

Mary Elizabeth Bridges

College of Business and Social Sciences | University of Louisiana at Monroe
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EDUCATION

PhD	Educational Psychology and Research University of South Carolina	In progress Jan 2019-June 2023 (anticipated)
MEd	Counseling University of Louisiana Monroe	Aug 2001-May2003
BS	Family and Consumer Sciences University of Louisiana Monroe	May 1998-May 2001

HONORS AND AWARD

Professor of the Semester Award-ULM PsiChi	2023
American Psychological Association Division 15 Top Rated Poster	2021
Outstanding Faculty Member Award-ULM Student Life & Leadership	2020
Outstanding Faculty Award-ULM Honors Program	2019
Faculty Recognition Award-ULM Athletic Foundation	2017

PROFESSIONAL EXPERIENCE

University of Louisiana Monroe , Monroe, LA Instructor, Psychology College of Business and Social Sciences	Sept 2015-present
University of Louisiana Monroe , Monroe, LA Coordinator of Outreach Programs Extended Learning & Quality Enhancement	Jan 2015-Sept 2015
University of South Carolina , Columbia, SC Associate Director University 101 Programs	Jan 2011-Aug 2014
University of Louisiana Monroe , Monroe, LA Academic Advisor/Coordinator of First-Year Experience Student Success Center	May 2004-Dec 2010

TEACHING EXPERIENCE

Current: University of Louisiana Monroe (ULM)	Sept 2015-present
PSYC 2001: Introduction to Psychology	
PSYC 2010: Honors Psychology*	
PSYC 2040: Psychology as a Profession*	
PSYC 2078: Developmental Psychology	
PSYC 3001: Educational Psychology	
PSYC 3040: Psychological Resilience*	
PSYC 4011: Psychotherapy and Counseling*	
PSYC 4011: Emerging Adulthood*	
PSYC 4098: Undergraduate Psychology Internship*	

Previous: University of South Carolina (UofSC)

EDPY 705: Human Growth and Development-(Grader)	Jan 2021-May 2021
EDPY 705: Human Growth and Development-(Grader)	Jan 2020-May 2020
EDPY 401: Learners and the Diversity of Learning-(Instructor)	Aug 2019-Dec 2019
EDPY 401: Learners and the Diversity of Learning-(Instructor)	Aug 2011-May 2014
UNIV 101: The Student in the University (UofSC)	Aug 2011-May 2014
EDLP 520: Teacher as Manager (UofSC)	Aug 2011-May 2014

Previous: University of Louisiana Monroe (ULM)

UNIV 1000: University Success (ULM)*	Jul 2015-Aug 2015
UNIV 1001: University Seminar (ULM)	May 2004-Dec 2010

*Responsible for creating and developing course

RESEARCH PROJECTS

Duffy, M., Raygoza, A., Lady, G., & **Sewell, M.E.** (2021). Moving Past Feelings of Failure: Examining the Role of Emotion Regulation in Academic Resilience.

Sewell, M.E., Nelson, K.P., Tackett, S., McDaniel, J. (2018). Factors Influencing Self-Efficacy and Motivation in Minority Students.

McDaniel, J., Tackett, S., Nelson, K.P., **Sewell, M.E.**, Bonner, M. (2017). Factors Influencing Self-Efficacy and Motivation in Minority Students.

GRANT FUNDING

The HERO Within: Developing the Psychological Capital of First-Generation Students.
SPARC Graduate Research Grant, Office of the Vice-President of Research, University of South Carolina. \$5,000 USD.

PRESENTATIONS

McCown, W., McDaniel, J., **Sewell, M.E.**, Tackett, S. "But We Always Did It This Way!": Changing Core Beliefs to Enhance Diversity, Relevance, and Academic Inclusiveness. For Our Future Conference. Natchitoches, LA. (April 2022).

Sewell, M.E., Duffy, M., Lady, G., & Raygoza, A. College During COVID: Examining Undergraduate Students' Academic Experiences and Responses. American Psychological Association Annual Convention. San Diego, USA [Virtual Meeting]. (August 2021).*

*Selected as top-rated poster. Invited to present at Division 15 Presidential Poster Session.

Duffy, M., Raygoza, A., Lady, G., & **Sewell, M.E.** Moving Past Feelings of Failure: Examining the Role of Emotion Regulation in Academic Resilience. American Psychological Association Annual Convention. San Diego, USA [Virtual Meeting]. (August 2021).

Sewell, M.E., Duffy, M., Lady, G., & Raygoza, A. COVID Impact on Academics: Examining Undergraduate Students' Academic Experiences, Challenges, and Coping Strategies. Association for Psychological Science. [Virtual Meeting]. (May 2021).

Sewell, M.E., Duffy, M., Lady, G., & Raygoza, A. COVID Impact on Academics: Examining Undergraduate Students' Academic Experiences, Challenges, and Coping Strategies. DISCOVER UofSC. [Virtual Meeting]. (April 2021).

Sewell, M. E., McDaniel, J., McCown, W., "Collaboration in Teaching", Academic Innovation Center, Monroe, LA. (March 2017).

Sewell, M. E., Thompson, A., "Using eBooks and Publisher Resources for Content and Assessment", University Week, Monroe, LA. (January 2017).

Sewell, M.E., Clarke, K., Moody, A. "Strategies for Creating, Sustaining, and Motivating Peer Educators"—Pre-Conference Workshop The National Conference on First Year Assessment (FYE), Orlando, FL. (February, 2013).

Sewell, M.E., "Using Campus Partnerships to Enhance the First-Year Seminar". The National Conference on First Year Assessment (FYE), Orlando, FL. (February, 2013).

Sewell, M.E., Hunter, M.S., "Using Data to Ignite First-Year Seminar & Renewal", National Association of Student Personnel Administrators (NASPA)- Phoenix, AZ. (March, 2012)

Sewell, M.E. "Strategies for Creating, Sustaining, and Motivating Peer Educators"—Pre-Conference Workshop. The National Conference on First Year Assessment (FYE) - San Antonio, TX. (February, 2012)

Sewell, M.E. "Tackling Challenges Facing First-Year Reading Programs & Discovering Innovative New Approaches": A Roundtable Discussion. The National Conference on First Year Assessment (FYE) - San Antonio, TX. (February, 2012).

Michaelides, B., **Sewell, M.E.** "The Five-Year Journey to Success: A Comprehensive First-Year Experience" The National Conference on First Year Assessment (FYE)-Denver, CO. (February, 2010).

PUBLICATIONS

Sewell, M.E., Duffy, M. (under review). Exploring the Impact of COVID on College Students' Academic Experiences.

Sewell, M.E. (2021). Bouncing Back and Getting Gritty. Introduction to Psychology Relevancy Module. Digital. McGraw Hill.

Sewell, M.E. & Friedman, D. B. (Eds.). (2014). Transitions: Building a new community. Columbia, SC: University of South Carolina.

Sewell, M.E. & Friedman, D.B.(Eds.).(2012). Transitions: Building a new community. Columbia, SC: University of South Carolina.

Sewell, M.E., Michaelides, B. (2010) "It's All About US." University Seminar Textbook.2nd Edition. Hayden-McNeil.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Association for Psychological Science (APS)
Phi Kappa Phi (PKP)

UNIVERSITY & COMMUNITY SERVICE

ULM

Committee Member , University Strategic Planning Committee	2022-present
Committee Member , ULM Commencement Committee CBSS	2022-present
Reviewer , ULM Foundation Scholarships	2022-present
Committee Member , Student Recruitment	2021-present
Committee Member , Academic Advising Committee	2019-present
Faculty Mentor , ULM Mentoring Program	2018-present
Committee Member , Housing Appeals Committee	2017-present
Committee Member , Facilities Committee	2020-2021
Faculty Advisor , PSYCiety Undergraduate Student Organization	2017-2020
Faculty Mentor , Emerging Scholars Program	2018-2019
Member , Open Educational Resources Faculty Learning Community	2018-2019
Officer, Phi Kappa Phi (Vice-President)	2017-2019
Board Member , ULM Women's Symposium	2017-2019
Academic Fellow , Academic Innovation Council	2015-2018
Co-facilitator , ULM Warhawk Success Initiative	2015-2018
Mentor , Read, Learn, Success, United Way	2015-2018

UofSC

Committee Member , Linked Courses	2013-2014
Committee Member , Sexual Assault Violence Intervention & Prevention	2012-2014
Co-Chair , First-Year Reading Experience Committee	2011-2014
Representative , United Way	2011-2014
Faculty Advisor , Relay for Life	2011-2014
Committee Member , Advisory Committee	2011-2014

ULM

Committee Member , Student Success Task Force Committee	2009-2010
Committee Member , ULM Presidential Lyceum Committee	2009-2010
Committee Member , Student Organizations Judicial Committee	2008-2010
Committee Member , ULM Summer Reading Committee	2007-2010
Committee Member , Enrollment Management Committee	2007-2010
Academic Advisor , Phi Kappa Alpha Fraternity	2007-2010
Staff Advisor , Pre-Pharmacy Organization	2006-2010
Committee Member , ULM Commencement Committee	2007-2009