

Kristie M. Allen

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Education

THE UNIVERSITY OF TEXAS AT TYLER | TYLER, TX | DECEMBER 2013

Master of Arts in Clinical Mental Health Counseling

GRAND VALLEY STATE UNIVERSITY | ALLENDALE, MI | APRIL 2011

Bachelor of Science in Psychology

Publications

Thomas, C. L., **Allen, K.**, & Sung, W. (*In Review*). Emotional intelligence and academic buoyancy in university students: The mediating influence of self-compassion and achievement goals. *Self and Identity*.

Thomas, C. L., **Allen, K.**, Morales, C. M., & Mercer, J. (*In Press*). Supporting Student Success: The Role of Test Anxiety, Emotional Intelligence, and Multifaceted Intervention. Book Chapter in L.R. Viera Gonzaga, L.L. Dellazzana-Zanon, & A.M. Becker da Silva (Eds.) *Stress and Academic Anxiety: Psychological Processes and Interventions with Students and Teachers*. Springer.

Thomas, C. L., & **Allen, K.** (2021). Driving Engagement: Investigating the Influence of Emotional Intelligence and Academic Buoyancy on Student Engagement. *Journal of Further and Higher Education*.

Thomas, C. L., & **Allen, K.** (2021). Investigating the influence of COVID-related worry on university enrollment intentions: An application of the reasoned action model. *Journal of College Student Retention: Research, Theory & Practice*.

Grants

Allen, K. (PI) (2024) Reflective Journaling for Introductory Psychology. **Funded through the Center for Excellence in Teaching and Learning (CETL).**

Allen, K. (PI), Manzur, M., Hayes, A., & Kirby, L. (2021) Academic Success Assistance Program (ASAP): Identifying and Addressing Barriers to Success Through Student Mentorship and Intrusive Advising. **Funded through the Consortium for Belize Educational Cooperation (COBEC)**

Presentations & Guest Lectures

Allen, K (2023, August). Building Connections. Guest Lecture for UNIV 1000 Student Success Seminar.

Allen, K (2023, May). Exploring Close Relationships Across Cultures: The Impact of Attachment Styles. Guest Lecture for PSYC 4360 Study Abroad

Allen, K. & Kirby, L. (2022, July). Academic Success Assistance Program (ASAP): Identifying and Addressing Barriers to Success Through Student Mentorship and Intrusive Advising. COBEC Mini Grant Outcomes. Presented virtually to Consortium for Belize Educational Cooperation (COBEC) .

Hayes, A. & **Allen, K.** (2022, February). Stress and Anxiety in the Workplace: Part II. Presented virtually to Consortium for Belize Educational Cooperation (COBEC).

Hayes, A. & **Allen, K.** (2021, November). Managing Anxiety and Stress in the Working Environment. Presented virtually to Consortium for Belize Educational Cooperation (COBEC).

Allen, K. & Molina, C. (2021, March). Enhancing Student Resilience in the Classroom and Beyond. Virtual EdTalk presented to the East Texas Center for School Based Research and Instruction.

Thomas, C. L., & **Allen, K.** (2021, May). Strategies of the Emotionally Intelligent Student: Examining the Effects of Students' Emotion Management and Understanding Capabilities on Student Engagement Behaviors and Degree Commitment. Poster session to be presented virtually at the Association for Psychological Science (APS) Conference.

Allen, K. & Molina, C. (2021, March). Supporting Student, Teacher, and Family Wellbeing During COVID-19. Virtual EdTalk presented to the East Texas Center for School Based Research and Instruction .

Allen, K. (2021, January) . Prioritizing Customer Service Amidst a Global Pandemic . Presented virtually to Consortium for Belize Educational Cooperation (COBEC).

Allen, K., & Thomas L. (2020, February). Correcting the Stumble: Increasing Student Success through Mentoring. Poster session presented at the Texas Academic Advising Network (TexAAN) Conference South Padre, TX.

Courses Taught

University of Texas at Tyler

PSYC 1301 -INTRODUCTION TO PSYCHOLOGY - A survey of empirically based knowledge of behavior and mentation of individuals. Summer 2023, Fall 2023, Spring 2024, Fall 2024.

PSYC 3325 – LEARNING AND CONDITIONING - A survey of historical and contemporary associative and cognitive learning theories, and related conditioning principles, as applied to human and non-human animals. Laboratory exercises and demonstrations illustrating learning and conditioning in animals and humans. **Fall 2023, Spring 2024.**

PSYC3370-PSYCHOLOGY OF CLOSE RELATIONSHIPS -In this course, students will investigate the formation, maintenance and dissolution of close relationships, with a focus on friendships, familial relationships, and adult romantic relationships. Students will also work to identify factors that promote or interfere with relationship functioning and consider how relationships affect our general health and well-being . *Fall 2021, Spring 2022, Fall 2022, Spring 2022, Fall 2023, Spring 2024.*

PSYC 3360 - PSYCHOLOGY OF PARENTING-An examination of parents' roles and effects on the growth

and life span development of their children. Emphasizes specific parenting styles and practices and their effects on the cognitive and social/emotional development and functioning of children at each stage of life. *Fal 2021, Spring 2022, Fall 2022*

PSYC 4353 - DEVELOPMENTAL PSYCHOLOGY -The study of theory and current research on developmental psychology across the lifespan, with an emphasis on the growth of personality and cognitive abilities, the interaction of heredity and environment, including the influence of family, peers, and social and cultural context, and transitions. Fall 2020, Spring 2021, Summer 2022 (6-week)

UNIV 4330 - PROFESSIONAL INTERNSHIP - This course focuses on critical and analytical thinking involved with business decisions. Topics include the elements of reasoning, interpretation of data, learning how to critique and construct arguments, and understanding complex business problems. UNIV 4330 Professional Internship is an elective course offered to BAAS students that provides them the opportunity to apply knowledge and skills derived through the 21st century job skills curriculum in a professional setting. *Fa/12016, Spring 2017, Fa/12017, Spring 2018*

UNIV 3336 - PROFESSIONAL PORTFOLIO PROJECT - This course provides a structured process for the development of a professional portfolio that highlights the individual's academic, workplace, personal, and professional accomplishments. Both an e-portfolio and traditional portfolio will be created. *Spring 2017*

UNIV 1000 - FRESHMEN SUCCESS SEMINAR- PATHFINDERS- Freshman Success Seminar is intended for freshmen who are grouped as cohorts in the Student Learning Communities Program with other students of the same major or areas of interest and provides instruction in successful academic skills. Topics include career exploration, learning style inventories, time management strategies and effective study skills. The Pathfinders course consisted of students who were undeclared in their major. *Fa/12015*

Awards

The College of Education and Psychology's Teaching Award | April 2025

The University of Texas at Tyler's Presidential Scholarly Achievement Award | May 2022

The College of Education and Psychology's Staff Award | April 2021

National Society of Leadership and Success: Excellence in Service to Students Award | March 2018

College and University Appointed Committees

UT Tyler Student Achievement Committee | Fall 2023-Present

UT Tyler Research Fellows | Summer 2021

CEP Research Committee | Fall 2021 – Fall 2023

Undergraduate Student Success Committee | Fall 2021- Fall 2023

Graduate Fellowship Committee | Fall 2021 – Fall 2023

Student Support Roles

Student Success Coach

The primary purpose of the success coach is to foster online student involvement through deliberate behaviors that encourage time management, increase accountability, and promote autonomy as a learner. The duties of a

Student Success coach include the following:

- Working collaboratively with the instructor of record to develop a course-specific plan to encourage the individual success of each student. This includes:
 - Weekly reminders to students that outline what is expected of them that week in order to promote time management and completion of each module,
 - Utilizing tools via the learning management system to check on student retention, participation, and completion and use results to guide intrusive coaching practices,
 - Responding to student e-mail inquiries regarding course expectations and concerns in a timely manner,
 - Interacting with students via the online Discussion Boards in order to establish a strong support presence within the classroom and to encourage student engagement.
- Becoming familiar with the course syllabi, schedule, assignments, and exams prior to the start of the semester,
- Following the communication and general course guidelines provided by the instructor of record,
- Being knowledgeable of UT Tyler policies, procedures, and support resources in order to make effective and accurate referrals to students,
- Encouraging and facilitating communication between the student and instructor of record should any issue arise.
 - UNIV 3331 Creativity and Innovation (UT Tyler) - Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018
 - AA 4390 Selected Topics in Applied Administration: Creativity and Innovation (University of Houston Downtown) - Fall 2020

Honors Contract Courses

- Givens, G. - Family Paid and Unpaid Leave in the U.S.: A Review (PSYC 3360, Spring 2022)
- Cook, A. - Neurodivergence in Relationships - Literature Review and Mock Research Proposal (PSYC 3370, Fall 2021 and Spring 2022)
- Suresh, A. - Parenting Styles in Relation to Sports (PSYC 3360, Spring 2022)
- Breeding, S. - The Effect of Middle Childhood Sibling Relationships on Mental Health Outcomes Later in Life (PSYC 4353, Spring 2021)

Relevant Professional Experience

College of Education and Psychology Mentor Center Coordinator | August 2018 - Present

The University of Texas at Tyler

- Developed Provost- and President- approved programmatic proposal and budget for Mentor Center
- Hired and Supervised 4 Graduate Student Mentors
- Consistently increased number of students served since Pilot launch in Spring 2019
- Lead development of a repository of resources and referrals for students via a CANVAS course with links, helpful videos, and app suggestions addressing a multitude of common academic obstacles.
- Assisted PI with IRB process and subsequent data collection

Graduate Admissions Coordinator/ Advisor III | August 2018 - Present

The University of Texas at Tyler: Department of Psychology and Counseling

- Responsible for coordinating all admissions processes and advising first-semester students on course selection and initial degree planning
- Successfully led and implemented the transition to a paperless admissions system using Qualtrics for P&C graduate programs in less than one semester
- Collaborated with the Office of Graduate Studies to host webinars, lunch and learns, and in-person recruitment events aimed at increasing the number of high-quality applicants to our graduate programs.

- Collaborated with Graduate Program Coordinators to draft and propose program and curriculum policy changes in accordance national accreditation standards and reflective of current trends in higher education .

Greater Texas Foundation Scholars Program Director | September 2017 - July 2018

The University of Texas at Tyler: University College

- Responsible for overseeing the 1.4 million dollar Greater Texas Foundation Scholars grant program that seeks to assist Early College High School students transition to and complete bachelor's degrees at UT Tyler through financial and academic support services.

Senior Coordinator for the Office of Degree Completion | September 2015 -August 2018

The University of Texas at Tyler: University College

- Advised 200+ Bachelor of Applied Arts and Sciences (BAAS) students on academic progress, degree fulfillment, and career exploration.
- Worked with the Marketing Coordinator to create innovative marketing pieces and develop strategic campaigns to recruit potential students .
- Developed a comprehensive Communication Plan that utilizes the Hobsons system to ensure timely and accurate communications are disseminated to students from initial declaration of interest through enrollment.
- Lead the initiative to collaborate with the Council for Adult and Experiential Learning (CAEL) to develop a streamlined process for allocating work credit through Prior Learning Assessment.
- Developed nearly 200 Patriot Pathways between local community colleges' AAS degrees to UT Tyler's BAAS degree.
- Established a Success Coach Program to foster student involvement through consistent and frequent interactions with students in an effort to increase accountability and promote autonomy as a learner.
- Executed a sound assessment plan for BAAS-specific curriculum to ensure the quality of courses being offered. Worked with faculty to implement said plan.
- Created Online Patriots Connect: An orientation for Online students developed to assist them in the navigation of myUTTyler and the LMS . Also included helpful hints for online learning and being an online student at UT Tyler .
- Co-chair of the BAAS Advisory Board, a group who meets to make curriculum- and program-related decisions .

Transfer Advisor | September 2014 - August 2015

The University of Texas at Tyler: Academic Success Department

- Advised students who transferred to UT Tyler (30-60 credit hours)
- Coordinated and hosted the 8th Annual Transfer Advising Workshop in March 2015. Attendance increased by 29% from the previous year.
- Assisted in developing content for UT Tyler's first Transfer MAPS (Mentoring and Advising Patriots for Success) course.