

Zachary M. Himmelberger

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Education

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

Work Experience

- 2023 – Present | **Lead Data Science Manager**
- 2022 – 2023 | **Data Manager** (part-time)
Motivate Lab
- Lead data scientist on grant-funded program to create more inclusive and supportive learning environments in medical education
 - Partnered with over 15 institutional research and planning directors or deans to implement surveys and gather student records to support California community colleges with the transition from developmental education to a corequisite model to improve student success in foundational courses and close equity gaps
 - Trained in improvement science, which allowed me to lead assessment efforts using quantitative and qualitative data, including developing and implementing focus group protocols with students, faculty, and administrators
 - Supported the institutional mission by serving on the Equity Action Steering Committee where I advanced initiatives to promote inclusive and equitable practices within Motivate Lab, lead the Data Team where I guided organizational policy on data management and technology use, and worked to standardize survey measures across projects
- 2022 – 2023 | **Assistant Professor of Psychology**
- 2017 – 2022 | **Lecturer in Psychology**

Maryville College

- Awarded the Outstanding Teacher Award and the Student Organization Advisor of the Year for my role as an educator and mentor
- Actively contributed to institutional research and planning by developing statistical models and offering insights that advanced student and faculty projects, supported grant writing, and curriculum development
- Provided consultation to the Associate Dean, Career Center, faculty, and students on data analysis, statistical programming, and results interpretation, supporting institutional and faculty research initiatives
- Designed and taught courses and workshops in key research areas such as statistics, research methodology, and statistical programming, helping students and faculty build critical research and analytic skills

2012 – 2017

Graduate Student Assistant

The University of Alabama

- Designed, managed, collected, and analyzed data for survey and behavioral research projects
- Trained and supervised undergraduate and graduate research assistants on a large, federally funded grant, as well as other concurrent research projects
- Collaborated with colleagues on research projects using a wide range of methodologies

Publications

- 2024 | **Himmelberger, Z. M.**, Tibbetts, Y., Barron, K. E., Hulleman, C. S., Harootunian, G., & Speicher, M. R. (2024). How can a Growth Mindset-supportive Learning Environment in Medical School Promote Student Well-being? *Families, Systems, & Health*, 42(3), 343–354. doi:10.1037/fsh0000915
- Tibbetts, Y., **Himmelberger, Z. M.**, Barron, K. E., Speicher, M. R., & Hulleman, C. S. (2024). The Relationships Between Learning Mindsets and Osteopathic Medical Student Psychological Well-being and Ill-being. *JAMA Network Open*, 7(6), 1-12. doi:10.1001/jamanetworkopen.2024.18090
- 2023 | Elmore, J. D., Lewis, J. A., **Himmelberger, Z. M.**, & Sherwood, J. (2023). Everyday moral transgressions (EMTs): investigating the morality of everyday behaviors. *Current Psychology*, 43, 10484-10493. <https://doi.org/10.1007/s12144-023-05114-x>
- 2022 | **Himmelberger, Z. M.**, Faught, G. G., Tungate, A., Conners, F. A. & Merrill E. C. (2022). Personality traits predict attitudes toward individuals with intellectual disability. *International Journal of Developmental Disabilities*, 69(6), 906-914. <https://doi.org/10.1080/20473869.2022.2044594>
- 2021 | Yang, Y., **Himmelberger, Z. M.**, Robinson, T., Davis, M., Conners, F., & Merrill, E. (2021).

Everyday memory in people with Down syndrome. *Brain Sciences*, 11(551).
<https://doi.org/10.3390/brainsci11050551>

- 2020 Faight, G. G., **Himmelberger, Z. M.**, Conners, F. A., & Tungate, A. S. (2020). Sustained attention to response task performance trajectories in Down syndrome. *Journal of Intellectual Disability Research*, 65(3), 230-235. <https://doi.org/10.1111/jir.12805>
- Lewis, J. A., **Himmelberger, Z. M.**, & Elmore, J. D. (2020). I can see myself helping: The effect of self-awareness on prosocial behavior. *International Journal of Psychology*, 56(5), 710-715. <https://doi.org/10.1002/ijop.12733>
- Himmelberger, Z. M.**, Merrill, E. C., Conners, F. A., Roskos, B., & Yang, Y. (2020). The acquisition of survey knowledge by individuals with Down syndrome. *Frontiers in Human Neuroscience*, 14(256), 1-17. <https://doi.org/10.3389/fnhum.2020.00256>
- 2016 Faight, G. G., Conners, F. A., & **Himmelberger, Z. M.** (2016). Auditory and visual sustained attention in Down syndrome. *Research in Developmental Disabilities*, 53, 135-146. <https://doi.org/10.1016/j.ridd.2016.01.021>

Manuscripts in Preparation

- 2025 **Himmelberger, Z. M.**, Johnson, B., Carey, K., Tibbetts, Y., Barron, K., E., Hulleman, C. S., & Speicher, M. R. (**accepted pending minor revisions**). Workplace Factors that Affect Medical Educator Well-being: Insights from a National Survey of Osteopathic Medical Faculty. *Medical Science Educator*.
- Himmelberger, Z. M.**, Guercio, E., Barrow, J., Best, M., Tibbetts, Y., Barron, K. E., Speicher, M. R., & Hulleman, C. S. (**under review**). Prevalence of Emotional Exhaustion and Symptoms of Poor Psychological Well-being in Matriculating and Graduating Osteopathic Medical Students. *Academic Medicine*.
- Hulleman, C. S., **Himmelberger, Z. M.**, Totonchi, D. A. (**invited chapter in preparation**). Motivation and Student Well-being (Sakhavat Mammadov, Ed.). The Cambridge handbook of student well-being. Cambridge University Press.
- Tibbetts, Y., Totonchi, D., Best, M., Francis, M., **Himmelberger, Z. M.**, DeCoster, J., Lee, G., Barron, K., & Hulleman, C. (**in preparation**). Growth Mindset and Perceptions of Other's Growth Mindset Across Contexts. Submitting to *Science*.
- Speicher, M. R., Harootunian, G., & **Himmelberger, Z. M.** (**in preparation**). US DO Seniors' Experiences of Bias in the Transition to Residency. Submitting to the *Journal of Graduate Medical Education*.
- Himmelberger, Z. M.**, Bagci, M., Roskos, B., & Merrill, E. C. (**in preparation**). The Effects of

Landmark Saliency and Location on the Learning Trajectories of Route and Landmark Information in a Virtual Environment. Submitting to the *Journal of Environmental Psychology*.

Lewis, J., A., Elmore, J. D., **Himmelberger, Z. M.**, & Sherwood, J. (**in preparation**). The Moral Responsibility of People with Disabilities: The Effect of Physical Disability on Moral Judgements. Submitting to the *Journal of Personality and Social Psychology*.

Himmelberger, Z. M., Wells, Z., & Francis, M. (**in preparation**). Growth Mindset in College Students with Disabilities. Submitting to *Learning & Individual Differences*.

Workshops, Panel Discussions, and Invited Talks

- 2025 | Francis, A., **Himmelberger, Z.**, Hulleman, C., Magee, A., Tibbetts, Y., Thoman, D. (2025, July) Teaching in the Age of AI: Leveraging Motivationally-Supportive Practices to Guide AI Discussions and Instructional Design. Workshop given at the 2025 Curriculum Institute for Academic Senate for California Community Colleges. Ontario, CA.
- Hulleman, C., Speicher, M., **Himmelberger, Z.**, Tibbetts, Y., Francis, A., & Barron, K. (2025, June). Well-Being and Resilience in Historically Underserved Students. Focus Session at the Annual Meeting of the International Association of Medical Science Educators. Calgary, Canada.
- 2024 | **Himmelberger, Z.**, Speicher, M., Hulleman, C., Tibbetts, Y., Francis, A., Gin, L., Barron, K., & Guercio, E. (2024, June). Well-Being and Resilience in Historically Underserved Students. Focus Session at the Annual Meeting of the International Association of Medical Science Educators. Minneapolis, MN.
- Francis, A., Speicher, M., Tibbetts, Y., **Himmelberger, Z.**, Gin, L., & Hulleman, C. S. (2024, April). Evaluating and Implementing Supportive Learning Mindsets in OME. Workshop given at Educating Leaders. Kansas City, MO.
- Tibbetts, Y., **Himmelberger, Z.**, & Barron, Y. (2024, March). Student Motivation and Well-Being in Medical School and the Resilient Mindsets in Medicine Initiative. Webinar hosted by the International Association of Medical Science Educators.
- Panelist, "What's Next?: Navigating Career Paths Post Grad-School", moderated by Tanvi Tomar. Panel discussion at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.
- 2021 | **Himmelberger, Z. M.**, & Johnson, A.R. (2021, March). Applied Multilevel Modeling with Longitudinal Data. Workshop given at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2020 | **Himmelberger, Z. M.**, & Johnson, A.R. (2020, June). An Introduction to Multilevel Modeling. Workshop given at the Annual Meeting of the Southeastern Psychological Association. Virtual.

- 2018 | **Himmelberger, Z. M.**, & Johnson, A.R. (2018, April). Introduction to R. Workshop given to students, faculty, and staff at Maryville College. Maryville, TN.

Conference Presentations

* Undergraduate student author

- 2025 | Lewis, J. A., Elmore, J. D., **Himmelberger, Z. M.**, & Sherwood, J. (2025, August). Beyond Ability: The Effects of Physical Disabilities on Moral Judgments. Poster presentation at the American Psychological Association, Denver, CO.
- Tibbetts, Y., Francis, A., Delaney, P., Speicher, M., Barron, K., **Himmelberger, Z.**, Hulleman, C., Harootunian, G., Guercio, E., Jiang, F., & Cunningham, B. (2025, April). RMIM systems change: Transforming the psychological air. Oral presentation at Educating Leaders. Arlington, TX.
- Tibbetts, Y., Francis, A., Delaney, P., Speicher, M., Barron, K., **Himmelberger, Z.**, Hulleman, C., Harootunian, G., Guercio, E., Jiang, F., & Cunningham, B. (2025, April). Addressing burnout: Leveraging learning mindsets to support a healthier and more diverse physician pipeline. Poster presentation at Educating Leaders. Arlington, TX.
- Tibbetts, Y., **Himmelberger, Z.**, Barron, K., Speicher, M., Francis, A., Gin, L. (2025, February) Addressing Burnout: Leveraging Learning Mindsets to Support a Healthier and More Diverse Physician Pipeline. Poster presentation at the Annual Meeting of the Society for Personality and Social Psychology. Denver, CO.
- 2024 | Tibbetts, Y., Francis, A., Delaney, P., Speicher, M., Gin, L., Barron, K., **Himmelberger, Z.**, Bragan, L., Harootunian, G., Guercio, E., Jiang, F., & Hulleman, C. (2024, December) Resilient Mindsets in Medicine. Poster presentation at the Institute for Healthcare Improvement Forum. Orlando, FL.
- Hulleman, C., Thoman, D., Hulleman, T., **Himmelberger, Z.**, Beardsley, P., & Vaughn, A. (2024, June). Improving student outcomes in math through online faculty professional development. Paper presentation at the Annual Meeting of the American Society for Engineering Education. Portland, OR.
- Speicher, M., Delaney, P., Francis, A., Tibbetts, Y., **Himmelberger, Z.**, Gin, L., Barron, K., Bragan, L., Hulleman, C. S., & Young, L. (2024, April). Beyond Growth Mindset: Using Mindset GPS to Create Motivationally Supportive Learning Environment. Poster presentation at Educating Leaders. Kansas City, MO.
- Himmelberger, Z. M.**, Gin, L., Francis, A., Barron, K., & Tibbetts, Y. (2024, April). To: Students / Subject: Improving Learning Mindsets Through Supportive Messaging. Teaching take-out presentation at the Annual Meeting of the Rocky Mountain Psychological Association. Denver, CO.

Himmelberger, Z. M., Tibbetts, Y., Barron, K., Hulleman, C., Harootunian, G., & Speicher, M. (2024, April). Motivationally Supportive Learning Environments in Medical School and Osteopathic Medical Student Well-being and Burnout. Oral presentation at the Annual Meeting of the Rocky Mountain Psychological Association. Denver, CO.

Himmelberger, Z. M., Tibbetts, Y., Francis, M. K., Totonchi, D. A., & Hulleman, C. S. (2024, February). Growth Mindset and Disability: A Longitudinal Analysis of College Students with and without Disabilities. Poster presentation at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

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

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

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

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

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

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

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

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

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

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

- 2021 | Lewis, J.A., Sherwood, J.A., Elmore, J.D., & **Himmelberger, Z.M.** (2021, May). I Came, I Saw, I Helped: Self-Awareness Increases Prosocial Behavior Regardless of Self-Presentational Concerns. Poster presentation at the Annual Meeting of the Association for Psychological Science. Virtual.
- *Ross, V., *Goforth, B., & **Himmelberger, Z.** (2021, March). Just World Belief and Authoritarianism May Interact to Promote Sexism. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Goforth, B., *Ross, V., & **Himmelberger, Z.** (2021, March). Relationship between Sexual Education, Religiosity, and Rape Myth Acceptance. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Tucker, C., *Johnson, J., & **Himmelberger, Z.** (2021, March). Self-esteem and Dungeons & Dragons Character Creation. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2020 | *Bagci, M., **Himmelberger, Z.**, & *O'neil, A. (2020, June). The Effects of Landmark Saliency on Route Learning. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Leonard, T., *Guisadio, G., *Coyle, E., & **Himmelberger, Z.** (2020, June). Relationship between Contact and Comfort around Individuals with Intellectual Disability. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- *Coyle, E., *Leonard, T., & **Himmelberger, Z.** (2020, June). A New Measure of Comfort around Individuals with Intellectual Disability. Poster presentation at the Annual Meeting of the Southeastern Psychological Association. Virtual.
- 2019 | *Wilson, H., Shiba, K., & **Himmelberger, Z.** (2019, April). College Students' Electronics and Social Media Use: The Impact of Nature Exposure and Physical Activity. Poster presentation at the National Conference on Undergraduate Research, Kennesaw, GA.
- *Wang, K., Shiba, K., & **Himmelberger, Z.** (2019, April). The Attitude of Teachers Towards Online Teaching Environments from a Global Perspective. Poster presentation at the National Conference on Undergraduate Research, Kennesaw, GA.

- Merrill E., Conners, F., Roskos, B., Robinson, T., **Himmelberger, Z.**, & Yang, Y. (2019, March). Acquisition of Route and Survey Knowledge during Wayfinding by Individuals with Down Syndrome. Symposium presentation at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- 2018 | *Everett, D., Shiba, K., & **Himmelberger, Z.** (2018, November). Impact of cause of death on attitudes towards the deceased. Poster presentation at the Tennessee Psychological Association Convention, Nashville, TN.
- 2017 | **Himmelberger, Z.**, Tungate, A., Faught, G., Merrill, E., & Conners, F. (2017, March). Predicting Attitudes Towards People with Intellectual Disability. Poster Presentation at the Gatlinburg Conference on Research and Practice in Intellectual and Developmental Disabilities. San Antonio, TX.
- Robinson, T., Merrill, E., Yang, Y., Conners, F., **Himmelberger, Z.**, & Davis, M. (2017, March). Developmental trajectory analysis of verbal and every day long term memory: A comparison of persons with intellectual disability with and without down syndrome. Poster Presentation at the Gatlinburg Conference on Research and Practice in Intellectual and Developmental Disabilities. San Antonio, TX.
- 2016 | **Himmelberger, Z.**, Kraemer, K.R., & Merrill, E.C. (2016, November). Gender Differences in Memory for Landmarks at Choice Points. Poster presentation at the Annual Meeting of the Psychonomic Society, Boston, MA.
- 2015 | **Himmelberger, Z.** & Merrill, E.C. (2015, November). Instruction Moderates the Location Priming Effect of Egocentric and Allocentric Specific Processing. Poster presentation at the Annual Meeting of the Psychonomic Society, Chicago, IL.
- Merrill, E. C, Yang, Y., **Himmelberger, Z.**, *Robinson, T., & *Reid, C. (2015, March). Do you know which way is north? children's cardinal direction knowledge. Poster presentation at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Yang, Y., Merrill, E. C, & Himmelberger, Z. (2015, March). Contribution of sex, age, and spatial abilities to the development of route learning skills. Paper presentation at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- 2014 | **Himmelberger, Z.**, & Merrill, E. C. (2014, November). Negative priming of spatial relations. Poster presentation at the Annual Meeting of the Psychonomic Society, Long Beach, CA.
- 2012 | Rekart J. L., Schoenfeld, N., ***Himmelberger, Z.**, & Pelletier, C. (2012, May). Assessing K-12 educator and college student beliefs and knowledge about the brain. Poster presentation at the Association for Psychological Science, Chicago, IL, II-49.

Courses Taught

2017 – 2023	Maryville College R Programming in Psychology, Intellectual Disability: Brain and Cognition, Developmental Disabilities, Advanced Neuroscience, Introductory Psychology, Experimental Psychology, Research Design, Adolescent Psychology, Adult Development and Aging, Introductory Statistics, Cognitive Psychology, Readings Course in Cognitive Psychology
2019 – 2020	Bellevue University Introduction to Psychology, Human Development
2012 – 2017	The University of Alabama Experimental Research Laboratory, Introduction to Psychology, Elementary Statistics, Research Laboratory Coordinator (for all Experimental Research Lab sections), Psychology, Law, & Justice (Teaching Assistant), Physiological Psychology (Teaching Assistant), Elementary Statistics (Teaching Assistant), History and Systems in Psychology (Teaching Assistant), Honors Introductory Psychology (Teaching Assistant)

Grants and Awards

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

Award given by The University of Alabama to present research at a professional conference.
Award: \$600

2013 | **Research Travel Award**

Award given by The University of Alabama to present research at a professional conference.
Award: \$600

Professional Development Courses

2025 | **Data Analysis: Statistical Modeling and Computation in Applications**

MITx 6.419x course as part of the MIT Statistics and Data Science MicroMaster's curriculum

2024 | **Introduction to Structural Equation Modeling**

Three-day workshop on CenterStat taught by Dan Bauer and Patrick Curran

2022 | **Fundamentals of Statistics**

MITx 18.6501x course as part of the MIT Statistics and Data Science MicroMaster's curriculum

Machine Learning with Python - From Linear Models to Deep Learning

MITx 6.86x course as part of the MIT Statistics and Data Science MicroMaster's curriculum

Probability - The Science of Uncertainty and Data

MITx 6.431x course as part of the MIT Statistics and Data Science MicroMaster's curriculum

2021 | **Machine Learning & Statistical Analysis (with honors)**

WorldQuant University Applied Data Science Module

Scientific Computing & Python (with honors)

WorldQuant University Applied Data Science Module

Bayesian Data Analysis

Course taught by Aki Vehtari (GSU, 2021)

2019 | **Information Technology and the Community Engagement Professional**

Community of Practice hosted by Indiana Campus Compact

ACUE Certificate in Effective Instruction

Career Guidance and Readiness concentration

Service and Committee Work

2021 – 2023 | Maryville College Faculty Salary Committee

2019 – 2023 | Faculty advisor for the Maryville College Best Buddies student organization

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