

Lexi R. Kvasnicka-Gates, Ph.D.

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Education

- 2007 - 2011 Ph.D. Program in Health/Social Psychology, North Dakota State University
 Doctoral Dissertation: Individual Differences and Attentional Bias Associated with Male Body Dissatisfaction
 Defended: April 2011
 Degree Conferred: August 2011
- 2007 – 2009 M.S., Health/Social Psychology, North Dakota State University, Fargo, North Dakota
 Master's Thesis: Effort, Emotions, and Cardiovascular Reactivity to Acute Stress
 Defended: April 2009
 Degree Conferred: May 2009
- 2003 - 2007 Bachelor of Arts, Psychology (Communication Studies, Honors), Minnesota State University Moorhead (MSUM), Moorhead, Minnesota
 Summa Cum Laude
 Degree Conferred: May 2007

Teaching Experience

- August 2011 – present
Associate Professor (Tenured), Social Sciences, Dakota College at Bottineau (August 2017 – present)
Assistant Professor, Social Sciences, Dakota College at Bottineau (August 2011 – May 2017)
Courses: Introduction to Psychology (111), Honors Introduction to Psychology (111H), Developmental Psychology (250), Abnormal Psychology (270), Honors Abnormal Psychology (270H), Introduction to Sociology (110), Principles of Microeconomics (201), Principles of Macroeconomics (202), Applied Statistics (240), Activity: Running (101)
- August 2013 – present
Online Instructor, Dakota College at Bottineau
Course: Developmental Psychology (250), Abnormal Psychology (270), Introduction to Health Psychology (280)
- January 2011 – May 2011
Teaching Assistant, Introduction to Psychology (111), Department of Psychology, North Dakota State University
Duties: Instructional assistance, guest lecturing, tutoring, holding office hours

Enrolled: 495

Professor: Martin Coleman, Ph.D.

August 2010 – December 2010

Teaching Assistant, Research Methods I (350), Department of Psychology, North Dakota State University

Duties: Instructional assistance, guest lecturing, grading weekly assignments, tutoring, holding office hours

Enrolled: 66

Professor: Wolfgang Teder, Ph.D., and Chris Kelland Friesen, Ph.D.

January 2010 – May 2010

Instructor, Introduction to Health Psychology (280), Department of Psychology, North Dakota State University

Duties: Developed and taught a 200-level psychology course

Enrolled: 66

Teaching Mentor: Robert D. Gordon, Ph.D.

August 2009 – December 2009

Teaching Assistant, Introduction to Psychology (111), Department of Psychology, North Dakota State University

Duties: Instructional assistance, guest lecturing, tutoring, holding office hours

Enrolled: 402

Professor: Clayton J. Hilmert, Ph.D.

Administrative Experience

August 2017 – present

Higher Learning Commission Re-accreditation Coordinator, Dakota College at Bottineau

Duties: Coordinating and directing re-accreditation efforts at a small community college, identifying appropriate evidence sources, managing a team of seven different committees, understanding the accreditation process

August 2012 – December 2014

Retention Coordinator/Director, Dakota College at Bottineau

Duties: Coordinating and directing a team of up to five individuals tasked with increasing retention and persistence rates at DCB, implementing an Early Warning Program, drafting and implementing a First Year Sequence Program for at-risk students

Professional Writing Experience

May 2019 – present

Higher Learning Commission Assurance Argument Writer, Dakota College at Bottineau

Duties: Develop and support Dakota College's argument for continued accreditation through the Higher Learning Commission. In charge of supporting Criterion 1, 3, and 4, as well as editing Criterion 2 and 5.

Research Experience

July 2010 – August 2011

Study Coordinator, Personality and Media Images Study (as part of my dissertation studies), Department of Psychology, North Dakota State University

Duties: Developing studies to test theories of body dissatisfaction, gaining IRB approval, hiring research assistants to work in the laboratory, programming studies, running participants and collecting data, analyzing and writing up data for final dissertation

Supervising Committee: Clayton J. Hilmert, Ph.D., Kathryn Gordon, Ph.D., Michael D. Robinson, Ph.D., and Mark Meister, Ph.D.

August 2007 – August 2011

Research Assistant, Social Psychophysiology and Health Laboratory, Department of Psychology, North Dakota State University

Duties: Responsibilities include supervising and conducting research studies, data analyses using SPSS, writing manuscripts for presentation and publication, supervising undergraduate students, and coordinating lab activities and meetings.

Supervisor: Clayton J. Hilmert, Ph.D

April 2009 – August 2009

Study Coordinator, Red River Valley Pregnancy Study, Department of Psychology, North Dakota State University

Duties: Coordinating data collection at multiple sites, performing study related interviews, supervising undergraduate and graduate students, supervision of medical record retrieval

Supervisor: Clayton J. Hilmert, Ph.D.

Publications

Hilmert, C. J., **Kvasnicka-Gates, L.R.**, Teoh, A. N., Bresin, K., & Fiebiger, S. (2016). Major flood related strains and pregnancy outcomes. *Health Psychology*.

Hilmert, C. J., & **Kvasnicka, L. R.** (2010). Blood pressure and emotional responses to stress: Perspectives on cardiovascular reactivity. *Social and Personality Psychology Compass*, 3, 1-14.

Invited Talks

Kvasnicka-Gates, L.R. (2019, August). *HLC Assurance Argument*. Dakota College at Bottineau, In-service Speaker.

- Kvasnicka-Gates, L.R.** (2019, April). *Fueling the Body for Competition*. Bottineau 19-U Girls Hockey Education Presentation.
- Kvasnicka-Gates, L.R.** (2018, September). *Body Dissatisfaction and Body Image*. Bismarck Public Schools Career Academy Outreach Speaker.
- Kvasnicka-Gates, L. R.** (2018, August). *HLC Reaccreditation*. Dakota College at Bottineau, In-service Speaker.
- Kvasnicka-Gates, L. R.** (2018, May). *Body Dissatisfaction and Body Image*. Bismarck Public Schools Career Academy Outreach Speaker.
- Kvasnicka-Gates, L. R.** (2018, April). *Body Dissatisfaction and Body Image*. Rugby Junior High and High School Outreach Speaker.
- Kvasnicka-Gates, L. R.** (2018, February). *Grit: The Power of Passion and Perseverance*. Dakota College at Bottineau, Leadership through Service Speaker.
- Kvasnicka-Gates, L. R.** (2016, May). *Body Image*. Mohall-Lansford-Sherwood Elementary School Outreach Speaker.
- Keith, K., & **Kvasnicka-Gates, L.R.** (2015, August). *Effective Faculty Advising Techniques*. Presented at DCB Inservice.
- Kvasnicka-Gates, L. R.** (2014, March). *Body Image and Dissatisfaction*. Ellendale Middle and High School Outreach Speaker.
- Kvasnicka-Gates, L. R.** (2014, March). *Insights into Emotions, Effort, and Cardiovascular Reactivity to Acute Stress*. Dakota College at Bottineau, Retired Teachers of Bottineau County Annual Talk.
- Botton, C., & **Kvasnicka-Gates, L.R.** (2014, August). *College Success at Dakota College at Bottineau*. First Year Experience Speaker.
- Kvasnicka-Gates, L. R.** (2013, August). *Retention Review: Current Retention Effectiveness and an Introduction to the First Year Sequence Retention Program*. Dakota College at Bottineau, Faculty and Staff In-Service.
- Kvasnicka-Gates, L. R.** (2013, February). *The Psychology of Risk Taking*. Dakota College at Bottineau, Campus Read/Lecture Series.
- Kvasnicka-Gates, L. R.** (2012, December). *Effective Communication Skills for Women*. Dakota College at Bottineau. Professional Growth Series.
- Kvasnicka-Gates, L. R.** (2012, April). *Managing Millennials*. Dakota College at Bottineau, Professional Growth Series.

Kvasnicka-Gates, L. R. (2012, February). *Body Dissatisfaction: It's Not Just a Female Thing*. Jamestown College, Healthy Living Week Speaker.

Kvasnicka, L. R. (2011, May). *Individual Differences and Attentional Bias Associated with Male Body Dissatisfaction*. North Dakota State University, Department of Psychology Colloquium Series.

Kvasnicka, L. R. (2009, November). *Red River Valley Pregnancy Study*. North Dakota State University, Department of Psychology Brown-Bag Series.

Kvasnicka, L. R. (2009, May). *Emotions, Effort, and Cardiovascular Reactivity to Acute Stress*. North Dakota State University, Department of Psychology Colloquium Series.

Kvasnicka, L. R. (2009, April). *Cardiovascular Reactivity During Emotional Exercise*. North Dakota State University, Department of Psychology Health/Social Brown-Bag Series.

Conference Presentations

Kvasnicka-Gates, L. R., & Junker, M. M. (2014, November). Evaluating the Effectiveness of a First Year Program Designed to Assist Under-Prepared Community College Students. Poster to be presented at the National Symposium on Student Retention, Louisville, KY.

*Dettler, B. N., **Kvasnicka, L. R.,** & Hilmert, C. J. (2011, March). Differences in Male Body Dissatisfaction Based on Sexual Orientation. Poster presented at the Red River Psychology Conference, Moorhead, MN.

Kvasnicka, L. R., & Hilmert, C. J. (2010, January). The Autonomic-Cardiovascular Profiles of Effort and Negative Emotion. Poster presented at the Society for Personality and Social Psychology's 11th Annual Meeting, Las Vegas, NV.

Kvasnicka, L. R., Zielke, D. J., & Hilmert, C. J. (2009, February). Gender of Social Support Provider and Receiver During Stress. Poster presented at the Society for Personality and Social Psychology's 10th Annual Meeting, Tampa, FL.

*Bresin, K., **Kvasnicka, L. R.,** & Hilmert, C. J. (2008, April). Heart Rate Variability and Emotional Responses to Acute Stress. Poster presented at the Red River Valley Psychology Conference, Moorhead, MN.

Nitschke, M., **Kvasnicka, L. R.,** Johnston, B., Schmidt, B. J., & Wald, R. (2006, November). The Remade Man. Poster presented at the Northern Lights Psychology Conference, Grand Forks, ND.

Kvasnicka, L. R., Nitschke, M., Schmidt, B. J., Wald, R., & Johnston, B. (2006, April). The Remade Man. Poster presented at the Red River Valley Psychology Conference, Fargo, ND.

*Denotes collaboration with an undergraduate student.

Service

2017 – Present	Higher Learning Commission Coordinator (Dakota College at Bottineau)
2019 –Present	Academic Assessment Committee Member (Dakota College at Bottineau)
2013 – 2014	Director of Retention (Dakota College at Bottineau)
2013	Minot State University Presidential Search Committee Member
2012 – 2013	Retention/Advising Coordinator (Dakota College at Bottineau)
2010 – 2011	Co-Chair, Department of Psychology Health/Social Brownbag Series, North Dakota State University

Honors/Awards

2014 – 2015	Dakota College at Bottineau Faculty Excellence Award Recipient
2012 – 2013	Dakota College at Bottineau Advising Excellence Award Recipient
2006 – 2007	Psi Chi President (MSUM)
2006 – 2007	Phi Kappa Phi Vice President (MSUM)
2006	October Student Leader of the Month (Psychology Club; MSUM)
2005 – 2006	Psi Chi Treasurer (MSUM)

Professional Affiliations

2013 – Present	American Psychological Association (Full Member)
2017 – Present	Society for the Teaching of Psychology
2008 – 2012	Society of Personality and Social Psychology
2005 – 2011	Psi Chi Psychology Honor Society (Student Member)
2006 – 2007	Phi Kappa Phi Honor Society (Student Member)
2005 – 2006	American Psychological Association (Student Affiliate)

HLC Conference and Workshop Attendance

Higher Learning Commission Annual Conference, Chicago, IL, 2012, 2013, 2017, 2018, 2019

Higher Learning Commission Assessing General Education Workshop, Chicago, IL, 2019

Higher Learning Commission Emerging Leaders in Assessment Workshop, Chicago, IL, 2019

Running Experience

Fargo Half Marathon Finisher	2008, 2010, 2011, 2013, 2015, 2017, 2018, 2019
Medtronic Twin Cities Full Marathon Finisher	2009, 2010, 2012, 2018
Bismarck Half Marathon Finisher	2015, 2017
Las Vegas Half Marathon Finisher	2011
Lincoln National Guard Half Marathon Finisher	2009
Fargo Marathon 10K Finisher	2016
Mandan Road Race 5K Finisher	2018
Fargo Marathon 5K Finisher	2010, 2015
CFA 5K Turkey Trot Finisher	2011, 2017

References

Available upon request.