

# David Salisbury Brown Mitchell, Ph.D.

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## CAREER SUMMARY

- Cultivate communal well-being and self-knowledge through sagacity, service, and scholarship
- Advance a holistic education that focuses on culture, cognition, and contemplation

## QUALIFICATIONS

- Excellent teaching and facilitation skills
- Exceptional interpersonal, mentoring and advising skills
- Interdisciplinary experience on intervention-based, quantitative, and qualitative research teams focused on: integrative health; education and culture; racial identity, personality, and memory
- Strong writing, research, and assessment and evaluation skills
- Proficiency in LMS and research software, including CourseDen (D2L), Kaltura, ConnectYard, Moodle, and Blackboard, and Endnote, SPSS, and SurveyMonkey

## EDUCATION

### **Doctor of Philosophy, Developmental Psychology**

**May 2015**

Howard University

Dissertation: [\*Conditions for enhanced cognition? Learning context and meditation quality in African American college students\*](#)

Research Teams/Laboratories: A.W. Boykin/Capstone Research Team; Denee T. Mwendwa/[Health Promotion and Risk Reduction Research Center \(HealthPARC\)](#)

### **Masters of Science, Psychology**

**May 2010**

Howard University

Thesis: [\*The impact of communalism and testing on recall among African-American elementary school students\*](#)

Research Teams/Laboratories: A.W. Boykin/Capstone Research Team; C. Winston-Proctor/[Identity and Success Research Lab \(ISRL\)](#)

### **Bachelor of Arts, Human Development**

**Jun 2005**

Thurgood Marshall College, University of California at San Diego (UCSD)

Research Teams/Laboratories: V.S. Ramachandran/[Center for Brain and Cognition](#)

## TEACHING EXPERIENCE

### **Assistant Professor**

**Aug 2019-present**

Psychology Department, University of West Georgia

Courses Taught:

- Human Growth and Development (undergraduate; online)
- Social Psychology (undergraduate; face-to-face)

### **Limited-Term Instructor**

**Aug**

**2015-May 2019**

Psychology Department, University of West Georgia

Courses Taught:

- Memory and the Self: Contextual Considerations (undergraduate; online & face-to-face)

- Human Growth and Development (undergraduate; online & face-to-face)
- Culture and Psychology (undergraduate; face-to-face)
- Social Psychology (undergraduate; online & face-to-face)
- Introduction to General Psychology (undergraduate; online & face-to-face)
- Abnormal Psychology (undergraduate; online)
- Independent Study (undergraduate; face-to-face)

**Adjunct Professor****Aug 2012-May 2013**

School for Professional Studies, Trinity Washington University

Courses Taught:

- Research Methods for Human Relations (graduate; face-to-face)
- Introduction to Research Design and Methods (undergraduate; face-to-face)
- Psychopathology (undergraduate; face-to-face)

**RESEARCH EXPERIENCE****Research Affiliate****Oct 2018-present**

Psychohairapy Lab, University of the District of Columbia

Collaborate with [Dr. Afiya Mangum Mbilishaka](#) and undergraduate students to research, understand, and disseminate findings about the relationship between race, culture, and hair/hair care in the narratives, holistic health, and lived experiences of Black people

**Co-PI****Jun 2017-present**

Mindfulness, Interoception, and Exceptional Experiences (MIEE) Study, Psychology Department, University of West Georgia

Collaborate with [Dr. Christine Simmonds-Moore](#) and graduate students to develop and administer the survey-based [UWG Personality and Experiences Study](#) focused on exploring link between mindfulness, interoception, and exceptional experiences

**Researcher****Jun 2015-Jun 2017**

Healthy Parks Healthy People Project, Howard University and U.S. National Park Service

Recommended mindfulness-based practices and reflections as part of trans-disciplinary team led by [Dr. Fatimah Jackson](#) working on collaborative agreement with U.S. National Park Service to enhance quality of experience and quantity of visitors to the Grand Canyon National Park

- Created 5 general and 4 site-specific meditations/reflections focused on mindful anchoring, breathing, and sensing at various sites along North and South Rims of the Park
- Collaborated with 5-member team to synthesize theory and method for mindful and spiritual experience at the Park

**Research Associate****Jan 2013-Jun 2015**[Capstone Institute](#), Howard University

Conducted pertinent evaluation activities, constructed tools, implemented projects, supported training staff, and performed other activities

- Provided development and evaluation services for pilot year of the Violence Prevention component of the NIH-funded multi-site Minority Men’s Health Initiative ([MMHI](#)) to increase holistic health among Black male youth
  - Created 2 modules for project focusing on purpose and spiritual empowerment
  - Co-constructed pre- and post-test battery containing 10 self-report measures including Attitude Toward Conflict, Aggressive Behavior-SAGE Baseline Survey, etc.
  - Co-facilitated proctoring and evaluation of assessments during pre- and post-tests
- Provided development and evaluation services for four-tier NSF-funded “[Building Connections and Learning Communities among Educators and Researchers at HBCUs](#)” project
  - Implemented information-sharing and networking among 128 HBCU faculty with daily STEM-related posts on online ConnectYard platform for Tier 1 of project
  - Co-organized STEM Summer Professional Development Institute (SPDI 2014) for 40 STEM faculty
  - Provided evaluation support for project
- Supported Director of Assessment and Evaluation with preparation, implementation, and analysis of needs assessment, formative, and summative evaluation, data maintenance and analysis
- Prepared and edited technical reports, quarterly reports, summaries, and weekly meeting minutes for staff of 13 and affiliates
- Provided pointed feedback to staff to revise and develop theme, content, and style of institute website

**Researcher****Aug 2011-May 2015**

Health Promotion and Risk Reduction Research Center ([HealthPARC](#)), Psychology Department, Howard University

Contributed to weekly meetings with interdisciplinary research team led by [Dr. Denee Mwendwa](#) which focused on understanding the role that psychological, social, spiritual, and biological factors play in the development, prevention, and treatment of cardiovascular disease in minority populations across the lifespan

- Spearheaded research on psychometrics of mindfulness scale in sample of 211 undergraduates, including executing IRB application, literature search, statistical techniques, and data collection utilizing SurveyMonkey
- Supported writing endeavors of 8 undergraduate and graduate students, including development of abstracts for presentations and manuscripts
- Disseminated to team regular updates on mindfulness and Black psychology-related events and opportunities, including conferences, workshops, and trainings

**Researcher****Aug 2005-May 2015**

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Capstone Research Team, Psychology Department, Howard University  
 Contributed to weekly team meetings centered on empirically- and theoretically-derived means of enhancing educational achievement for students placed at-risk for failure; team led by [Dr. A. W. Boykin](#)

- Guided 12 undergraduate research assistants in literature searches, annotated bibliography creation, data collection/organization/analysis, and other aspects of research method
- Mentored undergraduates in career development and goal-setting through “passion-mapping”, one-on-ones, and other relevant activities
- Critically discussed articles pertaining to enhancing educational outcomes
- Presented quantitative research including work on communalism, mindfulness, meaningful learning, and testing effect
- Ran statistical analyses on educationally-relevant variables from multi-site datasets, including exploratory factor analysis, reliability analyses, and multiple regressions

## **PUBLICATIONS**

### **Books**

**Mitchell, D.S.B.** (Forthcoming). *A patchwork of memory: Concepts and perspectives from the ancient and modern world*. [Kindle version]. Kindle Direct Publishing.

McClinton, J., **Mitchell, D.S.B.**, Carr, T., Melton, M., A. & Hughes, G. B., (Eds.). (2018). [Mentoring at Minority Serving Institutions \(MSIs\): Theory, design, practice, and impact](#). Charlotte, NC: Information Age Publishing.

### **Peer-reviewed articles**

Mbilishaka, A.M., **Mitchell, D.S.B.**, & Conyers, C. (2019). Grandma’s hands: Narratives of hair styling interaction with African American grandmothers. *Journal of Intergenerational Relationships*, DOI: [10.1080/15350770.2019.1658008](#).

### **Book chapters and reports**

**Mitchell, D.S.B.**, Magee, K., Cross, C., Harrell, J.P. & Jackson, F. Presence in place: Exploring well-being through mindfulness and spirituality at Grand Canyon National Park. In C. Fracasso, S. Krippner, & H. Friedman (Eds.), *A mental health practitioners’ guide to holistic treatments*. NC: McFarland & Inc., Publishers. Manuscript in submission.

Boykin, A.W., Dixon, R.D., **Mitchell, D.S.B.**, Bruce, A.W., Akinola, Y.A., & Holt, N. P. (2016). The intersection of racial and cultural identity for African Americans: Expanding the scope of Black self-understanding. In J. Sullivan & W.E. Cross, Jr. (Eds.), [Meaning-making, internalized racism, and African American identity](#). NY: State University of New York (SUNY) Press.

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Jackson, F., Harrell, J.P., **Mitchell, D.S.B.**, & Cross, C. (2016). *The Grand Canyon, discovery of lost & untold stories of non-Native American ethnic minorities from the 15<sup>th</sup> to 20<sup>th</sup> centuries and the conscious exploration of mindfulness and spirituality*. Grand Canyon National Park Historic Diversity Research in Coordination with Healthy Parks Healthy People Program. (Technical Report). Washington, DC: Cobb Research Laboratory. September 2016.

#### **Book Reviews**

Mbilishaka, A.M., & **Mitchell, D.S.B.** (2015). [Modeling mindfulness: A clinician's guide to personal and professional mindfulness practice](#) [Review of the book *Building competence in mindfulness-based cognitive therapy: transcripts and insights for work with stress, anxiety, depression, and other problems* by R.W. Sears]. *PsycCRITIQUES*, 60(35).

#### **Refereed Published Abstracts and Proceedings**

**Mitchell, D.S.B.**, Herren, O., Bygrave, D.C., N., Tudose, A., Warner, B., Mwendwa, D.T., & Sims, R.C. (2014). [Perceived stress, trait mindfulness, and memory associations among African Americans](#). 72<sup>nd</sup> American Psychosomatic Society annual meeting abstracts, A-88.

#### **Other Publications**

**Mitchell, D.S.B.** (Oct 2010). Harambee means pulling together: Communalism and post-graduate education. *Psych discourse: Harambee student circle newsletter*, 44(4).

**Mitchell, D.S.B.** (May/June 2010). Hip-hop and academics: A rap for the education of Black youth. *Psych discourse: Harambee student circle newsletter*, 44(2).

**Mitchell, D.S.B.** (Spring 2010). The seeds of education. *Psych discourse: Harambee student circle newsletter*, 44(1), 29-30.

#### **PRESENTATIONS, WORKSHOPS and INVITED TALKS (\* indicates graduate students)**

**Mitchell, D.S.B.** (2018, April). Finding meaning through social media: Contemplation, community, and checking in. In M. Wilson (Moderator), *Spotlight on creating meaningful dialogue in a social media world*. Invited talk presented at Department of Mass Communications annual *Spotlight* panel, University of West Georgia, Carrollton, GA.

**Mitchell, D.S.B.** (2018, March). To cease or persist: Musings on psychological underpinnings of transhumanism. In **D.S.B. Mitchell** (Chair), \*Morris, B., & \*Grant, A. S. [Unconscious underpinnings of a transhuman psychology: Reflections on theory, method, and evidence](#). Symposium presented at Midwinter Meeting of the Society of David Salisbury Brown Mitchell, Ph.D. - davidm@westga.edu - (510) 508-3760

Theoretical and Philosophical Psychology, Phoenix, Arizona.

\*Holt, T. & **Mitchell, D.S.B.** (2017, November). *Afrocentric content and communal learning: Decolonizing curriculum to promote and inclusive learning environment for African American students in the academy*. Paper presented at “Sustaining Diverse and Inclusive Communities” Conference, Queens College-CUNY.

**Mitchell, D.S.B.** (2017, May). *Racist violence and toxic concepts of masculinity*. Invited talk presented at Cross Cultural Center and Global Forum@I-House, UCSD, La Jolla, California.

**Mitchell, D.S.B.** (2017, May). *Modeling mindfulness and cultivating community in times of stress*. Invited talk presented at UCSD Cross Cultural Center, La Jolla, California.

**Mitchell, D.S.B.** (2017, May). *Get in or get out: Culture and contemplation in toxic times*. Invited talk presented at UCSD Cross Cultural Center, La Jolla, California.

\*Holt, T. B. & **Mitchell, D.S.B.** (2016, October). *The creative potential of nommo: Exploring the ethical utility of the word in rites of passage programs for Black youth*. Paper presented at the 28<sup>th</sup> Annual Cheikh Anta Diop International Conference in Philadelphia, Pennsylvania.

Diaz, J. & **Mitchell, D.S.B.** (2016, August). *Healthy mind, healthy body: Dealing with stress in our daily lives*. Presented at Honors College Freshman Seminar at University of West Georgia, Carrollton, Georgia.

**Mitchell, D.S.B.** (2016, April). *Improving cognitive outcomes: Learning context and meditation quality in African-American college students*. Colloquium presented at University of West Georgia, Carrollton, Georgia.

**Mitchell, D.S.B.** (2016, April). *Auset, Heru, and Ausar: Musings and synthesis from ancient Kemet to the present*. Colloquium presented at University of West Georgia, Carrollton, Georgia.

**Mitchell, D.S.B.**, Boykin, A.W., & Mwendwa, D.T. (2015, October). *Cognitive impact of context and meditation on Black college students*. Poster session presented at annual Association for Contemplative Mind in Higher Education (ACMHE) Conference, “Building Just Communities”, Washington, DC.

**Mitchell, D.S.B.** (2015, June). *Mindfulness: Remembering (in) the present*. Invited talk presented at DC Association of Black Psychologists General Body Meeting, “The Psychology of Mindfulness & Self-Care”, Washington, DC.

**Mitchell, D.S.B.**, Dixon, R.D., & Holt N. P. (2015, April). *The Capstone Institute Teacher Training Program: An intervention for math and science instructors*. Roundtable paper presented at American Educational Research

Association Annual Meeting, Chicago, IL.

**Mitchell, D.S.B.** (2015, March). *Contextual and contemplative conditions: An experimental study on cultivating cognition in African-American college students*. Colloquium presented at University of West Georgia, Carrollton, Georgia.

**Mitchell, D.S.B.**, Levy, S.A., Jones, V.L., Bichay, K., Herren, O., Sims, R., Mwendwa, D.T. (2014, July). *Mindful Attention Awareness Scale in African-American college students*. Poster presented at Association of Black Psychologists Annual Convention, Indianapolis, IN.

**Mitchell, D.S.B.** (2014, June). *Learning context and meditation quality in African-American college students*. Poster presented at Black Graduate Conference in Psychology, Washington, DC.

**Mitchell, D.S.B.**, Herren, O., Bygrave, D.C., Bennett, N., Tudose, A., Warner, B., Mwendwa, D.T., Sims, R. (2014, March). *Perceived stress, trait mindfulness, and memory associations among African Americans*. Poster presented at American Psychosomatic Society Annual Scientific Meeting, San Francisco, CA.

Levy, S.A., **Mitchell, D.S.B.**, Jones, V.L., Bichay, K., Herren, O., Sims, R., Mwendwa, D.T. (2013, August). *Psychometric properties of the Mindful Attention Awareness Scale in a college-student sample*. Poster accepted for presentation at American Psychological Association Annual Convention, Honolulu, HI.

Levy, S.A., **Mitchell, D.S.B.**, Jones, V.L., Bichay, K., Swain, D., Matthews, B., Sims, R., Mwendwa, D.T. (2013, April). *Psychometric Properties of the Mindful Attention Awareness Scale in a college-student sample*. Poster presented at Howard University Campus-wide Research Day 2013, Washington, DC.

**Mitchell, D.S.B.**, Levy, S.A., Keen II, L., Bichay, K., Thomas, J., Mwendwa, D.T., Sims, R.C. (2012, December). *The psychometric properties of the Mindful Attention Awareness Scale in an African-American community sample*. Poster accepted for presentation at National Institutes of Health/National Institute of Minority Health and Health Disparities 2012 Summit on the Science of Eliminating Health Disparities Building a Healthier Society: Integrating Science, Policy, and Practice, National Harbor, MD.

Brown, T., Bennett, N., Levy, S.A., **Mitchell, D.S.B.**, Smith, S., Mwendwa, D.T., Sims, R.C. (2012, April). *The Relation between Mindfulness and Inhibition in a Community-Based Sample of African Americans*. Poster session presented at 33<sup>rd</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA.

Barouch, R. & **Mitchell, D.S.B.** (2011, May). *Creating a dialogue of hope with persons who are homeless*. Workshop presented at Saffron Strand's 2<sup>nd</sup> Annual Conference "Sustainable Solutions to Homelessness: Integrating Employment, Health Care & Housing", Richmond, CA.

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Ivy, M. & **Mitchell, D.S.B.** (2007, May). *Integrity matters: A look at teacher and student perceptions within the classroom*. Oral presentation conducted at 3<sup>rd</sup> annual meeting of the Leslie Hicks Symposium, Washington, DC.  
 Scott, D., Griffin, A., Ivy, M., & **Mitchell, D.S.B.** (2007, June). Asset-based education: Improving education for African-American students. In *Howard University Concurrent Symposium A*. Symposium conducted at the 13<sup>th</sup> Annual Black Graduate Conference in Psychology, Washington, D.C.

Coleman, S., Scott, D., Griffin, A., & **Mitchell, D.S.B.** (2007, May). *Benchmarks in developmental psychology: The asset-based paradigm*. Panel discussion conducted at 2<sup>nd</sup> annual meeting of the Leslie Hicks Symposium, Washington, DC.

### SERVICE

#### DEPARTMENT

|   |  |
|---|--|
| <b>Member, Thesis Committee for Mr. Jim Buuck</b>   | <b>September 2019-present</b>              |
| <b>Member, Dissertation Committee for Mrs. Debra Katz</b>   | <b>September 2019-present</b>              |
| <b>Co-Chair, Bill Roll Lecture</b>  | <b>May 2019-September 2019</b>             |
| <b>Faculty Co-Chair, SPARC Planning Committee</b>   | <b>Feb 2016-May 2018; May 2019-present</b> |
| <ul style="list-style-type: none"> <li>● Co-facilitated management and organization of conference with joint faculty-student planning team</li> <li>● Acted as a co-liaison between planning committee and departmental faculty</li> <li>● Initiated student art contest for cover of program pamphlet</li> </ul> |  |
| <b>Chair, Qualifying Exams Committee for Mrs. Debra Katz</b>  | <b>Feb</b>                                 |
| <b>2019-May 2019</b>  |  |
| <ul style="list-style-type: none"> <li>● Coordinated submission of feedback from committee to student and instructor of record</li> <li>● Co-constructed exam questions in-line with student academic context narrative</li> <li>● Served as liaison between committee and student</li> </ul>                     |  |
| <b>Affiliate Member, SPARC Planning Committee</b>   | <b>Aug 2018-April 2019</b>                 |
| <b>Member, Undergraduate Program Committee</b>  | <b>Aug 2017-present</b>                    |
| <ul style="list-style-type: none"> <li>● Support various subcommittees (i.e., mentorship, alignment, etc.)</li> </ul>   |  |
| <b>Faculty Co-Chair, Faculty Colloquium Planning Committee</b>  | <b>Aug 2016-Aug 2017</b>                   |

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- Re-created and revised faculty colloquium series with co-chairs

#### INSTITUTION

**Faculty Advisor, Anime Otaku, Inc. (AOI)** **Aug 2016-present**

- Advise and assist executive board of student organization focused on Japanese popular art and culture
- Suggest topics to be covered during general body meetings

**Reviewer, Innovations in Pedagogy (IIP) 2017 Conference** **Apr 2017**

- Read and provided feedback on presentation submissions for campus-wide conference

#### COMMUNITY

**Reviewer, Board of Reviewers, Journal of Contemporary Issues in Higher Education ([JCIHE](#))** **Dec 2015-present**

- Review journal articles and provide feedback on them on as-needed basis

**Ad Hoc Reviewer, Talent Development of Students Placed at Risk Special Interest Group, 2016 Annual Meeting of the American Educational Research Association ([AERA](#))** **Aug 2015**

- Provided detailed feedback for 5 paper presentation submissions

**Staff Writer, Psych Discourse: Harambee Student Circle Newsletter, Association of Black Psychologists ([ABPsi](#))** **Nov 2009-Jul 2011**

- Wrote and submitted 6 original position papers on higher education and Black studies

#### PROFESSIONAL MEMBERSHIPS

**Member** **Dec 2014-present**  
American Mindfulness Research Association ([AMRA](#))

**Member** **Aug 2013-present**  
Association for Contemplative Mind in Higher Education ([ACMHE](#))

**Lifetime Member** **Aug 2005-present**  
UCSD Alumni Association

**Member** **Jan 2008-Jan 2015**  
Association of Black Psychologists ([ABPsi](#))

**Member** **Jan 2006-Aug 2014**  
Association for Psychological Science ([APS](#))

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**PROFESSIONAL DEVELOPMENT**

|   |                     |
|---|---------------------|
| <b>The Lit Review Revue</b><br>University of West Georgia, Carrollton, Georgia  | <b>Sep 2017</b>     |
| <b>Summer COSS Advanced Online Training</b><br>University of West Georgia, Carrollton, Georgia                          | <b>Jun 2017</b>     |
| <b>Sustainability in the Curriculum Workshop</b><br>University of West Georgia, Carrollton, Georgia                     | <b>Mar 2016</b>     |
| <b>NSF Day at Spelman College</b><br>Spelman College, Atlanta, Georgia  | <b>Nov 2015</b>     |
| <b>An Introduction to Parapsychology</b><br>Rhine Education Center (online),  | <b>Jan-Mar 2014</b> |
| <b>Explorers' Workshop</b><br>Carnegie Foundation for the Advancement of Teaching, Palo Alto, California                | <b>Nov 2013</b>     |
| <b>Mindfulness-Based Stress Reduction (MBSR)</b><br>The Mindfulness Training Institute of Washington DC, Washington, DC | <b>Apr 2012</b>     |