

Mary Garro Zeleny, PhD

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PROFESSIONAL APPOINTMENT

Current Appointment: Assistant Professor of Practice- University of Nebraska-Lincoln; Developmental and Learning Sciences; Educational Psychology Department

EDUCATION

PhD, University of Nebraska–Lincoln, 2013.
MSW - Master of Social Work, University of Nebraska–Omaha
BA- Psychology, University of Nebraska-Omaha

Professional License: Licensed Clinical Social Worker (LCSW; Nebraska) – since May 2000
Professional Certification (upon practicum completion 2022) – Cultivating Compassion Teacher (Stanford University; Compassion Institute)

Certification in Restorative Yoga: Omaha; 2008

TEACHING

UNL Educational Psychology Courses Taught (2014-present)	
<i>EDPS 297: Professional Practicum Experience II</i>	<i>EDPS 330; Statistics, Measurement, and Evaluation in Kinesiology.</i>
<i>EDPS 292; Special Topics-Boost Your Motivation Now!</i>	<i>EDPS 800 Research Method (online version)-</i>
<i>EDPS 498; Special Topics – Developmental Psychopathology</i>	<i>EDPS 900K; Qualitative Research Methods</i>
<i>EDPS 454/854 (in-class and blended versions)</i>	<i>EDPS 935; Qualitative Research Doctoral Seminar</i>
<i>EDPS 960: Advanced Cognitive Psychology in Education</i>	<i>EDPS 936; Mixed Methods Research</i>
<i>EDPS 855: Teaching Learners to Learn</i>	Other courses:
<i>EDPS 451/851: Psychology of Adolescence (in-class and blended versions)</i>	<i>Summer Institute for Faculty: Online Teaching</i>
<i>EDPS 450/850: Child Psychology (in-class and online versions)</i>	<i>EDPS 991: Motivation Independent Study (Summer 2020)</i>
<i>EDPS 966; Theories of Learning</i>	<i>EDPS 991: Nebraska Writing Research Group: Independent Study (2015-present)</i>
<i>EDPS 967; Psychology of Motivation</i>	<i>EDPS 991: other independent studies</i>
<i>EDPS 869; Psychopathology Disorders</i>	
<i>EDPS 989; Psychology of Writing</i>	
<i>EDPS 991; Cognition and Motivation in Mathematics Education</i>	
<i>EDPS 991; Development and Design of Instruction in Education</i>	

Courses Taught at Other Universities	
<i>Social Work 3890: Writing in Social Work Practice</i>	<i>Math 1310: Intermediate Algebra; Co-instructor/Consultant.</i> Designed this course for students self-identified with math anxiety; developed a curriculum that focused on activities surrounding students' self-regulated learning (including mindfulness techniques), metacognition, and strategies that helped students decrease their anxiety and increase learning.
<i>Social Work 4810/8816: Spirituality and Social Work</i>	<i>Dissertation Readings and Literature Review Writing</i>
<i>Social Work 8400 Advance Social Work Practicum I</i>	<i>Other teaching related:</i> <ul style="list-style-type: none"> ○ <i>Leadership and Mentorship- Wilda Stephenson Internship Program (co-taught)- Goodrich Scholarship Program</i> ○ <i>English Composition (Graduate Assistant); Autobiographical Writing; Other; -Goodrich Scholarship Program</i> ○ <i>Invited Presentations and workshops- community, universities, organizations— Goodrich Scholarship Program</i> ○ <i>Tapestry of the Arts Program for program scholars-Goodrich Scholarship Program</i>
<i>Social Work 486/8866 Women's Issues and Sexism</i>	
<i>Social Work 8080 Human Behavior and the Social Environment II</i>	
<i>Social Work 8610 Social Work and Family Violence</i>	

ACADEMIC RESEARCH EXPERIENCE

Facilitator/Instructor: Nebraska Writing Research Group_(2019-present); Co-Facilitator/Instructor: Nebraska Writing Research Group (2014-2019), Doctoral Seminar. Facilitate doctoral level research seminar (developed by Dr. Roger Bruning) Research on writing, including an emphasis on self-efficacy, reflective and expressive writing; cognition and writing; motivation and writing.

Research in Process (2021):

Zeleny, M., Bazis, P., Dinnes, C. & Lu, J. (in preparation). Novice elementary teachers' perception of the impact of reflective writing: An exploratory sequential mixed methods study.

Scholarly Experience

Woody, J., Zeleny, M.G., D'Souza, H., Harder, J., Riser, J., & Szto, P. (2013). Progress in a social work writing course: Self-efficacy, course objectives, and skills. *Journal of Social Work Education*.

Yilmaz-Soylu, M., Zeleny, M.G., Zhao, R., Bruning, R. H., Dempsey, M. S., & Kauffmann, D. (2017). Achievement goals and writing: An examination of the mediating effects of affect, writing self-efficacy, and previous writing achievement. *Frontiers*.

In Preparation

Zeleny, M.G., Bruning, R., Luo, L. Academic writing experiences of undergraduate college students.

Zeleny, M.G. Journal-writing in an undergraduate math course: Impacts on affect, cognition, and motivation.

Zeleny, M.G. & Bruning, R. Reading to writing: A mixed methods study of undergraduate students' understanding of psychological concepts from reading and application to writing.

Research and Academic Conference Presentations (Selected)

Zeleny, M. G. (October, 2019). *Understanding Student Learning and Motivation for Graduate Students*. Presented UNL; Graduate Studies.

Zeleny, M.G. (October, 2019). *Architects of Teaching and Learning: Writing Reflections in Learning Spaces (The Art of Visual and Oral Storytelling)*. UNL Teaching Symposium: Small Teaching Tips to Promote Effective Learning; Zeleny, M.G. (February 2, 2018). *Fostering psychological well-being in the classroom*. College of Human Sciences and Education; Wellness and Well-Being in School Cultures and Professional Experience

- conference, Lincoln, NE.
- Zeleny, M.G., Bruning, R. B., Larsen, L., & Wang, N. (April 30, 2017). *Academic writing experiences of undergraduate college students*. Paper presented at the American Educational Research Association national conference, San Antonio, TX.
- Barr, K., Zeleny, M. G., Thomas, S. (October 8, 2016). *Empathy development through visual arts across subjects and grade levels*. Teaching for Global Competencies conference, Malaika Foundation, University of Nebraska-Lincoln.
- Barr, K., Legate, M., McBride, C., & Zeleny, M.G., (September, 2015). *Teaching for empathy: An overarching global competency and aim*. Teaching for Global Competencies: What are the Challenges conferences, Malaika Foundation, University of Nebraska-Lincoln
- Zeleny, M.G. (May, 2013). *The impact of a journal writing intervention on undergraduate students: a mixed methods study*. International Congress of Qualitative Inquiry conference, University of Illinois.
- Bruning, R. H., Dempsey, M., Kauffman, D. F., Zhao, T., & Zeleny, M. G. (April 8, 2011). *Achievement Goals as a Predictor of Middle School Students' Affect, Self-Efficacy, Writing Achievement, and Scores on a Statewide Writing Assessment*. Poster session presented at the American Educational Research Association national conference, New Orleans, LA.
- Kaufmann, D., Dempsey, M., Zeleny, M.G. Wang, S., & Bruning, R. (May 2, 2010). *How Writing goals impact high school students' affect, self-efficacy beliefs and achievement within writing intensive high school courses*, American Educational Research Association national conference, Denver, CO.
- Zeleny, M. G. (May 3, 2010). *Writing and Math: The Impact of a Journal-Writing Intervention on Undergraduate Math Students*. Poster presented at the American Educational Research Association national conference, Denver, CO.
- Zeleny, M. G. & Yilmaz-Soylu, M. (April 11, 2011). *Writing Habits and Attitudes of Male and Female Undergraduate College Students*. Poster session presented at the American Educational Research Association national conference, New Orleans, LA.
- Zeleny, M. G. (December 3, 2010). *Writing about Mathematics Learning: The Impact of a Journal-Writing Intervention on Undergraduate Math Students*. Paper presented at the Literacy Research Association conference; Fort Worth, TX.
- Zeleny, M. G. & Yilmaz-Soylu, M. (December 4, 2010). *Writing Habits and Attitudes of Adolescents: A Look at the Roles of Technology-Enhanced and Traditional Writing in Adolescents' Lives*. Paper presented at the Literacy Research Association conference, Fort Worth, TX.

PRESENTATIONS (Community- Other than Academic; Selected)

- Zeleny, M.G. (January, 2022). Nebraska Writing Project; winter retreat; created and facilitated the framework for the self-care portion of the retreat.
- Zeleny, M. G. (July, 2021). Create Your Best Life: Compassion and Empathy for Caregivers; presented a Workshop incorporating reflective writing; A Time to Heal; Omaha, NE
- Zeleny, M. G. (April 2019). Presented at the annual Time to Heal conference to 100 attendees; offered professional CEU's (mental health practitioners; others) to attendees; reflective writing, art, and principles of motivation for a foundation of framing/re-framing positivity; included creating a booklet for each participant.
- Zeleny, M.G. (June, 2018). Presented a mini-workshop for students in the Nebraska Writing Project incorporating expressive writing, art and mindfulness in as means for reflection and engagement in the writing process. Students had the opportunity to engage in various means of activities at different grouped stations.
- Zeleny, M.G. (August, 2018; September 2018). A Time to Heal retreat, Schuyler, NE; Facilitated a workshop (3 hours) for persons recovering from cancer; used art, writing and meditation as practice and tools for leading a life; Facilitated a workshop (3 hours) for professionals working in the treatment of persons with cancer.
- Zeleny, M.G. (August 2017). Invited panel speaker. Ollie Webb Center, Omaha, NE
- Zeleny, M. G. (June 2017). *Mindfulness in education: What do we know and how can we use it with writing?* Workshop - Invited presenter, Nebraska Writing Project, University of Nebraska-Lincoln.
- Zeleny, M.G. (December 2016). *Mindfulness and self-care for doctoral students*, presentation/workshop, Cognition, Learning, & Development Student Organization (CLDSO), University of Nebraska-Lincoln.

- Zeleny, M.G. (August 2016). Invited panel speaker – Ollie Webb Center, Omaha, NE.
- Zeleny, M.G. (October, 2015). *Proposal Writing and Presenting: National and International Conferences*, University of Nebraska-Lincoln, Doctoral Seminar, Cognition, Learning and Development.
- Zeleny, M.G. (October, 2015). *Teaching university students*, Cognition, Learning, Development Student Organization (CLDSO), University of Nebraska-Lincoln.
- Zeleny, M.G. & Thomas, S. (June, 2015). *Creating a climate of inter-twined literacies*, Nebraska Writing Project, University of Nebraska-Lincoln.
- Zeleny, M.G. (Spring 2014). *The Employment Process: Doctoral Students to Professional*, Cognition, Learning, Development Student Organization (CLDSO), UNL.

SERVICE (Academic- National, Regional; Selected)

University of Nebraska-Lincoln

- Nebraska Writing Project —Advisory Board Member; Present (also facilitated a portion of the winter retreat January 2022; see presentations)
- Nebraska Writing Research Group; Facilitator; Collaborator (2014-Present)-
 - Collaborated and created the first annual Expressive and Reflective Writing Symposium (two-day event); highlighted two national researchers/authors; offered opportunity for graduate students and community presenters—June, 2021
- UNL Parking Committee; Present
- Faculty co-supervisor, Educational Psychology Department; Supervise/mentor doctoral students/candidates (five sections of courses) teaching undergraduate educational psychology courses; practicum course for secondary education majors
- Reflective Practitioner Program (pilot): Center for Transformative Teaching (Present)
- Academic Affairs First Huskers Program (2015-2018), Faculty; co-created annual orientation activities for vision boards for students; speaker for orientation.
- Achievement-Centered Education (ACE) five-year review team for social sciences, Faculty (2015).

University of Nebraska – Omaha

- Goodrich Scholarship Program Advisory Board (Present)
- Commencement Committee, College of Public Affairs and Community Service
- Grace Abbott School of Social Work 75th Anniversary Committee; gathered historical accounts for the School's history in Nebraska, coordinating taped interviews with television producer; producing, editing and coordinating script for film.
- Honors Committee
- Wilda Stephenson Leadership Internship, Goodrich Scholarship Program
- 1% for Art Committee, College of Public Affairs and Community Service
- Committee on Inclusiveness, Association for Continuing Higher Education
- Minority Affairs Committee, Association for Continuing Higher Education

National Service

- Reviewer (conference proposals), American Educational Research Association, Conference Proposals, Action Research (2010-2012).
- Chair, Session: *Learning to teach and improve schools through action research*, American Educational Research Association, New Orleans, LA (2011).
- Nebraska Representative/Team Leader and Advocate; National Breast Cancer Coalition; annual meeting; (2002-2007), Washington, DC. Advocate for quality healthcare policy to Nebraska representatives.

SERVICE (Community- Other than Academic; Selected)

- Expressive Art Circle; lead monthly circle of art through the lens of compassionate self-care for Omaha community mental health professionals; focus on art, writing, community, reflection; (Dec. 2020-present)
- A Time to Heal, Omaha (August 2021). Invited to facilitate a workshop for cancer survivor care-givers and professionals;
- A Time to Heal, Omaha (June 2021). Invited to facilitate course for cancer survivors and their families

- A Time to Heal, Omaha (2019-2020); developed and implemented workshops (retreat) on self-care; compassion for professionals in oncology; Schuyler, NE
- A Time to Heal annual conference (April 2019; presenter); over 100 participants in attendance. Created detailed curriculum consisting of a workshop-type setting, incorporating reflective writing, art, and principles of motivation for a foundation of framing/re-framing positivity. Created the curriculum to meet the Nebraska CEU standards for mental health practitioners and other professionals.
- Sibshops, Ollie Webb Center, Omaha, NE (ca. 2007-2010).
- Team Leader and Advocate, representing Nebraska; Washington, D.C., National Breast Cancer Coalition (ca. 2002-2007). Attended annual workshop/conference in Washington D.C.; advocated for quality health care policy for all; highlighted breast cancer and other related cancers
- Participant & Advocate for Nebraska, Leukemia/Lymphoma Society-Team in Training; Nebraska Chapter; in Scottsdale, AZ.

OTHER PROFESSIONAL EXPERIENCE (selected)

University of Nebraska-Omaha; Advisor; Division of Continuing Studies; College of Public Affairs and Community Service; over ten years of advising/mentoring experience; adjunct instructor in Grace Abbott School of Social Work (over ten years); consultant to UNO Math Department (eight years).

Private Practice: Catalyst Collective, Omaha, NE; Enrichment Group, Omaha, NE, Omaha, NE

Therapeutic Facilitator, Grief Group, Leukemia-Lymphoma Society, Omaha, NE

Therapist, Heartland Family Service, Omaha, NE. Adolescents (incarcerated youth; probation; other) and families. Home-based and office-based therapy to adolescents and their families. Developed and implemented a psychotherapeutic group ('Round the Table) working with youth considered marginalized and/or at-risk; probation; using creative arts as a positive means for engagement in therapeutic groups and therapy sessions; incorporated a circle of community-building; multi-disciplinary team

Therapist (provisional); UNMC Eating Disorders Clinic; Omaha, NE

Therapist; Heartland Family Service (provisional); youth shelter; Omaha, NE

Facilitator/co-facilitator, YWCA; Omaha, NE; Domestic and Sexual Violence Health and Policy Advocate; YWCA/Every Woman Matters, Omaha. State-funded program focused on creating awareness of breast and cervical cancer and opportunities for funded health screenings for those without access to quality health screenings; grass roots advocacy.

Social Settlement – Omaha: Developed and implemented a creative arts program working with adolescents and their families. Weekly facilitation of the program, along with the psychiatrist and two mental health practitioners; conducted a qualitative study on the progress of participants' personal process using visual art and writing.

Community Artist/Educator/Consultant (for youth and adults): Metro Arts Council; Omaha, NE

Created and implemented curriculum using the arts, including musical instruments, song, mask-making, voice, gardening, dance, storytelling, visual arts. Utilized strategies taught by *Augusto Boal with Theater of the Oppressed* activities and strategies (inspired by Paulo Freire; Pedagogy of the Oppressed); Collaboration with selected and varied other artists through Metro Arts Council, mainly with an African Storyteller/Storyactor; Programming included such community sites as the following: Douglas County Juvenile Detention Center, Sarpy County Juvenile Detention Center, YMCA Youth-net, Catholic Charities Domestic Violence Shelter, Douglas County Hospital, Douglas County Correctional Center (mostly women's mods; men's isolation mods); Stephen Center Homeless Shelter; Open Door Mission; Millard Public Schools; Westside Alternative Schools; Omaha Public Schools – Mainstream and Alternative Schools; Community gardening project--City Sprouts

Created and Facilitated, *Tapestry of the Arts Program*, Immanuel Medical Center, Omaha, NE.

Program facilitation in collaboration with the Aftercare Program (for adults diagnosed with severe and persistent Mental health disorders). Created an adjunctive program utilizing the arts and writing as a means for expressive and reflective processing. Used the arts including, music, dance/movement, painting, drawing, poetry, narrative storytelling, etc. Designed and implemented two-year research project using the visual representations and accompanying narratives to illuminate participants' personal processes of their stories related to their diagnosis; jointly presented at a Midwestern conference for counseling professionals.

UNMC: Munroe Meyer Institute- Infant Development Program

Wabash Fine Arts Camp: Master artist and instructor; summer three-week program. Created and implemented curriculum to middle school through high school students including creative movement and dance; mural painting; guitar and voice.

PROFESSIONAL DEVELOPMENT (selected)

- Reflective Practitioner Program (pilot): Center for Transformative Teaching (August 2021-present)
- Compassion Cultivation Teacher Training Program (certificate); (July 2020-present)—Stanford University; applied and accepted into teacher training program; Intensive teacher training to teach cultivating compassion courses to the community; research-based; taught by five founding faculty members affiliated with Stanford University, Berkeley University, and Compassion Institute.
 - Compassion Cultivation Training – (2019-present) Stanford University; Compassion Institute; online courses; Science and Practice of Purpose
- Creative Writing Workshop for Educators/Professionals (2020; spring/summer; online)
- Magna Publications - Online Teaching; Diversity and Inclusion (2020; summer)
- Anti-Racism Professional Development: Anti-Racism one-day workshop with Dr. Ibram X Kendi (July 2020; Omaha web conferencing) –
 - Anti-Racism book groups –UNL; Other; Omaha, NE
- University of Iowa Creative Writing Workshop (for social workers; 2019).
- Seven Doctor’s Project, Nebraska Writer’s Collective, Omaha, NE; Seven Doctor’s Project; Performed spoken word January 2015, Slow Down, Omaha, NE
- Nebraska Writing Project, Lincoln, NE. In addition to writing works, participated in inquiry and presentations of mindfulness in education and teaching empathy.
- A Time to Heal (2019)- psycho-educational professional development
- Leadership Circles; Omaha, NE (2017-2018). Comprehensive leadership development; neuroscience of leadership; socio-emotional aspects of leading; types of leadership; values, etc. worked in large and small group settings to learn, reflect and develop empowered leadership qualities.
- Theater of the Oppressed (ca.1994-1996; Omaha, NE). Workshop training with Augusto Boal; workshop with Paulo Freire in collaboration with Augusto Boal. Participated in workshop training using theater as a medium to create forums to build relationships and to confront societal issues in order to understand the complexities and collaborate on different perspectives of resolution strategies.

HONORS AND AWARDS (selected)

- Nominated and recognized for Creating Courage and Compassion award; University of Nebraska-Lincoln; Women’s Center.
- Recipient, Honor Initiate Alpha Sigma Lambda, University of Nebraska –Omaha
- Recipient, Volunteer Award Nominee, United Way, Omaha, NE.
- Recipient, Alumni Award for Excellence in Public Service, College of Public Affairs and Community Service, University of Nebraska-Omaha
- Recipient, Meritorious service as a member of the faculty of the School of Social Work, University-Wide Departmental Teaching Award, University of Nebraska-Omaha
- Recipient, Wilda Stephenson Internship, Goodrich Scholarship Program, University of Nebraska – Omaha
- Recipient, Goodrich Scholarship Award, University of Nebraska Omaha

PROFESSIONAL ORGANIZATION AFFILIATIONS (Selected; past/present)

- Nebraska Writing Project
- Compassion Education Alliance
- Compassion Institute
- A Time to Heal
- American Educational Research Association (AERA)
- Literacy Research Association (LRA)
- Cognition, Learning, and Development Student Organization (CLDSO)
- National Association for Social Workers (NASW)
- Nebraska Human Service Association
- National Academic Advising Association
- Adult Council on Higher Education (ACHE)

- University Professional and Continuing Education Association (UPCEA)