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Austin College
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Renee A. Countryman, Ph.D.

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Curriculum Vitae

Research Interests

The formation and expression of long-term memory involves a dynamic interplay between behavior, gene products, synapses, cells, networks, and systems. How this interplay changes with behavioral modification my primary research focus. The long-term goals of my rodent research program are to provide a more complete understanding of: (i) the behavioral and cellular effects of treatment with diet modification; (ii) the behavioral and cognitive effects of nootropics in healthy rodents and rodent models of aging; and (iii) the effects of strength conditioning on learning and memory in rodents. To achieve these goals, my research involves multiple disciplines including behavioral-, systems-, and molecular neuroscience.

A second line of research that I am engaged in is within the realm of biomarkers associated with human behavior. Which biomarkers are we able to measure effectively in saliva? How are these biomarkers related to a wide range of factors including but not limited to parenting, sexuality, psychological disorders, personality, exercise, and concussions?

Education

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| Ph.D. in Physiological Psychology
Tulane University; New Orleans, LA
Dissertation: <i>Relationships Between c-Fos and CREB in Cortical and Subcortical Brain Regions During Acquisition and Recall of Socially Transmitted Food Preferences.</i>
Advisor: Paul J. Colombo | 2000-2004 |
| M.S. in Experimental Psychology
Western Illinois University; Macomb, IL
Thesis: <i>Behavioral Effects of Prenatal Exposure to the Selective Serotonin Reuptake Inhibitor (SSRI) Fluoxetine Hydrochloride (Prozac).</i>
Advisor: Russell E. Morgan | 1998-2000 |
| B.S. in Psychology; Western Illinois University | 1995-1997 |
| A.S. in Psychology; Carl Sandburg College | 1992-1994 |

Teaching/Academic Experience

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|---|--------------------------|
| Associate Professor of Psychology | 08/2013 – Present |
| Assistant Professor of Psychology
Austin College, Sherman, TX. <i>Courses:</i> PSY 101 General Psychology, PSY 201 Research Methods with Lab, PSY 215 Behavioral Neuroscience, PSY 265 Human Sexuality, PSY 250/350 Cognitive Development, PSY 314 Psychopharmacology, PSY 315 Advanced Behavioral Neuroscience with Lab, PSY 350 Human Memory with Lab, PSY 350 Behavioral Neuroendocrinology, PSY 416 Neuroscience of Learning & Memory, PSY 451 Clinical Neuroscience, | 08/2008-08/2013 |

PSY 491/495 Psychology Honor's Thesis, SCI 201 Evolution and Behavior, Freshman Seminar with rotating topic, Jan Term with rotating topic.

Visiting Assistant Professor **08/2006 – 07/2008**

Department of Psychology, Illinois Wesleyan University, Bloomington, IL.
Courses: General Psychology, Behavioral Neuroscience, Stress, Brain, and Body, Cognitive Psychology, Motivation & Emotion, Psychopharmacology.

Postdoctoral Research Associate **07/2004 – 08/2006**

Department of Psychology, Neuroscience Program; University of Illinois at Urbana-Champaign; Champaign, IL. *Mentor:* Paul. E. Gold, Ph.D.

Adjunct Professor **01/2006 – 05/2006**

Department of Psychology; Illinois Wesleyan University, Bloomington, IL.
Courses: General Psychology.

Teaching Assistant/Instructor. Department of Psychology; Tulane University; New Orleans, LA. *Courses:* Biopsychology Lab, Psychopharmacology Lab, Brain & Behavior. Fall 03', 02', 01' and Spring 02' 01'

Research Assistant. Department of Psychology; Tulane University; New Orleans, LA. *Mentor:* Paul J. Colombo. Spring 04', 03' and Fall 00'.

Instructor **01/2000 – 08/2000**

Carl Sandburg College; Carthage, IL. *Courses:* Introduction to Psychology.

Graduate Assistant. Department of Psychology, Western Illinois University; Macomb, IL. *Mentor:* Russell E. Morgan. 98-00

Professional Leadership

Director of Center for Research, Experiential, Artistic & Transformative Education (CREATE). 08/21 – Present. Coordinate the funding of undergraduate research. Organize all scholarly efforts across campus into one umbrella committee. Lead educational sessions on research across disciplines.

Coordinator Southwestern Teaching of Psychology (SWToP) Chapter. 08/20-Present. Organize the annual conference for the Teaching of Psychology in the southwest. Coordinate invited speakers, assign conference submissions to peer reviewers, organize sessions for the annual conference, lead a steering committee to act in the interest of the teaching of psychology.

Coordinator Austin College Student Scholarship Conference (ACSC). 08/17-Present. Plan all phases of the annual scholarship conference on campus using a predefined budget, supervise intern and administrative staff, lead weekly meetings with associate coordinator and staff. Lead monthly meetings with the ACSC committee, and work across disciplines to highlight all forms of scholarship from fine arts to science by our students.

Neuroscience Program Director. 08/17 – Present. In charge of mentoring and advising students minoring in neuroscience, collecting data for assessment purposes, and annual reports to the administration.

Neuroscience Program Co-Director. 05/14-08/17. Worked with faculty to establish a neuroscience minor on campus beginning 08/14. In charge of mentoring and advising students minoring in neuroscience, collecting data for assessment purposes, and annual reports to the administration.

Psychology Department Chair. 08/13-06/18. Mentor junior faculty members within department, advising students majoring and minoring in psychology, maintain departmental budget, supervise student workers and animal caretakers, complete annual reports, track data for assessment within the program, conduct meetings with department, serve as first line contact between administration and

departmental faculty, advocate for department needs and faculty, and track alumni for departmental profile information. Major Accomplishments: worked with administration to build a research computer lab for the department, remodeled existing laboratory space to potentially house a cognitive neuroscientist, and successfully ran multiple tenure-track and visiting professor searches.

General Academic Service

Faculty Executive Committee (FEC). 02/20-06/20; 02/21-Present. Serve as a representative to for the faculty to the VPAA, President, and Board of Trustees. Meet weekly to address faculty concerns of governance and representation.

Incoming Coordinator Southwestern Teaching of Psychology (SWToP) Chapter. 08/19-05/20. Worked with the Coordinator of SWToP to learn the general obligations of being coordinator.

Marshal. 05/19 – Present. I proudly wear the title of Senior Wrangler! I line up the seniors for Opening Convocation, Honor's Convocation, and Graduation each year.

Brain Bowl. 03/2019. Took Austin College students majoring and minoring in neuroscience to compete at the Annual Brain Bowl event at the University of Texas – San Antonio Health Sciences Center. A team of 5 undergraduates competed against students from 3 other Texas institutions.

SWToP Steering Committee. 2018-Present. Serve as a reviewer of conference submissions for the annual SWToP (Southwest Teaching of Psychology) conference, attend annual meeting, moderate sessions as requested, and help select invited speakers.

External Review. 04/2017. Reviewed the Psychology and Neuroscience Program at St. Edwards University. Performed an onsite visit with the faculty. Interviewed all department members to learn about programmatic needs and interests. Worked with department to prioritize suggestions to their administration. Submitted a formal report to the administration at St. Edwards University.

Lifetime Sports Yoga Instructor. 01/17 – Present. I donate my time to teach one section of Yoga each semester (excluding fa20, sp21) within the lifetime sports program at Austin College. My class teaches ~30 students each semester for 80 minutes twice a week. I consider this service as it is uncompensated work that enhances the experiences of our students.

Wellness Program Yoga Instructor. 08/16 – Present. I work with the wellness program on campus to offer free yoga classes to faculty and staff during the academic year. I earned my yoga teaching certificate during my 1st sabbatical and am committed to sharing the benefits of yoga to the employees of Austin College. I teach multiple yoga classes each week during the academic year.

Institutional Animal Care and Use Committee Member. 08/16-Present. Work with fellow IACUC members to approve protocols, conduct inspections of animal facilities, and maintain training of students and relevant faculty for animal research.

Co-Coordinator Austin College Student Scholarship Conference (ACSC). 08/16-05/17. Plan all phases of the annual scholarship conference on campus using a predefined budget, supervise work-study student and administrative staff, lead monthly meetings with the ACSC committee, and work with across disciplines to highlight all forms of scholarship from fine arts to science by our students.

Writing Skills Task Force Committee Member. 01/15 – 05/16. I worked with fellow committee members to assess our current writing requirements at Austin College, collected and analyzed relevant data from multiple perspectives, and worked to give suggestions to the administration regarding changes to writing requirements that are now being implemented into our curriculum.

Public Health Steering Committee. 08/14-08/16. Worked with other faculty members to design and implement the interdisciplinary major and minor in public health.

Undergraduate Research Committee Member. 05/14-01/16. I work with fellow committee members to examine the undergraduate research opportunities at Austin College. Our task force and subsequent committee lead to the creation of a centralized place for students and faculty to discuss, fund, and understand research and scholarship at an undergraduate institution, CREATE.

Austin College Student Scholarship Conference Committee Member. 08/12-08/16. We work as a committee to organize and run the annual student scholarship conference for our students. I am one of the initial members of this committee and founders of the student scholarship conference for our students.

Student Conduct Council. 08/11-12/15. Served as a committee member who made recommendations for sanctions following student conduct hearings. Cases were usually related to either physical assault or sexual assault.

Cognitive Science. 08/09-05/19. Work with the cognitive science committee for education assessment and to examine course offerings.

Mellon Course Partnership Committee Member. 08/09 – 05/13. I worked with fellow committee members to review applications for grants to teach partnered courses under the Mellon Foundation.

Center for Liberal Arts Teaching & Scholarship Committee Member. 08/09 – 05/11. I was an active member in the committee which is designed to give fellow faculty and students a resource to strengthen their knowledge of expertise with the liberal arts educational system.

Ad Hoc Reviewer. *Neurobiology of Learning & Memory, PLOS One*

Student Mentoring

Honor's Thesis Advisor. *Department of Psychology, Austin College.* I have served as the head of numerous honor's theses and as a committee member on a number of other honor's theses since arriving at Austin College. MacKenzie Bolen (University of Florida, Biomedical Sciences– Neuroscience, Ph.D.) and Megan Goyal (McGovern Medical School, M.D.) 2021; Aimee Hardy (University of North Carolina, Charlotte, Health and Clinical Psychology Ph.D.) 2019; Nick Pernik (UT Southwestern, M.D.), Rebekah Urban (TWU; OSU – Counseling Psychology, M.A.; Ph.D.), and Kylie Menocal (Public Health) 2018; Nick Cunningham (Tufts University, M.D.) and Roxanne Crouch (Syracuse University, Neurobiology, Ph.D. Program), 2015; Lauren Bolden (University of Alabama Birmingham, Clinical Neuropsychology, Ph.D.), Eric Schuppe (Wake Forest University, Neurobiology, Ph.D.), and Carina Parikh (National University of Natural Medicine, Nutrition; M.S.), 2013; Josh Foster (The Ohio State University, Neuroscience, Ph.D.) and Kate Wofford (Drexel University, Biomedical Engineering, Ph.D.)

Senior Thesis Advisor. *Department of Psychology, Austin College.* I have advised a number of students on their senior research projects since my arrival at Austin

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College. Madeleine Reinhardt (Cleveland State University, Clinical Psychology, M.A.) 2021, Isabella Kackley (AOMA, Integrative Medicine, M.A.) 2018; Shahera Ranjha (Western Illinois University, Clinical Psychology M.A.) 2017; Sam Duesman (University of Alabama Birmingham, Neuroscience, Ph.D.) 2013; Diana Hobbs (University of New Orleans, Biological Psychology, Ph.D.) 2012; Tres Ellis (UT-Dallas, Neuroscience, M.S.) and Lauren Harrison (Eastern Michigan U, Clinical Psychology, Ph.D.) 2011.

Independent Research Advisor. *Department of Psychology, Austin College.* I regularly advise advanced students on independent research projects that do not constitute the title of thesis project.

Senior Thesis Advisor. *Department of Psychology, Illinois Wesleyan University.* I advised two students during the 2007-2008 academic year (A. Tharp and J. Schnupp) and served as the thesis advisor for M. Opal during the 2006-2007 academic year.

Research Advisor. *Department of Psychology, Illinois Wesleyan University.* I advised a junior (I. Mobley) in a research project that examined the effects of positive and negative odors on ratings of attractiveness and the role of context in memory strength during the 2007-2008 academic year.

Senior Thesis Advisor. *Department of Psychology; Department of Biology – Molecular and Cellular Biology Program, University of Illinois, Champaign, IL.* I was the advisor for three senior thesis projects while at UI. One in the biology department (A. G. Florek) and two in the psychology department (D. Dukala and C. Kowalczyk).

Honor's Thesis Advisor. *Department of Psychology; Neuroscience Program; Cellular and Molecular Biology Program, Tulane University; New Orleans, LA.* While at Tulane University, I advised four students on their senior thesis projects. One in psychology (L. Sahuque), one in cellular and molecular biology (M. Flournoy), and two in the neuroscience program (N. Kaban and C. Smith).

Student Organization Involvement

Phi Kappa Omega Sponsor. 08/12 – Present. I serve as co-sponsor for the service fraternity.

Men's Lacrosse Club. 02/12 – 05/14.

GSA Sponsor. 08/10-Present. I serve as co-sponsor for the gender-sexuality alliance social group.

Psychology Club Sponsor. 08/10 – 08/13.

Theta Sigma Chi Sponsor. 08/09 – 08/12. I served as co-sponsor for the service sorority.

Psi Chi Co-Advisor. I was the advisor for Illinois Wesleyan University's Psi Chi Society for the 07'-08' academic year. During my time as co-advisor, we held two inductions and organized and prepared a number of social events. We held a large fundraiser for the McLean County Autism Society and organized the mental health awareness week.

Publications (Reverse Order)

*undergraduate researchers are indicated in **Bold**

- Urban, R. E.** & Countryman, R.A. (*submitted for publication 2021*). Secondary Traumatic Stress and Personal Distress in Clinicians: A Brief Report. *Professional Psychology: Research and Practice*
- Reinhardt, M.**, Findley, M.B., & Countryman, R.A. (2021). Policy liberalism and source of news predict pandemic-related health behaviors and trust in the scientific community. *PLoS ONE*, *16* (6), e0252670. <https://doi.org/10.1371/journal.pone.0252670>.
- Gold, P.E.; Countryman, R.A.; **Dukala, D.**; & Chang, Q. (2011). Acetylcholine release in the hippocampus and prefrontal cortex during acquisition of a socially transmitted food preference. *Neurobiology of Learning and Memory*, *96*,498-503.
- Countryman, R.A. & Gold P.E. (2007). Rapid forgetting of social transmission of food preferences in aged rats: Relationship to hippocampal CREB activation. *Learning & Memory*, *14*, 350-358.
- Smith, C. A.**; Countryman, R. A.; **Sahuque, L. L.**; & Colombo, P. J. (2007). Time-course of Fos expression in rat hippocampus and neocortex following acquisition and recall of a socially transmitted food preference. *Neurobiology of Learning & Memory*, *88*, 65-74.
- Countryman, R. A.; **Kaban, N. L.**; & Colombo, P. J. (2005). Hippocampal c-fos is necessary for long-term memory of a socially transmitted food preference. *Neurobiology of Learning & Memory*, *84*, 175-183.
- Countryman, R.A.; **Orlowski, J. D.**; Brightwell, J. J.; Oskowitz, A. Z.; & Colombo, P.J. (2005). CREB phosphorylation and c-Fos expression in the hippocampus of rats during acquisition and recall of a socially transmitted food preference. *Hippocampus*, *15*, 56-67.
- Brightwell, J. J.; **Smith, C. A.**; Countryman, R. A.; Neve, R. L.; & Colombo, P. J.(2005). Hippocampal overexpression of mutant CREB blocks long-term, but not short-term memory for a socially transmitted food preference. *Learning and Memory*, *12*, 12-17.
- Colombo, P.J.; Brightwell, J.J.; & Countryman, R.A. (2003). Cognitive Strategy-Specific Increases in Phosphorylated cAMP Response Element-Binding Protein and c-Fos in the Hippocampus and Dorsal Striatum. *Journal of Neuroscience*, *23*, 3547-3554.

Manuscripts in Preparation

*undergraduate researchers are indicated in **Bold**

- Pernick, M.N.**; **Kackley, I.**; & **Countryman, R.A.** Effects of long-term Amoxicillin treatment on memory and anxiety-like behavior in Long-Evans rats.
- Crouch, R.**; **Cunningham, N.**; & Countryman, R.A. Effects of appetitive resistance training on anxiety in male Long-Evans rats.
- Countryman, R.A. Hickeys as a form of territory marking.
- Schuppe, E.R.** & Countryman, R.A. Sexual fantasies, sexual encounters, and lenient sexual attitudes increase with infertile partners. *Submitting to Evolution & Behavior*.

Ellis, J.P.; Schuppe, E. & Countryman, R.A. Pregnant Females Prefer Masculine Faces more than Non-Pregnant Non-Ovulating Females.

**Conference
Presentations
(Reverse Order)**

*undergraduate researchers are indicated in **Bold**

****also presented at the annual Austin College Student Scholarship Conference**

Anderson, A.; Waldie, E.; Fagen, S. & Countryman, R.A. (2021). FoMO and social media use and their impacts on college students. *Southwestern Psychological Association*, San Antonio, TX April 8-10. **

Campos A.M. & Countryman, R.A. (2021). Are you lonely? Factors that predict loneliness in undergraduates. *Southwestern Psychological Association*, San Antonio, TX April 8-10. **

Reinhardt, M.L.; Findley, M.B.; & Countryman, R.A. (2021). Policy liberalism and COVID-19. *Southwestern Psychological Association*, San Antonio, TX April 8-10. **

Bolen, M. & Countryman, R.A. (2021). S100B and tau as salivary biomarkers of mTRI and subconcussive blows in asymptomatic division III football players. *Austin College Student Scholarship Conference*, Sherman, TX March 18-20.

Goyal, M. & Countryman, R.A. (2021). The effects of nature walking versus urban walking on salivary stress markers alpha amylase and immunoglobulin A in college students. *Austin College Student Scholarship Conference*, Sherman, TX March 18-20.

Bolen, M. & Countryman, R.A. (2020). The crux of concussion reporting: Sub-concussive blows and player/coach relationships. *Austin College Student Scholarship Conference*, Sherman, TX March 20-21.

Kelley, K.; Martz, B.; Sit, S.; & Countryman, R.A. (2020). Predictors of academic performance and stress at Austin College. *Austin College Student Scholarship Conference*, Sherman, TX March 20-21.

Marrs, K.; White, R.; Elliot, A.; Collins, E.; & Countryman, R.A. (2020). Undergraduates' gratitude toward cafeteria food based on SES and ethnicity. *Austin College Student Scholarship Conference*, Sherman, TX March 20-21.

Zumwalt, M.; Reyes, A.; Lopez, M.; & Countryman, R.A. (2020). Childhood trauma and neuroticism are not predictors of substance use in college students. *Austin College Student Scholarship Conference*, Sherman, TX March 20-21.

Hardy, A. & Countryman, R.A. (2019). Autonomous and controlled motivation for eating disorder recovery. *Austin College Student Scholarship Conference*, Sherman, TX March 22-23, 2019.

Spurgin, T.; Kuppurajan, V.; & Countryman, R.A. (2018). Motivating factors of hickey behavior in college relationships. *Austin College Student Scholarship Conference*, Sherman, TX March 23-24.

Urban, R. & Countryman, R.A. (2018) Cost of caring?: Burnout, secondary traumatic stress, and empathic response in clinicians. *Austin College Student Scholarship Conference*, Sherman, TX March 23-24.

Menocal, K. & Countryman, R.A. (2018). Efficacy of Chronic Disease Self-Management Education in Improving Quality of Life. *Southwestern Psychological Association*, Houston, TX April 13-15.**

Pernik, M.; Kackley, I.; & Countryman, R.A. (2018). Antibiotic-Induced Gut

Dysbiosis: Impacts on Behavior and The Hippocampus. *Southwestern Psychological Association*, Houston, TX April 13-15.**

- Ranjha, S.T.; Pernik, M.N.; Garza, J.A.;** & Countryman R.A. (2017) Is L-alpha-glycerophosphocholine an effective enhancer of memory in healthy male Long-Evans rats? *Southwestern Psychological Association*, San Antonio, TX, March 31-April 2.**
- Ross, J.** & Countryman, R.A. (2016). Perceptions of hickies by college students: Territory marking or social behaviors indicator? *Southwestern Psychological Association*, Dallas, TX, April 8-10.**
- Countryman, R.A.; **Crouch, R.C.;** & **Cunningham, N.O.V.** (2015). Appetitive resistance training protocol has an anxiolytic effect on male, Long-Evans rats. *Society for Neuroscience*. Chicago, IL, October 17-21.
- Countryman, R.A. (2015). Love bites: exploring hickies as a form of territory marking. *Southwestern Psychological Association*, Wichita, KS, April 9-12.
- Crouch, R.C.;** **Cunningham, N.O.V.;** & Countryman, R. A. (2015). Appetitive resistance training protocol for rats increases muscle mass. *Southwestern Psychological Association*, Wichita, KS, April 9-12.**
- Cunningham, N.O.V.;** **Crouch, R.C.;** & Countryman, R.A. (2015). Resistance training has an anxiolytic effect on male Long-Evans rats. *Southwestern Psychological Association*, Wichita, KS, April 9-12.**
- Bolden, L.B.;** **Parikh, C.;** **Duesman, S.;** & Countryman, R.A. (2013). The effect of green tea on memory. *Southwestern Psychological Association*. Ft. Worth, TX, April 5-7, 2013.**
- Crouch, R.C.;** **Cohn, M.E.;** **Burnett, B.J.;** & Countryman, R.A. (2013). The presence of gender biases in college students' evaluations of potential professors. *Southwestern Psychological Association*. Ft. Worth, TX, April 5-7, 2013.
- Russell, W. M.;** **Wilson, J.;** & Countryman, R.A. (2013). Effect of fMRI scans on perceptions of homosexuality. *Southwestern Psychological Association*. Ft. Worth, TX, April 5-7, 2013.
- Phillips, S.;** **Schuppe, E.R.;** **Conrad, A.A** & Countryman, R.A. (2013). Territory marking: hickies and how the behavior relates to dominance & insecurity. *Southwestern Psychological Association*. Ft. Worth, TX, April 5-7, 2013.
- Schuppe, E. R.** & Countryman, R.A. (2013). Testosterone reactivity in fathers following an acute stressor. *Austin College Student Scholarship Conference*, Sherman, TX March 1, 2013.
- Jamshidi, R.;** **Calderilla, D.;** **Elliot, M.;** **Garza-Gonzalez, D.** & Countryman, R.A. (2013). Immediate impact of television on executive function. *Austin College Student Scholarship Conference*, Sherman, TX March 1, 2013.
- Crouch, R.C.;** **Cohn, M.E.;** **Burnett, B.J.;** & Countryman, R.A. (2013). The presence of gender biases in college students' evaluations of potential professors. *Austin College Student Scholarship Conference*, Sherman, TX March 1, 2013.
- Russell, W. M.;** **Wilson, J.;** **Smith, W.;** & Countryman, R.A. (2013). Effect of fMRI scans on perceptions of homosexuality. *Austin College Student Scholarship Conference*, Sherman, TX March 1, 2013.
- Phillips, S.;** **Schuppe, E.R.;** **Conrad, A.A** & Countryman, R.A. (2013). Territory marking: hickies and how the behavior relates to dominance & insecurity. *Austin College Student Scholarship Conference*, Sherman, TX March 1,

2013.

- Wofford, K.; Foster, J.B.; & Countryman, R.A.** (2012). Nonstimulant ADHD treatments result in conditioned place preference and alter IEG expression. *Southwestern Psychological Association*, Oklahoma City, OK April 12-14, 2012.
- Phillips, S.; Fidel, A.R.; Reznicek, L.; D'Amore, K.; & Countryman, R.A.** (2012). I'm Marking My Territory: Perceptions of Hickeys among College Students. *Southwestern Psychological Association*, Oklahoma City, OK April 12-14, 2012.
- Schuppe, E.R.; Briscoe, V.; & Countryman, R.A.** (2012). Sexual fantasies, sexual encounters, and lenient sexual attitudes increase with infertile partners. *Southwestern Psychological Association*, Oklahoma City, OK April 12-14, 2012.
- Hobbs, D.; Daughtrey, M.K.; & Countryman, R.A.** (2012). Put the scissors and straighteners away: men prefer long, curly hair. *Southwestern Psychological Association*, Oklahoma City, OK April 12-14, 2012.
- Brogan, M.; Navarrete, C.; Villanueva, J.; Song, J.; & Countryman, R.A.** (2011). Texting While Completing an Obstacle Course Impairs Performance. *Southwestern Psychological Association*, San Antonio, TX April 7-9, 2011.
- Ellis, J.P.; Schuppe, E.; & Countryman R.A.** (2011). Pregnant Females Prefer Masculine Faces more than Non-Pregnant Non-Ovulating Females. *Southwestern Psychological Association*, San Antonio, TX April 7-9, 2011.
- Harrison, L. & Countryman, R.A.** (2011). Stress Does Not Increase False Memory Formation but Time Does. *Southwestern Psychological Association*, San Antonio, TX April 7-9, 2011.
- Reynolds, C.P. & Countryman, R.A.** (2011). Increased Detail for Sad Flashbulb Memories in Comparison to Happy Flashbulb Memories. *Southwestern Psychological Association*, San Antonio, TX April 7-9, 2011.
- Harrison, L. & Countryman, R.A.** (2010). The Effects of stress on female stress and emotion. *Southwestern Psychological Association*, Dallas, TX. April 8-10, 2010.
- Tharp, A. P. & Countryman, R. A.** (2008). The effects of the norepinephrine reuptake inhibitor, guanfacine on scopolamine-induced memory impairment: an exploration of possible treatment for aged-associated cognitive decline and Alzheimer's memory type deficits. *Midwestern Psychological Association*, Chicago, IL. May 1-3, 2008.
- Schnupp, J.; Dougan, J.; & Countryman, R. A.** (2008). Behavioral responses to predictable and unpredictable competitors and c-Fos expression in the amygdala and nucleus accumbens. *John Wesley Powell Research Conference*, IWU, Bloomington, IL. April 12, 2008.
- Tharp, A. P. & Countryman, R. A.** (2008). The effects of the norepinephrine agonist guanfacine, on scopolamine-induced memory impairments in the rat. *John Wesley Powell Research Conference*, IWU, Bloomington, IL. April 12, 2008.
- Mobley, I. & Countryman, R. A.** (2008). Attractiveness, odor influences, and context-dependent memory. *John Wesley Powell Research Conference*, IWU, Bloomington, IL. April 12, 2008.
- Opal, M. & Countryman, R. A.** (2007). Guanfacine improves mnemonic processing

following lesion to rat medial septum: a novel treatment approach to Alzheimer's memory type deficits. *Midwestern Psychological Association*, Chicago, IL. May 3-5, 2007.

- Opal, M.** & Countryman, R. A. (2007). Guanfacine improves mnemonic processing following lesion to rat medial septum: a novel treatment approach to Alzheimer's memory type deficits. *Association for Psychological Science (APS)*, Washington D. C. May 26, 2007.
- Countryman, R. A.; **Dukala, D.**; Chang, Q.; & Gold, P. E. (2006). Acetylcholine release in the hippocampus during acquisition of a socially transmitted food preference. *Soc. Neurosci. Abstr., Program No 575.2*. CD-ROM 2006.
- Kowalczyk, C.**; Countryman, R. A.; & Gold, P. E. (2006). Learning strategies and brain pCREB levels in mice. *Chicago Society for Neuroscience*, Chicago, IL. March 3, 2006.
- Dukala, D.**; Countryman, R. A.; & Gold, P. E. (2006). Strain differences in food preferences and eating. *Chicago Society for Neuroscience*, Chicago, IL. March 3, 2006.
- Countryman, R. A. & Gold, P. E. (2006). Decreases in CREB and pCREB in aged rats. *Chicago Society for Neuroscience*, Chicago, IL. March 3, 2006.
- Countryman, R.A.; Quisenberry, A.J. **Campbell, J.M.**; Morgan, R.E.; & Gold, P.E. (2006). Not all strains are equal: differences in innate food preference and food eating behavior between rat strains. *Midwestern Psychological Association*, Chicago, IL May 4-6, 2006.
- Countryman, R.A. & Gold, P.E. (2005). Region-Specific Decreases in CREB and pCREB in Hippocampus of Aged Rats after Learning a Socially Transmitted Food Preference. *Soc. Neurosci. Abstr., Program No 199.6*. CD-ROM 2005.
- Countryman, R.A.; **Kaban, N.L.**; & Colombo, P.J. (2004). Hippocampal c-Fos is necessary for long-term memory of a socially transmitted food preference. *Soc. Neurosci. Abstr., Program No 896.2*. CD-ROM 2004.
- Pillai, S.; Countryman, R.A.; Brightwell, J.B.; & Colombo, P.J. (2004). Adoption of a response strategy in the cross maze is associated with increased hippocampal calcineurin levels. *Soc. Neurosci. Abstr., Program No 896.4*. CD-ROM 2004.
- Orlowski, J.D.**; Countryman, R.A.; & Colombo, P.J. (2004). c-Fos and pCREB expression in the dorsal striatum and hippocampus are associated with cue, but not place, learning in the water maze. *Soc. Neurosci. Abstr., Program No 896.1*. CD-ROM 2004.
- Countryman, R.A.; **Sahuque, L.L.**; **Smith, C.A.**; **Shukla, S.J.**; & Colombo, P.J. (2003). C-Fos is expressed in cortical brain regions of rats differentially after acquisition and recall of a socially transmitted food preference. *Soc. Neurosci. Abstr., Program No 88.1*. CD-ROM 2003.
- Orlowski, J.D.**; Countryman, R.A.; & Colombo, P.J. (2003). Cue, but not place, learning induces c-Fos expression in the dorsal striatum and hippocampus of rats. *Soc. Neurosci. Abstr., Program No 88.2*. CD-ROM 2003.
- Colombo, P.J.; Brightwell, J.J.; & Countryman, R.A. (2003). CREB phosphorylation is increased in the ventral hippocampus during acquisition and recall of socially transmitted food preferences. *Soc. Neurosci. Abstr., Program No 88.3*. CD-ROM 2003.
- Brightwell, J.J.; Countryman, R.A.; & Colombo, P.J. (2003). Cognitive strategy-

specific increases in phosphorylated CREB and c-Fos in the hippocampus and neostriatum. Poster presentation at the annual conference on Learning and Memory, Cold Spring Harbor, NY.

- Countryman, R.A.; **Sahuque, L.L.**; & Colombo, P.J. (2003). Increased expression of c-Fos in the orbitofrontal cortex and hippocampus during acquisition and recall of the social transmission of food preference task. Oral Presentation at the 27th annual Winter Conference on the Neurobiology of Learning and Memory, Park City, UT.
- Countryman, R.A. & Colombo, P.J. (2002). Hippocampal c-Fos is expressed in rats during both acquisition and recall of the social transmission of a food preference. *Soc. Neurosci. Abstr., Program No 479.2*. CD-ROM 2002.
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- Morgan, R.E.; Countryman, R.A.; Morrell, D.J.; **Crowley, J.**; **Dopheide, M.**; & **Kliesewicz, R.** (2002). Prenatal fluoxetine (Prozac) exposure: an emerging cognitive profile. Poster presentation at the seventy-fourth annual meeting of the *Midwestern Psychological Association*, Chicago, IL.
- Colombo, P.J.; Brightwell, J.J.; & Countryman, R.A. Department of Psychology; Neuroscience Program, Tulane University, New Orleans, LA. Levels of phosphorylated CREB in the dorsolateral striatum distinguish place and response learners. Poster presentation at the Seventh Conference on the *Neurobiology of Learning and Memory*, Irvine, CA., November, 2001.
- Countryman, R.A.; **Orlowski, J. D.**; & Colombo, P.J. Psychology Department, Tulane University, New Orleans, LA. Hippocampal c-Fos expression is increased in rats that acquire a food preference socially. Poster presentation at the annual meeting of the *Society for Neuroscience*, San Diego, CA., November, 2001.
- Morrell, D.J.; Countryman, R.A. & Morgan, R.E. Psychology Department, Western Illinois University, Macomb, IL. Enduring effects of pre- and post-natal fluoxetine exposure on sustained attention. Poster presentation at the annual meeting of the *Neurobehavioral Teratology Society*, Montreal, Canada, June, 2001.
- Crowley, J.M.**; **Dopheide, M.**; Countryman, R.A.; Morrell, D.J.; & Morgan, R.E. Psychology Department, Western Illinois University, Macomb, IL. Early developmental exposure to fluoxetine (Prozac): enduring effects on learning, memory, and aggression. Poster presentation at the annual meeting of the *Neurobehavioral Teratology Society*, Montreal, Canada, June, 2001.
- Countryman, R.A.; **Harris, M.A.**; Morrell, D.J.; & Morgan, R.E. Effects of fluoxetine exposure initiated prior to gestation on developmental and behavioral measures. Poster presentation at the Annual Meeting of the *Neurobehavioral Teratology Society*, West Palm Beach, FL, June, 24-29,

2000.

- Countryman, R.A.; **Harris, M.A.**; & Morgan, R.E. Effects of oxybutynin hydrochloride on working memory in the radial-arm maze. Oral presentation at the seventy-second Annual Meeting of the *Midwestern Psychological Association*, Chicago, IL May 4-6, 2000.
- Countryman, R.A. & Piasecki, R. Predicting stress reactivity in U.S. Army reservists: an examination of coping mechanisms, personality variables, and unit cohesion. Poster presentation at the seventy-second Annual Meeting of the *Midwestern Psychological Association*, Chicago, IL May 4-6, 2000.
- Lifka, A.M. & Countryman, R.A. Effects of self-relevant feedback on reaction to rejection. Poster presentation at the seventy-second Annual Meeting of the *Midwestern Psychological Association*, Chicago, IL May 4-6, 2000.
- Morgan, R.E. & Countryman, R.A. Anti-cholinergics used to treat incontinence influence working memory capacity: dose-dependent impairment and reversal following glucose administration. Poster presentation at the 10th Annual Meeting of the *International Behavioral Neuroscience Society*, Denver, CO., April 6-9, 2000.
- Countryman, R.A.; Piasecki, R.; & **Butler, D.A.** Effects of unit cohesion on perceived stress in Army reservists. Poster presentation at the Annual Meeting of the *Southeastern Psychological Association*, New Orleans, LA April, 2000.

Grants and Awards

- Richardson Chair for the Center for Research, Experiential, Artistic, & Transformative Education, April, 2021.
- The Roy F. Melugin, Jr. Award for Outstanding Service in the Social Sciences, May, 2019.
- Cullen & Richardson Award, Austin College, September, 2015. \$1,606.00 for conference travel.
- The Roy F. Melugin, Jr. Award for Outstanding Teaching in the Social Sciences, May, 2013
- Cullen Grant, Austin College, March, 2012, \$527.00 for conference travel.
- Cullen Grant, Austin College, September, 2011, \$2,000.00 for honor's thesis research
- Outstanding Faculty Member Award, May, 2011 from the Austin College Greek Life
- Student Travel Grant, Austin College, March, 2011, \$1,161.00 for student conference participation
- Cullen Grant, Austin College, March, 2011, \$1,415.00 for conference travel
- Richardson Grant, Austin College, January, 2010, \$2,500.00 for laboratory items
- Cullen Grant, Austin College, September, 2008, \$1,898.00 for the purchase of human brains
- Robert E. Flowerree Fellowship, Tulane University, Summer 2003

- Travel Award, Greater New Orleans Society for Neuroscience, Spring 2002
- Robert E. Flowerree Fellowship, Tulane University, Summer 2001

Society Memberships

- Member – Southwest Teaching of Psychology, 2019 to present
- Member – Southwestern Psychological Association, 2009 to present
- Member – Association for Psychological Science, 2008 to 2010
- Member - Faculty for Undergraduate Neuroscience, 2005 to 2009; 2012-2016; 2021-present
- Member - Society for Neuroscience, 2000 to 2007; 2012-present

Invited Talks and Colloquiums

Austin College, Sherman TX. *Getting the Most out of a Virtual Conference*. Invited Panelist for the Johnson Center for Teaching Excellence. March 11, 2021.

Austin College, Sherman TX. *Building a Professional Network Post-Tenure*. Invited Panelist for the Johnson Center for Teaching Excellence. March 4, 2021.

Austin College, Sherman TX. *Mentoring Research Students Effectively in a Pandemic*. Invited Panelist for the Johnson Center for Teaching Excellence. September 27, 2020.

Austin College, Sherman TX. *Self-Care during the Time of COVID*. Invited Speaker for the Johnson Center for Teaching Excellence. August 27, 2020.

Austin College, Sherman, TX. *From Rats to Reality*. Invited Speaker for the McKinney Gifted and Talented Middle School Program. October, 2019.

Austin College, Sherman, TX. *Student & Faculty Mental Health and Well-Being*. Invited Workshop organized for Workshop Week. August, 2019.

Austin College, Sherman, TX. *From Rats to Reality*. Invited Speaker for the McKinney Gifted and Talented Middle School Program. October, 2018.

Austin College, Sherman, TX. *Safe Sex*. Invited Speaker for Austin College Gender Sexuality Alliance (GSA) Organization. September 27, 2018.

Austin College, Sherman TX. *Children, Adolescents, or Adults: How Do We Treat our Students?* Invited Panelist for the Johnson Center for Teaching Excellence. August 23, 2018.

Austin College, Sherman TX. *First-Gen Students, Now Austin College Faculty*. Invited Panelist for the Johnson Center for Teaching Excellence. April

13, 2018.

Austin College, Sherman, TX. *Changing your Habits*. Invited Workshop for the Wellness Program. Spring 2018.

Austin College, Sherman, TX. *Unexpected Directions: How a Personal Adventure in Yoga Found its way into the Classroom*. Invited Speaker for the Johnson Center for Teaching Excellence Sabbatical Series. Sept. 27, 2017.

Western Illinois University, Macomb, IL. *Love Bites: Exploring Hickeys as a Form of Territory Marking*. Invited Speaker for the Psychology Department's Colloquium Series. March 25, 2016.

Austin College, Sherman, TX. *Love Bites: Exploring Hickeys as a Form of Territory Marking*. Invited Speaker for the Johnson Center for Teaching Excellence. March 2014.

Austin College, Sherman, TX. *Healthy Aging for the Mind and Body*. Invited Speaker for the Austin College Wellness Program. Fall, 2013.

Austin College, Sherman, TX. *Study Drugs and the Unfair Advantage*. Invited Speaker through Student Life for Freshmen. September 30, 2013.

Austin College, Sherman, TX. *Biology & Homosexuality: Maybe I was Born this Gay*. Invited Speaker for the GSA annual education lecture. April 25, 2013.

Austin College, Sherman, TX. *Roos Get Your Snooze On*. Annual Talk to Residence Life Workers. Fall Orientation Annually 2012 – 2016.

University of Texas – Dallas, Dallas, TX. *A Different Kind of Ivory Tower: Appealing to the Culture Beyond R1 Institutions & Conducting Research on a Shoestring Budget*. Invited speaker for the Neuroscience Brownbag series at UTD. September 13, 2012.

Austin College, Sherman TX. *This is Your Brain on Love*. Invited Speaker for student life. April 11, 2012.

Austin College, Sherman, TX. *Giving and the Brain*. Great Day of Service Invited Speaker. October 2011.

Grayson Country Rotary Club, Sherman, TX. *Protecting your Mental Assets*, invited talk. November 10, 2010.

Austin College, Sherman, TX. *Protecting your Mental Assets*, Homecoming Invited speaker for the Alumni College. October 21, 2010.

Austin College, Sherman, TX. Tuesday Afternoons with. Invited Talk. October 19, 2010.

Austin College, Sherman, TX. Biology Seminar Invited Speaker, March, 26 2009.

Sherman Lions Club, Sherman, TX. Luncheon Invited Speaker on Successful Aging February 25, 2009.

Western Illinois University, Macomb IL. Psychology Department, Colloquium Presenter. Spring 2007.

Illinois Wesleyan University, Bloomington, IL. Psychology Club Invited Speaker. Fall 2006

University of Illinois at Urbana-Champaign, IL. Brain & Cognition Seminar Invited Speaker. Fall 2005.

University of Illinois at Urbana-Champaign, IL. Initiative on Aging Invited

Speaker. Spring 2005.

Teaching Interests and Experience

- **Introduction to Psychology:** I love teaching general psychology! What a great way to impact young students and possibly inspire some to become psychology majors. I teach this course annually at Austin College.
- **Behavioral Neuroscience (previously Biopsychology):** I teach this course each semester at AC. My research is within the field of Behavioral Neuroscience and Biopsychology so this course is one of my strengths.
- **Human Sexuality:** I co-teach this course with our social psychologist. Together we approach the material with our individual expertise allowing us to compare and contrast how we think of sexuality from a social and biological perspective.
- **Research Methods:** I teach this course annually at AC. It is a favorite to teach because of the chance to help students see the real excitement that comes from conducting research. My background as a researcher gives me the knowledge to teach both statistics and research methods.
- **Advanced Behavioral Neuroscience (formerly Advanced Biological Psychology):** This is a course that I developed and is offered every fall to students who have successfully completed Behavioral Neuroscience. The course includes a lab that focuses on Human Neuroanatomy and teaches basic skills in Behavioral Neuroscience with rodents.
- **Psychology of Aging:** This course is offered as a senior seminar occasionally. One of my research specializations is the neurobiology/psychology of aging so this course allows me to continue to develop in the field.
- **Neuroscience of Learning & Memory:** This course is offered as a senior seminar occasionally to students interested in neuroscience.
- **Clinical Neuroscience:** I offered this course as a capstone for the first time in the spring of 2012. Students apply their understanding of neuroscience as they work through a series of neurological cases in order to understand the central nervous system more fully from a clinical perspective.
- **Behavioral Neuroendocrinology:** I teach this as an upper level course for students minoring in neuroscience or psychology majors/minors. The course focuses on the effects of hormones on human behavior and their brain.
- **Cognitive Development:** I offered this course during the summer semester, and students can take the class as an upper or lower level class. It focuses on Development from a strictly cognitive and neuro angle.
- **Evolution & Behavior:** This is a summer course that meets student requirements for a non-lab science class as part of their breadth requirements. Special attention is focused on human evolutionary psychology within the course.
- **Human Memory:** This is a 300-level lab based class that takes students through the multiple types of human memory systems and exposes them to research within the field throughout the semester. Students conduct numerous experiments during the semester to help them to advance their understanding of data analysis and research design.
- **Conditioning & Cognitive Processes:** I taught this course during the

Spring of '10. It was a 300-level course with a lab component. It was an exciting course to teach, and given my broad research interests in human cognition I would like the opportunity to teach the course again in the future.

- **Stress, Brain, and Body Seminar:** I developed this course at IWU. It looked at the effects of stress on all aspects of the individual: from cellular changes in the brain to behavioral changes in the individual. The course focused on historic and current empirical research as the source of knowledge in addition to a pop psychology book 'Why Zebras Don't Get Ulcers' by Robert M. Sapolsky.
- **The Mess of Stress: Exploring the Effects of Stress of the Body, Brain, and Behavior:** This was my second freshman seminar class at Austin College. The course focused on a neuro perspective of stress while also teaching valuable stress reduction techniques to the students during their first semester of college.
- **Head Games: Exploring the Brain through Case Studies:** This was my first freshman seminar at Austin College. We focused on the writings of Oliver Sacks to gain a greater understanding of how the brain functions.
- **Wild About Animals:** This was my regular on-campus Jan Term course at AC. Students learned about observational research with animals from nearby zoos on topics including personality, environmental enrichment, conversation programing, and intelligence.
- **College Drugs of Abuse:** I taught this course for May term at IWU. In this course students learned the pharmacology and psychological effects of some drugs commonly abused during the college years (alcohol, marijuana, adderall, and valium). This course was taught as a lab/lecture course in which students also tested the effects of these drugs on basic rodent behaviors such as pain tolerance, anxiety, coordination, depression, memory, and inhibitions.
- **History and Systems of Psychology:** One day I would like to teach the history of psychology. I would like to teach it as a seminar style course in which the focus of the class is reading original empirical articles by early psychologists and philosophers. I believe students will learn more and retain more knowledge if they delve into to original writings rather than just a text.

References

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