

KYLE JAMES BIZAL

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EDUCATION

University of Nebraska-Lincoln – Lincoln, Nebraska
Advisor: Dr. Beth Doll Ph.D.

Ph.D. School Psychology
Anticipated 2027

University of Nebraska-Lincoln – Lincoln, Nebraska
Overall GPA: 3.9/4.0
Program GPA: 3.9/4.0

Bachelor of Arts Psychology
Graduated with Distinction: August 2020

ACADEMIC HONORS AND AWARDS

Psi Chi, International Honor Society in Psychology, University of Nebraska-Lincoln
Undergraduate Creative Activities and Research Experiences (UCARE) Recipient
Dean's List, College of Arts & Sciences

January 2020 – Present
August 2019 – May 2020
December 2018 – August 2020

GRANT FUNDED RESEARCH

Grant: Undergraduate Creative Activities and Research Experience (UCARE) August 2019 – May 2020

Title: *Barriers to sexual assault bystander intervention: Predicting bystander behavior, attitude, and efficacy across sex*

Advisor: Sarah Gervais, Ph.D.

Program Description: UCARE is a competitive program that provides funding for undergraduate researchers at the University of Nebraska-Lincoln. The program allows the opportunity for students to work one-on-one with a faculty mentor on a project in order to develop skills and knowledge. The project concludes with a poster presentation at the university's undergraduate research fair.

Contributions:

- Conducted literature review on barriers to bystander intervention, bystander efficacy, attitudes, and behavior
- Collected participant data in an ongoing study
- Coded and analyzed data using IBM SPSS Statistical Software Package
- Prepared write up of findings for conference presentation

RESEARCH EXPERIENCE

Laboratory: Youth Wellness and Resilience Lab

August 2021 – Present

Advisors: Beth Doll, Ph.D.

Position: Graduate Research Assistant

Project: Resilient School Project

Description: To partner with teachers to create classrooms that foster students' emotional well-being.

Contributions:

- Developed modules for training consultants who partner with teachers to create classrooms that foster well-being
- Collaborated with team to create surveys for data collection

Laboratory: Subtle Prejudice Lab

August 2018 – August 2020

Advisors: Sarah Gervais Ph.D., David DiLillo, Ph.D.

Position: Research Assistant

Project: Bystanders in Sexual Assault Virtual Environments (Bystanders-SAVE)

Description: This project developed and is evaluating a novel virtual reality measure of bystander intervention behaviors. In the measure, participants use an Oculus Rift headset to engage with a virtual house party where they have the opportunity to intervene in multiple risky sexual assault scenarios.

Contributions:

- Utilized Oculus-Rift technology to run research participants through two virtual reality environments
- Recorded data through behavior observation, interview, and survey methods
- Transcribed audio recordings of participants verbal interventions in the virtual environment
- Trained incoming undergraduate research assistants

Laboratory: Trauma Violence and Abuse Lab

September 2019 – August 2020

Advisors: David DiLillo, Ph.D.

Position: Research Assistant

Project: Using VR to Assess the Efficacy of a Motivational Interviewing (MI) Intervention to Increase Bystander Behaviors

Description: This study aims to use virtual reality, along with conventional self-report measures, to evaluate the efficacy of a novel MI intervention in increasing participants' bystander intervention behaviors.

Contributions:

- Designated as project point person for VR and technology related troubleshooting
- Provided input on project start-up, recruitment, and participant scheduling
- Recorded participant data through behavior observation, interview, and survey methods
- Conducted verbal interviews assessing participants' motivations to engage in behaviors in the virtual environment
- Trained incoming undergraduate research assistants

CLINICAL EXPERIENCE

Title: Residential Manager

December 2015 – February 2017

Organization: Integrated Life Choices, Lincoln, NE

Description: The agency's mission is to provide community and residential support to adults and children with developmental disabilities in order to assist them in living an independent and fulfilling life.

Contributions:

- Managed 7 caseloads of residential services for adults and teenagers with developmental disabilities
- Assessed client needs through skill and behavioral assessments
- Devised and implemented skill building, behavioral support, and health plans.
- Acted as a liaison between clients, guardians, and state service coordinators
- Advocated for and supported clients through Individualized Education Program (IEP) development
- Provided daily life skill education to individuals with disabilities
- Supervised a team of 20 employees through training, performance evaluations, and team meetings to promote excellent job performance and quality teamwork
- Analyzed data on a monthly basis to track client progress and write monthly reports

TEACHING EXPERIENCE

Title: Teaching Assistant

January 2020 – May 2020

Course: Introduction to Psychology, University of Nebraska - Lincoln

Supervisor: Manda Williamson, Ph.D.

Contributions:

- Led 2 weekly recitation sections with 15-30 undergraduate students on topics related to foundational psychology principles

- Graded student assignments
- Prepared materials for lectures provided by instructor
- Maintained grade records and reviewed student progress
- Evaluated previous recitation strengths and weaknesses to develop and revise future recitation materials

Title: Teaching Assistant

August 2019 – December 2019

Course: Introduction to Psychology, University of Nebraska - Lincoln

Supervisor: Carolyn Brown Kramer, Ph.D.

Contributions:

- Led 2 weekly recitation sections with 15-30 undergraduate students on topics related to foundational psychology principles
- Graded student assignments
- Prepared materials for lectures provided by instructor
- Maintained grade records and reviewed student progress
- Evaluated previous recitation strengths and weaknesses to develop and revise future recitation materials

Title: Trainer

February 2017 – August 2019

Organization: Integrated Life Choices, Lincoln, NE

Description: The agency’s mission is to provide community and residential support to adults and children with developmental disabilities in order to assist individuals in living an independent and fulfilling life.

Contributions:

- Created a company-wide employee training curriculum to be delivered in classroom and online setting in collaboration with 4 colleagues
- Lead classroom training sessions 3-5 times weekly for employees in Nebraska, Colorado, and Texas
- Filed, tracked, and maintained employee records
- Mentored employees on company policy and best practices including supporting supervisors in creating and carrying out empathetic and data-driven behavioral interventions

CONFERENCE PRESENTATIONS

- **Bizal, K.,** Lytle, B., Brumbaugh, T., Hansmeier, H., Carlson, H., Otto, E., Kumar, S., Gervais, S., DiLillo, D. (2020, April). *Barriers to sexual assault bystander intervention: Predicting bystander behavior, attitude, and efficacy across sex.* Poster accepted for presentation to the Nebraska Student Research Expo, Lincoln, NE.
- Lytle, B., **Bizal, K.,** Hansmeier, H., Brumbaugh, T., Magee, J., Sullivan, J., Kumar, S., Gervais, S., & DiLillo, D. (2020, April). *How moral foundations and traditional sex ideologies influence attitudes on bystander intervention among college students.* Poster accepted for presentation to the Nebraska Student Research Expo, Lincoln, NE.
- Brumbaugh, T., Hansmeier, H., **Bizal, K.,** Lytle, B., Bartholet, A., Lambertsen, M., Kumar, S., Gervais, S., & DiLillo, D. (2020, April). *Hypergender ideology and social norms influence attitudes towards bystander intervention.* Poster accepted for presentation to the Nebraska Student Research Expo, Lincoln, NE.
- Hansmeier, H., Brumbaugh, T., Lytle, B., **Bizal, K.,** Ams, A., Stephens, D., Kumar, S., Gervais, S., & DiLillo, D., (2020, April). *Individual attitudes and perceived efficacy toward bystander intervention among childhood trauma survivors.* Poster accepted for presentation to the Nebraska Student Research Expo, Lincoln, NE.

DATA ANALYTICAL EXPERIENCE

Correlation
Chi-Square
Analysis of Variance (ANOVA)
Multiple Regression
Path Analysis

STATISTICAL TOOL EXPERIENCE

IBM SPSS Statistical Software Package
Qualtrics
Microsoft Excel

TRAININGS

Universal Enhancement: How to support others in improving quality of life June 2018
Presenter: Thomas Pomeranz, Ed.D.
Topics: Providing direct support for individuals with intellectual and development disabilities (I/DD) that embraces autonomy, choice, and independence

Applied Behavioral Analysis (ABA) January 2018
Presenter: Tintera Rust, BCBA
Topics: Foundational principles of ABA and how to apply these principles when creating support programs for adults with I/DD

Building Blocks for Brain Injury Service Delivery June 2017
Presenters: Tom Brown, CBIST & Ben Woodworth, MSW
Topics: Foundations of neuroanatomy and neuroplasticity, screening for brain injury, and rehabilitation approaches for individuals with comorbid I/DD and brain injury

Understanding Difficult and Aggressive Behavior May 2017
Presenter: Michael Howard, Ph.D.
Topics: Role of frontal lobes and limbic areas in stress, emotional regulation, and anger; cause and management of aggressive behavior; and conflict management

Emergency Safety Intervention Training March 2017
Presenter: Rob Shields, MSW
Topics: Stages of aggression and appropriate responses up to and including problem solving, offering breaks, active listening, creating safe environments, self-protection, and physical intervention

REFERENCES

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