10 - 10:50 a.m. // Moderator: Kim Baker // Learning Commons

THE GEOGRAPHICAL (AND ALMOST) NON-GEOGRAPHICAL ADVANTAGES ON ACCESS TO WATER RESOURCES
Author: Clemir Abbeg Coproski // Graduate Program: Geography
Faculty Advisor: Lisa Tabor

DO COUPLES WHO FLOW TOGETHER GROW TOGETHER?
Author: Lani Alber // Major: Psychology
Faculty Advisor: Gary Gute

RATING TWEETS FROM NEWS SOURCES
Author: Ian Beatty // Graduate Program: Psychology, Social Psychology
Award: Intercollegiate Academic Fund
Co-Author: Taylor Simington
Faculty Advisor: Helen C. Harton

THIRD PARTY PERSPECTIVE TAKING
Author: Ian Beatty // Graduate Program: Psychology, Social Psychology
Faculty Advisor: Nicholas Schwab

VOLUNTEERING AT RIVERVIEW CENTER
Author: Kate Jensen // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

RATINGS OF DIFFERENT GROUPS OF PEOPLE
Author: Rishika Sheetal Singh // Graduate Program: Psychology, Social Psychology
Faculty Advisor: Helen C. Harton

11 - 11:50 a.m. // Moderator: Eric Lee // Learning Commons

SOLUTION AVERSION AND CLIMATE CHANGE BELIEFS
Author: Ian Beatty // Graduate Program: Psychology, Social Psychology
Faculty Advisor: Nicholas Schwab

LIBERALS & CONSERVATIVES: CAN FRAMING CHANGE THEIR PREJUDICES?
Author: Aubrey Paschal // Graduate Program: Psychology, Social Psychology
Award: Intercollegiate Academic Fund
Co-Author: Rishika Sheetal Singh
Faculty Advisor: Helen C. Harton
JUROR DECISION MAKING: THE INFLUENCE OF DEFENDANTS’ MENTAL ILLNESS, AND SEVERITY OF CRIME
Author: Aubrey Paschal // Graduate Program: Psychology, Social Psychology
Award: Intercollegiate Academic Fund
Faculty Advisor: Jiuqing Cheng

THE INFLUENCE OF GENDER & CULTURE ON PAY EXPECTATION & NEGOTIATION
Author: Thu Hoang // Graduate Program: Digital Marketing, Corporate Comm
Faculty Advisor: Michael Gasser

ASSESSING AND MEETING THE MENTAL HEALTH NEEDS OF STUDENT ATHLETES - A CASE STUDY OF THE UNIVERSITY OF NORTHERN IOWA
Author: Samantha Bennett // Major: Actuarial Science
Faculty Advisors: Jessica Moon, Jennifer Schneiderman

THE ROLE OF COVID-RELATED STRESSORS ON SLEEP & MENTAL HEALTH OUTCOMES
Author: Tyler Anderson // Majors: Biology, Psychology
Faculty Advisor: Dilbur Arsiwalla

HOW VIDEO GAMES TELL STORIES
Author: Jake Chaplin // Major: Interactive Digital Studies
Faculty Advisor: Dana Potter

EMISSIONS OF NFTS
Author: Jacob Nelson // Major: Interactive Digital Studies
Faculty Advisor: Dana Potter

12 - 12:50 p.m. // Moderator: Christine Bennett // Learning Commons

CHANGES IN BRAIN OXYGENATION OF RUGBY PLAYERS BEFORE AND AFTER HEAD TRAUMA: A PRELIMINARY STUDY
Author: Megan Benmore // Major: Movement & Exercise Science
Co-Authors: Ben Boezinger, Kate Hermsen, Dietrich Wagner, Faith Oostra, JD Fielder, Andrew Davis, Mark Hecimovich
Faculty Advisor: Terence Moriarty

AMERICAN AGRICULTURE AND HOW MEXICO PAYS FOR IT: HOW MIDWESTERN AGRICULTURAL RUNOFF HAS COST GULF ECONOMIES
Author: Emma Durian // Major: Geography
Co-Author: Monica Carroll
Faculty Advisor: Lisa Tabor

FLOW FROM TRAUMATIC BRAIN INJURY (TBI): EXPLORATORY CASE ANALYSES OF POST-TRAUMATIC GROWTH AFTER LIFE-ALTERING ATTENTION LOSS
Author: Kaitlyn Grimes // Major: Biology
Faculty Advisor: Gary Gute
MY JOURNEY TO WELLNESS: WORKING AT STUDENT WELLNESS SERVICES  
Author: Megan Keniston // Major: Psychology  
Faculty Advisor: Carolyn Hildebrandt 

‘LADY IN THE LAKE’: AN UNSOLVED CRIME BY WATER JURISDICTION  
Author: Hayley Peterson // Graduate Program: Geography  
Faculty Advisor: Lisa Tabor 

SCHOOL COUNSELING AT CEDAR FALLS HIGH SCHOOL  
Author: Chloe Thostenson // Major: Psychology  
Faculty Advisor: Carolyn Hildebrandt 

1 - 1:50 p.m. // Moderator: Jenny Becker // Learning Commons 

TEACHER’S ASSISTANT AT THE UNI CHILD DEVELOPMENT CENTER  
Author: Madelyn Hibbs // Major: Psychology  
Faculty Advisor: Carolyn Hildebrandt 

PSYCHOLOGICAL INTERNSHIP: ART INSTRUCTION  
Author: Jenna Jansen // Majors: Psychology, Fine Arts  
Faculty Advisor: Carolyn Hildebrandt 

INTERNSHIP AT HOUSE OF HOPE  
Author: Ana Marie Juarez-Morales // Major: Psychology  
Faculty Advisor: Carolyn Hildebrandt 

HAVE ATTITUDES TOWARD IMMIGRANTS CHANGED OVER THE LAST 20 YEARS?  
Author: Yuan Ling Looi // Graduate Program: Psychology, Social Psychology  
Co-Authors: Tenzin Nyima and Matthew Gunderson  
Faculty Advisor: Helen C. Harton 

OBSERVING OCCUPATIONAL THERAPY IN PRACTICE  
Author: Emily Miehe // Major: Psychology  
Faculty Advisor: Carolyn Hildebrandt 

THAT DISTANT SOUND  
Author: Kolten Webber // Major: Graphic Technology, Interactive Digital Studies  
Award: That Distant Sound  
Faculty Advisor: Dana Potter 

ENVIRONMENTAL IMPLICATIONS OF CRYPTOCURRENCY  
Author: Trey Davis // Major: Graphic Technology, Interactive Digital Studies  
Faculty Advisor: Dana Potter
10 - 11:15 a.m. // Moderator: Emily White // Room 287

10:00 a.m.
CHILDHOOD INEQUALITIES: ADVERSE CHILDHOOD EXPERIENCES & EMOTIONAL DEVELOPMENT OF CHILDREN WHO GROW UP RELIANT ON OLDER SIBLINGS
Author: Jasmine Carbin // Major: Sociology, Political Science
Award: Fruehling Undergraduate Research
Faculty Advisor: Ashleigh Kysar-Moon

10:15 a.m.
WHAT IS IT LIKE TO BE QUEER ON CAMPUS?
Author: Archer Lozier // Major: Sociology
Faculty Advisor: Marybeth Stalp

10:30 a.m.
ARE THERE POSITIVE ASPECTS OF ADHD? CREATIVITY AND ENTREPRENEURSHIP
Author: J. Sebastian Montesinos Valdivia // Graduate Program: Psychology, Clinical Science
Faculty Advisor: Elizabeth Lefler

11:00 a.m.
VIRTUAL CONVERSATIONS WITH LA UNIVERSIDAD MARISTA
Author: Sara Petersen // Major: Spanish, Communication Sciences & Disorders
Co-Author: Kyle Spaete
Faculty Advisor: Elise DuBord

12:00 - 12:50 p.m. // Moderator: Scott Peters // Room 287

12 p.m.
WAGE DISPARITIES AMONGST ARTISTS DUE TO DISCRIMINATION IN THE UNITED STATES
Author: Raegan Christianson // Major: Sociology, Communication
Award: Fruehling Undergraduate Research
Faculty Advisor: Ashleigh Kysar-Moon

12:15 p.m.
PRESIDENTIAL AGENDA RHETORIC IN THE STATE OF THE UNION ADDRESS FOR THE FIRST TERM OF FORMER PRESIDENT OBAMA & TRUMP
Author: Dani Goedken // Major: Political Science
Faculty Advisor: Donna Hoffman
10:00 a.m. // Moderator: HyeYoung Cho // Learning Commons

UNDERGRADUATE RESEARCH ASSISTANT AT UNIVERSITY OF NORTHERN IOWA CENTER FOR SOCIAL AND BEHAVIORAL RESEARCH
Author: McKenzie Simon // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

VOLUNTEER EXPERIENCE WITH JUNIOR ACHIEVEMENT
Author: McKenzie Simon // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

CONVERSACIONES SOBRE LOS LATINXS EN EE.UU.: A SPANISH-LANGUAGE PODCAST
Author: Emily Robinson // Majors: TESOL, Spanish
Faculty Advisor: Elise DuBord

ACUTE AEROBIC EXERCISE-INDUCED MOTOR PRIMING IMPROVES PIANO PERFORMANCE AND ALTERS MOTOR CORTEX ACTIVATION
Author: Katie Dorman // Major: Movement & Exercise Science
Co-Authors: Maya Deuso, Andrea Johnson, Molly Thomas, Colin Evers, Abi Auten, Kristina Cavey, Kelsey Bourbeau
Faculty Advisor: Terence Moriarty

SHADOWING A SCHOOL COUNSELOR
Author: Jessika Allison // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

RESIDENT ASSISTANT IN RIDER HALL
Author: Natalie Bohnsack // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

SPOTIFY GENERATION
Author: Kane Oleson // Major: Interactive Digital Studies
Faculty Advisor: Dana Potter
11 - 11:50 a.m. // Moderator: Kelli Snyder // Learning Commons

SHINE YOUR LIGHT: SHADOWING AN ELEMENTARY SCHOOL COUNSELOR
Author: Emily Debord // Major: Psychology
Faculty Advisor: Carolyn Hildebrandt

MENTAL ILLNESS STIGMA TOWARD BLACK & WHITE ELITE MALE ATHLETES
Author: Nicholas Clark // Graduate Program: Psychology, Clinical Psychology
Award: Intercollegiate Academic Fund
Faculty Advisor: Elizabeth Lefler

MORAL EXCLUSION, NEGATIVE WORDS AND SCHADENFREUDE SURROUNDING THE COVID-19 VACCINE
Author: Matthew Gunderson // Graduate Program: Psychology, Social Psychology
Faculty Advisor: Helen C. Harton

NATIONALISM AND COLLECTIVE GUILT PREDICT ATTITUDES TOWARDS AMERICAS’ PAST INFRACTIONS
Author: Matthew Gunderson // Graduate Program: Psychology, Social Psychology
Faculty Advisor: Nicholas Schwab

WHAT’S THE DAM PROBLEM? GEOPOLITICS OF THE NILE
Author: Lucas Corbett // Major: Geographic Information Systems
Faculty Advisor: Lisa Tabor

EATING HABITS AND LIFE SATISFACTION AMONG ADULTS
Author: Yuan Ling Looi // Graduate Program: Psychology, Social Psychology
Award: Intercollegiate Academic Fund
Faculty Advisor: Jiuqing Cheng

DING DONG IT’S DUO
Author: Kenzie Garman // Major: Interactive Digital Studies
Faculty Advisor: Dana Potter

UNEARTHING FAST FASHION
Author: Allyson Davis // Major: Interactive Digital Studies
Faculty Advisor: Dana Potter

12 - 12:50 p.m. // Sheila Benson // Learning Commons

INTEGRATION OF THE FLOW DIMENSIONS IN RECREATIONAL FITNESS TRAINING: AN EXPLORATORY INVESTIGATION
Author: Carter Powell // Major: Psychology, Exercise Science
Faculty Advisor: Gary Gute
STUDENT ATTITUDES TOWARDS THE MILITARY
Author: Alyssa Morgan // Major: Psychology
Faculty Advisor: Michael Gasser

...FOUR FEET HIGH & RISING
Author: Ross Keane // Major: Geography
Faculty Advisor: Lisa Tabor

PERFECTIONISM AS A MODERATOR OF DISORDERED EATING AND ANXIETY AMONG MALE AND FEMALE COLLEGE STUDENTS
Author: Karissa Jensen // Graduate Program: Psychology, Clinical Science
Faculty Advisor: Elizabeth Lefler

INFLUENCE OF TRIGGER WARNING USE ON STUDENT PERCEPTIONS
Author: Karissa Jensen // Graduate Program: Psychology, Clinical Science
Award: Intercollegiate Academic Fund
Co-Author: Megan Bunyer
Faculty Advisor: Helen Harton

BEHIND CLOSED DOORS: A LOOK INTO GENDER VIOLENCE IN THE MILITARY
Author: Holly Rigel // Major: Social Work
Advisor: Jennifer Becker

ZOOM CALL LOCKDOWN
Author: Victoria Moon // Majors: Interactive Digital Studies, Graphic Design
Faculty Advisor: Dana Potter

THE TIGRESS OF FORLI: THE UNDISCUSSED HISTORY OF CATERINA SFORZA
Author: Sydney Peterson // Majors: Interactive Digital Studies
Faculty Advisor: Dana Potter

1 - 1:50 p.m. // Moderator: Katelyn Browne // Learning Commons

THE EFFECT OF DEPRESSION ON ADOLESCENTS’ RESILIENCE AND WILLINGNESS TO SUPPORT A DEPRESSED FRIEND
Author: Brendan Weed // Graduate Program: Psychology, Clinical Science
Faculty Advisor: Elizabeth Lefler

ROAD SALT AND ITS EFFECTS ON IOWAN WATERWAYS
Author: Casey Shanaberger // Major: Geography
Faculty Advisor: Lisa Tabor

EVALUATING FOOD INSECURITY ON CAMPUS THROUGH SERVICE-LEARNING PARTNERSHIP WITH PANTHER PANTRY
Author: Ashlyn Miller // Major: Family Services
Co-Authors: Kaleah Davis, Anna Harwick and Laura Solis-Meza
Faculty Advisor: Heather Kennedy
STUDENT EVALUATIONS OF TEACHING: PERCEPTIONS OF OPPORTUNITY TO OBSERVE AND EVALUATION QUALITY
Author: Carter Knapp // Major: Psychology
Co-Authors: Alexander Lopez, Jessika Allison and Tyler Larson
Faculty Advisor: Adam Butler

STUDENT EVALUATIONS OF TEACHING: PERCEPTIONS OF UTILITY
Author: Tyler Larson // Major: Psychology
Co-Authors: Jessika Allison, Alexander Lopez and Carter Knapp
Faculty Advisor: Adam Butler

THE ASSOCIATION BETWEEN PARENT & ADULT CHILD SEVERE MENTAL ILLNESS
Author: Taylor Courier // Graduate Program: Psychology, Clinical Science
Award: Intercollegiate Academic Fund
Faculty Advisor: Seth Brown

THE HIGHS & LOWS
Author: Stephanie Alfaro // Major: IDS - Advertising & Visualization
Faculty Advisor: Dana Potter

TUESDAY, APRIL 12 // ORAL PRESENTATIONS

10 - 11 a.m. // Moderator: Emily Machen // Room 287

10:00 a.m.
THE GENDER BIAS BURDEN ON BUSINESS: WOMEN’S ACCESS TO CREDIT IN BAHRAIN
Author: Sandra Thiman // Major: Political Science
Award: Fruehling Undergraduate Research
Faculty Advisor: Brian Warby

10:15 a.m.
MINDFULNESS, STRESS & WELL-BEING AMONG INDIAN NATIONALS DURING COVID
Author: Tenzin Urgyen // Graduate Program: Psychology, Social Psychology
Award: Intercollegiate Academic Fund
Faculty Advisor: Helen C. Harton

10:30 a.m.
A CITIZEN’S DUTY TOWARDS POLITICAL TOPICS AND ISSUES
Author: Adam Ramker
Major: Physics and Philosophy
Faculty Advisor: Yasemin Sari
10:45 a.m.
MEDIA SUPPRESSION IN AFRICA & THE BALKANS: HOW ECONOMIC DISTRIBUTION IMPACTS FREEDOM OF THE PRESS ON AN INTERNATIONAL LEVEL
Author: Lindsey Ingraham // Major: Political Science, Public Administration
Award: Fruehling Undergraduate Research
Faculty Advisor: Evan Renfro

11 a.m. - 12:30 p.m. // Marybeth Stalp // Room 287

11 a.m. - 12:15 p.m.
RESEARCH FROM HONORS CAPSTONE COURSE
The Science & Practice of Well-Being: Exploring Mindfulness, Compassion & Joy
Faculty Advisor: Sarah Montgomery

RACIAL JUSTICE & MINDFULNESS
Author: Serenity Kollasch // Major: Political Science, Theatre

WELL-BEING & MONEY
Author: Spenser Larson // Major: Biology, Chemistry

JOY RELATED TO COLOR, PERCEPTION
Author: Lizzy Richardson // Major: Biology, Music

SECONDARY TRAUMA & MAINTAINING EMOTIONAL WELL-BEING
Author: Morgan Wickman // Major: Psychology, Family Studies, Mental Health

CHRONIC FATIGUE RELATED TO IRON DEFICIENCY & MENTAL HEALTH
Author: Katelyn Moore // Major: Biology

IMPACT OF SONIC ENVIRONMENTS ON OUR MOOD
Author: Emily Clouser // Major: Music Education: Choral, General

HOW NUTRITION/DIET AFFECTS MINDFULNESS
Author: Sierra Kuhlers // Major: Athletic Training & Rehabilitation Studies

MINDFULNESS AND GARDENING
Author: Carter Pennings // Major: Marketing: Advertising & Digital Media

MINDFULNESS IN INJURY RECOVERY
Author: Megan Benmore // Major: Movement and Exercise Science
CONSUMERISM AND MENTAL HEALTH
Author: Esha Jayswal // Major: Accounting, Economics

RUNNING/EXERCISE AND WELL-BEING
Author: Josh Pulse // Major: Computer Science, Data Science

PUBLIC SERVICE EMPLOYEE BURNOUT & HOW MINDFULNESS CAN HELP
Author: Monica Lewandowski // Major: Public Health, Community Health

NATURE AND MINDFULNESS
Author: Sara Bergin // Major: Biology

THE ALEXANDER TECHNIQUE
Author: Trey Blaser // Major: Composition - Theory

PARENTING STYLES AND MENTAL HEALTH
Author: Eva McCoy // Major: Psychology, Mental Health

BENEFITS OF MINIMALISM ON MENTAL HEALTH
Author: Madison Tenhulzen // Major: Marketing: Advertising & Digital Media

MINDFULNESS IN EDUCATION
Author: Max Tensen // Major: Mathematics Teaching

WEATHER EFFECTS ON MENTAL HEALTH
Author: Brady Beyer // Major: Math: Statistics, Actuarial Science

HOW PETS SUPPORT/IMPACT MENTAL HEALTH?
Author: Christian Jauron // Major: Political Science

MINDFULNESS AND SCHOOL COUNSELING, SCHOOL PSYCH
Author: Tyler Larson // Major: Psychology, Educational Studies

BRAIN INJURY AND WELL-BEING
Author: Steele McKinnon // Major: Management Informations Systems, Political Science

12:15 p.m.
FACULTY BURNOUT DURING THE COVID-19 PANDEMIC
Author: Taylor Sloan // Graduate Program: Psychology, Clinical Science
Co-Author: Tenzin Urgyen
Faculty Advisor: Helen Harton
On behalf of the College of Social and Behavioral Sciences and the Graduate College, thank you for your attendance and participation in this year’s INSPIRE Conference. We continue to be amazed and proud of the work displayed by our students, a strong testament to the experiential learning opportunities offered by the University of Northern Iowa on both the undergraduate and graduate level.

Thank you to the many faculty across colleges for their mentorship and encouragement to help our students engage in new experiences and apply the dynamic lessons learned both in and outside of the classroom. Even with the uncertainty of the past years, our students continue to thrive at finding solutions to real-world problems. Together, they and our faculty are a motivating change within our world, and for that we are humbly grateful.

We are continually inspired by the research and engagement demonstrated by our students, and know you will be too.

Enjoy!

Brenda L. Bass  
Dean, College of Social & Behavioral Sciences

Jennifer J. Waldron  
AVP of Research & Innovation / Dean, Graduate College / Interim Dean, Online & Distance

Helen C. Harton & Windee Weiss  
INSPIRE Conference, Co-Chairs