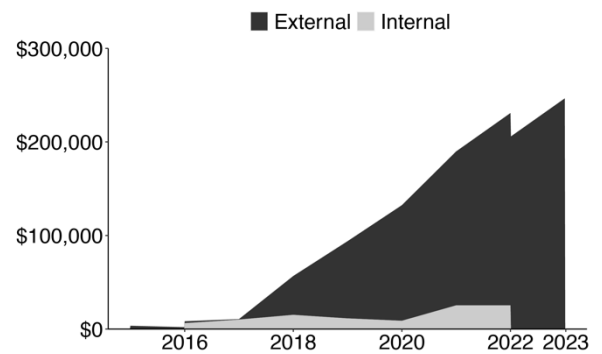


Current Teaching

- Statistical Analysis II
- Biomechanics of Physical Activity
- Measurement in Kinesiology

## Funding Highlights

Funding Spent Per Year (including Honors & Awards)



Funding Metrics

**Total Grants Funded:**  
12

**Funding Awarded:**  
\$349,107

**Total Funding Pursued:**  
\$2,938,925

Recently Completed Grants

- Social Health Impact of Network Effects (Postdoctoral Researcher)

## Service Highlights

Recent Journals Reviewed for

- *Multivariate Behavioral Research* (IF: 3.1)
- *Medicine & Science in Sports and Exercise* (IF: 4)
- *Psychophysiology* (IF: 4)

Recent Service

- American College of Sports Medicine Strategic Health Initiative on Health Equity
- College of Education Curriculum Committee

Professional Affiliations

- American College of Sports Medicine
- Association for Computing Machinery & SIGCHI
- Network Science Society
- Society for Ambulatory Assessment
- Providing Opportunities for Women (and underrepresented genders) in Education Research
- Society for Ambulatory Assessment
- Women (and underrepresented genders) in Network Science

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**LANGUAGES**

English (native)

French (fluent: read, write, speak)

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**ACADEMIC POSITIONS**

- January 2023 – Present    **Affiliated Researcher/Visiting Scholar**  
Annenberg School for Communication  
University of Pennsylvania  
Philadelphia, PA, USA  
*Affiliated Researcher with Communication Neuroscience and Addiction, Health, and Adolescence Labs*  
*Member, Edwin S.H. Leong Centre for Healthy Children*
- July 2022 – Present        **Assistant Professor**  
Department of Psychology  
Concordia University  
Montreal, QC, Canada  
*Principle Member, Applied AI Institute (Emerging Technology Cluster)*
- July 2020 – 2022         **Postdoctoral Researcher**  
Addiction, Health, and Adolescence Lab  
Annenberg School for Communication  
University of Pennsylvania  
Philadelphia, PA, USA
- May – August 2020        **Assistant Professor (Fixed-Term)**  
Department of Kinesiology  
Michigan State University  
East Lansing, MI, USA
- 2015 – 2016                **Writing & Communication Instructor**  
Faculties of Science, Applied Health Sciences, Engineering, Mathematics; Schools of Pharmacy, Optometry, Architecture  
University of Waterloo  
Waterloo, ON, Canada

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**EDUCATION**

- 2016 – 2020                **PhD Kinesiology, Cognitive Motor Neuroscience**  
Michigan State University  
*Dissertation: Preschoolers exhibit similar learning but greater on-task behavior following physically active lessons on the approximate number system*
- 2015                         **MSc Experiential Education**  
Minnesota State University, Mankato

*Thesis: Outdoor education integrated curriculum program impact on adolescent self-authorship*

- 2011                    **Bachelor of Education**  
**Ontario Certified Teacher**, Ontario College of Teachers  
 Queen's University  
 Registration #616343    Status: Good Standing 2011 – Present
- 2010                    **BA (Honors) Kinesiology**  
**BA (General) French**  
 Wilfrid Laurier University

## CERTIFICATIONS

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- 2024                    **Introduction to Generative AI Learning Path Specialization**  
 Google Cloud, Coursera
- In progress            **Data Analytics Professional Certificate**  
 Google, Coursera
- 2024                    **Project Management Professional Certificate**  
 Google, Coursera
- 2024                    **Cybersecurity Professional Certificate**  
 Google, Coursera
- 2023                    **User Experience (UX) Design Professional Certificate**  
 Google, Coursera

## HONOURS AND AWARDS

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- |            |  |         |
|------------|--|---------|
| 2022       | <b>International High Performance Computing Workshop Fellowship on High Performance Computing Challenges in Computational Sciences</b> , The Extreme Science and Engineering Discovery Environment | \$5,000 |
| 2021       | <b>Complex Networks Winter Workshop Fellowship</b> , University of Vermont Complex Systems Center and Sentinel North Program of the Université Laval   |         |
| 2020, 2021 | <b>Outstanding Reviewer Award</b> , <i>Journal of Sport and Health Science</i> (Impact Factor 7.2)   |         |
| 2020       | <b>American Kinesiology Association Outstanding Doctoral Student</b> ( <i>Honorable Mention</i> )  |         |
| 2020       | <b>Outstanding Doctoral Degree Student Award</b> , Michigan State University   |         |
| 2020       | <b>Outstanding Doctoral Student Mentor Nominee</b> , Michigan State University   |         |

2020	<b>Excellence-In-Teaching Nominee</b> , Michigan State University	
2020	<b>Travel Award</b> , The Graduate School, Michigan State University	\$430
2019	<b>American Kinesiology Association Student Writing Award</b> , Michigan State University	
2019	<b>KIN Research Award</b> , Michigan State University	\$700
2019	<b>Kinesiology Endowed Fellowship</b> , Michigan State University	\$2,350
2019	<b>Graduate Student Conference Award</b> , Department of Kinesiology, Michigan State University	\$400
2019	<b>Travel Award</b> , The Graduate School, Michigan State University	\$350
2018	<b>Janice Marston Memorial Scholarship</b> , Michigan State University	\$2,500
2018	<b>Graduate Student Conference Award</b> , Department of Kinesiology, Michigan State University	\$400
2018	<b>Professional Development Award</b> , Council of Graduate Students, Michigan State University	\$500
2017	<b>Graduate Student Conference Award</b> , Council of Graduate Students, Michigan State University	\$400
2017	<b>Distinguished Master's Thesis Award</b> , Minnesota State University	
2016	<b>Graduate Student Conference Award</b> , Department of Kinesiology, Michigan State University	\$400
2015	<b>Future Scholar Award</b> , Academy of Leisure Sciences	\$1,000
2015	<b>P.O. Brunsvold Endowment Travel Award</b> , The Graduate School, Minnesota State University	\$500

## LICENSING

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### Ontario Certified Teacher

- Ontario College of Teachers (Registration #616343)
- Status: Good Standing 2011 – Present

## FUNDING

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*\*All funds have been converted to Canadian dollars*

**External Grants (submitted):****External Grants (funded):**

*Total External Funding Awarded: \$ 246,512*

3. National Institute on Minority Health and Health Disparities, **Consultant**, Ruth L. Kirchstein National Research Service Award (NRSA) Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research (Parent F31-Diversity), "Evaluating multilevel factors that predict physical activity among Latinos with chronic spine pain: A mixed-methods study," \$242,512, Principal Investigator: Patricia Dionicio (**funded**, June 2023)

[X] Contribution at Concordia

Started at Concordia – July 2022

2. Association for Experiential Education, **Co-Principal Investigator**, International Grant, "The mentor/mentee relationship in experiential education: A systematic literature review," \$500 (**funded**, September 2017)
1. Ontario Secondary School Teachers' Federation S. Hunter Henry Grant, **Principal Investigator**: "Outdoor education integrated curriculum program impact on adolescent self-authorship," \$3,500 (**funded**, April 2015)

**Internal Grants (funded):**

*Total Internal Funding Awarded: \$102,595*

9. Annenberg School for Communication, **Principal Investigator**, Startup Funding, \$50,665 (**funded**, July 2020-July 2022)
8. Michigan State University, The Graduate School, **Principal Investigator**, Dissertation Completion Fellowship, \$8,866 (**funded**, January 2020)
7. Michigan State University, College of Social Sciences, **Doctoral Student Mentor** (Faculty Mentor: Dr. Hope K. Gerde), Provost's Undergraduate Research Initiative, "Improving health outcomes and emergent numeracy skills through PLAY (Physically-Active Learning in Young Children)," \$5,066 (**funded**, September 2019)
6. Michigan State University, The Graduate School, **Principal Investigator**, Research Enhancement Fund, "Improving Health Outcomes in Young Children through Physically-active Learning (PLAY)," \$1,266 (**funded**, August 2019)
5. Michigan State University, College of Education, **Principal Investigator**, Dissertation Research Support Grant, "Relationship of children's physical activity and acuity of numerical cognition," \$5,066 (**funded**, January 2019)
4. Michigan State University, College of Education, **Principal Investigator**, Summer Research Renewable Fellowship, "The role of fitness in attentional networks, cognitive load, and mathematical cognition in preadolescent children," \$15,200 (**funded**, May 2018)

3. Michigan State University, College of Education, **Principal Investigator**, Dissertation Research Support Grant, “Influence of Cardiorespiratory Fitness on Attentional Networks and Mathematical Cognition in Children,” \$3,800 (**funded**, December 2017)
2. Michigan State University, College of Education, **Principal Investigator**, Summer Research Development Fellowship, “The concurrent use of electroencephalography and pupillometry,” \$6,333 (**funded**, May 2017)
1. Michigan State University, College of Education, **Recipient**, Fellowship to Enhance Global Understanding, “Language, Religion, and Immigration: Multicultural Identity and Education in France,” \$6,333 (**funded**, December 2016)

#### Grant Proposals Submitted but not Funded:

15. Natural Sciences and Engineering Research Council of Canada, **Co-Applicant**, Discovery Horizons, “Out of the lab and into the wild: Multimodal estimation algorithms for biobehavioral rhythms to address shifts in distributions, confounders, and populations,” \$100,000, Principal Applicant: Paula Lago; Co-Applicant: Jennifer McGrath (**unfunded**, June 2023)  
[X] Contribution at Concordia
14. Fonds de recherche—Société et culture, **Principal Investigator**, Research Support for New Academics, “L’insécurité alimentaire quotidienne associée aux conflits familiaux: Mieux comprendre pour améliorer nos stratégies d’interventions en temps réel,” \$45,000, (**unfunded**, April 2023)  
[X] Contribution at Concordia
13. American College of Sports Medicine, **Principal Investigator**, Research Endowment, “Exploring daily family processes that influence physical activity in children from low-income households,” \$13,862, (**unfunded**, April 2023)  
[X] Contribution at Concordia
12. Society for Research in Child Development, **Principal Investigator**, Small Grants Program for Early Career Scholars, “A Pilot Study of a Smartphone Mindfulness Intervention to Reduce Daily Psychological Distress Among Socioeconomically Disadvantaged and Ethnoracial Minority Families,” \$9,500 (**unfunded**, January 2022)
11. Eunice Kennedy Shriver National Institute of Child Health and Human Development, **Principal Investigator**, NIH Pathway to Independence Award (K99/R00), “Building Regulation of Emotions and Activity Through mindfulness to achieve Health in Everyday life: The BREATHE Study,” \$1,248,965 (**unfunded**, October 2021); Impact score: 55
10. American College of Sports Medicine Foundation, **Principal Investigator**, Research Endowment, “Building Regulation of Emotions and Physical Activity in Daily Life: A Mindfulness Intervention for Underserved Families,” \$12,600 (**unfunded**, December 2021)
9. University of Pennsylvania Leonard Davis Institute, **Principal Investigator**, Small Grants Program, “A Pilot Study of a Smartphone-based Mindfulness Intervention for Racially and Ethnically Diverse Families from Low-SES Backgrounds,” \$25,332 (**unfunded**, October 2021)

8. Society for Research in Child Development, **Principal Investigator**, Small Grants Program for Early Career Scholars, "Networks Capturing Emotion Regulation in Young Children," \$9,500 (**unfunded**, February 2021)
7. American College of Sports Medicine Foundation, **Principal Investigator**, Research Endowment, "Networks of Daily Movement Behaviors in Parents and Children," \$12,666 (**unfunded**, January 2021).
6. Cambridge Cognition, **Principal Investigator**, CANTAB Research Grant, "Investigating the long-term neurocognitive sequelae of COVID-19," \$2,533 (**unfunded**, October 2020)
5. Canada First Research Excellence Fund, **Principal Investigator**, BrainsCAN Postdoctoral Fellowship Program, "Determining the neurocognitive effects of physical activity in young children," \$210,000 (**unfunded**, February 2020)
4. Natural Sciences and Engineering Research Council of Canada, **Principal Investigator**, Postdoctoral Fellowship Program: "Bridging Cognitive, Physiological, and Neural Dimensions of Self-Regulation: Predicting Individual Differences in Children's Self-Regulation," \$90,000 (rating: ranked 11/21 in Psychology and shortlisted [7 awards were funded that year]) (**unfunded**, October 2019)
3. Blue Cross and Blue Shield of Michigan Foundation, **Principal Investigator**, Student Award Program Grant: "Physically-active Learning in Young Children (PLAY)," \$3,800 (**unfunded**, April 2019)
2. North American Society for the Psychology of Sport and Physical Activity, **Principal Investigator**, Graduate Student Research Grant: "The association between aerobic fitness and decision-making," \$2,533 (**unfunded**, January 2018)
1. Canadian Institutes for Health Research, **Principal Investigator**, Doctoral Foreign Study Award: "Investigating the role of the locus-coeruleus norepinephrine (LC-NE) system in aerobic exercise-induced changes in executive function," \$105,000; rating: 4.18/5, ranked 215 of 592, (**unfunded**, April 2018)

## PUBLICATIONS

Google Scholar	ResearcherID	ORCID	Research Gate
<a href="https://scholar.google.com/citations?user=vuVpPkoAAAAJ&amp;hl=en&amp;oi=ao">https://scholar.google.com/citations?user=vuVpPkoAAAAJ&amp;hl=en&amp;oi=ao</a>	G-9746-2016	<a href="http://orcid.org/0000-0003-3422-0135">http://orcid.org/0000-0003-3422-0135</a>	<a href="http://researchgate.net/profile/Amanda_Mcgowan">http://researchgate.net/profile/Amanda_Mcgowan</a>

**Peer-Reviewed Journal Articles = 29    First Author = 15    Book Chapter = 1**  
**h-index = 10    Mean Impact Factor = 3.1    Manuscripts Under Review = 3**

Journal metrics obtained from InCites Journal Citation Reports 2021

Students/trainees supervised or co-supervised are underlined

29. Wang, X., McGowan, A.L., Fosco, G.M., Falk, E.B., Bassett, D.S., & Lydon-Staley, D.M. (2024). A socioemotional network perspective on momentary experiences of family conflict in young adults. *Family Process*. doi: 10.1111/famp.12995  
Impact factor = 3.9

[ ] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [ ] Investigation [X] Resources [X] Data Curation

Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

28. Hsieh, S.S., **McGowan, A.L.**, Chandler, M.C., & Pontifex, M.B. (2024). Acute moderate-intensity aerobic exercise facilitates processing speed involving inhibitory control but not neuroelectric index of control process and cognitive integration. *International Journal of Sport and Exercise Psychology*, 1-18. doi: 10.1080/1612197X.2024.2365374  
Impact factor = 2.3  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
27. Chandler, M.C., Ellison, O.K., **McGowan, A.L.**, Fenn, K.M., & Pontifex, M.B. (2024). Physical activity and sleep moderate the relationship between stress and screen time in college-aged adults. *Journal of American College Health*, 72(5), 1401-1411. doi: 10.1080/07448481.2022.2077110  
Impact factor = 1.6  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
26. Shaikh, S. J., **McGowan, A. L.**, & Lydon-Staley, D. M. (2024). Associations between valenced news and affect in daily life: Experimental and ecological momentary assessment approaches. *Media Psychology*, 27(3), 455-478. doi: 10.1080/15213269.2023.2247320  
Impact factor = 3.  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
25. Clark, J., Vincent, A., Wang, X., **McGowan, A.L.**, & Lydon-Staley, D.M. (2023). Smokers' curiosity for tobacco-related trivia aids memory of tobacco-related information. *Health Communication*, 38(14), 3357-3365. doi: 10.1080/10410236.2022.2149098  
Impact factor = 3.5  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
24. Kang, Y., Ahn, J., Cosme, D., Mwilambwe-Tshilobo, L., **McGowan, A.**, Zhou, D., ... & Falk, E. B. (2023). Frontoparietal functional connectivity moderates the link between time spent on social media and subsequent negative affect in daily life. *Scientific Reports*, 13(1), 20501  
Impact factor = 3.8  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
23. **McGowan, A.L.**, Chandler, M.C., & Gerde, H.K. (2023). Infusing physical activity into early childhood classrooms: Guidance for best practices. *Early Childhood Education Journal*, 1-18. doi: 10.1007/s10643-023-01532-5  
Impact factor = 2.3  
 Conceptualization  Writing – Original  Writing – Review & Editing  Visualization
22. Jovanova, M., Cosme, D., Doré, B., Kang, Y., Stanoi, O., Cooper, N., Helion, C., Lomax, S., **McGowan, A.L.**, Boyd, Z.M., Bassett, D.S., Mucha, P.J., Ochsner, K.N., Lydon-Staley, D.M., Falk, E.B. (2023). Psychological distance intervention reminders reduce alcohol consumption frequency in daily life. *Scientific Reports*, 13(1), 12045. doi: <https://doi.org/10.1038/s41598-023-38478-y>  
Impact factor = 3.8



Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

21. **McGowan, A.L., Sayed, F., Boyd, Z.M., Jovanova, M., Kang, Y., Speer, M.E., Cosme, D., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., Lydon-Staley, D.M. (2023).** Dense sampling approaches for psychiatry research: Combining scanners and smartphones. *Biological Psychiatry*, 93(8), 681-689. doi: 10.1016/j.biopsych.2022.12.012  
 Impact factor = 9.6  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
20. **McGowan, A.L., Gerde, H.K., Pfeiffer, K.A., & Pontifex, M.B. (2023).** Meeting 24-hour movement behavior guidelines in young children: Improved quantity estimation and self-regulation. *Early Education and Development*, 34(3), 1-28. doi: 10.1080/10409289.2022.2056694  
 Impact factor = 2.1  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
19. **McGowan, A.L., Boyd, Z.M., Kang, Y., Bennett, L., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., & Lydon-Staley, D.M. (2023).** Within-person temporal associations among self-reported physical activity, sleep, and wellbeing in college students. *Psychosomatic Medicine*, 85(2), 141-153. doi: 10.1097/PSY.0000000000001159  
 Impact factor = 3.9  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
18. Richie-Halford, A., Cieslak, M., Ai, L., Caffarra, S., Covitz, S., Franco, A.R., Karipidis, I.I., Kruper, J., Milahm, M., Avelar-Pereira, B., Roy, E., Sydnor, V.J., Yeatman, J., **The Fibr Community Science Consortium**,† Satterthwaite, T., Rokem, A. (2022). An open, analysis-ready, and quality controlled resource for pediatric brain white-matter research. *Scientific Data*, 9(1), 616. doi: 10.1038/s41597-022-01695-7  
 Impact factor = 5.8  
 †participated as a community rater providing > 3,000 ratings to be listed as a co-author  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
17. **McGowan, A.L., Parkes, L., He, X., Stanoi, O., Kang, Y., Lomax, S., Jovanova, M., Mucha, P.J., Ochsner, K.N., Falk, E.B., Bassett, D.S., & Lydon-Staley, D.M. (2022).** Controllability of structural brain networks and the waxing and waning of negative affect in daily life. *Biological Psychiatry: Global Open Science*, 2(4), 432-439. doi: 10.1016/j.bpsgos.2021.11.008  
 Impact factor = 4  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  
 Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

Started at Concordia – July 2022

16. **McGowan, A.L., Falk, E.B., Zurn, P., Bassett, D.S., & Lydon-Staley, D.M. (2022).** Daily sensation-seeking and urgency in young adults: Examining associations with alcohol use and self-defined risky behaviors. *Addictive Behaviors*, 127, 107219. doi: 10.1016/j.addbeh.2021.107219  
 Impact factor = 3.7  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation

[X] Writing – Original [X] Writing – Review & Editing [X] Visualization [ ] Supervision [ ] Project administration [ ] Funding acquisition

15. **McGowan, A.L.**, Bretzin, A.C., Anderson, M., Pontifex, M.B., & Covassin, T. (2021). Paired cognitive flexibility task with symptom factors improves detection of sports-related concussion in high school and collegiate athletes. *Journal of the Neurological Sciences*, 428, 117575. doi: 10.1016/j.jns.2021.117575  
Impact factor = 4.6  
[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X]Resources [X]Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition
14. **Chandler, M.C., McGowan, A.L.**, Brascamp, J.W., & Pontifex, M.B. (2021). Phasic activity of the locus-coeruleus is not a mediator of the relationship between fitness and inhibition in college-aged adults. *International Journal of Psychophysiology*, 165, 1-7. doi: 10.1016/j.ijpsycho.2021.03.007  
Impact factor = 2.5  
[X] Conceptualization [X] Methodology [X] Software [X] Validation [ ] Formal analysis [X] Investigation [X]Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [ ] Visualization [X] Supervision [ ] Project administration [X] Funding acquisition
13. **McGowan, A. L.**, **Chandler, M.C.**, & Pontifex, M.B. (2021). Aerobic fitness relates to superior exact and approximate arithmetic processing in college-aged adults. *Trends in Neuroscience & Education*, 23(2021), 100154. doi: 10.1016/j.tine.2021.100154  
Impact factor = 3.4  
[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X]Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [X] Funding acquisition
12. **McGowan, A.L.**, Gerde, H.K., Pfeiffer, K.A., & Pontifex, M.B. (2021). Physically active learning in preschoolers: Improved self-regulation, comparable quantity estimation. *Trends in Neuroscience & Education*, 22(2021), 100150. doi: 10.1016/j.tine.021.100150  
Impact factor = 3.4  
[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X]Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [X] Funding acquisition
11. Chandler, M.C., **McGowan, A.L.**, Burles, F., Scavuzzo, C.J., Mathewson, K.E., & Pontifex, M.B. (2020). Aerobic fitness unrelated to the acquisition of spatial relational memory in college-aged adults. *Journal of Sport & Exercise Psychology*, 42(6), 472-579. doi: 10.1123/jsep.2020-0004  
Impact factor = 2  
[X] Conceptualization [X] Methodology [X] Software [ ] Validation [ ] Formal analysis [X] Investigation [X]Resources [X] Data Curation [ ] Writing – Original [X] Writing – Review & Editing [ ] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition
10. **McGowan, A.L.**, Gerde, H.K., Pfeiffer, K.A., Ferguson, D.P., Pontifex, M.B. (2020). Preschoolers exhibit greater on-task behavior following physically active lessons on the approximate number system. *Scandinavian Journal of Medicine & Science in Sports*, 30(9), 1777-1786. doi: 10.1111/sms.13727  
Impact factor = 3.5  
[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X]Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [X] Funding acquisition
9. Covassin, T., **McGowan, A.L.**, Bretzin, A.C., Anderson, M.A., Petit, K.M., Savage, J.S., Stephenson-Brown, K., Elbin, R.J., & Pontifex, M.B. (2020). Preliminary investigation of a multimodal enhanced brain function index among high school and collegiate concussed male and female athletes. *Physician and Sports Medicine*, 48(4), 1-8. doi: 10.1080/00913847.2020.1745717

Impact factor = 1.9

[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [ ] Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition

8. Chandler, M.C., **McGowan, A.L.**, Ferguson, D.P., & Pontifex, M.B. (2020). Carbohydrate mouth rinse has no effects on behavioral or neuroelectric indices of cognition. *International Journal of Psychophysiology*, 151, 49-58. doi: 10.1016/j.ijpsycho.2020.02.012

Impact factor = 2.5

[ ] Conceptualization [X] Methodology [X] Software [X] Validation [ ] Formal analysis [X] Investigation [X] Resources [X] Data Curation [ ] Writing – Original [X] Writing – Review & Editing [ ] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition

7. Chandler, M.C., **McGowan, A.L.**, Payne, B.R., Hampton Wray, A., & Pontifex, M.B. (2019). Aerobic fitness relates to differential attentional but not language-related cognitive processes. *Brain and Language*, 198, 104681. doi: 10.1016/j.bandl.2019.104681

Impact factor = 2.1

[ ] Conceptualization [ ] Methodology [ ] Software [ ] Validation [ ] Formal analysis [X] Investigation [ ] Resources [X] Data Curation [ ] Writing – Original [X] Writing – Review & Editing [ ] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition

6. **McGowan, A.L.**, Bretzin, A.C., Savage, J.L., Petit, K.M., Covassin, T.M., & Pontifex, M.B. (2019). Acute and protracted disruptions to inhibitory control following sports-related concussion. *Neuropsychologia*, 131, 223-232. doi: 10.1016/j.neuropsychologia.2019.05.026

Impact factor = 2

[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X] Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition

5. **McGowan, A.L.**, Chandler, M.C., Brascamp, J.W., & Pontifex, M.B. (2019). Pupillometric indices of locus-coeruleus activation are not modulated following single bouts of exercise. *International Journal of Psychophysiology*, 140, 41-52. doi: 10.1016/j.ijpsycho.2019.04.004

Impact factor = 2.5

[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X] Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [X] Visualization [X] Supervision [X] Project administration [X] Funding acquisition

4. **McGowan, A.L.** & Pontifex, M.B. (2019). Expert's Choice: 2018's most exciting research in the field of pediatric exercise science. [Invited Commentary on "Physical activity and cognition"]. *Pediatric Exercise Science*, 31(1), 13-15. doi: 10.1123/pes.2019-0010

Impact factor = 1.4

[X] Conceptualization [X] Writing – Original [X] Writing – Review & Editing

3. Pontifex, M.B., **McGowan, A.L.**, Chandler, M.C., Gwizdala, K.L., Parks, A.C., Fenn, K., & Kamijo, K. (2019). A primer on investigating the after effects of acute bouts of physical activity on cognition. *Psychology of Sport & Exercise*, 40, 1-22. doi: 10.1016/j.psychsport.2018.08.015

Impact factor = 3.1

[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X] Resources [X] Data Curation [X] Writing – Original [X] Writing – Review & Editing [ ] Visualization [X] Supervision [X] Project administration [ ] Funding acquisition

2. **McGowan, A.L.**, Bretzin, A.C., Savage, J.L., Petit, K.M., Parks, A.C., Covassin, T., & Pontifex, M.B. (2018). Differential trajectories of recovery for cognitive flexibility following sports-related concussion. *Neuropsychologia*, 32(5), 564-574. doi: 10.1037/neu0000475

5-year Impact factor = 3.1

[X] Conceptualization [X] Methodology [X] Software [X] Validation [X] Formal analysis [X] Investigation [X] Resources [X] Data Curation

Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

1. **McGowan, A. L.** (2016). Impact of one-semester outdoor education programs on adolescent perceptions of self-authorship. *Journal of Experiential Education*, 39(4), 386-411. doi: 10.1177/1053825916668902

5-year Impact factor = 1.8

Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

### Preprints/Manuscripts Under Review:

Students/trainees supervised or co-supervised are underlined

3. Cosme, D., Helion, C., Kang, Y., Lydon-Staley, D.M., Doré, B.P., Stanoi, O., Ahn, J., Jovanova, M., **McGowan, A.L.**, Boyd, Z.M., Mucha, P., Bassett, D.S., Ochsner, K., & Falk, E.B. Mindful attention to alcohol can reduce cravings in the moment and consumption in daily life. Preprint: 10.31234/osf.io/7j4ey  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
2. Cosme, D., Kang, Y., Carreras-Tartak, J., Ahn, J., Corbani, F., Cooper, N., Doré, B.P., He, X., Helion, C., Jovanova, M., Lomax, S., Mahadevan, A.S., **McGowan, A.L.**, Paul, A.M., Pei, R., Resinck, A., Stanoi, O., Zhang, T.S., Zhang, Y., Bassett, D.S., Boyd, Z.M., Lydon-Staley, D.M., Mucha, P.J., Ochsner, K.N., Falk, E.B. (in review). Study Protocol: Social Impact of Network Effects (SHINE) Study. Preprint: 10.31234/osf.io/cj2nx  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition
1. Sayed, F., Jovanova, M., Cosme, D., Kang, Y., Stanoi, O., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., Lydon-Staley, D.M., & **McGowan, A.L.** (revision requested). Momentary associations between affect and alcohol use in the daily lives of college students. Preprint: 10.31234/osf.io/a7cgu  
 Conceptualization  Methodology  Software  Validation  Formal analysis  Investigation  Resources  Data Curation  Writing – Original  Writing – Review & Editing  Visualization  Supervision  Project administration  Funding acquisition

### Book Chapters:

1. Kamijo, K., **McGowan, A.L.**, Pontifex, M.B. (2019). Effects of physical activity on cognition in children and adolescents. In M. H. Anshel, S. J. Petruzzello, & E. E. Labbé (Eds.) *APA Handbook of Sport and Exercise Psychology: Volume 2 Exercise Psychology*.  
 Conceptualization  Writing – Original  Writing – Review & Editing

### Published Conference Proceedings:

Students/trainees supervised or co-supervised are underlined

**Poster Presentations = 27   Verbal Presentations/Courses = 11   Invited Talks = 4   Papers = 1**  
**Mentored Student Proceedings = 7   Presenting Author = 21**  
**Total Conference Proceedings = 39**

20. Ruscito, E., Lydon-Staley, D.M., & **McGowan, A.L.** (2023). Associations among screen time, subjective socioeconomic status, and self-regulation in early childhood. *Medicine & Science in Sports & Exercise*, 55(9S), 1034-1035 [ePoster]  
[X] Contribution at Concordia
19. McGrath, J.J., **McGowan, A.L.**, Lago, P. (accepted, *Cancelled*). Let's get psychophysiological! A hands-on wearables laboratory experience with recording, processing, and interpreting electrophysiology signals. *CHI Conference on Human Factors in Computing Systems*, Hamburg, Germany, April 29-May 5, 2023. [Verbal/Course]  
[X] Contribution at Concordia
18. **McGowan, A.L.** & Lydon-Staley, D.M. (accepted, *Cancelled*). The interplay between physical activity and affect in caregiver-child dyads. *Psychosomatic Medicine*, 85(4), A27. [Poster]  
[X] Contribution at Concordia
17. **McGowan, A.L.** & Lydon-Staley, D.M. (2023). Lessons learned from measuring parent-child wellbeing using smartphone experience-sampling with underserved families. *Society of Behavioral Medicine*, Phoenix, AZ, April 26-29, 2023. [Verbal]  
[X] Contribution at Concordia
16. **McGowan, A.L.**, Sayed, F., Boyd, Z.M., Jovanova, M., Kang, Y., Speer, M.E., Cosme, D., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., Lydon-Staley, D.M. (2022). Dense sampling approaches for psychophysiological research: Current reality and future possibilities for studying real-world behavior. *Psychophysiology*, 59(S1), S99-S100. [Poster]  
[X] Contribution at Concordia
15. **McGowan, A.L.** & Lydon-Staley, D.M. (2022). Exploring parent-child dyadic networks to design a smartphone-based mindfulness intervention for underserved families. *Mobile HCI'22 Association for Computing Machinery*, September 2022(16), 1-6. [Poster]  
[X] Contribution at Concordia

**Started at Concordia – July 2022**

14. **McGowan, A.L.**, Boyd, Z.M., Kang, Y., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., & Lydon-Staley, D.M. (2022). Within-person associations among physical activity, sleep, and well-being in situ: Opportunities for whole-person well-being. *Journal of Medical Internet Research Iproceedings*, 8(1), e39268. doi: 10.2196/39268 [Poster]
13. **McGowan, A.L.**, Boyd, Z.M., Kang, Y., Mucha, P.J., Ochsner, K.N., Bassett, D.S., Falk, E.B., & Lydon-Staley, D.M. (2022). Within-person associations between physical activity and affect *in situ*: An experience-sampling study. *Annals of Behavioral Medicine*, 56(S1) [Poster].
12. **McGowan, A.L.**, Bennett, L., Bassett, D.S., & Lydon-Staley, D.M. (2021). Naturalistic fluctuations in night-to-night sleep duration and quality and their associations with next day perceived stress and negative mood. *Medicine and Science in Sport and Exercise*, 53(8S), 302. [Poster]

11. Chandler, M. C., Ellison, O. K., **McGowan, A. L.**, Fenn, K. M., & Pontifex, M. B. (2021). Physical activity and sleep moderate the relationship between stress and screen time in college-aged adults. *Medicine & Science in Sports & Exercise*, 53(8S). [Poster]
10. **McGowan, A.L.**, Mansour, G.M., Ferguson, D.P., Gerde, H.K., Pfeiffer, K.A., & Pontifex, M.B. (2020). Preschoolers demonstrate similar learning and enhanced on-task behavior following physically active lessons on emerging numeracy skills. *Medicine and Science in Sport and Exercise*, 52(7S), 608. [Poster]
9. Ellison, O., Ham, M., Chandler, M.C., Pontifex, M.B., & **McGowan, A.L.** (2020). The relationship between aerobic fitness and neuroelectric indices of arithmetic approximation in college-aged adults. *Medicine and Science in Sport and Exercise*, 52(72), 615-616. [Poster]
8. **McGowan, A.L.**, Chandler, M.C., & Pontifex, M.B. (2019). Fitness modulates behavioral not pupillometric indices of arithmetic processing in college-aged adults, *Psychophysiology*, 56(S1), S73. [Poster]
7. Chandler, M.C., **McGowan, A.L.**, Mathewson, K.E., Scavuzzo, C.J., & Pontifex, M.B. (2019). Aerobic fitness does not predict acquisition of hippocampal-dependent memory in college-aged adults. *Journal of Sport and Exercise Psychology*, 41, S57. [Poster]
6. **McGowan, A.L.**, Chandler, M.C., Brascamp, J.W., & Pontifex, M.B. (2018). The effect of acute exercise on pupillometric indices of locus-coeruleus activation in college-aged young adults. *Psychophysiology*, 55(S1), S35. [Poster]
5. Chandler, M.C., **McGowan, A.L.**, Hampton Wray, A., Payne, B.R., & Pontifex, M.B. (2018). The relationship between aerobic fitness and neuroelectric indices of reading in college-aged adults. *Psychophysiology*, 55(S1), S109. [Poster]
4. **McGowan, A.L.**, Chandler, M.C., Brascamp, J.W., & Pontifex, M.B. (2018). Investigating the role of tonic and phasic locus-coeruleus activation in modulating cognition following acute exercise. *Journal of Sport and Exercise Psychology*, 40, S106. [Poster]
3. Chandler, M.C., **McGowan, A.L.**, Brascamp, J.W., & Pontifex, M.B. (2018). Exploring the relationship between aerobic fitness and activation of the locus-coeruleus. *Journal of Sport and Exercise Psychology*, 40, S82. [Poster]
2. **McGowan, A.L.**, Bretzin, A.C., Savage, J., LaFevor, M., Petit, K.M., Beidler, E., Parks, A.C., Covassin, T., & Pontifex, M.B. (2017). Evidence for differential effects of sports-related concussion on subtypes of cognitive flexibility. *Journal of Sport and Exercise Psychology*, 39, S281. [Poster]
1. Gwizdala, K.L., **McGowan, A.L.**, Miskovic, V., Laszlo, S., & Pontifex, M.B. (2016). An investigation of fully automated approaches for the selection of eye blink ICA components. *Psychophysiology*, 53(S1), S36. [Poster]

#### Unpublished Conference Proceedings:



Students/trainees supervised or co-supervised are underlined

19. Jovanova, M., Boyd, Z.M., Ahn, J., Cosme, D., **McGowan, A.L.**, Stanoi, O., Mucha, P.J., Ochsner, K., Basset, D.S., Lydon-Staley, D.M., & Falk, E.B. (2023). Integrating multimodal data and machine learning to predict individual differences in health behavior change. Paper submitted to the International Communication Association Conference, Toronto, ON, Canada. [Verbal]  
[X] Contribution at Concordia
18. Kang, Y., Ahn, J., Cosme, D., **McGowan, A.L.**, Mwilambwe-tshilobo, L., Zhou, D., Jovanova, M., Stanoi, O., Mucha, P.J., Ochsner, K., Basset, D.S., Lydon-Staley, D.M., & Falk, E.B. (2023). Frontoparietal system functional connectivity moderates the within-day associations between increases in time spent on social media and subsequent negative affect. Paper submitted to the International Communication Association Conference, Toronto, ON, Canada. [Verbal]  
[X] Contribution at Concordia
17. McGrath, J.J. & **McGowan, A.L.** (2022). Psychophysiology & wearables: A case study of the remote laboratory environment; Lessons learned from a pandemic-triggered shift out of the classroom laboratory and into the everyday life of students. [Paper presentation]. ACM 2022: Creativity and Cognition, W7 Here and there, now and then: Creativity, design and instruction for hybrid environments, Venice, Italy. [Paper]  
[X] Contribution at Concordia

Started at Concordia – July 2022

16. **McGowan, A.L.** (202). Tutorial Lecture: Network approach in health behavior research: Understanding brain-behavior relationships and 24-hour movement behaviors. *American College of Sports Medicine Annual Meeting and World Congress*, May 31-June 4, 2022 [Verbal].
15. **McGowan, A.L.** (2022). Combining smartphones and scanners: Controllability of structural brain networks and the waxing and waning of negative affect in young adults' daily life. In N. Chaku & A.M. Beltz (Chairs), *Intensive longitudinal methods for studying multidimensional developmental processes* [Symposium]. Association for Psychological Science 34<sup>th</sup> Annual Convention, Chicago, IL, United States. [Verbal]
14. Clark, J., Vincent, A., Wang, X.,\* **McGowan, A.L.**, & Lydon-Staley, D.M. (2022). Smokers' curiosity facilitates recall of tobacco-related health information. Paper presented at *Society for Research on Nicotine and Tobacco Research*. [Verbal]
13. **McGowan, A.L.**, Parkes, L., He, X., Stanoi, O., Kang, Y., Lomax, S., Jovanova, M., Mucha, P.J., Ochsner, K.N., Falk, E.B., Bassett, D.S., & Lydon-Staley, D.M. (2021). Controllability of structural brain networks and the waxing and waning of negative affect in daily life. Presented to the Flux: The Society for Developmental Cognitive Neuroscience Conference, September 2021. [Poster]
12. **McGowan, A.L.**, Falk, E.B., Zurn, P., Bassett, D.S., & Lydon-Staley, D.M. (2021). Daily and momentary sensation-seeking and urgency in emerging adults: Associations with alcohol use and risky behaviors. Presented to the International Communication Association Conference, May 2021. [Poster]

11. **McGowan, A.L.**, Bretzin, A.C., Anderson, M., Pontifex, M.B., & Covassin, T. (2021). Pairing cognitive flexibility task with clinical symptom factors improves detection of sports-related concussion. Poster presentation at the virtual 9<sup>th</sup> Annual Big Ten-Ivy League TBI Summit. [Poster]
10. **McGowan, A.L.**, Gerde, H.K., & Pontifex, M.B. (2021). Staying active makes children less reactive: Associations among physical activity, screen time, challenging behavior, and numeracy. Presented to the Society for Research in Child Development Conference, April 2021. [Verbal]
9. Braggs, J.F., Scarcelli, L.L., Gerde, H.K., Pontifex, M.B., **McGowan, A.L.** (2020). Physically active learning and quantity estimation in preschoolers. Poster presentation at the Michigan State University Undergraduate Research and Arts Forum. [Poster]
8. Ham, M., Kosmyna, E., Vasudevan, V., Pontifex, M.B., **McGowan, A.L.** (2020). What's the best way to get good data? Comparing mobile EEG and high-density EEG systems. Poster presentation at the Michigan State University Undergraduate Research and Arts Forum. [Poster]
7. **McGowan, A.L.**, Chandler, M.C., & Pontifex, M.B. (2019). Pupillometric indices of arithmetic approximation in college-aged adults. Verbal presentation at the Mathematical Cognition and Learning Society Conference, June 16-18, 2019, Ottawa, ON, Canada. [Verbal]
6. **McGowan, A.L.**, Chandler, M.C., & Pontifex, M.B. (2019). Aerobic fitness and arithmetic processing in college-aged adults. Verbal presentation at the Canadian Society for Brain, Behavior, and Cognitive Science, June 7-9, 2019, Waterloo, ON, Canada. [Verbal]
5. Brascamp, J.W., **McGowan, A.L.**, & Pontifex, M.B. (2019). Bi-stable perception as a bridge between vision and decision making. Poster presentation at the Vision Sciences Society Conference, May 17-22, 2019, St. Pete Beach, FL, USA. [Poster]
4. Voisard, K.A.,\* **McGowan, A.L.**, Chandler, M.C., & Pontifex, M.B. (2019). Aerobic fitness and arithmetic approximation in college-aged adults. Poster presentation at the Michigan State University Undergraduate Research and Arts Forum. [Poster]  
\*Selected as first-place award for student poster presentation.
3. Sokolowski, C.A., Chandler, M.C., **McGowan, A.L.**, Brascamp, J.W., & Pontifex, M.B. (2018). Exploring the relationship between aerobic fitness and activation of the locus-coeruleus. Poster presentation at the Michigan State University Undergraduate Research and Arts Forum. [Poster]
2. Middleton, G., & **McGowan, A.L.** (2017). The mentor/mentee relationship in experiential education: A systematic literature review. Poster presentation at the Association of Experiential Education, Montreal, QC. [Poster]
1. **McGowan, A. L.** (2015). Does outdoor education promote self-authorship? Examining outdoor educators' perspectives of self-authorship as an outcome of outdoor education programs. Presentation at the Canadian Student Outdoor Education Conference. [Verbal]

**Invited Talks:**



4. **McGowan, A.L.** (2022). Psychophysiological measures to assess performance and impact of work and learning in non-traditional environments. Invited panelist on “Future of work and learning in mobile environments” at MobileHCI 2022.  
[X] Contribution at Concordia
3. **McGowan, A.L.** (2022). Network analysis of within-person associations among physical activity, sleep, and wellbeing in college students’ daily lives. Presented to Higher-Order Models in Network Science: A NetSci 2022 Satellite Workshop.  
[X] Contribution at Concordia

Started at Concordia – July 2022

2. **McGowan, A. L.** (2016). Impact of one-semester outdoor education programs on adolescent perceived self-authorship development. Presented to the University of Waterloo 2016 Graduate Association of Recreation & Leisure Studies Symposium.
1. **McGowan, A. L.** (2015). Commencement Address. Presented to the Minnesota State University College of Education.

#### SCIENCE OUTREACH:

Panelist for *Skype a Scientist* webinars for 10th-12th grade classes at Westover High School (North Carolina) and Lone Star High School (Texas). February 2021.

Andres, G., Yang, C., Yoshida, E., **McGowan, A.L.** (2018). Not all rubrics are created equal: Impacts of student-centered rubrics on students’ deep learning. *University of Waterloo Learning and Innovation and Teaching Enhancement (LITE)*.

**McGowan, A.L.** & Mclsaac, J. (2017). Literature review. *Writeonline*. Available from [www.writeonline.ca](http://www.writeonline.ca)

**McGowan, A.L.** (2014). From experience to practice: An integrated program where students become the teachers. In G. Linney (Ed.) *Journeys into relation: Vignettes of OEE-based integrated curriculum programs in Ontario secondary schools* (Vol. 1).

#### TEACHING EXPERIENCE

##### Concordia University:

##### Undergraduate lecture-based courses:

2022

**Assistant Professor**, PSYC316: Statistical Analysis II  
Concordia University, Montréal, QC, Canada

The goal of this course is to advance students’ general understanding of hypothesis testing and statistical inferences. The course presents the general linear model, which subsumes multiple regression, analysis of variance (ANOVA), and analysis of covariance (ANCOVA). The course also deals with the limits of null hypothesis significance testing and alternatives to it, including confidence intervals, effect size measures, meta-analysis, and Bayesian statistics. The course incorporates practical hands-on learning experiences in the lectures, including data visualization and programming using R Studio. The course also examines historical biases and existing methods to promote a more equitable statistical practice.

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Fall 2022	12	1.6 ± 0.7	2 ± 0.7	1.3 ± 0.5	2.3 ± 0.9	1.8 ± 0.7

Data Obtained from course evaluations administered by instructor using Qualtrics as of December 14, 2022.  
Scores range from Superior (1) to Inferior (5).

## Michigan State University:

### Undergraduate lecture-based courses:

2020

#### **Assistant Professor, KIN173: Foundations of Kinesiology**

Michigan State University, East Lansing, MI, USA

The goal of this course is to review selected concepts in each of the major kinesiology sub-disciplines (i.e., physiology, anatomy, research methods, expertise in sport, psychosocial processes, and motor skill development) and introduce students to multiple theoretical frameworks to the study of kinesiology (i.e., social, cognitive, biological, and applied).

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Summer 2020 (Online)	26	1.4 ± 0.6	1.7 ± 0.6	1.4 ± 0.6	1.2 ± 0.4	1.3 ± 0.4

Data Obtained from the MSU Student Instructional Rating System as of July 7, 2020.  
Scores range from Superior (1) to Inferior (5).

2019 – 2020

#### **Instructor & Assistant Professor, KIN330: Biomechanics of Physical Activity**

Michigan State University, East Lansing, MI, USA

The goal of this course is to provide students with an introduction to concepts and principles related to biomechanics—with an emphasis on understanding whole body movements. These concepts are meant to provide the basis of understanding the biomechanics of physical activity. This course uses a multidisciplinary approach that integrates elements from anatomy, physiology, physics, and engineering. Applications of these concepts in fields such as athletic training, physical therapy, sports science, and human factors were discussed.

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Summer 2020 (Online)	28	1.5 ± 0.6	1.2 ± 0.6	1.3 ± 0.6	1.2 ± 0.4	1.3 ± 0.4
Spring 2020 (Online)	55	2.0 ± 1.1	1.9 ± 0.9	2.1 ± 1.1	2.1 ± 1.1	2 ± 1.0
Fall 2019	51	1.8 ± 1.1	1.9 ± 1.0	1.9 ± 1.1	2.1 ± 1.1	1.9 ± 1.0

Data Obtained from the MSU Student Instructional Rating System as of May 18, 2020.  
Scores range from Superior (1) to Inferior (5).

2019

#### **Instructor, KIN360: Physical Growth & Motor Behavior**

Michigan State University, East Lansing, MI, USA

The goal of this course is to provide students with a general overview of physical growth and motor behavior across the lifespan. Required core course in Kinesiology, focusing on the theoretical, methodological, and empirical issues related to biological maturity as related to motor performance and development including sequential progressions of fundamental motor skills, physical fitness of children and youth, motor abilities, and stages of skill acquisition.

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Spring 2019	54	1.8 ± 0.9	2.3 ± 0.9	1.8 ± 0.8	2.0 ± 0.8	1.9 ± 1.0

Data Obtained from the MSU Student Instructional Rating System as of May 18, 2019.  
Scores range from Superior (1) to Inferior (5).

2018

**Instructor, KIN250: Measurement in Kinesiology**  
Michigan State University, East Lansing, MI, USA

The goal of this course is to present on the methods and materials for measurement and evaluation in the various fields within Kinesiology: administration, athletic training, biomechanics, cardiac rehabilitation, exercise physiology, sport psychology, physical therapy, sociology, and teaching. Measurement activities addressed motor skills, physical fitness, and knowledge and attitudes associated with physical activity. Supervised 5 undergraduate Honors College students who completed independent laboratory-based research projects.

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Spring 2018	48	2.2 ± 1.0	2.7 ± 1.0	2.3 ± 1.0	2.5 ± 0.9	2.3 ± 0.9

Data Obtained from the MSU Student Instructional Rating System as of December 26, 2018.  
Scores range from Superior (1) to Inferior (5).

**Undergraduate lab-based courses:**

2017 – 2018

**Laboratory Instructor, KIN251: Principles of Human Movement**  
Michigan State University, East Lansing, MI, USA

The goal of this course is to focus on basic principles underlying human movement, including an introduction to mechanical (force and motion), motor behavior and movement coordination, and motor learning principles. Students collect and analyze data related to these concepts to learn real world applications of theoretical material presented in lecture.

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Fall 2018	50	1.7 ± 0.7	1.9 ± 0.7	1.6 ± 0.8	1.9 ± 0.8	1.6 ± 0.8
Fall 2017	50	1.9 ± 1.0	2.2 ± 0.8	1.9 ± 0.9	2.1 ± 1.0	1.9 ± 1.0

Data Obtained from the MSU Student Instructional Rating System as of December 26, 2018.  
Scores range from Superior (1) to Inferior (5).

2017 – 2018

**Laboratory Instructor, KIN173: Foundations of Kinesiology**  
Michigan State University, East Lansing, MI, USA

The goal of this course is to review selected concepts in each of the major sub-disciplines (i.e., physiology, anatomy, research methods, expertise in sport, psychosocial processes, and

motor skill development) and introducing students to multiple theoretical frameworks to the study of kinesiology (i.e., social, cognitive, biological, and applied).

Semester	Total Students	Instructor Involvement	Student Interest	Student-Instructor Interaction	Course Demands	Course Organization
Fall 2018	80	1.5 ± 0.7	1.7 ± 0.7	1.6 ± 0.7	2.0 ± 0.9	1.5 ± 0.7
Spring 2017	78	1.9 ± 0.9	1.9 ± 0.7	1.8 ± 0.8	1.9 ± 0.9	1.9 ± 0.9
Fall 2017	68	2.1 ± 0.9	2.1 ± 0.9	2.1 ± 0.9	2.1 ± 0.9	2.1 ± 0.9
Spring 2016	79	1.7 ± 0.8	1.7 ± 0.8	1.7 ± 0.8	2.1 ± 1.0	1.8 ± 0.8

Data Obtained from the MSU Student Instructional Rating System as of December 26, 2018. Scores range from Superior (1) to Inferior (5).

**University of Waterloo:** *\*Note: Different scoring scale.*

### Graduate lecture-based courses:

2016

#### **Instructor, TERRE CREATE Professional Skills: Technical Writing**

University of Waterloo, Waterloo, ON, Canada

TERRE (Training toward Environmentally Responsible Resource Extraction) is a new program funded through the Natural Sciences and Engineering Research Council of Canada's CREATE (Collaborative Research and Training Experience) program. A course teaching the strategies and iterative practices of professional writing and communication, focusing on planning, developing, and revising research-based documents for academic and non-academic audiences with emphasis on the conventions of scientific writing and the structure and development of academic articles and reports.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Spring 2016	15	4.8 ± 0.4	4.3 ± 0.6	4.4 ± 0.6	4.6 ± 0.6	4.5 ± 0.6

Data Obtained from the Natural Sciences and Engineering Research Council of Canada's TERRE CREATE Survey as of May 31, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

2015

#### **Co-Instructor, BIOL690: Scientific Communication**

University of Waterloo, Waterloo, ON, Canada

This course introduces new graduate students in the department of Biology to the basic skills that will be necessary for them to acquire and organize information as well as present it effectively. Frequent opportunities to practice scientific research presentation and technical writing skills are provided to students through weekly discussions, workshops, and hands-on activities. Instructed in collaboration with Associate Dean of Science.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Fall 2015	15	4.5 ± 0.5	4.0 ± 0.6	4.4 ± 0.6	4.6 ± 0.3	4.5 ± 0.4

Data Obtained from the University of Waterloo Writing & Communication Centre as of January 25, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

2015

#### **Co-Instructor, PHARM601/616: MSc Thesis Proposal & PhD Dissertation Proposal**

## University of Waterloo, Waterloo, ON, Canada

Required course for all pharmacy graduate students focusing on developing the skills to present their research objectives in verbal and written form. The course gives students the opportunity to observe two other proposal defenses and participate in a workshop to learn the research and technical writing skills required for writing a thesis or dissertation proposal. Instructed in collaboration with subject librarian, professor, and thesis/dissertation supervisors.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Fall 2015	12	4.8 ± 0.2	4.6 ± 0.6	4.7 ± 0.3	4.5 ± 0.3	4.5 ± 0.5

Data Obtained from the University of Waterloo Writing & Communication Centre as of January 25, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

2015 – 2016

**Co-Instructor, STAT938: Statistical Consulting**

## University of Waterloo, Waterloo, ON, Canada

A course that covers some of the basic tools of a statistical consultant: statistical packages, problem-solving techniques, effective communication of statistical concepts, and management of consultant sessions. Instructed in collaboration with professor.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Summer 2016	8	4.8 ± 0.4	4.6 ± 0.4	4.8 ± 0.4	4.7 ± 0.2	4.6 ± 0.4
Summer 2015	7	4.7 ± 0.4	4.7 ± 0.6	4.5 ± 0.6	4.5 ± 0.6	4.5 ± 0.4

Data Obtained from the University of Waterloo Writing & Communication Centre as of January 25, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

**Undergraduate lecture-based courses:**

2016

**Co-Instructor, ECON472: Senior Honours Thesis**

## University of Waterloo, Waterloo, ON, Canada

Required course for all honours economics programs focusing on developing research methods and writing skills. Students demonstrate their proficiency in essay and report writing for a research topic of interest. Instructed in collaboration with subject librarian, professors, and thesis supervisors.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Winter 2016	70	4.6 ± 0.4	4.8 ± 0.6	4.6 ± 0.3	4.6 ± 0.2	4.7 ± 0.4

Data Obtained from the University of Waterloo Writing & Communication Centre as of May 18, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

2016

**Co-Instructor, BASE44: Writing Skills**

## University of Waterloo, Waterloo, ON, Canada

Bridge to Academic Success in English is an intensive program for students to develop their verbal, reading, and writing skills in English alongside their academic programs.

Students learn to write literature reviews, research essays, and lab reports. Instructed in collaboration with subject librarian and TESOL certified professors.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Winter 2016	100	4.8 ± 0.4	4.3 ± 0.6	4.7 ± 0.3	4.6 ± 0.2	4.7 ± 0.4

Data Obtained from the University of Waterloo Writing & Communication Centre as of May 18, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

2015

**Co-Instructor, PHYS491: Special Topics in Life, Medical, and Biophysics**  
University of Waterloo, Waterloo, ON, Canada

A lecture and project course offered in the areas of life, medical, and biophysics to enhance the learning experience of fourth-year students. Students develop skills in research methods and technical writing to produce a comprehensive literature review and academic presentation of findings. Instructed in collaboration with subject librarian and professor.

Semester	Total Students	Quality of Teaching	Student Interest	Level of Knowledge Obtained	Usefulness of Course Activities	Overall Effectiveness of Course
Winter 2016	100	4.7 ± 0.3	4.5 ± 0.4	4.6 ± 0.5	4.5 ± 0.6	4.8 ± 0.6

Data Obtained from the University of Waterloo Writing & Communication Centre as of May 18, 2016. Scores range from Below Expectation (1) to Exceeded Expectation (5).

**York Region District School Board, Canada**

*Secondary School Teacher*

2012-2015

**High School Courses**

- Mathematics
- French as a Second Language
- Canadian Geography (online and in-person)
- Alternative Education courses (co-operative education and outdoor education)

**SUPERVISION & MENTORSHIP EXPERIENCE**

**Mentorship on Training Grants**

Title: Evaluating multilevel factors that predict physical activity among Latinos with chronic spine pain: A mixed-methods study (Parent F31-Diversity)

Source: **Ruth L. Kirchstein National Research Service Award (NRSA) Individual Predoctoral Fellowship to Promote Diversity in Health-Related Research**

PI: Patricia Dionicio

Role: Consultant

**Mentorship of Graduate Students**

2020-2022 Xinyi Wang who is a PhD student at University of Pennsylvania

2017 – 2021 Madison C. Chandler, PhD who is now an Assistant Professor at Elon University

2018 – 2020 Oksana Ellison, PhD who is now a Postdoctoral Researcher at Yale Medical School

### Supervision of Undergraduate Honours Theses:

*The honours thesis involves the completion of an undergraduate research project, including defining a research question, hypotheses, performing statistical analyses, and writing a thesis under my guidance. As part of the contract, students perform 7-10 hours of direct research experience in the lab.*

2022

Semester	Total Students	Behavioral Neuroscience Majors	Other Majors
Fall 2022	1	1	0

### Supervision of Undergraduate Honors Options:

*The honors option is more extensive or more advanced work than is required of all students in a regular course. Students participated in direct research experience in the laboratory under my supervision and wrote a scientific report and reflection based on course material and the research question.*

2018 – 2020

Semester	Total Students	Kinesiology Majors	Other Majors
Spring 2020	1	1	0
Spring 2019	2	2	0
Spring 2018	5	3	2

### Mentorship of Undergraduate Research Assistants:

*Acted in a leadership role, overseeing workflow and productivity of research lab personnel and providing training to them on physiological, neuropsychological, EEG, eye-tracking, and observational video coding methods.*

2016 – Present

Semester	Total Students	Kinesiology Majors	Psychology and Neuroscience Majors
Winter 2023	3	0	3
Fall 2022	2	0	2
Summer 2022	2	0	2
Spring 2022	1	0	1
Fall 2021	3	0	3
Summer 2021	5	0	5
Spring 2021	1	0	1
Spring 2021	1	0	1

Spring 2020	17	9	6
Fall 2019	20	16	4
Spring 2019	16	15	1
Fall 2018	18	16	2
Spring 2018	14	10	4
Fall 2017	14	10	4
Spring 2017	14	8	6
Fall 2016	14	8	6

2018 – 2019

**Head Laboratory Instructor, KIN173: Foundations in Kinesiology**  
Michigan State University, East Lansing, MI, USA

Mentor and supervise a team of undergraduate and graduate teaching assistants for a core introductory course in kinesiology. Designed and implemented rubrics for grading writing-intensive assignments. Responsible for maintaining and preparing laboratory equipment/activities. Redesigned laboratory curriculum to include topics related to submaximal estimation of VO<sub>2</sub>max, anatomical movement, research methods, and statistical analysis using JASP software.

Semester	Number of Undergraduate Teaching Assistants	Number of Graduate Teaching Assistants
Fall 2019	2	3
Spring 2019	2	3
Fall 2018	2	3
Spring 2018	2	2

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## SERVICE

### Ad-Hoc Journal Reviewer

#### Impact Factor

≥ 13.2

International Review of Sport and Exercise Psychology

≥ 5.1 to 13.1

Journal of Sport and Health Science, Medicine and Science in Sports & Exercise

≥ 1.7 to 5

Children, Experimental Brain Research, International Journal of Human-Computer Interaction, Health Education & Behavior, International Journal of Environment Public Health, International Journal of Psychophysiology, International Journal of Technology in Education and Science, Multivariate Behavioral Research, Psychology of Sport and Exercise, Psychological Reports, Teaching and Learning in Medicine



≤ 1.6                      Frontiers in Sports and Active Living, i-Perception, Journal of Experiential Education, Journal of Media Psychology, Sage Open, Translational Journal of American College of Sports Medicine, Trends in Neuroscience and Education

#### **Administrative Services to the University:**

Summer 2021                      **Mentor**, Summer Undergraduates Minority Research Program, University of Pennsylvania

- Mentored and advised two undergraduate students from underrepresented minority groups in exploring the field of health services research

2020 – 2021                      **Mentor**, MindCORE Step-Ahead Mentorship Program, University of Pennsylvania

- Mentored and advised underrepresented minority students on graduate school applications.

2016 – 2017                      **Member**, Office for International Students and Scholars Advisory Committee  
Michigan State University

#### **Administrative Services to the College:**

2020                                      **College of Education Evaluator**, Mid-Michigan Symposium for Undergraduate Research Experiences, Michigan State University

- *Evaluated undergraduate poster presentations.*

2020                                      **Reviewer**, College of Education Undergraduate Study Abroad Scholarship Committee  
Michigan State University

2019 – 2020                      **Committee Member**, College of Education Curriculum Committee  
Michigan State University

2017, 2018, 2019, 2020              **College of Education Evaluator**, University Undergraduate Research and Arts Forum  
Michigan State University

2017 – 2018                      **Committee Member**, Faculty Advisory Committee, Michigan State University

#### **Administrative Services to the Department:**

2022 – Present                      **Graduate Awards Subcommittee**, Department of Psychology, Concordia University

- Rank graduate applicants for entrance scholarships and in-course awards

2019 – 2020                      **Graduate Student Advisor**, Minorities MaKIN' Moves, Michigan State University

- Mentored and advised underrepresented minority students on graduate school applications, finding careers related to kinesiology, and academic skills.

2019 – 2020                    **Committee Member**, Curriculum Committee, Michigan State University

2018 – 2019                    **Committee Member**, PhD Hearing Board, Michigan State University

### **Administrative Services to Professional Societies and Community Organizations:**

2022 – Present                **Committee Member**, Strategic Health Initiative on Health Equity, American College of Sports Medicine

2022                              **Reviewer**, Association for Computing Machinery Annual Conference on Human-Computer Interaction, Case Studies

2022                              **Reviewer**, Annual Conference Society for Research in Child Development, Panel 2: Biological Processes: Neuroscience and Genetics

2021 – 2022                    **Volunteer Coach**, Kensington Soccer Club, Philadelphia, PA

2021                              **Reviewer**, Annual Conference Submissions, Society of Behavioral Medicine

2020                              **Reviewer**, Annual Conference Paper Submissions, International Communication Association

2020 – 2021                    **Member**, Committee to Promote Student Interests, Society for Psychophysiological Research

2016 – 2017                    **Mentor**, Graduate Women in Science Mid-Michigan Chapter Michigan State University

2011 – 2012                    **Organizing Committee**, Congress of the Humanities and Social Sciences Conference, Wilfrid Laurier University

### **PROFESSIONAL DEVELOPMENT AND WORKSHOPS**

2022                              **Intensive Longitudinal Methods Workshop**, Center for Integrative Developmental Science, Cornell University (Online)

2022                              **Indigenous Canada Certificate**, University of Alberta (Online)

2021                              **Reconciliation Education Certificate**,

First Nations University of Canada  
 (Online)  
 ID: n9mdq7v2wz (<https://www.reconciliationeducation-course.ca/certificates/n9mdq7v2wz>)

- 2021 **Applied Machine Learning in R**,  
 University of Pittsburgh Summer Methodology Series  
 (Online)
- 2021 **Group Iterative Multiple Model Estimation (GIMME)**,  
 University of Pittsburgh Summer Methodology Series  
 (Online)
- 2021 **Introduction to Structural Equation Modeling**,  
 CenterStat  
 (Online)
- 2021 **Complex Networks Winter Workshop**,  
 University of Vermont Complex Systems Center and Sentinel North Program of the  
 Université Laval  
 (Online)
- 2019 **Bayesian Statistics in Numerical Cognition**  
 Mathematical Cognition & Learning Society  
 Carleton University
- 2018 **Multilevel Modeling Workshop**  
 Society for Psychophysiological Research
- 2017 **Brock University & SHARCNET: EEG Analysis Workshop**  
 Brock University
- 2017 **Write Winning Grant Proposals**  
 Institute for Research on Teaching & Learning  
 Michigan State University
- 2015 **Instructional Skills Workshop**  
 Centre for Teaching Excellence  
 University of Waterloo

## PROFESSIONAL AFFILIATIONS

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### Current

- 2016, 2019 – Present American College of Sports Medicine
- 2022 – Present Association for Computing Machinery & Special Interest Group on Computer-Human Interaction (SIGCHI)
- 2022 – Present Network Science Society

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2024 – Present Providing Opportunities for Women (and underrepresented genders) in Education Research

2024 – Present Society for Ambulatory Assessment

2021 – Present Women (and underrepresented genders) in Network Science (WiNS) Society

**Past**

2022 – 2023 American Psychosomatic Society

2021 – 2023 Society of Behavioral Medicine

2016 – 2023 Society for Psychophysiological Research

2022 Association for Psychological Science

2020 – 2022 Society for Research in Child Development

2021 – 2022 Flux: The Society for Developmental Cognitive Neuroscience

2019 – 2021 Mathematical Cognition & Learning Society

2019 – 2020 Cognitive Neuroscience Society

2019 – 2020 Canadian Society for Brain, Behavior, and Cognitive Science