

DUKE BIBER, PhD, NBC-HWC
ASSISTANT PROFESSOR
HEALTH AND COMMUNITY WELLNESS
UNIVERSITY OF WEST GEORGIA

1601 Maple Street
Carrollton, GA 30118

Phone: 678-839-5141
Email: dbiber@westga.edu

EDUCATIONAL BACKGROUND

- 2017 **Doctorate of Philosophy**, Georgia State University
College of Education, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Exercise Psychology
Cognate: Counseling Psychology
- 2013 **Master of Science**, Georgia Southern University
College of Health and Human Science, Department of Kinesiology and Health
Major Field of Study: Kinesiology
Concentration: Sport and Exercise Psychology
Cognate: Counseling Psychology
- 2011 **Bachelor of Arts**, Indiana University
College of Arts and Sciences, Department of Psychological and Brain Sciences
Major Field of Study: Psychology
Minor Field of Study: Spanish
- 2020- **Registered Nursing Program**, Albany State University
Darton College of Health Professions
Major Field of Study: Nursing
Graduation: Summer 2022

PROFESSIONAL APPOINTMENTS

- 2018- **Assistant Professor**
Health and Community Wellness
Department of Sport Management, Wellness, and Physical Education
University of West Georgia (Carrollton, GA)
- 2018 **Adjunct Faculty** (Exercise Psychology)
Department of Kinesiology and Health Sciences
Virginia Commonwealth University (Richmond, VA)
- 2017-2018 **Instructor of Record**
Department of Kinesiology

The University of Virginia (Charlottesville, VA)

2017- 2018 **CATCH Coordinator and Process Evaluator**
Sentara Martha Jefferson Hospital (Charlottesville, VA)

2013-2017 **Graduate Teaching and Research Assistant**
Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia

2012-2013 **Behavioral Counselor**
CRC Health Group, Wellspring Camp, San Marcos Texas

2011-2013 **Graduate Teaching and Research Assistant**
Department of Health and Kinesiology
Georgia Southern University, Statesboro, Georgia

TEACHING EXPERIENCE

UNIVERSITY OF WEST GEORGIA

PWLA 1600: Personal Wellness

PHED 2000: Applied Concepts of Fitness and Wellness

XIDS 2002: What Do You Know About Drugs and Alcohol

XIDS 2002: What Do You Know About Stress Management and Healthy Coping

CMWL 3100: Lifespan Development

CMWL 3101: Mental and Emotional Wellness

CMWL 3102: Psychology of Health and Wellness

CMWL 4100: Wellness Coaching

CMWL 4103: Special Topics: Research Methods in Community Wellness

CMWL 4685: Applied Research Methods in Health and Community Wellness

VIRGINIA COMMONWEALTH UNIVERSITY

HPEX 357: Personal Health and Behavior Change

HPEX 371: Exercise Psychology

UNIVERSITY OF VIRGINIA

KINE 1400-003: Weight Training

KINE 1730-1: Hiking

GEORGIA STATE UNIVERSITY

KH 2520: Principles of Physical Activity and Fitness

KH 4280 Psychology of Physical Activity

KH 2130 Introduction to Allied Fields in HPE/Fitness

GEORGIA SOUTHERN UNIVERSITY

KINS Honors Research in Kinesiology

KINS 1115 Bowling

KINS 1218 Fitness Walking
KINS 1219 Football: Flag
KINS 1311 Jogging
KINS 3132 Foundations of Exercise and Sport Psychology

PROFESSIONAL DEVELOPMENT

My primary research objective is to understand how social and emotional learning contributes to health and wellness behaviors. Most recently, I have been working on two successive grants from the Georgia DBHDD to reduce and prevent suicide and opioid use in high school students. I have also been working on a 5-year, 10-site physical activity mentoring program throughout the West Georgia region alongside the Atlanta Falcons Youth Foundation and HealthMPowers. I am also the Co-PI on a \$100,000 Alice Huffard Richards Foundation grant to promote early childhood social emotional learning and nutrition in the West Georgia region.

PEER-REVIEWED PUBLICATIONS

1. **Biber, D. D.** (*in press*). The potential benefit of mindful self-compassion practice for frontline nurses. *Nursing2021* (in press, 2021).
2. **Biber, D. D.** (*in press*). Using public service announcement projects for student content mastery and engagement. *College Teaching: A Quick Fix* (in press 2022).
3. **Biber, D. D.** (*in press*). The impact of mindful self-compassion for nurses: A systematic review. *Nursing Management* (in review, January 2022).
4. **Biber, D. D.** (*in press*). Persevering in nursing with Godly purpose. *Journal of Christian Nursing*, (in press, 2021).
5. Anthony, D., Todd, S. Y., **Biber, D. D.**, & Czech, D. R. (*in press*). Hip-hop in sport: A qualitative investigation of college athletes. *Applied Research in Coaching and Athletics Annual*, (January, 2022).
6. **Biber, D. D.**, Stoepker, P., Gross, S., Heidorn, J., & Brandenburg, G. (2021). A model to promote university high-impact practices through community-based participatory research. *Pedagogy in Health Promotion*, 1-7. <https://doi.org/10.1177/23733799211041136>
7. **Biber, D. D.** (2021). Expression of gratitude in college students: A qualitative study. *Developments*, 18(3). Retrieved from <https://developments.myacpa.org/expression-and-application-of-gratitude-in-college-students/>
8. **Biber, D. D.**, Czech, D. R., Donald, E., Hassett, A., & Tucker, A. (*in press*). The relationship between sleep duration, BMI and optimism levels in generation Z students. *Journal of Interdisciplinary Studies in Education*. (October, 2021).

9. Whisenhunt, J., **Biber, D. D.**, & Heidorn, B. (*in press*). On the front line: The role of health educators in preventing student suicide. *JOPERD*, (October 2021).
10. **Biber, D. D.** & Brandenburg, G. (2021). Understanding gratitude, curiosity, exploration, and life satisfaction in college. *Journal of Interdisciplinary Studies in Education*, 10(2). Retrieved from <https://www.ojed.org/index.php/jise/article/view/2404>
11. **Biber, D. D.**, & Ellis, R., & Rice, K. (2021). Self-compassion training within a work-place physical activity program: A pilot study. *Work: A Journal of Prevention, Assessment & Rehabilitation*, 68(4), 1059-1067. (2021). DOI: 10.3233/WOR-213436
12. **Biber, D. D.** (2021). Teaching psychological theory through video diaries. *The Journal of Educators Online*, 18(2), 1-5.
13. Varga, M. A., Lanier, B. A., **Biber, D. D.**, & Stewart, B. (2021). Holistic grief effects, mental health, and counseling support in bereaved college students. *College Student Affairs Journal*, 39(1), 1-13. DOI: 10.1353/csaj.2021.0000
14. **Biber, D. D.** & Czech, D.R. (2021). Comparing anxiety, aggression, and hostility, between NCAA Division I athletes and non-athletes: A cross-sectional study. *Applied Research in Coaching and Athletics Annual*, 36, 1-22. DOI: 10.1007/s12646-020-00556-w
15. **Biber, D. D.** & Czech, D. R. (2021). College students' attitudes toward seeking professional help. *National Wellness Institute Journal*. Retrieved from <https://nwijournal.com/study-college-students-attitudes-toward-seeking-professional-help/>
16. **Biber, D. D.**, Melton, B., & Czech, D. R. (2020). The impact of COVID-19 on college anxiety, optimism, gratitude, and course satisfaction. *Journal of American College Health*, 1-7. DOI:10.1080/07448481.2020.1842424
17. **Biber, D. D.** (2020). Integration of a mindfulness meditation lab for university students. *Building Healthy Academic Communities Journal*, 4(2), 88-95. DOI: <http://dx.doi.org/10.18061/bhac.v4i2.7666>
18. **Biber, D. D.** & Zizic, S. (2020). Joy, grit, and pride: Classroom activities that promote positive emotions. *Educators Corner in Strategies: A Journal for Physical and Sport Educators*, 33(6), 42-44. DOI: 10.1080/08924562.2020.1812344
19. **Biber, D. D.** & Knoll, C. (2020). Exercise is medicine on campus ®: A pilot study. *Recreational Sports Journal*, 1-9. DOI: 10.1177/1558866120964815
20. **Biber, D. D.**, & Heidorn, J. (2020). Tailoring the walking classroom to promote college student engagement. *College Teaching*, 1-4. DOI: 10.1080/87567555.2020.1833177

21. **Biber, D. D.**, & Kniess, D. (2020). Health coaching for graduate students: Promoting academic success and well-being. *Developments (American College Personnel Association - International)*, 17(4), 1-12. Retrieved from <http://developments.myacpa.org/>
22. **Biber, D. D.** (2020). Exercise identity, self-regulatory efficacy, and self-compassion. *Psychological Studies*, 65(3), 261-269. DOI: 10.1007/s12646-020-00556-w
23. **Biber, D. D.** & Brandenburg, G. (2020). A photovoice analysis of learning during a short-term study abroad trip to Belize. *Reflective Practice*, 21(5), 1-10. DOI: 10.1080/14623943.2020.1784867
24. Ellis, R., Saringer, C., Davis, A., **Biber, D.**, & Ferrer, D. (2020). Examining the impact of wellness champions on the effectiveness of a workplace health and well-being program. *American Journal of Health Promotion*. 1-6. doi: 10.1177/0890117120929131
25. **Biber, D. D.** (2020). Transformative learning curriculum for short-term study abroad trips. *Journal of Teaching & Travel in Tourism*. doi: 10.1080/15313220.2020.1775757
26. Todd, K., Czech, D. R., & **Biber, D. D.** (2020). The effect of perceived level of social support on the fear of falling. *Activities, Adaptation, and Aging*, 1-13. doi: 10.1080/01924788.2020.1746052
27. **Biber, D. D.** (2020). Teaching gratitude for social emotional learning. *Educator's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(2), 32-34.
28. **Biber, D. D.** (2019). Social emotional learning for a college classroom. *College Teaching*, doi: 10.1080/87567555.2019.1709408
29. **Biber, D. D.** (2019). Creating team cohesion and sport identity. *Coach's Corner in Strategies: A Journal for Physical and Sport Educators*, 32(6), 40-42. doi: 10.1080/08924562.2019.1658433
30. **Biber, D. D.** (2019). Facilitating social emotional learning in the workplace. *International Journal of Whole Person Care* 6(2), 26-29.
31. **Biber, D. D.**, Stoepker, P., & Heidorn, B. (2019). Techniques to Promote Healthy Self-Regulation in Physical Education. *Strategies*, 32(2), 56-60. DOI: 10.1080/08924562.2019.1559643
32. Johnson, A., **Biber, D. D.**, & Czech, D. R. (2019). A cross-sectional examination of optimism in a Generation Y sample. *Psychology and Education Journal*. 56(1-2).
33. Czech, D. R., Melton, B., Wittenberg, M., & **Biber, D. D.** (2018). Influence of gender, race and generation on college students' exercise motivation levels: A generational comparison. *Journal of Sports Science*, 5(28), 268-275.

34. Wehner, K. J., Czech, D. R., & **Biber, D. D.** (2018). An examination of competitiveness between gender, race, and school classification of millennial students: An Exploratory Study. *Georgia Association of Health, Physical Education, Recreation, and Dance Journal*, 50(1), 15-20.
35. Frimmel, K., Czech, D. R., Harris, B. S., Melton, B., & **Biber, D. D.** (2017). Mental preparation techniques and accomplishment of race goals by ironman triathletes: A qualitative investigation. *Journal of Sports Science*, 5, 157-166.
36. **Biber, D. D.**, & Ellis, R. (2017). The effect of self-compassion on the self-regulation of health behaviors: A systematic review. *Journal of Health Psychology*. 1-12.
37. Williams, M., Czech, D. R., & **Biber, D. D.** (2017). The impact of NCAA division I women soccer coaching style on player well-being: A qualitative analysis. *Applied Research in Coaching and Athletics Annual*, 32, 1-12.
38. Ryan, Z., Czech, D. R., Harris, B. S., Todd, S., & **Biber, D. D.** (2016). A Qualitative examination of the sport music preferences of NCAA division I athletes. *International Journal of Sport Sciences*, 6(5).
39. **Biber, D. D.** & Ellis, R. (2016). A RE-AIM evaluation of a team-based physical activity program for university employees. *International Journal of Sport Studies* 6(2), 90-94.
40. **Biber, D. D.**, Fisher, J. A., Czech, D. R...Jordan, T. A. (2015). The experience of media and race in the National Football League: An existential phenomenological study. *The Sport Journal*, 1-17.
41. Cronon, H., **Biber, D. D.**, & Czech, D. R. (2015). Understanding college females' intrinsic motives for physical activity: A qualitative comparison between athletes and non-athletes. *Journal of SPORT*, 4(2), 27-42.
42. Pecinovsky, C., Harris, B.S., Czech, D.R., Burdette, T., & **Biber, D. D.** (2015). NCAA Division I head coaches' experiences with eating disorders and disordered eating in female athletes: A qualitative analysis. *Georgia Association for Health, Physical Education, Recreation and Dance Journal*, 47(1), 21-32.
43. Brown, L., Czech, D. R., & **Biber, D. D.** (2016). An examination between swimming ability, gender, and race: An exploratory investigation. *Georgia Association for Health, Physical Education, Recreation and Dance*.
44. Egli, T., Czech, D. R., Shaver, G., Gentner, N., Todd., G., & **Biber, D. D.** (2014). The experience of Christian prayer in coaching: A qualitative investigation. *Journal of Psychology and Christianity*, 33(1), 45.

45. Jordens, N., Gentner, N., Czech, D. R., Joyner, A. B., & **Biber, D. D.** (2014). Breaking through “the wall”: An examination of elite rowers and their experiences of conquering their mental boundaries. *Journal of Sports Science*, 2(2), 72-80.
46. **Biber, D. D.**, Czech, D. R., Harris, B. S., & Melton, B. (2013). Attraction to physical activity of generation Z: A mixed methodological approach. *Open Journal of Preventive Medicine*, 3, 310-319.

MANUSCRIPTS IN REVIEW

1. **Biber, D. D.** & Brandenburg, G. (*in review*). Sources of strength: The implementation of a high school-based suicide prevention program. *Journal of Prevention and Health Promotion* (October, 2021).
2. Czech, D. R., **Biber, D. D.**, Melton, B., & Tison, M. C. (*in review*). Exercise motivations of young adults during the COVID-19 pandemic: A mixed-method approach. *Journal of American College Health* (*in review*, July 2021).
3. **Biber, D. D.** (2021). Understanding suicide symptoms and peer support in high school students. *Journal of Positive School Psychology*, (*in review*, October, 2021).
4. Ivy, T., Stoekper, P., Zizic, S., & **Biber, D. D.** (2020). Student perception of school physical activity Spaces. (*in review*, May 2021).
5. **Biber, D. D.**, & Stoekper, P., & Ha, T. (2020). College student physical activity: A systematic review. *Performance Enhancement & Health*, (*in review*, June 2021).
6. **Biber, D. D.** (2020). Self-Compassion and Professional Help-Seeking in College Students. *Self & Identity*, (*in review*, September 2021).

PUBLISHED BOOKS AND BOOK CHAPTERS

1. Whaley, D. E., **Biber, D. D.** (2021). Exercise and Physical Activity Participation: An Identity-Centered Approach. In Krane, V., & Williams, J. M. Editor (Eds)., *Applied sport psychology: Personal growth to peak performance*. (Ch. 25). New York, NY: McGraw-Hill.
2. **Biber, D. D.** & Czech, D. R. (2020). *The Power of Positive Emotions*. (August, 2020). Published with Perceivant, LLC.
3. Czech, D. R., **Biber, D. D.**, Gentner, N. (2019). *No Fear: Discover Your Passion and Live with Purpose*. (Kindle version). Retrieved from Amazon.com; ISBN-13: 9781079250992

RESEARCH IN PROGRESS

1. **Biber, D. D.**, Stewart, B. (2021). Assessing NCAA student-athlete well-being: A cross-sectional evaluation
2. Stoepker, P. & **Biber, D. D.** (2021). Assessing NCAA female soccer player output using SPT GPS vests.
3. **Biber, D. D.**, Barynowski, M. (2021). The impact of self-compassion on stress in nurses: A systematic review. *Journal of Nursing Studies (in progress)*.
4. **Biber, D. D.** (2021). Work-Life Integration: A Guide to Employee Wellness. A pilot and efficacy evaluation.
5. **Biber, D. D.**, Taylor, D., & Fulks, T. (2021). A pilot evaluation of the Food as Medicine program. *Diabetes Care (in progress)*.
6. **Biber, D. D.** & Czech, D. R. (2020). Exercise identity, exercise self-efficacy, and behavior in college. *Journal of Physical Activity and Health. (in review, October 2020)*.
7. **Biber, D. D.**, Palomera, E., & Keller, E. (2020). It takes a village: High school-based suicide prevention. *(in progress, October 2020)*.
8. **Biber, D. D.**, & Czech, D. R. (2020). College Grade Level Differences in Perceptions of Online Learning Modules During COVID-19
9. Bill, B., & **Biber, D. D.** (2020). A Body Mapping and Photovoice Assessment of Body Image.

GRANTS AND FUNDED ACTIVITY

1. Davis, A., McBurse, S., & **Biber, D. D.** (2021). Affordable Materials Grants, Round 21. A one-year application submitted to Affordable Learning Georgia. Amount Requested: **\$15,000**
2. Gazmararian, J., Graybill, E., **Biber, D. D.** (Co-I), Stoepker, P., Meyer, A., Kay, C. (2021-2023). Girls Empowering Movement (GEM): A Middle-School Initiative Exploring the Links between Social, Emotional, and Physical Health. A two-year application submitted to the Centers for Disease Control and Prevention. Amount Requested: **\$800,000**
3. Morris, C., **Biber, D. D.**, Huffstead, M., Green, K., Smith, L., & Stewart, B. (2021). Application 1959a: Well Start for Early Learning at the Early Learning Center. Amount Awarded: **\$1,400**
4. **Biber, D. D.**, Stoepker, P., Brandenburg, G., & Heidorn, J. (2021). Application 2010: Girls Empowering Movement. Amount Awarded: **\$1,400**

5. Morris, C., Green, K., Smith, L., **Biber, D. D.**, & Huffstead, M., & Poole, A. Well Start for Early Learning. Community Foundation of West Georgia Alice Huffard Richards Grant. Amount Awarded: **\$100,000**
6. **Biber, D. D. (PI)**; Brandenburg, G., Stewart, B. (2020-2021). Year 2 State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: **\$117,446.76**
7. Stoecker, P.; **Biber, D. D. (Co-PI)**; Brandenburg, G.; & Heidorn, J. (2019-2024). Georgia Girls on the Go! Atlanta Falcons Youth Foundation in Partnership with HealthMPowers. Total Grant Amount: **(\$5,800,000)**. Sub-Award Amount Awarded: **\$579,050.00**
8. **Biber, D. D. (PI)**; Brandenburg, G., Stewart, B. (2019-2020). State Opioid Response: College Adopt a School. Partnership with the Georgia Department of Behavioral Health and Developmental Disabilities. Amount Awarded: **\$105,039**
9. Stoecker, P. (PI); **Biber, D. D. (Co-PI)**. (2018). The use and application of physical activity monitoring devices at UWG and neighboring school districts. College of Education Seed Grant. Amount Awarded: **\$1,000**
10. Martin, J. (PI); **Biber, D. D. (Co-PI)** (2018). A process evaluation of the CATCH program across five counties in central Virginia. Virginia Foundation for Healthy Youth. Amount Awarded: **\$68,000**
11. Ellis, R., **Biber, D. D. (SI)** (2016). College of Education and Human Development Center for the Study of Stress, Trauma and Resilience. Amount Awarded: **\$2,500**
12. **Biber, D. D.** (Graduate Student) (2016). College of Education and Human Development Alumni Network Scholarship, Georgia State University. Amount Awarded: **\$1,000**

INVITED PUBLICATIONS, COMMENTARIES, AND MEDIA CONTRIBUTIONS

1. **Biber, D. D.** (2021). Invited Guest Speaker. To Health with Again Podcast. June 2021.
2. **Biber, D. D.** (2021). Speaker and Trainer. Girls Empowering Movement (GEM) Statewide Conference. 25 June 2021.
3. **Biber, D. D.** (2020). Keynote Speaker. Wellness Exploration Virtual Conference. University of West Georgia. 14 October 2020
4. Stewart, B., & **Biber, D. D.** (2020). Multicultural competency education in wellness preparation programs. National Wellness Institute Newsletter. 17 July 2020

5. **Biber, D. D.** (2020). Broaden Your Horizons through Positive Emotional Expression. National Wellness Institute Newsletter. <http://nwijournal.com/2020/03/18/broaden-your-horizons-through-positive-emotional-expression/>
6. **Biber, D. D.**, Brandenburg, G., Knoll, C., McBurse, S., Merem, A. M., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *Georgia Association for Health, Physical Education, Recreation and Dance*, 50(2), 4-11.
7. **Biber, D. D.** (August 2014). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. Healthy Lifestyles E-Magazine. Retrieved from <http://healthylifestyles.gsu.edu/2014/09/>

SCHOLARLY PRESENTATIONS

1. **Biber, D. D.** (2021, October). Expression and application of gratitude in college students. Abstract accepted for presentation at the 2021 Georgia Educational Research Association Conference, Statesboro, GA.
2. Reed, R., Stoepker, P., & **Biber, D. D.** (2021, April). Georgia School District Adherence to the Federal Wellness Policy Guidelines. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2021).
3. **Biber, D. D.** (2021, May). Why have work-life balance when we can have work-life integration? TenTalk presentation at the Innovations in Pedagogy Conference. (in review).
4. **Biber, D. D.**, Stoepker, P., Ha, T. M. (2021, January). College Student Physical Activity: A Systematic Review. Poster presentation at the 2021 National Association for Kinesiology in Higher Education Conference.
5. Shiver, T., Stoepker, P., **Biber, D. D.**, & Zizic, S. (2021). Engaging Student Voices and Choices: Developing a Playground for All. Presentation submitted for presentation at the 2021 National SHAPE Convention.
6. **Biber, D. D.** & Brandenburg, G. (2020, October). A photovoice analysis of experiences during a short-term study abroad trip to Belize. Poster presentation at the Georgia Educational Research Association Conference.
7. Bill, B., & **Biber, D. D.** (2020, October). Exploring Body Satisfaction in College Freshman through Body Mapping. Oral presentation at the Georgia Undergraduate Research Conference.
8. **Biber, D. D.** & Knoll, C. (2020, August). Exercise is Medicine on Campus ®: A Pilot Study. Poster submitted for presentation at the 2020 APA Annual Convention, Washington, D.C. [Note: This conference was canceled due to public health concerns related to COVID-19.]

9. DiNatale, K., Keller, M., & **Biber, D. D.** (2020, April). The Sources of Strength Program. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
10. Palomera, E., & **Biber, D. D.** (2020, April). Coping mechanisms caused by traumatic events in college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
11. Hardy, C., Lettsome, K., & **Biber, D. D.** (2020, April). Breaking the counseling stigma among college students. Abstract accepted for presentation at the 2020 UWG Scholars' Day Undergraduate Research Conference, Carrollton, GA (2020). [Note: This conference was canceled due to public health concerns related to COVID-19.]
12. **Biber, D. D.**, & Knoll, C. (2020, August). Exercise is thy medicine: A second implementation. 2020 American Psychological Association Annual Convention, Washington, D.C.
13. **Biber, D. D.**, Knoll, C., Gross, H., & Lettsome, K. (2020, February). Exercise is medicine: A pilot study. 2020 Southeast ACSM Conference, Jacksonville, FL.
14. Knoll, C., **Biber, D. D.**, Stewart, B., Brandenburg, G. (2019, October). Preparing Future Wellness Professionals: Implementing University Worksite Wellness through Student Experiential Learning. Oral submitted to the National Wellness Conference, Kissimmee, FL.
15. **Biber, D. D.**, & Heidorn, J. (2019, July). Learning to Live and Love yourself through Every Emotion. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.
16. Heidorn, J., & **Biber, D. D.** (2019, July). Working our way up and within in health education. Oral submitted to SHAPE America for presentation at the SHAPE American Mind-Body Connection Conference, Sioux Falls, SD.
17. **Biber, D. D.**, & Czech, D. R. (May, 2019). Self-compassion and attitudes toward seeking professional help in Generation Z. Poster submitted for presentation at the American Psychiatric Association Annual Meeting, San Francisco, CA.
18. Rawls, N., **Biber, D. D.**, Brandenburg, G. (2019, April). The relationship between stress and sleep in a Generation Z Sample. Poster submitted for presentation at the University of West Georgia Scholar's Day Undergraduate Conference, Carrollton, GA.
19. **Biber, D. D.**, Ellis, R., & Rice, K. (2019, March). Can We Teach Employees To Love Themselves Enough to Exercise? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.

20. Ellis, R., Saringer, C, **Biber, D. D.**, Ferrer, D., & Davis, A. (2019, March). Does the Organization Desire2Move? Poster submitted for presentation at the Society for Behavioral Medicine Annual Meeting, Washington, D.C.
21. **Biber, D. D.**, & Stoecker, P. (2018, October). Promoting Physical and Mental Health in the Classroom. Oral presentation at Georgia AHPERD, Athens, GA.
22. Brandenburg, G., & **Biber, D. D.** (2018, October). The relationship between sleep behavior and perceived stress in a Generation Z sample. Poster submitted for presentation at the Research, Diversity, and Study Abroad Showcase, Carrollton, GA.
23. **Biber, D. D.**, & Ellis, S. (2017 March). The Effect of a Mindful Self-Compassion Intervention on University Employee Physical Activity Motivation and Behavior. Three Minute Thesis (3MT) Competition at Georgia State University.
24. Ellis, S., & **Biber, D. D.** (2016, April). Does a Workplace Physical Activity Program Work? Presented at the Society of Behavioral Medicine.
25. **Biber, D. D.**, & Ellis, S. (2015, April). A RE-AIM analysis of D2M. Paper presented at the Kinesiology Research Symposium at Georgia State University.
26. **Biber, D. D.**, Czech, D. R., Harris, B. S. (2012, February). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Paper presented at the Southeast Regional Conference of the Association for Applied Sport Psychology at Barry University
27. **Biber, D. D.**, Czech, D. R., Harris, B. S. (2012, March). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the College of Graduate Studies Research Symposium
28. **Biber, D. D.**, Czech, D. R., Harris, B.S. (2012, April). The lived experience of obese college students' adherence to nutrition and exercise programs: A phenomenological study. Poster presented at the Phi Kappa Phi Symposium
29. **Biber, D.D.**, Easton, L. E. (2012, April). Sport Psychology Consulting: Required education and career possibilities. Presented at the Calvary Day School Career Fair

APPLIED PRESENTATIONS

1. **Biber, D. D.** (2021). Work-life integration: A guide for employee wellness. A USG employee initiative. (October-November 2021).
2. **Biber, D. D.** (2021, March). Anxiety and Healthy Activities: It Takes A Village. Fayette County School System Professional Development.

3. **Biber, D. D.,** Brandenburg, G., Stewart, B. (2020, September). Sources of Strength Refresher Training. Carrollton High School Peer and Adult Leader Training.
4. **Biber, D. D.** (2020, February). It Takes A Village: Suicide Prevention. Rockdale County Professional Development.
5. **Biber, D. D.,** & Knoll, C. (2019, November). Wellness, stress management, and mindful eating. College of Science and Math Professional Development.
6. **Biber, D. D.** (2019, March). Eating through emotions: Becoming friends with food. Well@West Series at the University of West Georgia.
7. **Biber, D. D.** (2018, March). A process presentation of CATCH kids club and early childhood. Foundations CDC.
8. **Biber, D. D.** (2018, February). Physical activity motivation and adherence. Sentara Martha Jefferson Hospital.
9. **Biber, D. D.** (2016, December). Self-compassion in sport and exercise. Sports Medicine Chinese Delegation Program at Georgia State University.
10. **Biber, D. D.** (2015, April). Motivational correlates of physical activity among university employees. Kinesiology and Health Honors Research Symposium at Georgia State University.
11. **Biber, D. D.** (2014, October). An overview of Desire2Move (D2M): Future planning and participation. Wellness Strategic Planning Retreat.
12. **Biber, D. D.** (2014, April). Striving for persistence not perfection: Overcoming slumps and barriers to behavior change. Wellness Wednesday Conference at Georgia State University.

AWARDS

1. **Exceptional Children's Services (ECS) Community Service Award Winner (2020),** Sources of Strength at Central High School. University of West Georgia
2. **Distinguished Paper Award (2021)** for Expression and application of gratitude in college students at the Georgia Educational Research Association Conference.
3. **COE Outstanding Research Award Winner (2019),** College of Education; University of West Georgia
4. **Best of the West Winner (2019),** COE Strategic Imperative, College of Education; University of West Georgia

5. **3-Minute Thesis (3MT) Winner** (2017). Doctoral Grand Prize Winner; People's Choice Award Winner. Georgia State University. Amount Awarded: **\$600**

SERVICE

Department:

2020 **CMWL Instructor Position Search Committee**
2019 **Resilience and Thriving Course White Paper Committee**
2019-2022 **Curriculum, Instruction, and Assessment Coordinator (CMWL)**
2019 **CMWL Instructor Position Search Committee**
2018-Present **CMWL Advisory Council**
2018-Present **Wolf Wellness Lab Co-Research Coordinator**
2018-Present **Wolf Wellness Lab Sport Psychology Consultant**

College:

2021 **COE Seed Grant Review Committee**
2020 **COE Grant Panelist**
2019 **COE Seed Grant Review Committee**
2019-2021 **Faculty Development, Mentoring, and Retention Committee**
2019 **Department Chair Review Committee**
2018-Present **Editorial Board for Studies in the Social Sciences Journal**
2018 **Undergraduate Study Abroad Co-Leader to Belize**

University:

2021 **Work-Life Integration Employee Wellness Program Creator**
2020 **Virtual Exploration Wellness Exploration Conference Keynote Speaker**
2020-Present **Office of the President Community Indicator's Project**
2019-Present **FYS Advisory Committee**
2019 **Innovations in Pedagogy 2019 Reviewer**
2018-Present **Journal of Social Sciences Editorial Board**

State/National:

2020-Present **National Wellness Institute Advisory Council**
2020-Present **Editorial Board of the Performance Enhancement & Health**
2019-Present **Georgia Shape Physical Activity Sub Group**
2018-2020 **Kinesiology Regents Academic Advisory Committee (KRAAC)**
2020 **National Wellness Conference Review Committee**
2020-Present **SHAPE America National Convention Review Committee (x2)**
2020-Present **Atlanta Falcons Youth Foundation Girls Empowering Movement Committee**
2020 **High-Level Wellness Through Multicultural Competency Certificate Course Facilitator (National Wellness Institute)**

Community

2020-2021 **Food as Medicine Process Evaluator (Tanner Hospital)**
2020 **Suicide Prevention for Independent Learning (Rockdale County)**
2018-2021 **Young Life Metro Committee (Metro Atlanta Area Committee)**
2017-2018 **Portico Director of Student Ministries (Charlottesville, VA)**
2016-2017 **Assistant Golf Coach (Georgia State University)**
2014-2015 **Grady HS Varsity Cross-Country Coach (Atlanta, GA)**
2013- 2017 **Sport Psychology Consultant (Emory, GSU, UWG, GSU, GTech)**
2013-2017 **Grady High School Young Life Team Leader (Atlanta, Georgia)**

PROFESSIONAL MEMBERSHIPS/CERTIFICATIONS

2020-Present **High-Level Wellness through Multicultural Competency Certification**
2020-Present **National Board-Certified Health and Wellness Coach**
2019-Present **Sources of Strength Training**
2017-Present **Coordinated Approach to Child Health (CATCH) Master Trainer**
2018-Present **Georgia Association for Health, Physical Education, Recreation, and Dance**
2018-Present **National Wellness Institute**
2018-Present **Society of Behavioral Medicine**
2019-Present **QPR Suicide Triage Training**
2018-Present **Council of Undergraduate Research Member**

PROFESSIONAL PEER-REVIEWER

2018-Present **The Journal of Health Psychology (n = 2 2018)**
2018-Present **Women in Sport and Physical Activity Journal (n = 3 2018)**
2017-Present **Research Quarterly for Sport and Exercise (n = 1 2017, n = 2 2019)**
2015-Present **Journal of Translational Behavioral Medicine (n = 3 2018; n = 1 2019)**
2014-Present **The Journal of Sport Rehabilitation (n = 2 2014; n = 2 2015)**
2013-Present **Association for Applied Sport Psychology Reviewer (n = 8 2014; n = 4 2013)**
2013-Present **Journal of Sport and Exercise Psychology (n = 3 2014; n = 1 2017)**
2013- Present **British Journal of Education, Society & Behavioural Science (n = 1 2013)**
2013-Present **The Sport Psychologist (n = 1 2014; n = 1 2013)**