

MARY A. STEINHARDT

University Faculty Ombuds

<http://www.utexas.edu/faculty/council/ombuds/>

The University of Texas at Austin

University Distinguished Teaching Professor

Health Behavior & Health Education

Department of Kinesiology and Health Education

College of Education

<http://www.edb.utexas.edu/steinhardt/>

The University of Texas at Austin

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 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

2008-Present	University Faculty Ombudsperson, The University of Texas at Austin
2002-Present	Full Professor, Department of Kinesiology and Health Education College of Education, The University of Texas at Austin
1992-2001	Associate Professor, Department of Kinesiology and Health Education College of Education, The University of Texas at Austin
1986-1991	Assistant Professor, Department of Kinesiology and Health Education College of Education, The University of Texas at Austin

TEACHING AWARDS

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

SCHOLARSHIP FUND (\$23,000)

The Mary A. Steinhardt Scholarship Fund, Texas Exes, The University of Texas at Austin
(I donate a portion of my consulting fees back to the University).

The Dr. Dorothy J. Lovett Distinguished Alumni Award, Texas Exes, The University of Texas at Austin
(I use a portion of the profits from the Mary A. Steinhardt Scholarship Fund to fund this award).

GIFTS (\$1,129,200)

- 2008-2009 The University of Arizona, "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 (\$1,623,178)

Externally Funded (selected, 1990-present)

- 2011-2012 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
Dollar Amount: \$443,178
- 2007-2008 Development of a Resilience and Diabetes Education Participant Workbook, Journal, and Facilitator Manual for African American Adults with Type 2 Diabetes (Co-I Dr. Sharon Brown and Co-I Dr. Louis Harrison). Center for Health Promotion and Disease Prevention Research in Underserved Populations (NIH/NINR P30 NR005051, Stuifbergen, PI) at The University of Texas at Austin School of Nursing, Austin.
- 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."
- 1998-1999 Hannaford Brothers Company, Portland, Maine. "Mindbody health assessment."
- 1989-1993 American Heart Association Texas Affiliate Grant-In-Aid Award. "Physical fitness and activity status as related to cardiovascular heart disease risk."

Internally Funded (selected, 1990-present)

- 2008-2012 Division of Housing and Food Services, The University of Texas at Austin, Wellness Collaborative.
- 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.
- 2000 Special Research Grant, The University of Texas, Austin, Texas. "Altering appraisals of stress: Effects on reactivity, immunity and health."
- 1999 Special Research Grant, The University of Texas, Austin, Texas. "Establishing the reliability and validity of the social connection scale."
- 1991 Summer Research Award, The University of Texas, Austin, Texas. "Healthy pleasures: A new paradigm for promoting exercise behavior."

PUBLICATIONS

Refereed Articles (selected, 1990-present)

Faulk, K.E., Gloria, C.T., & Steinhardt, M.A. (in press). Coping profiles characterize human flourishing, languishing, and depression. *Anxiety, Stress, & Coping*.

Gavaza, P., Brown, C., Rascati, K., Lawson, K., Wilson, J., & Steinhardt, M. (in press). Factors that influence pharmacists' reporting of serious adverse drug events to the Food and Drug Administration. *Journal of the American Pharmacists Association*.

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. DOI: 10.1331/JAPhA.2012.10198

Gloria, C.T., Faulk, K.E., & Steinhardt, M.A. (2012). Positive affectivity predicts successful and unsuccessful adaptation to stress. *Motivation and Emotion*. DOI: 10.1007/s11031-012-9291-8.

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. DOI: 10.1177/0095327X11428785.

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. DOI: 10.1002/smi.1394.

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.

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. DOI:10.1111/j.1365-2125.2011.03944.

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. DOI: <http://dx.doi.org/10.5993/AJHB.35.3.1>.

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. DOI: 10.1331/JAPhA.2011.10079

- 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. doi:10.1002/smi.1275.
- 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. doi:10.1177/0095327X08324765.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Dolbier, C.L., Cocke, R.R., & Steinhardt, M.A. (2000). The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A (sIgA), and incidence of upper respiratory infection. *Brain, Behavior, and Immunity*, 14, 91-92.
- Dolbier, C.L., & Steinhardt, M.A. (2000). The development and validation of the sense of support scale. *Behavioral Medicine*, 25, 169-179.
- 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.
- 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Steinhardt, M.A. (1992). Physical education. *Handbook for Research on Curriculum*. New York: Macmillan. Pages 964-1001.
- 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.
- 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.
- 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.

Best, R.W., & Steinhardt, M.A. (1991). The accuracy of heart rate monitoring in elementary school children. *Pediatric Exercise Science*, 3, 229-237.

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.

Rohm, D.R., & Steinhardt, M.A. (1990). Changes in cardiovascular risk factors over a one year time span. *Medicine and Science in Sports and Exercise*, 22:S117.

Rohm, D.R., & Steinhardt, M.A. (1990). Psychological attributes of participants and nonparticipants in a worksite fitness setting. *Medicine and Science in Sports and Exercise*, 22:S41.

Best, R.W., & Steinhardt, M.A. (1990). The accuracy of heart rate monitoring in elementary school children. *Medicine and Science in Sports and Exercise*, 22:S10.

Manuscripts in Review

Coffee, K., Raucci, C., Gloria, C., Faulk, K., & Steinhardt M. (in review). A pilot study: Perceptions of adolescent wellness at a single-sex school. *Health Education Journal*

Steinhardt, M.A., Faulk, K.E., Brown, S.A., Dubois, S.K., & Harrison, L. (in review). Positivity fuels resilience and lowers depressive symptoms in African Americans with type 2 diabetes. *Ethnicity & Disease*.

Curriculum Development

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

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

HONORS AND AWARDS (selected, 1990-present)

2008-2012 Fellow in the Cissy McDaniel Parker Fellow Fund, College of Education, The University of Texas.

2006-Present Dr. Dorothy J. Lovett Distinguished Alumni Award, established by Dr. Mary Steinhardt in 2006. The award honors alumni who have distinguished themselves professionally and made outstanding contributions to the profession of Health Education and society as a whole. The award is given annually and accompanied by a check for \$1,000.

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.

2006 Bronze Award for Resource Development, "Transforming Lives Through Resilience Education," Division of Instructional Innovation and Assessment, The University of Texas. <http://www.utexas.edu/education/resilience/viewings>

1992 Research Award, "Rethinking traditional weight management programs: An evaluation of a non-diet approach." Southwest Association for Women in Physical Activity, Sport, and Health.

1991 Research Award, "Pleasure principle wellness: The research perspective of a changing paradigm in health promotion." National Wellness Institute, University of Wisconsin, Stevens Point.

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

- 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.
- 2002 Franklin-Covey Leadership Center, "The Four Roles of Leadership" Certified Facilitator.
- 1999-2001 Internal Family Systems Theory and Therapy Two Year Certification Training.
- 2001 Franklin-Covey Leadership Center, "What Matters Most" Certified Facilitator.
- 1994-1999 Master of Arts in Professional Counseling, Texas State University, San Marcos, TX.
- 1997-1998 Body-Centered Psychotherapy Two Year Certification Training.
- 1995 Covey Leadership Center, "Principle-Centered Leadership" Certified Facilitator.
- 1994 Covey Leadership Center, "Quad II. Time Management" Certified Facilitator.
- 1992 Covey Leadership Center, "Seven Habits of Highly Effective People" Certified Facilitator.

PROFESSIONAL MEMBERSHIPS

American Academy of Health Behavior
American Psychological Association
Internal Family Systems Association
International Ombudsman Association
Ombuds of Texas

PRESENTATIONS (selected, 2000-present from over 180)

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.

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.

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.

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.

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.

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 28th 2012.

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 25th 2011.

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.

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.

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.

Steinhardt, M.A. Transforming lives through resilience education. nFusion Group, Austin, TX, March, 2011.

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.

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.

Steinhardt, M.A. Building Effective Work Teams. Human Resource Global Meeting, Freescale Semiconductor, Inc, Austin, TX, February, 2011.

Steinhardt, M.A. Diabetes self-management education workshop. Mt. Moriah Baptist Church, Elgin, TX, January, 2011.

Steinhardt, M.A. A resilience-based diabetes self-management education program. People's Community Clinic, Austin, TX, June, 2010.

Steinhardt, M.A. Evolution of the Ombuds, panel discussion. Ombuds of Texas Quarterly Meeting, LCRA, Austin, TX, August, 2010.

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.

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.

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.

Steinhardt, M.A. Transforming lives through resilience education. Department of State Health Services, Brown-Heatly Building, Austin, TX, July, 2009.

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.

Steinhardt, M. A. Resilience and change: making stress work for you. Seton Perinatal Outreach Conference, Brackenridge Hospital, Austin, TX, April, 2009.

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.

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.

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.

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.

Steinhardt, M.A. Community participatory research on health disparities: type 2 diabetes. School of Social Work, The University of Texas at Austin, January, 2008.

Steinhardt, M. A. Chronic stress, coping, and health: lessons learned and future directions. Capital Area Psychological Association, October, 2007.

Steinhardt, M.A. Transforming lives through resilience education. Family Eldercare, Austin, October, 2007.

Steinhardt, M. A. Resiliency from grief and stress. The 4th Infantry Division, Fort Hood, United States Army, September, 2007.

Steinhardt, M.A. Resilience Research and Practical Applications. Texas Association of School Boards, Austin, Texas, August 27th and 31st, 2007.

Steinhardt, M.A. Mid Career Shifts in Research Programs. Sixth Annual Summer Research Institute, Austin, Texas, June, 2007.

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.

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.

Steinhardt, M.A. Caring for the Care Giver. Women and HIV International Clinical Conference, San Antonio, Texas, March, 2007.

Steinhardt, M.A. Stress-Related Growth: Predictors of Occurrence and Change Following a Resilience Intervention, American Academy of Health Behavior, Savannah, Georgia, March, 2007.

Steinhardt, M.A. Surviving the Storm: Turning Stress into Resilience. 4th Infantry Division at Fort Hood, Killeen, Texas, September, 2006.

Steinhardt, M.A. Stress Busters: Stress and Resilience. Habilitation Therapies Annual Conference, Department of Aging and Disability Services, Austin, Texas, September, 2005 and September, 2006.

Steinhardt, M.A. Resilience Research Applied to Team Building. Policy Services Division, Texas Association of School Boards, Austin, Texas, September and October, 2006.

Steinhardt, M.A. The seven habits of highly effective people. 3M Austin Center, July, 2006.

Steinhardt, M.A. Transforming stress into resilience. 25th Annual Honors Colloquium, The University of Texas at Austin, July, 2006.

Steinhardt, M.A. Creativity: a sudden insight or years of hard work? 3M Inventor Recognition Luncheon, June, 2006.

Steinhardt, M.A. Transforming Stress Into Resilience. Texas Association of School Boards, Austin, May, 2006.

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.

Steinhardt, M.A. Transforming Lives Through Resilience Education, International Forum for Women in E-Learning (IFWE), Galveston, Texas, March 2006.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Synagogue Agudas Achim, Dell Campus, February, 2006.

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.

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.

Steinhardt, M.A. Inner voices: The mystery of balance. The 14th Annual Money and Power Conference, The Women's Chamber of Commerce of Texas, March 2004.

Steinhardt, M.A. Work/life balance: Moderator. Women in Business Leadership Conference, McCombs School of Business, The University of Texas, Austin, TX, February 2004.

Steinhardt, M.A. Personal and interpersonal leadership. Texas County Purchasing Agency 5th Annual Fall Conference, Thompson Conference Center, The University of Texas, Austin, TX, November 2003.

Steinhardt, M.A. Beyond survival: coping with change, disruption, and uncertainty. 3M Austin Center, Austin, TX, September 2003.

Steinhardt, M.A. Relationship of healthy eating to overall well-being. Motorola Corporate Meeting, Austin, TX, June 2004.

Steinhardt, M.A. Living resilient: We are survivors! The Department of Human Services State Office, Austin, Houston, Belton, Paris, Lubbock, Tyler, McAllen, and Corpus Christi, TX, February through June 2004.

Steinhardt, M.A. Transforming stress into resilience. Austin Dietetic Association 3rd Annual Wellness Symposium, Austin, TX, February 2004.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services, San Antonio, TX, 3-day workshop, October 2002 and July 2003.

Steinhardt, M.A. Handling difficult situations. Texas County Purchasing Association, Austin, TX, May 2003.

Steinhardt, M.A. Seven habits of highly effective people. 3M Austin Center, Austin, TX, 2-day workshops, January and April 2002.

Steinhardt, M.A. Seven habits of highly effective people. Westwood High School, Austin, TX, October 2002.

Steinhardt, M.A. Building resilience and learning to thrive. 3M Austin Center, Austin, TX, August 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Texas County Purchasing Association, Thompson Conference Center, Austin, TX, June 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Motorola, Austin, TX, February, March, and April 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Round Rock Medical Center Cardiac Support Group, Round Rock, TX, March 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Perinatal Outreach Seminar, Seton Medical Center, Austin, TX, February 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services Executive Staff, Austin, TX, January 2003.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Pasadena Independent School District Administrative Council, Pasadena, TX, December 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Central Texas Cardiac Support Group, Sponsored by St. David's Medical Center, Austin, TX, November 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Keynote Speaker, Association of College and University Housing Officers, 17th Annual Information Technology Conference, Austin, TX, October 2002.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Motorola U.S. Rewards Team, Chicago, IL, September 2002.

Steinhardt, M.A. Work/life resiliency. Executive Staff Meeting, Department of Human Services, Austin, TX, February 2002.

Steinhardt, M.A. Facilitated all-day staff retreat, Seton Cove, Austin, TX, February 2002.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Lake Austin Spa Resort, Austin, Texas, February 2002.

Steinhardt, M.A. Seven habits of highly effective people. 3M, Austin, TX, January 2002.

Steinhardt, M.A. Self-leadership. 3M, Austin, TX, December 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Department of Human Services; Department of Protective and Regulatory Services, Austin, TX, November, December 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Keynote address, American Worksite Health Promotion Conference Region VII, San Diego, CA, October 2001.

Steinhardt, M.A. Resilience and leadership. The Seton Cove, Austin, Texas, September 2001.

Steinhardt, M.A. Resilience and health. The Psychology Minute Radio Interview with Roger Klein, The University of Pittsburg, July 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Applied Materials, Santa Clara, California, June 24th through June 27th, 2001.

Steinhardt, M.A. The resilient individual: strength in the midst of change and stressful life events. Executive administrators annual meeting, Tivoli Systems Inc., Austin Country Club, Austin, Texas, April 2001.

Steinhardt, M.A. Transforming stress into resilience, and Nurturing self-esteem in yourself and others. The University of Texas at Arlington Academic Advising Conference, Arlington, Texas, February 2001.

Steinhardt, M.A. Transforming stress into resilience. Applied Materials, Austin, Texas, October 2000, and January 2001.

Steinhardt, M.A. Transforming stress into resilience. Hyde Park Child Development Center, Austin, Texas, August 2000.

Dolbier, C.L., Cocke, R.R., Steinhardt, M.A. The effect of a psychosocial intervention on cortisol, secretory immunoglobulin A (slgA), and incidence of upper respiratory infection. Annual PsychoNeuroImmunology Research Society Meeting, Cape Fear, North Carolina, May 2000.

Steinhardt, M.A. Transforming stress into resilience. Annual retreat for the staff and physicians of Austin Heart Hospital, October 2000.

Steinhardt, M.A., Dolbier, C.L., Soderstrom, M. The relationships between self-leadership and enhanced psychological, health, and work outcomes. National Wellness Conference, Stevens Point, Wisconsin, July 2000.

THE UNIVERSITY OF TEXAS AT AUSTIN (selected service)

2008 - Present	University Faculty Ombudsperson
2006 - Present	Chair, Women's Athletics 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 from over 100)

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.

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 6th 2011.

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 6th 2011.

Steinhardt, M.A. Transforming lives through resilience education. Staff Training, McCombs School of Business, The University of Texas, Austin, TX, October 7th 2011.

Steinhardt, M.A. Transforming lives through resilience education. Austin Chapter of the International Association of Administrative Professionals, Austin, TX, November 15th 2011.

Steinhardt, M.A. Strategies to address sociocultural problems affecting health disparities, School of Nursing, The University of Texas, Austin, Texas, December 2nd 2011.

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.

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 28th 2012.

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 9th 2012.

Steinhardt, M.A. Resilience and Change: Making Stress Work for You, College of Pharmacy, The University of Texas, Austin, Texas, February 13th 2012.

Steinhardt, M.A. Mentorship. Responsible Conduct of Research, Office of Sponsored Projects, The University of Texas, Austin Texas, April 2nd 2012.

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 17th 2012.

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 12th 2012.

Steinhardt, M.A., & Coffee, K. Ann Richards School STARS Teachers - Summer Half-Day Training in Resilience, June 26th 2012.

Steinhardt, M.A. Achieving greatness: 4 years starts with 3 days. Camp Texas, August 12th 2012.

Sims, J., & Steinhardt, M. Campus Ombuds. New Academic Administrators Workshop, J. J. Pickle Research Campus, August 17th 2012.

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.

Steinhardt, M.A. Self-leadership. Leadership Program, McCombs School of Business, The University of Texas, Austin, TX, January, 2010.

Steinhardt, M.A. Making stress work for you, Longhorn Scholars Student Advisory Counsel, Mezes Hall, The University of Texas, Austin, TX, March, 2010.

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.

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.

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.

Steinhardt, M.A. Making stress work for you, Office of the Registrar, Gebauer Building, The University of Texas, Austin, August, 2010.

Steinhardt, M.A. Transforming stress into resilience, Division of Student Affairs Divisional Staff, Invited Keynote Kick-off, The University of Texas, August, 2008.

Steinhardt, M.A. Transforming stress into resilience. School of Business, The University of Texas at Austin, August, 2008.

Steinhardt, M.A. Transforming stress into resilience. Big XII Staff Conference, Texas Exes, The University of Texas at Austin, July, 2008.

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.

Steinhardt, M.A. Transforming lives through resilience education. School of Law, The University of Texas at Austin, November, 2007.

Steinhardt, M.A. Transforming stress into resilience. Human Resource Management Annual Conference, University of Texas System, Austin, June, 2006.

Steinhardt, M.A. Resilience training. Athletics Compliance Staff Retreat, July, 2006.

Steinhardt, M.A. Transforming stress into resilience. 25th Annual Honors Colloquium, The University of Texas at Austin, July, 2006.

Steinhardt, M.A. Testing in Blackboard. Texas Blackboard Users Group Conference, The University of Texas at Austin, November, 2006.

Steinhardt, M.A. Rekindling the Passion. Texas Exes Annual Teachers' Conference, The University of Texas, October, 2006.

Steinhardt, M.A. Transforming Stress Into Resilience. ASPECTS, Office of Graduate Studies, The University of Texas at Austin, October, 2006.

Steinhardt, M.A. Transforming lives through resilience education. Professional Development and Community Engagement Program, The University of Texas at Austin, November, 2005.

Steinhardt, M.A. Transforming stress into resilience. ASPECTS, The University of Texas at Austin, October & November, 2005.

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.

Steinhardt, M.A. Transforming Stress Into Resilience. Information Technology Services Staff, The University of Texas, February 2005.

Steinhardt, M.A. Building resilience and learning to thrive. College of Natural Sciences Advising Staff, The University of Texas, May 2004.

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.

Steinhardt, M.A. Building resilience and learning to thrive. UT Retired Faculty Staff Association, Health Interest Group, The University of Texas, February 2004.

Steinhardt, M.A. The resilient individual. Carothers Coffee Talk, University Honors Center, The University of Texas, November 2003.

Steinhardt, M.A. Coping strategies for handling difficult situations. Jester West Dorm, The University of Texas, April 2003.

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.

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.

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.

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.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Tri-Delt Professor Dinner, The University of Texas, October 2001.

Steinhardt, M.A. Nurturing self-esteem in yourself and others. Half-day workshop presented to faculty and staff, sponsored by the Office of Human Resources, The University of Texas, April 2001.

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.

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.

Steinhardt, M.A. Seven habits of highly effective people. Eight-hour workshop presented at the College of Business, The University of Texas, September 2000.

Steinhardt, M.A. Transforming stress into resilience. One-hour presentation presented to the staff of the College of Communication, November 1999.

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.

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.

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.

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.

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.

Steinhardt, M.A. Strategies for weaving through the academic maze. Program presented to The University of Texas Faculty Women's Organization, October 1995.

Steinhardt, M.A. Success from the inside out. Presentation sponsored by the Sheila Rice 'Challenge to Excellence' Lecture Program, Women's Athletics, Thompson Conference Center, The University of Texas, April 1995.