

CYNTHIA NEBEL, PHD**CURRICULUM VITAE**

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EDUCATION

Ph.D., Psychology, Washington University in St. Louis, 2012
Emphasis: Brain, Behavior, & Cognition
Dissertation Title: *Individual Differences in Function Learning as they Relate to Conceptual Learning*

M.A., Psychology, Washington University in St. Louis, 2009

B.S., Psychology, Truman State University, 2007, *Summa Cum Laude, Valedictorian*
Minors: Statistical Methods, English

PROFESSIONAL EXPERIENCE

Associate Professor of Psychiatry, St. Louis University School of Medicine, 2025-present
Director of Learning Services, St. Louis University School of Medicine, 2023-present
Senior Lecturer, Department of Leadership, Policy, & Organizations, Leadership & Learning in Organizations Ed.D. Program, Vanderbilt University, 2019-2023

Courses: Psychological Perspectives on Learning, Capstone Research

Associate Professor of Psychology, Washburn University, 2015-2019

Courses: Introduction to Psychology, Psychological Forum, Psychological Statistics, Principles of Learning, Advanced Research Methods & Writing, Graduate Statistics, Independent Research

Assistant Professor of Psychology, Lindenwood University, 2012-2015

Courses: Principles of Psychology, Behavioral Science Statistics, Motivation and Emotion, Memory and the Media, Behavioral Neuroscience, Learning and Memory, Independent Research

Instructor, University College, Washington University in St. Louis, 2010-2011

Courses: Introduction to Psychology

Undergraduate Research Mentor, Washington University in St. Louis, 2008-2012

Mentored 13 independent research projects

Teaching Assistant, Washington University in St. Louis, 2008-2012

Courses: Introduction to Psychology, Human Learning and Memory, Experimental Psychology, Cognitive Psychology

Teaching Assistant, Truman State University, Summer 2005

Course: Basic Statistics

HONORS & AWARDS

- Best in Cool Ideas Presentation Award, Innovations in Medical Education Conference (2025)
- Active Learning Teaching Fellow, Center for Teaching Excellence & Learning, Washburn University (2018-2019)
- Quality Online Course Initiative Certification (2018)
- Center for Teaching Excellence & Learning Certificate of Teaching Excellence (2016,

2018)

- Washington University in St. Louis Dissertation Fellowship (2011-2012)
- Teaching Citation, Washington University in St. Louis (2011)
- NSF Graduate Fellowship Honorable Mention (2008, 2009)
- Washington University Summer Research Fellowship (2008-2010)
- Washington University in St. Louis Graduate Fellowship (2007-2008)
- Washington University in St. Louis Tuition Award (2007-2012)
- Valedictorian, Truman State University (2007)
- Outstanding Undergraduate Student in Psychology, Truman State University (2007)
- Phi Beta Kappa (2006-present)
- Phi Kappa Phi (2005-2007)
- President's List, Truman State University (2003-2007)

ADMINISTRATIVE SERVICE

Saint Louis University

Projects Resulting in Improvement to Medical Education (PRIMED) Initiative Co-Lead,
Center for Educator Development, Advancement, and Research, 2024-2025

Vanderbilt University

Capstone Writing Support Lead, 2020
Capstone Curriculum Redesign, 2021

Washburn University

Quality Assurance Coordinator, 2018-2019
Chair, IRB, 2017-2018
Committee Member, Probation & Reinstatement Committee, 2016-2018
Mastery Lab Coordinator, 2016-2018
Chair, Library Committee, 2016-2018
Committee Member, Assessment Committee, 2016-2019
Great Plains Psychology Conference, Program & Judging Coordinator, 2018

Lindenwood University

Assistant Chair, Department of Psychology, 2013-2015
Chair, Faculty and Student Scholarship Committee, 2014-2015
Co-Chair, Student Research Symposium and Exposition Task Force, 2012-2015
Committee Member, Higher Learning Commission Task Force, 2012-2013
Faculty Advisor, Lindenwood University Swing Dancing Club, 2014-2015

Washington University in St. Louis

Social Committee Chair, Psychology Graduate Student Association, 2009-2010

RESEARCH POSITIONS

Research Assistant, Department of Psychology, Washington University in St. Louis, 2008-2009

Topic: Negative consequences of multiple-choice versus short-answer testing

Research Assistant, Department of Math and Computer Science, Truman State University,
Summer 2005

Topic: Correlates of math anxiety

Data Analyst, Department of Medical Education, AT Still University, Summer 2005

Topic: Analysis of five years of matriculation survey data
 Research Apprentice, Sleep Medicine and Research Center, St. Luke's Hospital, Summer 2005
 Topic: Effects of REM sleep on memory
 Research Assistant, Department of Psychology, Truman State University, 2005 –2007
 Topic: The relationship between liberal arts acculturation and well-being
 Research Assistant, Department of Psychology, Truman State University, 2004 –2007
 Topic: Spatial memory; Lag 1 sparing in the attentional blink

GRANTS & CONSULTING WORK

2023 NSF Grant for learning science report and consultation for EdTech product
 Role: Consultant
 2023 Updates and full audit of EdTech product
 Role: Consultant
 2022 Application development for a private corporation
 Role: Consultant
 2018-2019 Washburn University C-TEL Assessment Grant
 Role: Principal Investigator
 2017-2019 Overdeck Foundation Grant for Teaching Strategies from the Science of Learning
 Role: Principal Investigator
 2016-2017 IDEA Impact Grant for Teaching the Science of Learning
 Role: Consultant
 2016-2017 Washburn University Professional Development Grant
 Role: Principal Investigator
 2015-2016 Washburn University C-TEL Small Research Grant
 Role: Principal Investigator

JOURNAL PUBLICATIONS

Spence, L.E., Khoury, S.K., Gronewold, A., Regan, M.P., Daly, D.T., & **Nebel, C.** (2025). Wellness and Work: Anki, Study Habits, and Exam Outcomes in First-Year Medical Students. *Medical Science Educator*, 1-9. <https://doi.org/10.1007/s40670-025-02549-8>

Serra, M., Kaminske, A., **Nebel, C.**, & Coppola, K., (2025). The Use of Retrieval Practice in the Health Professions: A State-of-the-Art Review. *Behavioral Sciences* , 15(7), 974.

Sumeracki, M. A., **Nebel, C. L.**, Kaminske, A. N., & Kuepper-Tetzl, C. E. (2024). Turning roadblocks into speed bumps: A call for implementation reform in science communication about retrieval practice. *Educational Psychology Review*, 36(1), 1-16.

Nebel, C. (2020). Considerations for applying six strategies for effective learning to instruction. *Medical Science Educator*, 30, 9-10.

Kaminske, A.N., Kuepper-Tetzl, C.E., **Nebel, C.L.**, Sumeracki, M.A., & Ryan, S.P. (2020). Transfer: A review for biology and the life sciences. *CBE-Life Sciences Education*.

Sumeracki, M. A., Weinstein-Jones, Y., **Nebel, C. L.**, & Schmidt, S. J. (2019). Encouraging knowledge transfer in food science and nutrition education: Suggestions from cognitive research. *Journal of Food Science Education*.

- Butler, A., Rice, H., **Wooldridge**, C., & Rubin, D. (2016). Visual imagery in autobiographical memory: The role of repeated retrieval in shifting perspective. *Consciousness & Cognition*, 42, 237-253.
- McDermott, K. B., **Wooldridge**, C., Rice, H. J., Berg, J. J., & Szpunar, K. K. (2016). Visual perspective in remembering and episodic future thought. *The Quarterly Journal of Experimental Psychology*, 69, 243-253..
- Wooldridge**, C., Bugg, J., McDaniel, M., & Liu, Y. (2014). The testing effect with authentic educational materials: A cautionary note. *Journal of Applied Research in Memory and Cognition*, 3, 214-221.
- McDaniel, M.A., **Fadler**, C., & Pashler, H. (2013). Effects of spaced versus massed training in function learning. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 39, 1417-1432.

BOOKS

- Sumeracki, M., **Nebel**, C., Kuepper-Tetzl, C., & Kaminske, A. (2023). *Ace That Test: A Student's Guide to Learning Better*. Routledge.
- Nebel**, C. & Damani, Z. (2024). *Uniting Learning Science and Talent Management: Org Scholars*. Routledge.

BOOK CHAPTERS

- Sumeracki, M., & **Nebel**, C. (invited, 2025). Multitasking and memory training. In T. Marshik, M. Axelrod, M.B. Leibham, & S. Hupp, *Investigating Educational Psychology: Pseudoscience, Fringe Science, and Controversies?* Routledge.
- Nebel**, C. (2025). Effective Teaching Cycle: Motivation, Scaffolding, and Reinforcement. In P. Agarwal, *Smarter Teaching, Stronger Learning*.
- Sumeracki, M., Kaminske, A., Kuepper-Tetzl, C., & **Nebel**, C. (2023). The Learning Scientists. In C.E. Overson, C.M. Hakala, L.L. Kordonowy, & V.A. Benassi, *In their own words: What scholars want you to know about why and how to apply the science of learning in your academic setting*. American Psychological Association.
- Nebel**, C. & Sumeracki, M. (2021). The science of learning. In K. Huggett & W.B. Jeffries, *An introduction to medical teaching*. Springer.
- Nebel**, C. (2018). Learning science: Time management & academic success. *Washburn 101: The Washburn experience open access textbook* (1-10). Topeka: Mabee Library & The Center of Student Success & Retention.
- McDaniel, M. & **Wooldridge**, C.L. (2011). The science of learning and its applications. In W. Buskist & V. A. Benassi, *Effective college and university teaching: Strategies and tactics for the new professoriate*. Thousand Oaks: Sage.
- Vittengl, J. R., Wessel, A., & **Wooldridge**, C. (2007). Student interview project. In *Assessment Almanac* (chapter XIV). Kirksville, MO: Truman State University. Available at

<http://assessment.truman.edu/almanac/2007/CH14.pdf>. [The 2007 Project described and tested faculty and staff members' influence on undergraduates' academic engagement.]

Vittengl, J. R., Wessel, A., & **Wooldridge**, C. (2006). Student interview project. In *Assessment Almanac* (chapter XIV). Kirksville, MO: Truman State University. Available at <http://assessment.truman.edu/almanac/2006/CH14.pdf>. [The 2006 Project described and tested a value-added model of undergraduates' leadership and service learning.]

INVITED TALKS AND WORKSHOPS

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| Jun, 2025 | Grand rounds on effective learning strategies, Department of Psychiatry and Behavioral Neuroscience, St. Louis University School of Medicine, St. Louis, MO |
| Jun, 2025 | Workshop on AI and learning for nurse practitioner students, New Mexico Highlands University, Las Vegas, NM |
| May, 2025 | Faculty development workshop for Internal Medicine Faculty, St. Louis University School of Medicine, St. Louis, MO |
| May, 2025 | Keynote session on strategies for transfer of learning for the 10 th Anniversary of the Teaching Academy at the Larner College of Medicine, University of Vermont, Burlington, VT. |
| Apr, 2025 | Plenary session on AI and learning for the National Organization of Nurse Practitioner Faculties, Denver, CO. |
| Mar, 2025 | Workshop on an effective teaching cycle for educators, researchED Conference, New York, NY. |
| Mar, 2025 | Virtual webinar on the impact of cell phones on learning for BRAZ-TESOL Mind, Brain, and Education interest group, Sau Paulo, Brazil. |
| Feb, 2025 | Virtual workshop on sleep and cognition with law students at New England Law, Boston, MA. |
| Jan, 2025 | Virtual workshop with faculty, Corning Community College, Corning, NY. |
| Jan, 2025 | Workshop with faculty, staff, and students, University of Texas at Tyler. |
| Dec, 2024 | Virtual workshop for pre-med students, Wayne State University, Detroit, MI. |
| Dec, 2024 | Virtual workshop for learning specialists, Kansas City College of Osteopathic Medicine. |
| Nov, 2024 | Virtual webinar for educators specializing in neurodiversity, The Educator Hub. |

Nov, 2024	Workshop on retrieval practice for psychology honor society. Jefferson College, Hillsboro, MO
Nov, 2024	Workshop for Learning Community Faculty and Dean's Staff in coordination with CEDAR, Saint Louis University School of Medicine, Saint Louis, MO
Oct, 2024	Workshop with educators on effective learning strategies, researchED Conference, Wilmington, DE.
Oct, 2024	Workshop presented to first generation students, University of Texas at Dallas, Dallas, TX
Aug, 2024	Keynote and breakout session with district educators, East Maine School District, Des Plaines, IL
Aug, 2024	Keynote and discussions with faculty, advising staff, and administrators, University of Tennessee, Chattanooga, TN
June, 2024	Breakout sessions for the Beginner Teaching Institute, AZ K12 Center, Tucson, AZ
June, 2024	Keynote and breakout sessions for the Teacher Leader Institute, AZ K12 Center, Tucson, AZ
May, 2024	Workshop with Drs. Aidan Ruth and Kristina Dzara at the GME May Faculty and Staff Development Conference at Saint Louis University School of Medicine
May, 2024	Virtual talk for college educators, Portage College
Apr, 2024	Workshop for honor society students, faculty, and administrators, Jefferson College, Hillsboro, MO
Apr, 2024	Virtual talk for lead tutors, Claremont McKenna University
Apr, 2024	Plenary sessions, Society for Education in Anesthesiology Spring Conference, Philadelphia, PA
Jan, 2024	Virtual webinar for educators, Learning & the Brain
Jan, 2024	Virtual workshop for nursing faculty, Virginia Commonwealth University
Nov, 2023	Virtual workshop on inquiry learning, The Dalton School, New York, NY
Oct, 2023	Virtual presentation for social studies educators, Social Studies Coalition of Delaware
Sept, 2023	Science communication panel guest, James S. McDonnell Foundation, St. Louis, MO

Sept, 2023	Virtual workshop for Learning and Development group at national insurance agency
Sept, 2023	Virtual workshop for nursing students at University of North Carolina at Greensboro, Greensboro, NC
Aug, 2023	Full day workshop for nursing faculty at University of North Carolina at Greensboro (refresh provided Oct, 2023), Greensboro, NC
May, 2023	Workshop for faculty at Southern Maine Community College, South Portland, ME
April, 2023	Keynote for the National Organization of Nurse Practitioner Faculties, Orlando, FL
Nov, 2022	Workshop conducted for Organization Development group at Fortune 500 company (confidential)
Oct, 2022	Series of invited talks for district educators and administrators, St. Charles School District, St. Charles, MO
Sep, 2022	Workshop with Undergraduate Success Scholars at the University of Texas, Dallas, TX
Aug, 2022	Virtual workshop with educators, Hill Learning Center, Durham, NC
July, 2022	Series of workshops for IT bank employees, Republic Bank, Louisville, KY
May, 2022	Keynote talk during Medical Education Day, Marshfield Clinic Health System, Marshfield, WI
Feb, 2022	Recorded video and 2 live workshops for students, Putney, London, England
Nov, 2021	3-part series of workshops for educators through Enfield Professional Learning, UK (November, January, and March)
Nov, 2021	Series of asynchronous videos and live workshop for educators in the Advantage Schools Trust, UK
Oct, 2021	Keynote talk for the Medical Education Learning Scientists annual meeting
Oct, 2021	Workshop with Undergraduate Success Scholars at the University of Texas, Dallas, TX
Sept, 2021	Professional development workshop for middle school educators, Bogota School District, Bogota, NJ
Aug/Oct 2021	Two-part professional development workshop for middle school educators, Red Oak ISD, Red Oak, TX

June, 2021	Recorded presentation for the Virtual Education Summit
May, 2021	Keynote address and workshop, Medical Education Day, University of Wisconsin – Madison School of Medicine and Public Health, Madison, WI
Mar, 2021	Presentation for medical students at the Warren Alpert Medical School at Brown University, Providence, RI
Jan, 2021	Recorded presentations for faculty, students, and parents, Brisbane High School, Brisbane, Australia
Jan, 2021	Community of practice workshop at the Foreign Service Institute, State Department, Arlington, VA
Nov, 2020	Grand rounds presentation, Geisinger Commonwealth School of Medicine, Scranton, PA
Aug, 2020	Keynote talk and workshop at the Teaching and Learning Conference, Sam Houston State University, Houston, TX
June, 2020	Plenary presentation at the International Association of Medical Science Educators, Denver, CO
Jan, 2019	90-minute workshop with secondary school teachers (middle and high school equivalent), Putney, London, England
Jan, 2019	90-minute workshop with secondary students (middle and high school equivalent), Putney, London, England
Jan, 2019	2-day workshop teachers of early years (pre-k equivalent) through further education college (community college equivalent), Bedford, England
Jan, 2019	1-hour workshop with secondary school teachers (middle and high school equivalent), Gorleston, Norfolk, England
Jan, 2019	1-hour workshop with secondary students (middle and high school equivalent), Gorleston, Norfolk, England
Jan, 2019	4-hour workshop with academy trust head teachers, Gorleston, Norfolk, England
Jan, 2018	Presentation to faculty and students at Benedictine College, Atchison, KS.
Nov, 2017	Keynote presentation at the Psychology and Education Research conference in Kansas, Benedictine College, Atchison, KS.
June, 2017	Plenary presentation with Dr. Megan Sumeracki at the Faculty Idea Exchange, Columbus State Community College, Columbus, OH.
June, 2017	Keynote presentation with Dr. Megan Sumeracki at the Faculty Idea Exchange,

Columbus State Community College, Columbus, OH.

Apr, 2017 Keynote presentation at the Kansas City Teaching of Psychology in Secondary Schools Annual Meeting, Olathe, KS.

Oct, 2016 Invited talk presented with Drs. Megan Sumeracki and Dr. Yana Weinstein, ResearchED, Washington D.C.

PRESENTATIONS AT INTERNATIONAL & NATIONAL CONFERENCES

*Denotes undergraduate mentee; **Denotes graduate mentee

Spence, L., Gronewold, A., Khoury, S., Daly, D., & **Nebel, C.** (February, 2025). Study Techniques and Exam Performance in First-Year Medical Students: The Role of Anki. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation.

Andes, B.*, LeDuc, A.*, Richard, A., & **Nebel, C.** (February, 2025). Do Student-led Medical Spanish Conversations Enhance Confidence in Language-Concordant Care? 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation.

Schein, S.*, Malhotra, J.*, Banks, I.*, Cortner, L.*, Daly, D., Dzara, K., Jardaly, A.***, Kunnath, P., & **Nebel, C.** (February, 2025). Examining the Structure and Expectations for Formative Clinical Evaluation during Clerkships. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation and award nominee.

Banks, I.*, Orr, R.*, **Nebel, C.**, & Bolar, J. (February, 2025). The Value of Collaboration Between Student Liaisons and Learning Specialists in the Medical School Curriculum. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation.

Shambe, A.*, Ali, N.*, & **Nebel, C.** (February, 2025). Own your learning: Exploring Medical Student Self Directed Learning Strategies. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation.

Orr, R.*, Banks, I.*, Bolar, J., & **Nebel, C.** (February, 2025). A New Mega Tracker to Reduce Cognitive Load in Studying Pharmacology and Microbiology. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference.

Dzara, K., & **Nebel, C.** (February, 2025). The 'Projects Resulting in Improvement to Medical Education (PRIMED)' Initiative as a Structure for Collaboratively Investigating LCME Self-Study Findings. 22nd Annual University of Southern California Keck School of Medicine Innovations in Medical Education Online Conference. Poster presentation.

Nebel, C. (January, 2025). The Science of Motivation. The 2025 Thriving Educators Summit. Invited keynote address.

- Ahuja, S.*, **Nebel, C.**, & Bolar, J. (November, 2024). The Benefit of a Supportive Step 2 Curriculum during the Clerkship Phase in the Context of a Pass-Fail Step 1. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Nebel, C.**, & Bolar, J. (November, 2024). Strategic Planning and Evaluation of Learning Services. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Banks, I.*, Orr, R.*, **Nebel, C.**, & Bolar, J. (November, 2024). The Value of Collaboration Between Student Liaisons and Learning Specialists in the Medical School Curriculum. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Kaminske, A., Serra, M., Collopa, K., & **Nebel, C.**, (November, 2024). Communicating cognitive concepts in student meetings: Recent research on the science of learning. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Orr, R.*, Banks, I.*, **Nebel, C.**, & Bolar, J. (November, 2024). Modifying the Mega Tracker to Reduce Cognitive Load in Summer Completion of Pharmacology and Microbiology. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Shambe, A.*, Ali, N.*, & **Nebel, C.** (November, 2024). Own your learning: Exploring Medical Student Self Directed Learning Strategies Post Step 1 Pass Fail. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Andon, A., **Nebel, C.**, & Bates, T. (November, 2024). Problematizing the active/passive learning dichotomy in a MELS context: Deconstruction as a method for enhancing practice and emphasizing purpose. Medical Education Learning Specialist Annual Meeting, Atlanta, GA.
- Nebel, C.** & Dzara, K. (November, 2024). The “Projects Resulting in Improvement to Medical Education (PRIMED) Initiative as a Structure for Collaboratively Investigating LCME Self-Study Findings. 2024 Academies Collaborative Annual Meeting. Poster presentation.
- Nebel, C.** (October, 2024). Learning strategies for learning equity. Workshop presented at ResearchED, Wilmington, DE.
- Dzara, K., & **Nebel, C.** (May, 2024). The “Projects Resulting in Improvement to Medical Education (PRIMED)” initiative as a structure for collaboratively investigating LCME self-study findings. Virtual talk presented at the Accreditation Preparation and Quality Improvement Annual Conference.
- Sumeracki, M. A., **Nebel, C. L.**, Kuepper-Tetzel, C., & Kaminske, A (October, 2023). Roadblocks and speed bumps in communicating the science behind retrieval practice. Talk presented at the Annual Conference on Teaching through the Society for the Teaching of Psychology. Portland, OR.
- Sumeracki, M. A., Weinstein, Y., & **Nebel, C. L.** (November, 2018). Teaching first year college students evidence-based learning strategies: A controlled classroom experiment. Talk presented at the Annual Meeting of the Psychonomic Society, New Orleans, LA.
- *Jones, S., *Johnston, H., & **Nebel, C.** (November, 2018). The effect of feedback on the auditory

perception of elevation. Auditory Perception & Cognition Action Meeting, New Orleans, LA.

****Griffith, R., Provorse, D., Nebel, C.** (March, 2018). Educating jurors via cross-examination: Adversarial allegiance and juror perceptions of expert biasability. American Psychology and Law Society Annual Meeting, Memphis, TN.

***Beims, L., & Wooldridge, C.** (October, 2017). The influence of teaching style on learning. Annual Conference on Teaching through the Society for the Teaching of Psychology. San Antonio, TX.

Smith, M. A., & Wooldridge, C. (November, 2016). Teaching the science of learning: A classroom intervention. Poster virtually presented at the Society for Teaching of Psychology's International Twitter Poster Conference (#stp16poster).

Wooldridge, C., **Joy, E., & **Stran, B. (October, 2016). The reality of real classrooms: Implementing quizzing to improve student outcomes. Annual Conference on Teaching through the Society for the Teaching of Psychology. Atlanta, GA.

***Wiener, C., McDaniel, M., Fadler, C., & *Paik, K.** (May, 2013). Individual differences in function learning persist with increased training. Association for Psychological Science Convention. Washington, D.C.

Fadler, C. L., Lee, J., Cahill, M., Scullin, M., Shelton, J., & McDaniel, M.A. (November, 2011). Individual differences in learning tendency predict learning of economics. Annual Meeting of the Psychonomic Society. Seattle, WA.

Wooldridge, C.L., Bugg, J., McDaniel, M. (November, 2010). Testing for transfer: Limits of the testing effect. Annual Meeting of the Psychonomic Society. St. Louis, MO.

Wooldridge, C.L., Bugg, J., McDaniel, M. (May, 2010). Fact vs. application: Testing facts promotes transfer. Association for Psychological Science Convention. Boston, MA.

Wooldridge, C.L., Rice, H.J., Szpunar, K.K., & McDermott, K.B. (November, 2008). Memory and future thought: First- and third-person perspectives. Annual Meeting of the Psychonomic Society. Chicago, IL.

Wooldridge, C.L., Rice, H.J., Szpunar, K.K., & McDermott, K.B. (May, 2008). Memory and future thought: First- and third-person perspectives. Association for Psychological Science Convention. Chicago, IL.

Alberts, K.S., Harkins, K.A., & Wooldridge, C.L. (May, 2007). Math anxiety in college students: Identifying correlates and at-risk populations. Association for Psychological Science Convention. Washington, D.C.

PRESENTATIONS AT REGIONAL AND LOCAL CONFERENCES

*Denotes undergraduate mentee; **Denotes graduate mentee

Malhotra, J., Schein, S., Banks, I., Cortner, L., Daly, D., Jardaly, A., Kunnath, P., Dzara, K., & Nebel, C. (Jan, 2025). Examining the Structure and Expectations for

Formative Clinical Assessment during Clerkships. 60th Annual SLU SOM Alpha Omega Alpha (AOA) Research Forum. Poster presentation.

Nebel, C., & Dzara, K. (Sept, 2024). The “Projects Resulting in Improvement to Medical Education (PRIMED) Initiative as a Structure for Collaboratively Investigating LCME Self-Study Findings. 2024 Spotlight on Women in Medicine and Science poster session. Poster presentation.

Nebel, C., Kozak, T., & Wenger, K. (Jan, 2023). The art & science of teaching effectively: Applications from cognitive science. Powerful Learning Conference by the MO Department of Elementary and Secondary Education, Osage Beach, MO.

Nebel, C., **Maffei, A., **Atteberry, D., **Harris, J., & *Elsbernd, A. (April, 2018). The replication crisis: Institutional differences in cognition. Midwestern Psychological Association Annual Meeting, Chicago, IL.

*Merriman, C., & **Nebel, C.L.** (March, 2018). Distractions in the classroom: An examination of student confidence and false recall on short answer testing. Southeastern Psychological Association Annual Meeting, Charleston, SC.

*Harvey, B., & **Wooldridge, C.** (May, 2017). Volunteerism and its Mediating Effects on Depression in College Students. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

*Glasgow, E., *Harvey, B., *Qualls, W., & **Wooldridge, C.** (May, 2017). The Impact of Volunteerism on Bystander Intervention. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

Joy, E., & **Wooldridge, C. (October, 2016). Trading effectiveness for efficiency: Methods of classroom quizzing. Society for the Teaching of Psychology affiliate meeting at the Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

*Koyle, B., *Kennedy, R., *Brown, J., *DeYoung, C., *Steele, B., & **Wooldridge, C.** (May, 2015). Confidence of counterfactual convictions in quizzing. Psi Chi Program, 2015 Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

*DeYoung, C; *Steele, B; *Brown J; *Kennedy, R; *Koyle, B., & **Wooldridge, C.** (May, 2015). Ecological validity of learning strategies. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

*Snider, H., *Leonard, J., & **Fadler, C.** (May, 2014). Possible negative effects of short answer testing. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

*Maeys, N., *Dymes, A., *Sinn, E., *Snider, H., *Leonard, J., *Steele, B., & **Fadler, C.** (May, 2014). Development of an instrument for determining learning strategies. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

Wooldridge, C. (February 2013, 2014, 2015). How to learn more while studying less. Sibley Day, Lindenwood University, St. Charles, MO

Wooldridge, C. (November, 2008). Memory and future thought: First and third-person perspectives. Graduate Student Brown Bag, Washington University in St. Louis, St. Louis, MO.

Wooldridge, C. (May, 2008). Memory and future thought: First and third-person perspectives. Graduate Student Research Symposium, Washington University in Saint Louis, Saint Louis, MO.

Wessel, A., Skelton, A., Crawford, J., Greenberg, B., Honts, C., & **Wooldridge, C.** (May, 2007). Why is liberal arts acculturation related to well-being? Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

Crawford, J.N., Honts, C., Greenberg, B., Skelton, A., Wessel, A.M., & **Wooldridge, C.L.** (May, 2007). Liberal arts acculturation and its prediction of college students' well-being: Replication and validation of a new liberal arts acculturation scale. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

Skelton, A., Agwu, C., Greenberg, B., Kertz, S., Wessel, A., & **Wooldridge, C.** (May, 2006). Exploring the structure of liberal arts acculturation and its prediction of college students' well-being. Psi Chi Program, Midwestern Psychological Association Annual Meeting, Chicago, Illinois.

Meltzer, M., Agwu, C., Greenberg, B., Kertz, S., Skelton, A., Wessel, A., & **Wooldridge, C.** (May, 2006). Prediction of undergraduates' embracement of the liberal arts from parental achievement and career expectations. Psi Chi Program, Midwestern Psychological Association Annual Meeting. Chicago, Illinois.

MISCELLANEA: INTERVIEWS & OP/ED PIECES

Agarwal, P., Yan, V., **Nebel, C.** (Guest contributors), & Verenna, A. (Host). (2025, July 6) *"Smart Teaching Stronger Learning: Practical Tips from 10 Cognitive Scientists."* (Unleash Learning Press, 2025). New Books Network Podcast.

Nebel, C. (Guest contributor), Damani, Z., & Hamrani, L (co-Hosts). (2025, June 20). *Episode 6: The Science of Smarter Learning in age of AI – Featuring Dr. Cindy Nebel.* Coexistence: Humans & AI in the Workplace Podcast.

Watson, A., **Nebel, C.**, Demoisey, F. (Guest contributors), & Perkins, D. (Host). (2025, May 9). *Science Of Learning, PBL, And Inquiry: A Salon Conversation.* The ThoughtStretchers Podcast.

Nebel, C. (Guest contributor) & Kircher, E. (2023, Aug 24). *Episode 187: Learning How to Learn, Studying How to Study.* The Neurodiversity Podcast.

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RESEARCH PROJECTS MENTORED

Saint Louis University School of Medicine

Regan Orr & Isabel Banks – *Reducing Cognitive Load through a Microbiology and Pharmacology Tracker*

Shivika Ajuha – *The Impact of Step 2 Preparation on UME Student Wellbeing*

Ayanna Shambe & Nosa Ali – *The Impact of Curricular Changes on Self-Directed Learning*

Lawson Spence, Shabel Khoury, & Aaron Gronewald – *The Impact of Third-party Resource Use on First-Year Medical Student Course Performance*

Brody Andes – *The Impact of New Programming on Medical Spanish Efficacy and Competency*

Vanderbilt University Doctoral Project Mentees

Kelsey Brock – *Leadership Development Programs: Can We Influence Identity?*

Chris Fraser – *Advancing Impact and Perception of Literacy Professional Development*

- Diane Garvarkavich – *Integrating Kinship into Grant-Making*
- Son Lam – *Diversity in the Federal Government*
- Kathleen Lennard – *Assessing the Impact of a Faith-based Grantmaking Program*
- Jennifer Ray – *Leadership Transitions: Preparing Faculty and Staff for Leadership Roles at Volunteer State Community College*
- Brian Woodhouse – *Sustainable Extra-curricular Programming at an Independent School*
- Melanie Bowers – *Leader Identity Development of Emerging Front-Line Leaders*
- Angela Courtney – *Mentor Coaching and Entrepreneurial Outcomes*
- Kate Allen – *Job Satisfaction of Remote Technology Employees Seeking Work/Life Balance*
- Joaquin Fernandez-Castro – *Maximizing evidence-based teaching and learning, assessment and homework practices at NYC school*
- Rachel Wasserman – *A Study of Documentation and Burnout at a Non-Profit Organization*
- Chris Almeria – *Leadership Development at DreamSpring*
- Melanie Askew – *Building Mid-Level Leadership: Sustaining Job Satisfaction at Laureate Academy*
- Liz Barnes & Derek Rouch – *Crisis at CrisisLink: Increasing the Retention Rate for Crisis Workers Answering a Suicide Crisis Line*
- Kevin Dean – *Engaging Black Philanthropists in Donor-Advised Funds*
- Quincey Farmer – *Monitoring Success: Creating Sustainable Systems for Measuring the Organizational Performance of a Community Project*
- Michael Franklin – *Increasing Volunteer Retention at Global Brigades: Volunteer as Apprentice*
- Chau-Fang Lin – *"Why am I doing this?": Understanding undergraduate motivation to participate in internships*
- Karen McCarthy – *Assessing the impact of Green Literacy's sustainability education programs by examining attitudes and behaviors of individuals in the program*
- Avril Occilien-Similien – *Leadership in the Church: An Empirical Analysis of Leader-Member Relationships, Job Satisfaction, and Job Performance*
- Robert Wallace – *The Power to Choose: Parental Preferences and School Enrollment*
- Jeremy Lawhorn - *Understanding the Challenges to Parent Engagement in Cumberland County Schools*
- Will Arnold - *Sensemaking to Define Organizational Values and Assess Organizational Performance*
- Rob Derke & Vanessa Cole - *Examining the Impact of COVID-19 on a Nonprofit Arts Organization and its Members*
- Erica Matt – *Apply Now: Increasing Boarding School Enrollment*
- Kerry O'Grady - *Prioritizing the Part-Time Professor: How Cultivating Community Impacts Adjunct Faculty Motivation, Participation and Performance. A Quality Improvement Plan for Georgetown University's McDonough School of Business*
- Kim Rusk - *Communication and Resilience in an Urban Emergency Department During a Pandemic*
- Angela Scoggins - *Clarifying Objectives in a Digital Community: Transforming Professional School Applications*
- Jamie Shaffer - *Faculty Perceptions of Foundational Courses and Motivation to Teach*
- Trevor Stern – *Retention Efforts at an Independent Boarding School*
- Dan Altieri, Alonzo Milow, & Danielle Susskind – *"It's the Moon, Right?": An Out of School Time, STEM Program Quality Improvement Project*
- Jody Randall & Tamkeen Shroff – *The Psychosocial Impact of the Covid-19 Pandemic on First-Time in College Students and Strategies Implemented by Texas Tech University*
- Cassie Hamilton, Cameron Gandy, & Katie Omenitsch – *An Adult Day Program's Impact on*

Clients and Community

Chris Kaufmann – *Organizational Transformation utilizing Learning Science as an instrument via Virtual Reality Instructional Design*

Jacob Cable – *Cocinando & Conservando: Building Capacity to Improve Cultural and Ecological Conservation*

Washburn University Undergraduate Research Mentees

Keely Brunner (2018-2019) – *The effects of caffeine on text anxiety and performance*

Alexsis Beckwith (2018-2019) – *The effect of smell on confidence and memory*

Stephanie Jones (2018-2019) – *Factors associated with secondary counseling perception*

Rachael Turner (2018-2019) – *The relationship between state and trait anxiety on test performance*

Cassidy Merriman (2017-2018) – *The effects of distraction on confidence and false recall*

Alexandra Zelkovitz (2017-2018) – *The effects of exposure to traumatic events on trauma perception*

Allison Elsbernd & Leyli Beims (2017-2018) - *The effects of auditory cues of shoes and gender on impressions of personality*

Leyli Beims (2017) – *The effect of teaching styles on learning*

Bethany Harvey (2016-2017) – *The relationship between volunteerism and depression in college students*

Bethany Harvey, Ellen Glasgow, & William Qualls (2016-2017) – *The relationship between volunteerism and bystander intervention*

Andrea Stitt & Libbie Vogelsberg (2016-2018) – *The effect of growth mindset feedback on learning*

Emily Green (2016-2017) – *Improving corporate training using spacing*

Chase Pumford (2016) – *The effectiveness of Undergraduate Learning Assistant programs*

Washburn University Graduate Projects Mentored

Alexandrea Maffei (2018-2019) – Master's thesis: *The effect of ideal body images on body dissatisfaction and well-being in female, self-identified athletes and non-athletes*

Ana Lima (2018-2019) – Master's thesis: *Components of sexual consent: Gender differences in recognition*

SCHOLARLY PUBLIC OUTREACH

Learning Scientist for *The Learning Scientists* (www.learningscientists.org)

The Learning Scientists are a team of cognitive psychologists who promote science communication about the science behind effective learning strategies. We provide free resources for students, teachers, and parents on empirically-based learning strategies. Our work has been featured in university Teaching and Learning Centers across the globe (e.g., Penn State, Washington University in St. Louis, and Ryerson University), in school districts in the US, the UK, and AUS (e.g., St. Andrews Episcopal School, Potomac, MD; Bedford Free School, Bedford, UK; Putney High School, London, UK; Brisbane State HS, Brisbane, AUS), and in professional organizations (e.g., American Psychological Association and the National Education Association).

Statistics as of November, 2023

Total number of blog posts published: 613

Total number of podcast episodes: 78

Total number of page views: 8.1 million, with 4 million unique visitors across over 99 countries as of July 17, 2023

Mailing list subscribers: 8,000+

Twitter followers: 29,000+

Podcast reviews: 4.9 / 5.0 average, 103 ratings in USA on iTunes (as of July 17, 2023)

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- Medical Education Learning Specialists, New Learning Specialist Distinct Interest Group
Lead Member (2024-2025)
- Psychonomic Society
- Association for Psychological Science
- Midwestern Psychological Association, Washburn University Local Representative
(2016-2019)
- Psi Chi, Truman State University Research Conference Chair (2006-2007)
- Phi Beta Kappa Society

PROFESSIONAL ACTIVITIES

Ad Hoc Reviewer:

Association for Psychological Science Student Research Award
Association for Psychological Science Student Grant Competition
British Journal of Educational Psychology
Journal of Experimental Education
Journal of Research in Personality
Journal of Research in Childhood Education
Frontiers
Memory
Cognition
Social Sciences and Human Research Council of Canada Insight Grants
Journal of Cognitive Psychology
Applied Cognitive Psychology

Conferences Attended:

Midwest Psychological Association Annual Meeting, 2006-2016
Association for Psychological Science Convention, 2007-2013
Annual Meeting of the Psychonomic Society, 2008-2012, 2015, 2018
Missouri Undergraduate Psychology Conference, 2009, 2012, 2014, 2015
Society for the Teaching of Psychology Annual Conference on Teaching, 2016-2018, 2023
Great Plains Undergraduate Psychology Conference, 2018
Southeastern Psychological Association Annual Meeting, 2018
Higher Learning Commission Annual Meeting, 2018
Medical Education Learning Specialists Annual Meeting, 2023-2024
Association of American Medical Colleges Annual Meeting, 2023

PROFESSIONAL REFERENCES

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