

MARY A. STEINHARDT

University Distinguished Teaching Professor
Health Behavior & Health Education
Department of Kinesiology and Health Education, College of Education
https://education.utexas.edu/faculty/mary_steinhardt
The University of Texas at Austin

Associate Vice-President for Research, Research Integrity Officer
The University of Texas at Austin
<https://research.utexas.edu/resources/research-misconduct/>

EDUCATIONAL BACKGROUND

Bachelor of Arts	University of North Carolina, Chapel Hill, NC Emphasis: Health and Physical Education Dates: 1974-1978
Master of Science	Lamar University, Beaumont, TX Assistant Volleyball Coach Emphasis: Health Education Dates: 1978-1980
Doctor of Education	University of Houston, Houston, TX Graduate Assistant Volleyball Coach (1980-1982) Emphasis: Curriculum and Instruction Dates: 1980-1985
Post-doctoral Research Associate	University of Georgia, Athens, GA Emphasis: Curriculum and Instruction; Exercise Adherence Dates: 1985-1986
Master of Arts	Southwest Texas State University, San Marcos, TX Emphasis: Professional Counseling Dates: 1994-1999

PROFESSIONAL APPOINTMENTS – UT Austin

2020-Present	Associate Vice-President for Research, Research Integrity Officer
2008-2020	University Faculty Ombudsperson
2002-Present	Professor, Dept. of KHE, College of Education
1992-2001	Associate Professor, Dept. of KHE, College of Education
1986-1991	Assistant Professor, Department of Kinesiology and Health Education (KHE) College of Education

TEACHING HONORS – UT Austin

2013	Senior Provost Teaching Fellow
2011	Regents' Outstanding Teaching Award, University of Texas System
2004	Selected to the Academy of Distinguished Teachers
2003	Texas Excellence Teaching Award, College of Education
2002	Recipient of the First Annual Dean's Distinguished Teaching Award, College of Education
2002	Alpha Lambda Delta and Phi Eta Sigma Outstanding Professor

HONORS AND AWARDS (2000-present)

- 2019 Fellow, American Academy of Health Behavior
- 2017 The Civitatis Award, the highest distinction made by The University of Texas in recognition of outstanding faculty citizenship
- 2017-2018 Fellow in the Oscar and Anne Mauzy Regents Professorship in Educational Research and Development, College of Education, The University of Texas
- 2013-2017 Fellow in the Teresa Lozano Long Endowed Chair in Kinesiology and Health Education, College of Education, The University of Texas
- 2008-2013 Fellow in the Cissy McDaniel Parker Fellow Fund, College of Education, The University of Texas
- 2005-2008 Fellow in the Lee Hage Jamail Regents Chair in Education, College of Education, The University of Texas
- 2007 Robert Murff Excellence Award in recognition of outstanding support of career services at The University of Texas

SCHOLARSHIP FUND (~25K)

Mary A. Steinhardt Scholarship Fund, Texas Exes, The University of Texas at Austin

GIFTS (~1.25 million)

- 2008-2009 The University of Arizona, Campus access to online program, *Transforming lives through resilience education*.
- 1992-2008 3M Austin, Collaborative training/research relationship.
- 1992-2004 Motorola Austin, Collaborative training/research relationship.
- 2004 Humana, *Building resilience and learning to thrive*.

GRANTS (~6 million)

Externally Funded (selected, 2000-present)

- 2019-2024 National Institutes of Health
R01DK123146-01, National Institute of Diabetes and Digestive and Kidney Diseases
Title of Grant: Improving Health Outcomes in African Americans with Type 2 Diabetes: A Culturally Tailored Resilience-Based Diabetes Self-Management Education (RB-DSME) Intervention.
Investigators: Mary Steinhardt, Sharon Brown, MPIs; Susan Dubois, Louis Harrison, Jaimie Davis, Hiro Tanaka, Mark Laudensager, Co-Is.
Dollar Amount: \$3,256,098.00
- 2014-2019 National Institutes of Health/National Institute of Nursing Research
P30NR015335
PI: Kim, M. Center for Transdisciplinary Collaborative Research in Self-management Science. The goal is to create a model national center, the Center for Transdisciplinary Collaborative Research in Self-management Science (TCRSS), to develop, test, and disseminate innovative self-management solutions to improve health outcomes of people with chronic conditions.
Role: Center Affiliate.

- 2015-2016 Seton Healthcare Family-University of Texas (UT) Center for Health and Social Policy (CHASP)
 Title of Grant: Incorporating Resilience-Based Diabetes Self-Management Education (RB-DSME) into the Group Medical Appointment for Adults with Type 2 Diabetes
 Investigators: Mary Steinhardt, PI; Susan Dubois MD, Sharon Brown, Hiro Tanaka, Co-Investigators
 Inclusive Dates: 8/1/15 – 7/31/16
 Dollar Amount: \$49,890.50
- 2015-2016 St. David's Center for Health Promotion & Disease Prevention Research in Underserved Populations (St. David's CHPR)
 Title of Grant: Discrimination, Physiological Stress and Metabolic Syndrome in a Multiracial Adult Sample
 Investigators: Mary Steinhardt, PI; Sharon Brown, Susan Dubois MD, Henry M. Lehrer, Ken Ripperger-Suhler, Hiro Tanaka, Co-Investigators
 Inclusive Dates: 1/31/15-1/31/16
 Dollar Amount: \$25,000
- 2011-2015 National Institutes of Health
 R34DK085218 from the National Institute of Diabetes and Digestive and Kidney Diseases
 Title of Grant: Resilience-Based Diabetes Self-Management Education Among African Americans
 Investigators: Mary Steinhardt, PI; Sharon Brown, Susan Dubois MD, Hiro Tanaka, Co-Investigators
 Inclusive Dates: 3/15/11-2/28/13, with no-cost extension
 Dollar Amount: \$443,178
- 2013-2014 EP-EG grant from St. David's Center for Health Promotion/Disease Prevention in Underserved Populations, Small Research Grant from UT Austin, and the Joseph H. Blades Centennial Memorial Professorship in Nursing
 Title of Grant: Adapting a Culturally-Tailored DSME Intervention for Occupational Health: Phase I, Focus Groups
 Investigators: Sharon Brown, PI; Alexandra Garcia, Mary Steinhardt, Henry Guevara, Claire Moore, Adama Brown, Heather Cuevas, Lisa Sumlin, Co-Investigators
 Inclusive Dates: 9/13/13 – 5/31/14
 Dollar Amount: \$5,975
- 2012-2013 Research collaborative with the Ann Richards School for Young Women Leaders. Funded by St. David's HealthCare Fellowship for Women's Wellness Research
 Investigator: Mary Steinhardt, PI
 Inclusive Dates: 9/1/12 – 8/31/13
 Dollar Amount: \$25,000
- 2007-2008 Center for Health Promotion and Disease Prevention Research in Underserved Populations (NIH/NINR P30 NR005051, Staufbergen, PI) at The University of Texas at Austin School of Nursing, Austin
 Title of Grant: Development of a Resilience and Diabetes Education Participant Workbook, Journal, and Facilitator Manual for African American Adults with Type 2 Diabetes
 Investigators: Mary Steinhardt, PI; Sharon Brown, Louis Harrison, Co-Investigators
 Inclusive Dates: 1/31/07 – 8/31/08
 Dollar Amount: \$25,000

- 1999-2006 3M, Austin, Texas. *Building individual and organizational resilience.*
- 1999-2004 Motorola, Austin, Texas and Corporate Headquarters, Chicago, Illinois. *Building individual and organizational resilience.*
- 2004 Department of Human Services, Austin, TX. *Building Resilience and Learning to Thrive.*
- 2003 Home Depot, Atlanta, GA. *Beyond survival: building resilience and thriving.*
- 2002 Department of Human Services. Austin/San Antonio, TX. *The resilient individual.*
- 2001-2002 Applied Materials, Santa Clara, CA. *Resilience in the midst of change.*

Internally Funded (selected, 2000-present)

- 2015-2016 Curriculum Innovation Grant: Transforming Peer Observation: Promoting Teaching and Learning through Collaborative Reflection and Mentoring
Funded by Center for Teaching and Learning, University of Texas, Austin, Texas.
Project Leads: Mary Steinhardt, Tasha Beretvas, Diane Schallert, Jim Hoffman, Jo Worthy, Jennifer Holme, Terry Falcomata
Inclusive Dates: 7/1/15 – 8/31/16
Dollar Amount: \$23,600
- 2008-2015 Division of Housing and Food Services, The University of Texas at Austin, Supervised Student-Led Employee Wellness Program for over 350 employees.
- 2005 Field-Based Funding Initiative, College of Education, The University of Texas at Austin, *Transforming Stress into Resilience.*
- 2004 UTOPIA Program, The University of Texas at Austin. *Building Resilience and Learning to Thrive.*
- 2002 Dean’s Fellowship Award for outstanding performance in scholarship, teaching, and service, The University of Texas, Austin, Texas, Spring semester.

PUBLICATIONS

Refereed Articles (*current or former graduate student)

1. Steinhardt, M.A., Brown, S.A., *Lehrer, H.M., Dubois, S.K., *Wright, J.I., *Whyne, E.Z., Sumlin, L.L., Harrison, L., *Woo, J. (2021). Diabetes self-management education and support culturally tailored for African Americans: COVID-19 related factors influencing restart of the TX STRIDE study. *The Science of Diabetes Self-Management and Care*, in press.
2. *Wright, J.I., *Whyne, E.Z., *Lehrer, H.M., *Woo, J. Steinhardt, M.A. (2021). The roles of resilience and belonging in mediating the association between positivity and anxiety among underrepresented college students. *Journal of American College Health*, DOI: [10.1080/07448481.2020.1851235](https://doi.org/10.1080/07448481.2020.1851235)
3. Dubois, S.K., *Lehrer, H.M., *Whyne, E., Steinhardt, M.A. (2020). A resilience intervention for adults with type 2 diabetes: Proof-of-concept in community health centers. *International Journal of Behavioral Medicine*, 27(5), 565-575. DOI: 10.1007/s12529-020-09894-5
4. *Lehrer, H.M., Goosby, B.J., Dubois, S.K., Laudenslager, M.L., & Steinhardt, M.A. (2020). Race moderates the association of perceived everyday discrimination and hair cortisol concentration. *Stress*. Jan 23:1-9 <https://doi.org/10.1080/10253890.2019.1710487>

5. *Brissette, C.N., *Whyne, E.Z., *Lehrer, H.M., *Woo, J., & Steinhardt, M.A. (2020). Historical loss, resilience, and coping strategies are associated with loss-related symptoms in the Anishinaabe population. *American Journal of Health Behavior*. 44(2), 244-251.
6. *Lehrer, H.M., Steinhardt, M.A., Dubois, S.K., & Laudenslager, M.L. (2019). Perceived stress, resilience, hair cortisol concentration, and metabolic syndrome severity: a moderated mediation model. *Psychoneuroendocrinology*. 113, 104510. <https://doi.org/10.1016/j.psyneuen.2019.104510>
7. *Woo, J., *Lehrer, H.M., *Whyne, E., & Steinhardt, M.A. (2019). The longitudinal association of psychological resources with chronic conditions and the mediating roles of health behaviours and allostatic load. *Psychology & Health*, 35(5), 629-643.
8. Zhong, L., *Woo, J., Steinhardt, M.A., Vangelisti, A.L. (2019). "Our Job is that whole gray zone in between there": Investigating genetic counselors' strategies for managing and communicating uncertainty. *Health Communication*, <https://doi.org/10.1080/10410236.2019.1654171>
9. *Lehrer, H.M., *Janus, K.C., *Gloria, C.T., Steinhardt, M.A. (2017). Personal and environmental resources mediate the positivity-emotional dysfunction relationship. *American Journal of Health Behavior*, 41(2), 186-193.
10. *Janus, K.C., *Lehrer, H.M., *Gloria, C.T., & Steinhardt, M.A. (2017). Resilience moderates the effect of stress on depressive symptoms in adolescent girls. *Health Behavior and Policy Review*, 4(3), 235-244.
11. *Lehrer, H. M., *Janus, K. C., *Gloria, C.T., Steinhardt, M. A. (2017). Too much of a good thing: Effect of the positivity ratio on emotional dysfunction and perceived resources in adolescent females. *Journal of Depression and Anxiety*, 6:4, 1-6. doi:10.4172/2167-1044.1000286
12. *Lehrer, H.M., Dubois, S.K., Brown, S.A., Steinhardt, M.A. (2017). Resilience-based diabetes self-management education: Perspectives from African American Participants, Community Leaders, and Healthcare Providers. *The Diabetes Educator*, 43(4), 367-377.
13. *Gloria, C.T., & Steinhardt, M.A. (2016). The direct and mediating roles of positive emotions on work engagement among postdoctoral fellows. *Studies in Higher Education*. 42(12), 2216-2228.
14. *Lehrer, H.M., Dubois, S.K., Maslowsky, J., Laudenslager, M.L., & Steinhardt, M.A. (2016). Hair cortisol concentration and glycated hemoglobin in African American adults. *Psychoneuroendocrinology*, 72(10), 212-218.
15. *Gloria, C. T., & Steinhardt, M. A. (2016). Relationships among positive emotions, coping, resilience and mental health. *Stress and Health*. 32(2), 145-156.
16. Steinhardt, M. A., Brown, S. A., Dubois, S. K., Harrison Jr, L., *Lehrer, H. M., & Jaggars, S. S. (2015). A resilience intervention in African-American adults with type 2 diabetes. *American Journal of Health Behavior*, 39(4), 507-518.
17. Steinhardt, M. A., Dubois, S. K., Brown, S. A., Harrison Jr, L., *Dolphin, K. E., *Park, W., & *Lehrer, H. M. (2015). Positivity and indicators of health among African Americans with diabetes. *American Journal of Health Behavior*, 39(1), 43-50.
18. Brown, S. A., García, A. A., Steinhardt, M. A., Guevara, H., Moore, C., Brown, A., & Winter, M. A. (2015). Culturally tailored diabetes prevention in the workplace: focus group interviews with Hispanic employees. *The Diabetes Educator*, 41(2), 175-183.

19. *Dolphin, K. E., Steinhardt, M. A., & Cance, J. D. (2015). The role of positive emotions in reducing depressive symptoms among Army wives. *Military Psychology*, 27(1), 22-35.
20. *Gloria, C.T., & Steinhardt, M.A. (2013). Flourishing, languishing, and depressed postdoctoral fellows: Differences in stress, anxiety, and depressive symptoms. *Journal of Postdoctoral Affairs*, 3(1), 1-9.
21. *Faulk, K.E., *Gloria, C.T., & Steinhardt, M.A. (2013). Coping profiles characterize individual flourishing, languishing, and depression. *Anxiety, Stress, & Coping*, 26(4), 378-390.
22. *Gloria, C.T., *Faulk, K.E., & Steinhardt, M.A. (2013). Positive affectivity predicts successful and unsuccessful adaptation to stress. *Motivation and Emotion*, 37(1), 185-193.
23. *Coffee, K., *Raucci, C., *Gloria, C., *Faulk, K., & Steinhardt M. (2013). Perceptions of adolescent wellness at a single-sex school. *International Journal of Health Promotion and Education*, 51(6), 300-311.
24. Gavaza, P., Brown, C., Lawson, K., Rascati, K., Steinhardt, M., & Wilson, J. (2012). Effect of social influences on pharmacists' intention to report adverse drug events. *Journal of the American Pharmacists Association*, 52, 622-629.
25. Gavaza, P., Brown, C., Lawson, K., Rascati, K., Steinhardt, M., & Wilson, J. (2012). Pharmacist reporting of serious adverse drug events to the Food and Drug Administration. *Journal of the American Pharmacists Association*, 52(5), e109-e112.
26. *Faulk, K.E., *Gloria, C.T., Cance, J.D., & Steinhardt, M.A. (2012). Depressive symptoms among U.S. military spouses during deployment: The protective effect of positive emotions. *Armed Forces & Society*, 38(3), 373-390.
27. Steinhardt, M.A., Jaggars, S.E., *Faulk, K.E., & *Gloria, C.T. (2011). Chronic work stress and depressive symptoms: Assessing the mediating role of teacher burnout. *Stress and Health*, 27(5), 420-429.
28. Gavaza, P., Brown, C.M., Lawson, K.A., Rascati, K.L., Wilson, J.P. & Steinhardt, M. (2011). Examination of pharmacists' intention to report serious adverse drug events (ADEs) to the FDA using the theory of planned behavior. *Research in Social & Administrative Pharmacy*, 7(4), 369-82.
29. Gavaza, P., Brown, C.M., Lawson, K.A., Rascati, K.L., Wilson, J.P. & Steinhardt, M. (2011). Influence of attitudes on pharmacists' intention to report serious adverse drug events to the Food and Drug Administration. *British Journal of Clinical Pharmacology*, 72, 143-152.
30. Stanforth, D., Steinhardt, M., Mackert, M., Stanforth, P.R., & *Gloria, C.T. (2011). An investigation of exercise and the placebo effect. *American Journal of Health Behavior*, 35(3), 257-268.
31. Gavaza, P., Brown, C.M., Lawson, K.A., Rascati, K.L., Wilson, J.P., & Steinhardt, M. (2011). Texas pharmacists' knowledge of reporting serious adverse drug events to the food and drug administration. *The Journal of the American Pharmacists Association*, 51(3), 397-403.
32. *Dolbier, C. L., Smith Jaggars, S. E., & Steinhardt, M. A. (2010). Stress-related growth: Pre-intervention correlates and change following a resilience intervention. *Stress and Health*. 26, 135-147.

33. *Dimiceli, E. E., Steinhardt, M. A., & Smith Jaggars, S. E. (2010). Stressful experiences, coping strategies, and predictors of health-related outcomes among wives of deployed military servicemen. *Armed Forces and Society*, 36, 351-373.
34. *Gloria, C.T., & Steinhardt, M.A. (2010). Texas nutrition environment assessment of retail food stores (TxNEA-S): development and evaluation. *Public Health Nutrition*. 11, 1764-72.
35. Steinhardt, M.A., *Mamerow, M. M., Brown, S.A., & Jolly, C.A. (2009). A resilience intervention in African American adults with type 2 diabetes: A pilot study of efficacy. *The Diabetes Educator*, 35, 274-284. PMC3001398
36. Steinhardt, M.A., & *Dolbier, C.L. (2008). Evaluation of a resilience intervention to enhance coping strategies and protective factors and decrease symptomatology. *Journal of American College Health*, 56(4), 445-453.
37. *Dolbier, C.L., Smith, S.E., & Steinhardt, M.A. (2007). Relationships of protective factors to stress and symptoms of illness. *American Journal Health Behavior*, 31(4), 423-433.
38. *McCalister, K.T., *Dolbier, C.L., *Webster, C.L., *Mallon, M.W., & Steinhardt, M.A. (2006). The relationship of work environment and individual protective factors to stress and illness. *American Journal of Health Promotion*, 20(3), 183-191.
39. *Dolbier, C.L., *Webster, C.L., *McCalister, K.T., *Mallon, M.W., & Steinhardt, M.A. (2005). Reliability and validity of a one-item measure of job satisfaction. *American Journal of Health Promotion*, 19, 194-198.
40. Steinhardt, M.A., *Dolbier, C.L., Gottlieb, N.H., & *McCalister, K.T. (2003). The relationship between hardiness, supervisor support, group cohesion, and job stress as predictors of job satisfaction. *American Journal of Health Promotion*, 17, 382-389.
41. Steinhardt, M.A., *Dolbier, C., *Mallon, M, & *Adams, T. (2003). The development and validation of a scale for measuring self-leadership. *Journal of Self-Leadership*, 1, 20-31.
42. *Dolbier, C.L., *Soderstrom, M., & Steinhardt, M.A. (2001). The relationships between self-leadership and enhanced psychological, health, and work outcomes. *Journal of Psychology*, 135, 469-485.
43. *Dolbier, C.L., Cocke, R.R., *Leiferman, J.A., Steinhardt, M.A., Nehete, P.N., Schapiro, S.J., Perlman, J.E., & Sastry, J. (2001). Differences in functional immune responses of high vs. low hardy healthy individuals. *Journal of Behavioral Medicine*, 16, 219-229.
44. Soderstrom, M., *Dolbier, C., *Leiferman, J., & Steinhardt, M. (2000). The relationship of hardiness, coping strategies and perceived stress to symptoms of illness. *Journal of Behavioral Medicine*, 23, 311-328.
45. *Dolbier, C.L., Cocke, R.R., & Steinhardt, M.A. (2000). The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A (slgA), and incidence of upper respiratory infection. *Brain, Behavior, and Immunity*, 14, 91-92.
46. *Dolbier, C.L., & Steinhardt, M.A. (2000). The development and validation of the sense of support scale. *Behavioral Medicine*, 25, 169-179.

47. *Adams, T.B., *Bezner, J.R., *Drabbs, M.E., Zambarano, R.J., & Steinhardt, M.A. (2000). Conceptualization and measurement of the spiritual and psychological dimensions of wellness in a college population. *Journal of American College Health*, 48, 165-173.
48. Steinhardt, M.A., *Bezner, J.R., & *Adams, T.B. (1999). Behavioral, psychological and biomedical outcomes of a traditional weight control program and nondiet alternative: A one-year comparison. *Journal of Psychology*, 133, 495-513.
49. *Dolbier, C., Cocke, R., Leiferman, J., Steinhardt, M., Nehete, P., Schapiro, S., Perlman, J., & Sastry, J. (1999). Hardiness, immune function, and health. *Neuroimmunomodulation: Research Perspectives in Psychoneuroimmunology*, 6, 214.
50. *Bezner, J.R., *Adams, T.B., & Steinhardt, M.A. (1997). The relationship of body dissatisfaction to physical health and wellness. *Health Values: Health Behavior, Education, and Promotion*, 21, 147-155.
51. *Adams, T.B., *Bezner, J.R., & Steinhardt, M.A. (1997). The conceptualization and measurement of perceived wellness: Integrating balance across and within dimensions. *American Journal of Health Promotion*, 11, 208-218.
52. *Adams, T.B., *Bezner, J.R., & Steinhardt, M.A. (1995). Principle-centeredness: A values clarification approach to wellness. *Measurement and Evaluation in Counseling and Development*, 28, 139-147.
53. *Young, D.R., & Steinhardt, M.A. (1995). The importance of physical fitness for the reducing of coronary artery disease risk factors. *Sports Medicine*, 19, 303-310.
54. Steinhardt, M.A., & Nagel, L. (1995). Effectiveness of the overcoming overeating approach to the problem of compulsive eating. *When Women Stop Hating Their Bodies: Freeing Yourself From Food and Weight Obsession*, Pages 329-345.
55. Carrier, K.M., Steinhardt, M.A., & *Bowman, S. (1994). Rethinking traditional worksite weight management programs: A three-year follow-up evaluation of a new approach. *Journal of Psychology*, 128, 517-535.
56. *Young, D.R., & Steinhardt, M.A. (1993). The importance of physical fitness versus physical activity for coronary artery disease risk factors: a cross-sectional analysis. *Research Quarterly for Exercise and Sport*, 64, 377-384.
57. Steinhardt, M., Lambdin, D., *Kamrath, M., & Ramirez, T. (1993). An analysis of student teachers' intentional, perceived, and operational motor skills and physical fitness curriculum. *Journal of Teaching in Physical Education*, 12, 134-148.
58. *Field, L.K., & Steinhardt, M.A. (1992). The relationship of internally directed behavior to self-reinforcement, self-esteem, and expectancy values for exercise. *American Journal of Health Promotion*, 7, 21-27.
59. Steinhardt, M.A., & *Young, D.R. (1992). Psychological attributes of participants and nonparticipants in a worksite health and fitness center. *Behavioral Medicine*, 18, 40-46.
60. Lambdin, D., & Steinhardt, M. (1992). Elementary and secondary physical education teachers' perceptions of their goals, expertise, curriculum, and students' achievement. *Journal of Teaching in Physical Education*, 11, 103-111.

61. Steinhardt, M.A. (1992). Physical education. *Handbook for Research on Curriculum*. New York: Macmillan. Pages 964-1001.
62. Steinhardt, M.A., & *Macklem, D.J. (1991). Reaction of university students to body composition assessment in physical education activity classes. *Journal of Teaching in Physical Education*, 10, 249-260.
63. *Young, D.R., & Steinhardt, M.A. (1991). An analysis of the psychobiologic model in supervised exercise settings. *Health Values: Health Behavior, Education, and Promotion*, 15, 42-48.
64. Steinhardt, M., *Stewart J., & *Greenhow, L. (1991). Cost-effectiveness of an occupational physical fitness program for law enforcement officers. *American Journal of Health Promotion*, 5, 455-460.
65. *Best, R.W., & Steinhardt, M.A. (1991). The accuracy of heart rate monitoring in elementary school children. *Pediatric Exercise Science*, 3, 229-237.
66. Steinhardt, M., Greenhow, L., & Stewart, J. (1991). The relationship of physical activity and cardiovascular fitness to absenteeism and medical care claims among law enforcement officers. *American Journal of Health Promotion*, 5(6), 455-460.
67. Steinhardt, M. A., & Macklem, D. J. (1991). Reaction of university students to body composition assessment in physical education activity classes. *Journal of Teaching in Physical Education*, 10(3), 249-260.
68. Dishman, R.K., & Steinhardt, M.A. (1990). Internal health locus of control predicts free-living physical activity, not supervised exercise: A test of the exercise-specificity hypothesis. *Research Quarterly for Exercise and Sport*, 61, 383-394.
69. Dishman, R. K., & Steinhardt, M. (1990). Health locus of control predicts free-living, but not supervised, physical activity: A test of exercise-specific control and outcome-expectancy hypotheses. *Research Quarterly for Exercise and Sport*, 61(4), 383-394.
70. Steinhardt, M. A., & Dishman, R. K. (1989). Reliability and validity of expected outcomes and barriers for habitual physical activity. *Journal of Occupational Medicine*, 31(6), 536-546.
71. Steinhardt, M. A., & Carrier, K. M. (1989). Early and continued participation in a work-site health and fitness program. *Research Quarterly for Exercise and Sport*, 60(2), 117-126.
72. Steinhardt, M. A., Jewett, A. E., & Mullan, M. R. (1988). An analysis of the purposes for engaging in physical activity scale (PEPAS) as an instrument for curriculum research. *Research Quarterly for Exercise and Sport*, 59(4), 339-350.
73. Dishman, R. K., & Steinhardt, M. (1988). Reliability and concurrent validity for a 7-d re-call of physical activity in college students. *Medicine and Science in Sports and Exercise*, 20(1), 14-25.

Curriculum Development

Steinhardt, M.A. (2005). *Transforming Lives Through Resilience Education*. UTOPIA, The University of Texas at Austin. <https://resilience.education.utexas.edu/>

Steinhardt, M.A. (1997). *Transforming Stress into Resilience*. Motorola University.

CONTINUED ACADEMIC TRAINING, CERTIFICATIONS, & LICENSES (selected, 1990-present)

- 2017 Attended First Annual U.T. System Title IX Conference, The University of Texas at Austin Administrative Building, November, 2017.
- 2017 Attended all day Symposium: *Remaining Mindful During Conflict*, Center for Public Policy Dispute Resolution, School of Law, The University of Texas at Austin, March.
- 2017 Attended all day Symposium: *Changing Education: Redesigning the Undergraduate Experience*, Project 2021 & the Faculty Innovation Center, March.
- 2010 Ombudsman 101, and Ombudsman 101 Plus, International Ombuds Association, Straus Institute for Dispute Resolution, Pepperdine University School of Law.
- 2008 Certified Health Education Specialist (CHES).
- 2006 40-hour basic mediation training at the Center for Public Policy Dispute Resolution, University of Texas School of Law.
- 2002 Licensed Professional Counselor (LPC), License Number 17657.
- 2001-2002 Franklin-Covey Leadership Center, “The Four Roles of Leadership” Certified Facilitator; “What Matters Most” Certified Facilitator.
- 1999-2001 Internal Family Systems Theory and Therapy Two Year Certification Training.
- 1994-1999 Master of Arts in Professional Counseling, Texas State University, San Marcos, TX.
- 1997-1998 Body-Centered Psychotherapy Two Year Certification Training.
- 1992-1995 Covey Leadership Center, “Principle-Centered Leadership” Certified Facilitator; “Quad II. Time Management” Certified Facilitator; “Seven Habits of Highly Effective People” Certified Facilitator.

PROFESSIONAL MEMBERSHIPS

American Academy of Health Behavior
American Psychological Association
Association of Research Integrity Officers

PRESENTATIONS (selected, 2005-present; *graduate student)

1. Steinhardt, M.A. *Resilience-based diabetes self-management education in African American adults with type 2 diabetes*. Invited Symposium Presentation, Strength-based approaches in diabetes care – challenging the deficit model. 80th Scientific Sessions, A Virtual Experience, American Diabetes Association, June 2020.
2. Steinhardt, M.A., *Wright, J.I., *Whyne, E.Z., *Lehrer, H.M., *Woo, J. (2020, March). *Campus Integration Moderates the Association Between Resilience and Anxiety Among Underrepresented College Students*. Poster presentation, 20th Annual Meeting of the American Academy of Health Behavior, Napa Valley, CA. <https://www.aahb.org/2020-Poster-and-Abstract-Lists> (Conf. cancelled)
3. Steinhardt, M.A. *Measurement and Application of Self-leadership*. Stanford Graduate School of Business Alumni Association. Virtual via Zoom, July, 2020.

4. *Wright, J.I., *Whyne, E.Z., *Lehrer, H.M., *Woo, J., Steinhardt, M.A. (2020, June). *The Roles of Resilience and Belonging in Mediating the Association Between Positivity and Anxiety Among Underrepresented Minority College Students*. Virtual poster presentation, 100th Annual Meeting of the American College Health Association, Chicago, IL.
5. *Lehrer, H.M., Steinhardt, M.A. *Psychosocial stress, HPA axis function, and cardiometabolic health*. Annual Meeting of the Academy of Behavioral Medicine Research, Tucson, AZ, June 2019.
6. *Lehrer, H.M., & Steinhardt, M.A. *Stress eating predicts cardiometabolic conditions over a 7-9 year follow-up*. Paper presentation at the 77th Annual Meeting of the American Psychosomatic Society, Vancouver, BC. March 2019.
7. Steinhardt, M.A., *Whyne, E.Z., *Woo, J., *Lehrer, H.M., & Brissette, C.N. *Historical loss, resilience, and coping strategies are associated with loss-related symptoms in the Anishinaabe population*. Poster presentation at the 19th Annual American Academy of Health Behavior Meeting, Greenville, SC, March 2019.
8. Steinhardt, M.A. *The promotion and tenure process*. Roundtable presentation at the 19th Annual Scientific Meeting of the American Academy of Health Behavior Meeting, Greenville, SC, March 2019.
9. *Woo, J., *Lehrer, H.M., *Whyne, E.Z., Steinhardt, M.A. *The longitudinal association of psychological resources with chronic conditions and the mediating roles of allostatic load and health behaviors*. Poster presentation at the 19th Annual American Academy of Health Behavior Meeting, Greenville, SC, March 2019.
10. Zhong, L., *Woo, J., Steinhardt, M., Vangelisti, A. *"Our job is the whole gray zone in between": Investigating genetic counselors' strategies for managing uncertainty and communicating uncertainty to patients*. Paper presented at the 69th Annual International Communication Association Conference, Washington, DC, May 2019.
11. Steinhardt, M.A. *Resilience moderates the association of stress with depressive symptoms in adolescent girls*. Paper presented at the Inaugural Collaborative Research Forum, College of Education, The University of Texas, Austin, TX, February 2019.
12. Steinhardt, M.A. *Better U: Be resilient by practicing mindfulness*. Invited webinar for faculty and staff of Boise School District, Idaho. January 2019.
13. Steinhardt, M.A. *Better U: Be resilient by learning to find growth in stressful situations*. Invited webinar for faculty and staff of Boise School District, Idaho. February 2019.
14. Steinhardt, M.A. *Better U: Be resilient by unleashing the power of positivity*. Invited webinar for faculty and staff of Boise School District, Idaho. February 2019.
15. Steinhardt, M.A. *Stress adaptation and enhancing resilience*. Invited presentation at the Emerald Coast Medical Association, Destin, FL, January 2019.
16. Steinhardt, M.A., Dubois, S.K. *Lehrer, H.M., *Whyne, E.Z., & *Woo, J. *A Resilience Intervention for Adults with Type 2 Diabetes in Underserved Communities*. Poster presentation at the 18th Annual American Academy of Health Behavior Meeting, Portland, OR, March 2018.
17. Steinhardt, M.A. & Dubois, S.K. *A Resilience Intervention in African-American Adults with Type 2 Diabetes*. Invited presentation at the International Conference on Nursing Science and Practice, Dallas, TX, June 2017.

18. Steinhardt, M. A. Five practices to enhance your resilience. NXP Semiconductors, Oak Hill Campus, Austin, TX, February, 2017.
19. *Lehrer, H.M., Dubois, S.K., & Steinhardt, M.A. *Racial/ethnic differences in the relationship between hair cortisol and the Metabolic Syndrome*. 75th Annual Meeting of the American Psychosomatic Society. March 2017. Seville, Spain.
20. Steinhardt, M. A., *Lehrer, H. M., Janus, K. C., & Gloria, C.T. *Too much of a good thing: Curvilinear relationship between positivity and emotional dysfunction in adolescent females*. Poster presentation at the 17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.
21. *Lehrer, H. M., Janus, K. C., Gloria, C.T., & Steinhardt, M. A. *Perceived personal and environmental resources mediate the relationship between positivity and emotional dysfunction in adolescent females*. Poster presentation at the 17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.
22. Steinhardt, M. A. The promotion and tenure process. Roundtable presentation at the 17th Annual American Academy of Health Behavior Meeting, Tucson, AZ, March 2017.
23. Steinhardt, M.A. *Building employee resilience*. Invited presentation, Austin Business Group on Health, Austin Energy – Town Lake Center, Austin, Texas, June 2016.
24. Steinhardt, M.A. *The Resilient Physician*. Invited presentation, Internal Medicine Medical Education Day, Department of Internal Medicine, University of Kansas Medical Center, March, 2016.
25. Steinhardt, M.A. *Resilience in the Workplace*. Invited presentation, Internal Medicine Medical Education Day, Department of Internal Medicine – residents only discussion, University of Kansas Medical Center, March, 2016.
26. *Lehrer, H.M., Dubois, S.K., Maslowsky, J., Laudenslager, M.L., & Steinhardt, M.A. *Cortisol in hair predicts type 2 diabetes status in African-American adults*. 74th Annual Meeting of the American Psychosomatic Society, Denver, CO, March 2016.
27. Steinhardt, M.A., *Lehrer, H.M., *Blake-Allick, K.A., Brown, S.A., & Dubois, S.K. *Resilience-based diabetes self-management education (RB-DSME) among African Americans: A synthesis of six focus groups*. Poster presentation at the 16th Annual American Academy of Health Behavior Meeting, Ponte Vedra Beach, FL, February 2016.
28. Steinhardt, M.A. *Resilience and self-leadership in the midst of change and stressful events*. Invited keynote address at the 5th Annual Spring Leadership Conference: Cultivating GRIT and Resiliency, North Texas Community College Consortium and the Consortium Leadership and Renewal Academy, University of North Texas Gateway Center, Denton, Texas, January 2016.
29. *Brissette, C., & Steinhardt, M.A. “We’re still here”: A qualitative study of Anishnabe adaptations to historical trauma. Traditional Health and Healing Panel Presentation, Annual Meeting of the Native American and Indigenous Studies Association, Washington, D.C., May 2015.
30. *Lehrer, H.M., Ripperger-Suhler, K., Dubois, S.K., & Steinhardt, M.A. DHEA in hair predicts type 2 prediabetes and diabetes status in African-American Adults. Poster presentation at the Society of Behavioral Medicine 36th Annual Meeting & Scientific Sessions, San Antonio, TX, April 2015.

31. Brown, S.A., García, A.A., Steinhardt, M.A., Guevara, H., Moore, C., Brown, A., & Winter, M.A. Adapting a Culturally-Tailored Diabetes Self-Management Intervention for Hispanics in the Workplace: Phase I, Focus Groups. Poster presentation at the Society of Behavioral Medicine 36th Annual Meeting & Scientific Sessions, San Antonio, TX, April 2015.
32. Steinhardt, M.A., Brown, S.A., Dubois, S.K., Harrison Jr, L., *Lehrer, H.M., & Jaggars, S.S. A Resilience Intervention in African-American Adults with Type 2 Diabetes. 15th Annual American Academy of Health Behavior Meeting, San Antonio, Texas, March 2015.
33. Steinhardt, M.A. Collegiality, Bullying, and Academia. Invited panel presentation at the Annual Meeting of the Texas Council of Faculty Senates, Austin, TX, March 2015.
34. *Gloria, C., & Steinhardt, M.A. Can positive emotions really affect anxiety and depression? Anxiety.org. <https://www.anxiety.org/can-positive-emotions-affect-anxiety-depression>, December 2014.
35. Steinhardt, M.A. Building resilience. Invited presentation at the 2014 National Marrow Council Meeting, Minneapolis, November 2014.
36. Steinhardt, M.A. Obtaining optimal wellness: Resilience. Delta Kappa Gamma Leadership Management Seminar, McCombs School of Business, July 2014.
37. *Lehrer, H.M., *Abrams, M., & Steinhardt, M.A. Know your numbers: A health screening and intervention for University of Texas at Austin dining and food service employees. St. David's Center for Health Promotion & Disease Prevention Research in Underserved Populations Annual Conference. The University of Texas, Austin, TX, April 2014.
38. Steinhardt, M.A. Work Life Balance: Successfully adapting to stress in difficult situations. Invited Roundtable Presentation, 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.
39. *Gloria, C.T., & Steinhardt, M.A. Determinants of work engagement among postdoctoral fellows: The impacts of work meaningfulness, supervisor support, stress, and positive emotions, 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.
40. *Coffee, K. L., & Steinhardt, M.A. Resilience buffers the effect of stress on depressive symptoms in adolescent females, 14th Annual American Academy of Health Behavior Meeting, Charleston, South Carolina, March 2014.
41. Steinhardt, M.A. Cultivating innovation: Facing failure with resilience. Krost Symposium 2103, Jackson Auditorium, Texas Lutheran University, October 2013.
42. *Gloria, C.T., & Steinhardt, M.A. Positive emotions enhance coping, fuel resilience, and protect postdocs from the harmful effects of stress: Implications of the broaden-and-build theory of positive emotions, 13th Annual American Academy of Health Behavior Meeting, Santa Fe, New Mexico, March 2013.
43. *Faulk, K.E., Steinhardt, M.A., & Cance, J.D. Positive emotions build personal resources and reduce depressive symptoms in military spouses: A prospective study, 13th Annual American Academy of Health Behavior Meeting, Santa Fe, New Mexico, March 2013.
44. Steinhardt, M.A. Making stress work for you. Invited talk, Women's Club of Greater Lakeway, March 2013.

45. Steinhardt, M.A. Creating and sustaining an employee wellness program. Invited Presentation, 10th Annual ACUHO-I/APPA Housing Facilities Conference, Albuquerque, NM, October 2012.
46. *Gloria, C.T., *Faulk, K.E., Steinhardt, M.A., & Cance, J.D. Depressive symptoms among US military spouses during deployment: The protective effect of positive emotions, 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.
47. *Faulk, K.E., *Gloria, C.T., & Steinhardt, M.A. Positivity and coping strategies: Characteristics of individual flourishing, languishing and depression. 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.
48. Steinhardt, M.A., Brown, S.A., Dubois, S.K., *Faulk, K.E., *Gloria, C.T., & Harrison, L. Does positivity fuel resilience and lower depressive symptoms and HbA1c in African American adults with type 2 diabetes? 12th Annual Scientific Meeting of the American Academy of Health Behavior, Austin, TX, March 2012.
49. Stanforth, D., Steinhardt, M., & Mackert, M. Role model stories delivered on YouTube: Promotional strategies and impact on exercise and exercise self-efficacy. International Society for Behavioral Nutrition and Physical Activity, Austin, Texas, May 2012.
50. Gavaza, P., Brown, C.M., Rascati, K.L., Lawson, K., Wilson, J.P., & Steinhardt, M.A. Using the theory of planned behavior to predict Texas pharmacists' intention to report serious adverse drug events to the FDA, 17th Annual International Society for Pharmacoeconomics and Outcomes Research, Washington, D.C., June 2012.
51. Steinhardt, M.A. Promoting Resilience Among Underserved Populations, St. David's Center for Health Promotion and Disease Prevention Research in Underserved Populations Annual Research Conference, The University of Texas, Austin, Texas, March 2012.
52. Steinhardt, M.A. Hooked on Wellness: The Journey. Keynote Address, Big XII Directors and Housing Operations 2011 Conference, The University of Texas, Austin, Texas, October 2011.
53. JeanFrancois, B., Lloyd, A., Wilson, L., Steinhardt, M., *Faulk, K. & Pujol, L. Infusing positive psychology in army behavioral health: A resilience curriculum for army psychology residents. Positive Psychology Conference, Philadelphia, PA, July 2011.
54. Steinhardt, M.A. Resilience and change: Making stress work for you. Texas Department of Transportation, TXDot Riverside Office, Austin, TX, and video conference to all TXDot locations in Texas, June 2011.
55. Steinhardt, M.A. Resilience and change: Making stress work for you. 2011 Women's History Month Celebration, Dell Children's Medical Center, Austin, TX, April 2011.
56. Steinhardt, M.A. Transforming lives through resilience education. nFusion Group, Austin, TX, March 2011.
57. Steinhardt, M.A., *Gloria, C.T., & *Faulk, K.E. Chronic work stress, burnout, and resilience among public school teachers: The importance of positivity. 11th Annual Scientific Meeting of the American Academy of Health Behavior, Hilton Head, South Carolina, March 2011.
58. *Coffee, K., *Raucci, C., *Gloria, C., & Steinhardt, M. A pilot study identifying student, parent and faculty perceptions of health and wellness at an economically disadvantaged and minority single-sex school. National Youth-At-Risk Conference, Savannah, Georgia, March 2011.

59. Steinhardt, M.A. Building Effective Work Teams. Human Resource Global Meeting, Freescale Semiconductor, Inc, Austin, TX, February 2011.
60. Steinhardt, M.A. Diabetes self-management education workshop. Mt. Moriah Baptist Church, Elgin, TX, January 2011.
61. Steinhardt, M.A. A resilience-based diabetes self-management education program. People's Community Clinic, Austin, TX, June 2010.
62. Steinhardt, M.A. Evolution of the Ombuds, panel discussion. Ombuds of Texas Quarterly Meeting, LCRA, Austin, TX, August 2010.
63. Gavaza, P., Brown, C., Lawson, K., Rascati, K., Steinhardt, M., & Wilson, J. Using the theory of planned behavior to predict Texas pharmacists' intention to report serious adverse drug events (ADEs) to the FDA; and Texas pharmacists' knowledge of reporting serious adverse drug events (ADEs) to the FDA. Sixth Annual Louis C. Littlefield Celebrating Pharmacy Research Excellence Day, The University of Texas, Austin, TX, April 2010.
64. Steinhardt, M.A., Jaggars, S.S., *Faulk, K.E., & *Gloria, C.T. Chronic work stress and depression: Assessing the mediating role of teacher burnout. American Academy of Health Behavior 10th Annual Scientific Meeting, Clearwater Beach, Florida, March 2010.
65. Steinhardt, M.A., Brown, S.A., *Faulk, K.E., & Dubois, S.V. Developing a culturally competent resilience-based diabetes self-management program for African Americans: Summary of two pilot studies. Diabetes Awareness Conference 2010, The Texas Union, The University of Texas, Austin, TX, March 2010.
66. Steinhardt, M.A. Transforming lives through resilience education. Department of State Health Services, Brown-Heatly Building, Austin, TX, July 2009.
67. Steinhardt, M.A. Stressful experiences, coping strategies, and predictors of health-related outcomes among wives of military servicemen deployed from Fort Hood. Warrior Resiliency Program Conference, San Antonio, TX, June 2009.
68. Steinhardt, M. A. Resilience and change: making stress work for you. Seton Perinatal Outreach Conference, Brackenridge Hospital, Austin, TX, April 2009.
69. Steinhardt, M.A. Developing a culturally competent diabetes self-management program for African Americans, American Academy of Health Behavior Annual Conference, Hilton Head, South Carolina, March 2009.
70. Steinhardt, M.A. A resilience intervention in African-American adults with type 2 diabetes, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, February 2009.
71. Steinhardt, M.A. Changing research directions as a seasoned faculty member. Seventh Annual Summer Research Institute, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, June 2008.
72. Steinhardt, M.A. A resilience intervention in African American adults with type 2 diabetes: a pilot study of efficacy, Promoting Health in Underserved Populations: Advancing Healthy Aging Research Conference, Center for Health Promotion and Disease Prevention Research in Underserved Populations, The University of Texas, February 2008.

73. Steinhardt, M.A. Community participatory research on health disparities: type 2 diabetes. School of Social Work, The University of Texas at Austin, January 2008.
74. Steinhardt, M. A. Chronic stress, coping, and health: lessons learned and future directions. Capital Area Psychological Association, October 2007.
75. Steinhardt, M.A. Transforming lives through resilience education. Family Eldercare, Austin, October 2007.
76. Steinhardt, M. A. Resiliency from grief and stress. The 4th Infantry Division, Fort Hood, United States Army, September 2007.
77. Steinhardt, M.A. Resilience Research and Practical Applications. Texas Association of School Boards, Austin, Texas, August 27th and 31st, 2007.
78. Steinhardt, M.A. Mid-Career Shifts in Research Programs. Sixth Annual Summer Research Institute, Austin, Texas, June 2007.
79. Steinhardt, M.A. How We Strengthened the Grievance Process at Texas. Annual Meeting of the American Association of University Professors, The University of Michigan, Ann Arbor, Michigan, May 2007.
80. Steinhardt, M.A. Transforming Lives Through Resilience Education. Keynote Address at the Southwest Region Annual College and University Professional Association for Human Resources (SWCUPA-HR) Conference, San Antonio, Texas, April 2007.
81. Steinhardt, M.A. Caring for the Care Giver. Women and HIV International Clinical Conference, San Antonio, Texas, March 2007.
82. Steinhardt, M.A. Stress-Related Growth: Predictors of Occurrence and Change Following a Resilience Intervention, American Academy of Health Behavior, Savannah, Georgia, March 2007.
83. Steinhardt, M.A. Surviving the Storm: Turning Stress into Resilience. 4th Infantry Division at Fort Hood, Killeen, Texas, September 2006.
84. Steinhardt, M.A. Stress Busters: Stress and Resilience. Habilitation Therapies Annual Conference, Department of Aging and Disability Services, Austin, Texas, September 2005, 2006.
85. Steinhardt, M.A. Resilience Research Applied to Team Building. Policy Services Division, Texas Association of School Boards, Austin, Texas, September and October 2006.
86. Steinhardt, M.A. The seven habits of highly effective people. 3M Austin Center, July 2006.
87. Steinhardt, M.A. Transforming stress into resilience. 25th Annual Honors Colloquium, The University of Texas at Austin, July 2006.
88. Steinhardt, M.A. Creativity: a sudden insight or years of hard work? 3M Inventor Recognition Luncheon, June, 2006.
89. Steinhardt, M.A. Transforming Stress Into Resilience. Texas Association of School Boards, Austin, May 2006.

90. Steinhardt, M.A. Evaluation of a Resilience Intervention to Enhance Coping Strategies and Protective Factors and Decrease Symptomatology, Sixth Annual Scientific Meeting of the American Academy of Health Behavior, Carmel, California, March 2006.
91. Steinhardt, M.A. Transforming Lives Through Resilience Education, International Forum for Women in E-Learning (IFWE), Galveston, Texas, March 2006.
92. Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Synagogue Agudas Achim, Dell Campus, February 2006.
93. Steinhardt, M.A. Handling Stress in Difficult Situations. Forty-seventh County Auditors Institute, LBJ School of Public Affairs, The University of Texas, Austin, TX, May 2005.
94. Steinhardt, M.A. The Resilient Individual: Strength in the Midst of Change. In-Service Training Program, Department of Aging and Disability Services, Austin, TX, February 2005.

THE UNIVERSITY OF TEXAS AT AUSTIN (selected service)

2017-2019	Non-Tenure Track Faculty Task Force, <i>ex officio</i>
2016-2020	Title IX Task Force Attend various brown bag sessions sponsored by the Office of the Senior Vice-Provost for Faculty Affairs (e.g., promotion for Assistant Professors, promotion for Associate Professors, mid-career workshop, Retirement Seminar)
2016-2017	“Eyes on Teaching” Provost Teaching Fellows Planning Committee; Campus-wide event, February 8 th and 9 th . “Teachers Learning Together” (TLT) Planning Committee; Department of KHE department-wide teaching event, February 1 st and 2 nd . Provost Teaching Fellows, Co-chair, facilitated New Faculty Symposium
2015-2016	Provost Teaching Fellows Steering Committee Faculty Development Committee, Co-chair, facilitated New Faculty Symposium Campus Carry Communication and Training Sub-committee Selection Committee – Regents Outstanding Teaching Awards
2015-Present	Host UT faculty as “guest coaches” at each women’s basketball home game
2014-2015	Faculty Diversity Council (CREED), <i>ex officio</i> Ethics and Health Working Group Farm to Work Campus Committee Mental Health Wellness Committee
2013-2014	<i>ad hoc</i> committee to evaluation the administration of Dean Manuel Justiz, Co-chair Campus Conversations – Facilitator, Faculty Symposium Breakout Sessions Campus Conversations – Faculty Development Committee, Co-chair Campus Conversations – Task Force on Principles for Degrees of Study Faculty Recruitment, Retention, and Mentoring Design Team
2009-Present	Camp Texas; Freshman Reading Round-Up
2008-2020	University Faculty Ombudsperson
2006-2022	Chair, Women’s Athletics Council; Chair, Intercollegiate Athletic Council
2011	Task Force on Undergraduate Graduation Rates
2010-2011	Committee of the Implementation of Gender Equity
2009-2010	Ad Hoc Gender Equity Committee
2006-2008	Member, Faculty Council
2006-2007	Chair, Faculty Grievance Committee
2003-2005	Member, Faculty Grievance Committee
2004-2007	Chancellor’s Council Outstanding Teaching Award Committee

Presentations at UT-Austin (selected service, 1995-present; *graduate student)

1. Cubbin, C., Crosnoe, R., Gershoff, L., & Steinhardt, M.A. *Postdoc Mentorship and Research Effectiveness – A Panel Discussion*. Office of the Vice President for Research, Peter O'Donnell Building, The University of Texas, Austin, TX, May 2018.
2. Steinhardt, M.A. *Five Practices to Enhance Your Resilience*. Keynote Presentation at the Academic Counselor's Association (ACA) and the Association for Professionals in Student Affairs (APSA) Annual Professional Development Day Conference, The Commons Learning Center at J.J. Pickle Research Campus, The University of Texas, Austin, TX, February 2018.
3. Steinhardt, M.A., Vangelisti, A., & Wilkins, K. *Moody College Mentoring Program: Informal Sharing of Professional Experiences and Trajectories*. Dealey Conference Room, Moody College of Communication. January, 2018.
4. Steinhardt, M.A. & Dubois, S.K. *Incorporating resilience-based diabetes self-management education into the group medical appointment for adults with type 2 diabetes*. Seton Healthcare Family, LBJ School's Center for Health and Social Policy, and Dell Medical School: Transforming Healthcare Through Research Collaboration, UT Austin, April 2016 and April 2017.
5. Steinhardt, M. A. Building resilience under stress. UT Executive Management & Leadership Program, AT&T Executive Center & Conference Center, The University of Texas at Austin, March, 2017.
6. Steinhardt, M.A. *Mentorship*. Responsible Conduct of Research, Office of Sponsored Projects, POB, Avaya Auditorium, UT Austin, February 2017.
7. Steinhardt, M. A. Relationships among positive emotions, coping, resilience and mental health: Data from UT postdocs. Post-doc Appreciation Week, Flawn Academic Center, The University of Texas at Austin, September, 2016.
8. Steinhardt, M. A. Five practices to enhance your resilience. University Health Services and Counseling and Mental Health Center Staff Lunch Series, Student Services Glenn Maloney Room, The University of Texas at Austin, September, 2016.
9. Steinhardt, M. A. The role of a research program in your career. Center for Health Communication, Moody College of Communication, The University of Texas at Austin, October, 2016.
10. Steinhardt, M. A. Panel discussion for graduate students on how to write successful grant applications, Graduate Student Assembly, PCL Learning Lab, The University of Texas at Austin, October, 2016.
11. Steinhardt, M.A. *Resilience and self-leadership in the midst of change and stressful events*. Spring Self Leadership Seminar, McCombs School of Business, UT Austin, January 2016.
12. Steinhardt, M.A. Adaptation to stress: Building stress resilience. Higher Education Administration Student Professional Association, Student Activity Center, UT Austin, November 2015.
13. Steinhardt, M.A. Keep calm and take finals. Sponsored by University of Texas at Austin Libraries, May 2015.
14. Dukerich, J., Iverson, B., Evans, B., & Steinhardt, M. Early career tenure track discussion. Invited Panel, Assistant Professor Brown Bag, Gebauer Building, The University of Texas at Austin, April 2015.

15. Harnden, S., Steinhardt, M. Having difficult conversations. Invited Panel, Department Chairs Lunch Series, Gebauer Building, The University of Texas at Austin, April 2015.
16. Steinhardt, M.A. Resilience research. Guest Lecture, Polymathic Scholars, College of Natural Sciences, Gearing Hall, The University of Texas at Austin, April 2015.
17. Steinhardt, M.A. Self-Leadership Workshop. McCombs Leadership Program, McCombs School of Business, The University of Texas at Austin, January, 2015.
18. Brown, K., Garza, T., Starbird, M., Steinhardt, M., & Stoff, M. Improving teaching through observing peers. Invited panel at the Faculty Teaching Colloquium, Good Teaching: How Do We Know It When We See It? The University of Texas at Austin, January 2015.
19. Steinhardt, M.A. Research about real life. Guest Lecture, UGS 303 – Critical Thinking For The 21st Century, College of Natural Sciences, The University of Texas at Austin, Fall 2014.
20. Gill, T., Harnden, S., Steinhardt, M. How to deal with difficult people. Invited Panel, Department Chairs Lunch Series, Gebauer Building, The University of Texas at Austin, November 2014.
21. Steinhardt, M.A. Longhorn State of Mind: Resilience in the Midst of Change and Stressful Situations, University Leadership Network Program, The University of Texas at Austin, September and October, 2014.
22. Steinhardt, M.A. Importance of a research agenda and securing funding. Grant Writing Workshop, Health Communication Scholars Program, Moody College of Communication, The University of Texas at Austin, September 2014.
23. Steinhardt, M.A. Why I enjoy teaching: Perspectives from the provost's teaching fellows. 34th Annual New Faculty Seminar, Etter-Harbin Alumni Center, The University of Texas, Austin, TX, August 2014.
24. Steinhardt, M.A. Zen and the art of using stress to grow. Academic Advisors Staff Retreat, College of Liberal Arts, University of Texas, Austin, TX, March 2014.
25. Steinhardt, M.A. Leadership and becoming a wellness advocate. DHFS Emerging Leaders Retreat, Division of Housing and Food Service, University of Texas, Austin, TX, March 2014.
26. Steinhardt, M.A. Pursuing a career in health behavior. Polymathic Scholars Honors Program, College of Natural Sciences, University of Texas, Austin, TX, February 2014.
27. Steinhardt, M.A. Transforming lives through resilience education. All day workshop for the Leadership Program, McCombs School of Business, University of Texas, Austin, TX, February 2014.
28. Steinhardt, M.A. After Texas, Preparing for On-Campus, Austin, TX, February 2014.
29. Steinhardt, M.A. After Texas career panel. Red McCombs Red Zone, Athletics Department, The University of Texas, Austin, TX, January 2014.
30. Steinhardt, M.A. Mentorship, Responsible Conduct of Research, Office of Sponsored Projects, POB Avaya Auditorium, The University of Texas, Austin, TX, January 2014.

31. Steinhardt, M.A. Importance of a research agenda and securing funding. Grant Writing Workshop, Health Communication Scholars Program, Moody College of Communication, The University of Texas, Austin, TX, November 2013.
32. Steinhardt, M.A. Academic integrity and communicating effectively with professors. Rowing Team; Golf Team, Conradt Conference Room, The University of Texas, Austin, TX, October and November 2013.
33. Steinhardt, M.A. Determinants of work engagement: Influences of meaningfulness, supervisor support, stress, and emotions. Sponsored by the Postdoctoral Office, Office of the Vice President for Research, POB 6.304, The University of Texas, Austin, TX, October 2013.
34. Steinhardt, M.A. Ombuds services for postdocs. 2013 Postdoctoral Orientation and Resource Fair, NHB 1.720, The University of Texas, Austin, TX, September 2013.
35. Steinhardt, M.A. Making stress work for you. Postdoc Appreciation Week, POB 6.304, The University of Texas, Austin, TX, September 2013.
36. Steinhardt, M.A. Adjusting to college life and success in the classroom. FIG Faculty Connection Theme Week, CLA 0.108, The University of Texas, Austin, TX, September 2013.
37. Steinhardt, M.A. 2013-14 Wellness Kick Off: Know Your Numbers Program. DHFS Supervisor Meeting, Jester Human Development Center, The University of Texas, Austin, TX, September 2013.
38. Steinhardt, M.A. Transforming lives through resilience education. All day workshop for students in the Leadership Program, McCombs School of Business, March 2013.
39. Steinhardt, M.A. Speaker panel: Diabetes and the self. Diabetes Awareness Week, Evening tri-sponsored by Hook the Cure, Black Health Professions Organization, and Hispanic Health Professions Organization, Norman Hackerman Building, The University of Texas at Austin, November 2012.
40. Steinhardt, M.A., Resilience and change: Making stress work for you. Guest lecture to first year engineering majors, Department of Chemical Engineering, Cockrell School of Engineering, The University of Texas at Austin, October 2012.
41. Steinhardt, M.A. From stress to success: The road to well-being. Postdoctoral Fellow Well-Being Brown Bag Series, Flawn Academic Center, The University of Texas at Austin, September 2012.
42. Steinhardt, M.A. Achieving greatness: 4 years starts with 3 days. Camp Texas, August 2012.
43. Sims, J., & Steinhardt, M. Campus Ombuds. New Academic Administrators Workshop, J. J. Pickle Research Campus, August 2012.
44. *Gloria, C., & Steinhardt, M. Interpreting Your Individual Feedback Profile: Results From the Postdoctoral Fellow Experience & Well-Being Survey, SBS Postdoc Association, MBB 1.210, The University of Texas, Austin, TX, June 2012.
45. Steinhardt, M.A., & *Coffee, K. Ann Richards School STARS Teachers - Summer Half-Day Training in Resilience, June 2012.
46. Steinhardt, M.A. Mentorship. Responsible Conduct of Research, Office of Sponsored Projects, The University of Texas, Austin Texas, April 2012.

47. Steinhardt, M.A. The Resilient Individual: Stress in the Midst of Change and Stressful Life Events. UT Austin Administrative Professionals' Network: iForty, The University of Texas, Austin, TX, April 2012.
48. Steinhardt, M.A. Transforming stress into resilience. Keynote Address, Professional Development Day, Academic Counselors Association & Association of Professionals in Student Affairs, The University of Texas, Austin, TX, February 2012.
49. Steinhardt, M.A. Resilience and Change: Making Stress Work for You, College of Pharmacy, The University of Texas, Austin, Texas, February 2012.
50. Steinhardt, M.A. Long-term success demands a strong foundation of resilience and self-leadership, McCombs School of Business, The University of Texas at Austin, January 2012.
51. Steinhardt, M.A. What is academic integrity and why is it important? Women's Athletics Tennis and Swimming Team, The University of Texas, Austin, TX, January 2012.
52. Steinhardt, M.A. Strategies to address sociocultural problems affecting health disparities, School of Nursing, The University of Texas, Austin, Texas, December 2011.
53. Steinhardt, M.A. Transforming lives through resilience education. Austin Chapter of the International Association of Administrative Professionals, Austin, TX, November 2011.
54. Steinhardt, M.A. Transforming lives through resilience education. Staff Training, McCombs School of Business, The University of Texas, Austin, TX, October 2011.
55. Steinhardt, M.A. Rx: A Dose of Positivity. Opening Plenary, State Agency Wellness Conference, Texas Department of State Health Services, JJ Pickle Research Campus, The University of Texas, Austin, Texas, October 2011.
56. Steinhardt, M.A. Coping Strategies for Transforming Stress Into Resilience. State Agency Wellness Conference, Texas Department of State Health Services, JJ Pickle Research Campus, The University of Texas, Austin, Texas, October 2011.
57. Steinhardt, M.A. Transforming lives through resilience education. Staff Training, McCombs School of Business, The University of Texas, Austin, TX, October 2011.
58. Steinhardt, M.A. What is academic integrity and why is it important? Women's Athletics Softball and Rowing Team, The University of Texas, Austin, TX, September 2011.
59. Steinhardt, M.A. Resilience and Change: Making Stress Work for You. Leadership Program, McCombs School of Business, The University of Texas, Austin, TX, February 2011.
60. Steinhardt, M.A. Maintaining effective working relationships with faculty peers and staff, New Academic Administrators Workshop, J. J. Pickle Research Center, The University of Texas, Austin, TX, August 2010.
61. Steinhardt, M.A. Self-care (2 sessions). Back to School Resident Assistant Training, Division of Housing and Food Services, Garrison Hall, The University of Texas, Austin, TX, August 2010.
62. Steinhardt, M.A. Making stress work for you, Office of the Registrar, Gebauer Building, The University of Texas, Austin, August 2010.

63. Steinhardt, M.A. Creating an organizational culture of wellness, Jester Human Development Center, Division of Housing and Food Service, The University of Texas, Austin, TX, April 2010.
64. Steinhardt, M.A. Making stress work for you, Longhorn Scholars Student Advisory Counsel, Mezes Hall, The University of Texas, Austin, TX, March 2010.
65. Steinhardt, M.A. Self-leadership. Leadership Program, McCombs School of Business, The University of Texas, Austin, TX, January 2010.
66. Steinhardt, M.A. Transforming stress into resilience, Division of Student Affairs Divisional Staff, Invited Keynote Kick-off, The University of Texas, August 2008.
67. Steinhardt, M.A. Transforming stress into resilience. School of Business, The University of Texas at Austin, August 2008.
68. Steinhardt, M.A. Transforming stress into resilience. Big XII Staff Conference, Texas Exes, The University of Texas at Austin, July 2008.
69. Steinhardt, M.A. Maintaining a resilient approach to stress while preparing for tenure. Work/Life Services and Employee Assistance Program, The University of Texas at Austin, March 2008.
70. Steinhardt, M.A. Transforming lives through resilience education. School of Law, The University of Texas at Austin, November 2007.
71. Steinhardt, M.A. Transforming stress into resilience. Human Resource Management Annual Conference, University of Texas System, Austin, June 2006.
72. Steinhardt, M.A. Resilience training. Athletics Compliance Staff Retreat, July 2006.
73. Steinhardt, M.A. Transforming stress into resilience. 25th Annual Honors Colloquium, The University of Texas at Austin, July 2006.
74. Steinhardt, M.A. Testing in Blackboard. Texas Blackboard Users Group Conference, The University of Texas at Austin, November 2006.
75. Steinhardt, M.A. Rekindling the Passion. Texas Exes Annual Teachers' Conference, The University of Texas, October 2006.
76. Steinhardt, M.A. Transforming Stress Into Resilience. ASPECTS, Office of Graduate Studies, The University of Texas at Austin, October 2006.
77. Steinhardt, M.A. Transforming lives through resilience education. Professional Development and Community Engagement Program, The University of Texas at Austin, November 2005.
78. Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. A workshop for faculty and staff sponsored by Human Resource Services, The University of Texas at Austin, September 2005.
79. Steinhardt, M.A. Transforming Stress into Resilience. Information Technology Services Staff, The University of Texas, February 2005.
80. Steinhardt, M.A. Building resilience and learning to thrive. College of Natural Sciences Advising Staff, The University of Texas, May 2004.

81. Steinhardt, M.A. You can't be a beacon if your light don't shine. 2004 Conference Texas Excellence in Education. The Texas Exes and The College of Education, Sponsored by the Office of the President, The University of Texas, February 2004.
82. Steinhardt, M.A. The resilient individual. Carothers Coffee Talk, University Honors Center, The University of Texas, November 2003.
83. Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Texas Exes Staff Development, The University of Texas, November 2002.
84. Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Academic Counselors Association Professional Development Day, The University of Texas, November 2002.
85. Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Student Services Professional Development Day, The University of Texas, February 2002.
86. Steinhardt, M.A. The resilient individual: strength in the midst of change. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, November 2001.
87. Steinhardt, M.A. Nurturing self-esteem in yourself and others. Tri-Delt Professor Dinner, The University of Texas, October 2001.
88. Steinhardt, M.A. Nurturing self-esteem in yourself and others. Half-day workshop presented to faculty / staff, sponsored by the Office of Human Resources, The University of Texas, April 2001.
89. Steinhardt, M.A. The resilient individual: strength in the midst of change. Two-hour workshop presented to staff of The University of Texas Press, January 2001.
90. Steinhardt, M.A. Seven habits of highly effective people. Eight-hour workshop present to employees of the physical plant, The University of Texas, October 2000.
91. Steinhardt, M.A. Seven habits of highly effective people. Eight-hour workshop presented at the College of Business, The University of Texas, September 2000.
92. Steinhardt, M.A. Facilitated the Annual Retreat for the Staff of The Office of Human Resources, Thompson Conference Center, The University of Texas, April 1998 and May 1999.
93. Steinhardt, M.A. Life after work: Wellness strategies. Presentation to University of Texas employees attending the Office of Human Resources Retirement Seminar, Art Building Auditorium, The University of Texas, April 1999.
94. Steinhardt, M.A. Seven habits of highly effective people. Six-hour workshop presented to the Football Staff, Department of Intercollegiate Athletics for Men, Omni Hotel, The University of Texas, August 1997.
95. Steinhardt, M.A. Principle-centered leadership. Three-day workshop sponsored by the Office of Human Resources, John Hargress Building, The University of Texas, May 1996.
96. Steinhardt, M.A. Seven habits of highly effective people. Three-day workshop sponsored by the Office of Human Resources, John Hargress Building, The University of Texas, June and December 1995.