

Sebrina L. Doyle Fosco

204 Health and Human Development Building, University Park, PA 16802

E-mail: sld40@psu.edu

Education

Ph.D. Educational Leadership	Penn State University, University Park: August 2022
<i>Dissertation Title: Fostering resilience and wellbeing in educational leadership</i>	
M.S. Psychology	University of Oregon, Eugene: September 2006
B.S. Psychology	Southern Oregon University, Ashland: June 2002

Current Positions

- **Assistant Professor** in Human Development and Family Studies, *Penn State* (2024-current)
- **Certified Facilitator & Master Trainer** for Cultivating Awareness and Resilience in Education, *CREATE for Education* (2018-current)

Current Affiliations

- **Affiliate**, *Bennett Pierce Prevention Research Center* (2022-current)
- **Affiliate**, *Penn State Healthy, Inclusive & Productive Workplace Initiative* (2021-current)
- **Member**, *Group to Reduce Racial Inequities in Prevention* (2023-current)

Selected Previous Professional Experience

- **Assistant Research Professor** in Human Development and Family Studies, *Penn State* (2022-2024)
- **University Graduate Fellow** in Education Policy Studies, *Penn State University* (2019-2022)
- **Assistant Research Professor** at Bennett Pierce Prevention Research Center, *Penn State* (2018 - 2019)
- **Senior Research Assistant** at Bennett Pierce Prevention Research Center, *Penn State* (2011 - 2018)
- **Clinic & Project Coordinator** at the Child and Family Center, *University of Oregon* (2005 - 2011)

Grants/Contracts

14. **Consultant- Fidelity Materials Development & Training** (2024-current) *Project ENGAGE: The Impact of CARE for Teachers on Students' Success*. PI: Jennings & Hofkens EIR: \$7,999,651
13. **Research Scientist- Cost Analysis** (2019, 2023-2024) *Efficacy of MindUP on Pre-Kindergarteners' Development of Social-Emotional Learning Competencies and Academic Skills*, Co-PIs: Mashburn & Roeser, IES: \$3,300,000
12. **Principal Investigator** (2022-2023, \$9,699) *Cultivating REsilience and Wellbeing (CREW) in Engineering Penn State Healthy, Inclusive, & Productive Workplaces Initiative*.
11. **Co-Investigator** (2022, \$9,199) *Developing a Mindfulness and Compassion Microcredential Course to Promote Engineering Students' Resilience and Psychological Wellbeing* Penn State College of Engineering, Leonhard Center.
10. **Principal Investigator** (2021, \$5,191) *Cultivating Mindfulness & Compassion Skills in 1st Year Seminar Instructors to Support Anti-Racist and Equitable Practices in the Classroom* Penn State College of Education Equity Fund.
09. **Conference Organizer & Facilitator** (2020-current) *Mindfulness-based intervention implementation and sustainability in diverse school contexts* PI: Schussler, Spencer Conference Grant: \$46,582.
08. **Consultant- Fidelity Materials Development & Training** (2019-current) *CATALYZE: The Impact of CARE + PATHS on Students' Success* PI: Jennings IES: \$4,400,000

07. **Co-Investigator** (2018-2023, \$20,000) "Alexa, I'm in pain!" A Real-Time Mindfulness Intervention to Control Pain: Delivery Through a Conversational Agent Penn State Social Sciences Institute.
06. **Principal Investigator** (2018, \$3,173) *Mindfulness-Based Self-Care in Human Services: Tools to Reduce Burnout and Improve Health* Penn State College of Health & Human Development, Schultz Endowment.
05. **Principal Investigator** (2017-2019, \$99,908) *Mindfulness-Based Self-Care for Youth Services Workers* Pennsylvania Bureau of Juvenile Justice Services & Department of Human Services.
04. **Principal Investigator** (2016-2017, \$53,357) *Continuation of Enhanced Family Involvement in Juvenile Justice Services* Pennsylvania Bureau of Juvenile Justice Services & Commission on Crime & Delinquency Contract.
03. **Principal Investigator** (2014-2016, \$86,645) *Technology Enhanced Family Involvement in Juvenile Justice Services*. Pennsylvania Bureau of Juvenile Justice Services, Commission on Crime & Delinquency Contract.
02. **Project Manager** (2012-2018) *Improving Classroom Learning Environments by Cultivating Awareness and Resilience in Education: A Cluster Randomized Controlled Efficacy Trial*, Co-PIs: Jennings & Greenberg, IES: \$3,435,882
01. **Project Coordinator** (2009-2011) *An Internet Infrastructure for the Quality Implementation of the Family Check-Up*, Co-PIs: Dishion & Stormshak, NIDA/ARRA: \$946,906.

Peer-Reviewed Journal Articles & Book Chapters

18. Frazier, T. & Doyle Fosco, S.L. (2024) Nurturing positive mental health and wellbeing in educational settings- The PRICES Model. *Frontiers in Public Health* (11), doi.org/10.3389/fpubh.2023.1287532
17. Doyle Fosco, S. L. (2024) Cultivating awareness and resilience in education: Caring for yourself so you have the resources to care for others. In Carpenter, B, Mahfouz, J., & Robinson, K. (Eds.) *Supporting Leaders for School Improvement Through Self-Care and Wellbeing* (pp. 317-336). Information Age Publishing.
16. Doyle Fosco, S.L., Rutten, L. & Schussler, D.L. (2023) Understanding the relationship between teacher leadership and teacher wellbeing: A narrative review of the theoretical and empirical literature. *International Journal of Teacher Leadership*.
15. Brown, J. L., Jennings, P.A., Rasheed, D., Cham, H., Doyle Fosco, S. L., Frank, J. L., Davis, R., & Greenberg, M.T., (2023). Direct and mediated effects of the CARE mindfulness-based professional development program for teachers on children's academic and social-emotional outcomes. *Applied Developmental Science*. doi.org/10.1080/10888691.2023.2268327
14. Schussler, D.L., Doyle Fosco, S.L., Kohler, K. (2023) The core curricular content of school-based mindfulness programs. *School Mental Health*. doi.org/10.1007/s12310-023-09623-9
13. Mendu, S., Doyle Fosco, S.L., Lanza, S., Abdullah, S. (2023) Designing voice interfaces to support mindfulness-based pain management. *Sage Digital Health*. doi.org/10.1177/20552076231204418
12. Doyle Fosco, S.L., Brown, M.A., Schussler, D.L. (2023) Factors affecting educational leader wellbeing: Sources of stress and self-care. *Educational Management Administration & Leadership*. doi.org/10.1177/17411432231184601
11. Schussler, D.L., Davis, J., Doyle Fosco, S.L., Kohler, K. (2023) Examining the ethics of school-based mindfulness programs. *The Journal of Moral Education*. doi.org/10.1080/03057240.2023.2232121
10. Doyle Fosco, S.L., Schussler, D.L., Jennings, P.A. (2023) Acceptability of a mindfulness-based professional development program to support educational leader wellbeing. *Mindfulness*. doi.org/10.1007/s12671-023-02182-9
09. Doyle Fosco, S.L. (2022) Educational leader wellbeing: A systematic review, *Educational Research Review* (37), doi.org/10.1016/j.edurev.2022.100487
08. Rutten, L., Doyle, S.L., Wolkenhauer, R., Schussler, D.L. (2022) Teacher candidates' perceptions of emergent teacher leadership in a professional development school. *Action in Teacher Education* (44) 4, p. 308-329. doi.org/10.1080/01626620.2022.2074912
07. Schussler, D., DeWeese, A, Rasheed, D., DeMauro, A. A., Doyle, S. L., Brown, J.L., Greenberg, M. T., Jennings, P.A. (2019) The relationship between adopting mindfulness practice and re-perceiving: A

qualitative investigation of the CARE for Teachers program. *Mindfulness* (10), p. 2567–2582.

[10.1007/s12671-019-01228-1](https://doi.org/10.1007/s12671-019-01228-1)

06. Jennings, P.A., **Doyle, S.L.**, Oh, Y., Rasheed, D., Frank, J., Brown, J.L. (2019). Long-term impacts of the CARE program on teachers' social and emotional competence and well-being. *Journal of School Psychology* (76), p. 186-202. doi.org/10.1016/j.jsp.2019.07.009
05. Rasheed, D., Brown, J., **Doyle, S.L.**, Jennings, P.A., (2019) The effect of teacher-child race/ethnicity matching and classroom diversity on children's socioemotional and academic skills. *Child Development* 91(3) pp. e597-e618. doi.org/10.1111/cdev.13275
04. **Doyle, S.L.**, Jennings, P.A., Brown, J., Rasheed, D., DeWeese, A., Frank, J., Turksma, C., Greenberg, M. (2019). Exploring relationships between CARE program fidelity, quality, participant responsiveness, and uptake of mindful practices. *Mindfulness*. 10(5), 841-853. doi.org/10.1007/s12671-018-1034-9
03. **Doyle, S.L.**, Rasheed, D., Brown, J., Jones, D. & Jennings, P.A. (2019). Cost analysis of ingredients for successful implementation of a mindfulness-based professional development program for teachers. *Mindfulness* 10(1), 122-130. doi.org/10.1007/s12671-018-0958-4
02. Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S.L.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A. A., Cham, H., & Greenberg, M. T. (2017). Impacts of the CARE for Teachers program on teachers' social and emotional competence and classroom interactions. *Journal of Educational Psychology*, 109(7), 1010-1028. dx.doi.org/10.1037/edu0000187
01. DeWeese, A., Jennings, P. A., Brown, J. L., **Doyle, S.L.**, Davis, R. T., Rasheed, D. S., Frank, J. L. & Greenberg, M. T. (2017). Coding semi-structured interviews: Examining coaching calls within the CARE for Teachers program. *SAGE Research Methods Cases, Part 2*. dx.doi.org/10.4135/9781473958319

Under Review

01. **Doyle Fosco, SL**, Schussler, DL, Mahfouz, J, Brown, M, Jennings, PA, Cherkowski, S., Levit-Bunnen, N., Cantrell, T, Kirsch, K., Frazier, T. (resubmitted Feb. 2024) A conceptual framework for whole-school implementation of mindfulness programs and practices: Wisdom from the field.
02. Schussler, DL, **Doyle Fosco, SL**, Brown, M.A. (resubmitted May 2024) School-based mindfulness: Application of the PARIHS Framework to contextualize implementation.
03. Mendu, S., **Doyle Fosco, S.L.**, Lanza, S., Abdullah, S. (submitted May 2024) "Learning to live with pain": Designing a voice assistant to deliver mindfulness-based stress reduction practices for individuals living with chronic pain.
04. **Doyle Fosco, S.L.**, Schussler, D.L., Kohler, K (submitted May 2024) Peering inside the black box: An analysis of mindfulness skills and practices taught across twelve school-based mindfulness curricula.

Technical Reports and Other Writing

10. **Doyle, S.L.**, Schussler, D.L., Mahfouz, J., Brown, M.A. (2022) *Supporting school-based mindfulness: Takeaways from the Spencer conference and virtual meetings*.
09. **Doyle, S. L.**, Berrena, E., Agrusti, M., Huling George, L., George, L., Johnson, Z. (2019). *Mindful Awareness Program (MAP) for Wellness Project Evaluation Report*. Prepared for the Pennsylvania Bureau of Juvenile Justice Services.
08. **Doyle, S. L.**, Berrena, E., Agrusti, M., Huling George, L., George, L., Johnson, Z. (2018). *The Mindful Awareness Program (MAP) for Wellness in Juvenile Justice Curriculum*.
07. **Doyle, S. L.** (2018). *We Know BETter Program student survey results*. Report prepared for Compass Mark and two Pennsylvania School Districts.
06. The Pennsylvania State University (2018). *Estimation of the societal costs to states due to the opioid epidemic*. Report prepared for the Pennsylvania Office of Attorney General. (supported research & writing)
05. **Doyle, S. L.**, Yoder, G. (2016, June) Partnering for success: improving family involvement in Youth Development Centers. *Juvenile Court Judges Commission Newsletter* 27 (6) 4. Available at: <http://www.jcjc.pa.gov/Publications/Newsletters/2016/June.pdf>
04. **Doyle, S. L.**, Bova, K., Bradley, S. (2014, September) *LifeSkills Training Program (LST) student survey results*. Evaluation reports prepared for thirty-four school-districts across Pennsylvania.

03. Doyle, S. L. (2012, August) *Technical Assistance and Support: what kind of help is needed? Results from the 2011 Annual Survey of Evidence-based Programs*. Research brief prepared for the Evidence-based Prevention and Intervention Support Center.
02. Doyle, S. L., Rhodes, B., Greenberg, M.T., (2012, Spring) *Pennsylvania State epidemiology profile on substance use & consequences*. Report prepared for the SPF-SIG Pennsylvania Statewide Epidemiological Outcomes Workgroup.
01. Doyle, S. L. (2012, January) *Results from the Office of Research Protections client satisfaction survey*. Evaluation report prepared for the Office of Research Protections.

Scholarly Peer-Reviewed Presentations

37. Schussler, D.L., Doyle Fosco, S.L., Kohler, K. (2024, April) *Deconstructing school-based mindfulness curricula: A critical analysis of core components of twelve programs*. Roundtable session presented at the 2024 American Educational Research Association Conference, Philadelphia, PA.
37. Schussler, D.L., Brown, M.A., Doyle Fosco, S.L. (2024, April) *Whole school mindfulness: A mixed-methods investigation using implementation science*. Roundtable session presented at the 2024 American Educational Research Association Conference, Philadelphia, PA.
36. Doyle Fosco, S.L. (2023, July) *Factors affecting educational leader wellbeing: Sources of stress and self-care*. Apply session presented at the 8th Annual International Positive Psychology Association Conference, Vancouver BC.
36. Doyle Fosco, S.L. (2023, July) *Factors affecting educational leader wellbeing: Sources of stress and self-care*. Apply session presented at the 8th Annual International Positive Psychology Association Conference, Vancouver BC.
35. Doyle Fosco, S.L. (2023, July) *Cultivating Awareness and Resilience in Education (CARE): A mindfulness-based professional development program aimed at improving wellbeing in schools*. Presented at the 8th Annual International Positive Psychology Association Conference, Vancouver BC.
34. Schussler, D.S. & Doyle Fosco, S.L. (2023, February) *Mindfulness & ethics: An analysis of ethical frames, prosocial motivations, and pedagogies in school*. Paper presented at the International Society for Contemplative Research Annual Conference, San Diego, CA.
33. Doyle Fosco, S.L., Brown, M.A., Schussler, D.S. (2023, February) *Challenges & supports impacting implementation of the school-based Peace of Mind program*. Poster presented at the International Society for Contemplative Research Annual Conference, San Diego, CA.
32. Schussler, D. S., Doyle, S. L., Mahfouz, J., Brown, M. (2022, Nov) *Leading with and for mindfulness: Implementing and sustaining schoolwide mindfulness for all students' well-being*. Critical conversation facilitated at the 36th University Council on Educational Administration Conference. Seattle, WA.
31. Brown, M., Doyle, S. L., Schussler, D.S. (2022, Nov) *Navigating barriers to whole school mindfulness implementation: What leaders should know for successful integration*. Paper presented at the 36th annual University Council on Educational Administration Conference. Seattle, WA.
30. Doyle, S. L. (2021, Nov) *Educational leader wellbeing: A systematic review*. Paper presented at the 35th annual University Council on Educational Administration Conference. Columbus, Ohio.
29. Schussler, D.S., Doyle, S. L., Kohler, K. (2021, Nov) *What educational leaders need to know about school-based mindfulness interventions to promote student well-being*. Paper presented at the 35th annual University Council on Educational Administration Conference. Columbus, Ohio.
28. Doyle, S. L., Schussler, D.S., Kohler, K., & Layton, A. (2021, April) *Mindfulness based interventions that promote SEL: An extended analysis of curriculum, context, training, and fidelity*. Presented online at the American Educational Research Annual Conference.
27. Doyle, S. L., Agrusti, M., Berrena, E., George Huling, L, George, L., Johnson, Z. (2020, Nov) *Upaya-Kaushalya: Modifying mindfulness messaging to serve majority male staff in rural juvenile justice facilities*. Presented online at the Mind and Life Institute's Contemplative Research Bi-Annual Conference.
26. Doyle, S. L., Schussler, D., Rutten, L., Pham-Schouse, T. & Jaffa, J. (2020, Nov) *Understanding the Relationship Between Teacher Leadership and Teacher Wellbeing: Toward a New Conceptual Model*. Presented online at the University Council on Educational Administration Annual Conference.

25. **Doyle, S. L.**, Schussler, D., Turksma, C. (2019, Nov) *Cultivating awareness and resilience in administrators: Examination of a tailored implementation of the CARE program*. In (J. Mahfouz, Chair) Teacher and administrator professional development of social-emotional competencies. Symposium presented at the University Council on Educational Administration annual conference, New Orleans, LA.
24. **Doyle, S. L.**, Berrena, E., Agrusti, M., George Huling, L., George, L., Johnson, Z., (2019, May) *A community-university partnership to implement mindfulness-based strategies to prevent burnout in juvenile justice facilities*. Paper presented at the Society for Prevention Research 27th Annual Conference, San Francisco, CA.
23. **Doyle, S. L.**, Rasheed, D., Brown, J., Jennings, P.A. (2018, February) *Cost Analysis of a mindfulness-based professional development program for teachers*. Society for Benefit-Cost Analysis 9th Annual Conference, Washington, D.C.
22. **Doyle, S. L.**, Gayles, J., Nix, R. (2017, May) *A Partnership Formation in Juvenile Justice Services to Support Youth Well-Being through Increased Family Involvement*. Paper presentation at the 25th Annual Society for Prevention Research Conference, Washington, D.C.
21. **Doyle, S. L.**, Scanlon, D., Hunter, D. (2017, May) *A Culture of Health: Creating a Model to Integrate Social Determinants of Health into Primary Care Settings*. Poster presentation at the 25th Annual Society for Prevention Research Conference, Washington, D.C.
20. Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S. L.**, Oh, Y., Davis, R., Rasheed, D., DeWeese, D., DeMauro, A. A. & Greenberg, M. T. (2017, April). *The long-term effects of the CARE for Teachers program on teachers' wellbeing and classroom quality: Results from a randomized controlled trial*. In (R. Roeser, Chair) Teacher, classroom and student impacts of teacher mindfulness programs in elementary and middle school settings. Symposium presented at the American Education Research Association Annual Conference, San Antonio, TX.
19. Brown, J. L., Jennings, P. A., Cham, H., Rasheed, D., Frank, J. L., **Doyle, S. L.**, Oh, Y., DeWeese, A. and Greenberg, M. T. (2017, March) *CARE for Teachers: Direct and mediated effects of a mindfulness-based professional development program for teachers on teachers' and students' social and emotional competencies*. In (J. Downer, Chair) Social and Emotional Learning in Educational Settings Invited Symposium Role of Teacher Well-Being & Stress in the Classroom. Presented at the Society for Research on Educational Effectiveness (SREE) Annual Conference, Washington, D.C.
18. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, November) *Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers*. Paper presented at The International Symposium for Contemplative Studies Mind and Life Institute in San Diego, CA.
17. Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S. L.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A. A. & Greenberg, M. T. (2016, November). *Examining the implementation, process, and outcomes of CARE for Teachers, a mindfulness-based intervention in teacher professional development*. Symposium presented at the International Symposium for Contemplative Studies, San Diego, CA.
16. Jennings, P. A., Brown, J. L., Zhai, F., **Doyle, S. L.** & Greenberg, M. T. (2016, November). *Do program fidelity and participant compliance matter? Evidence from a randomized mindfulness-based intervention for teachers*. Paper presented at the Association for Public Policy Analysis and Management Fall Research Conference, Washington D. C.
15. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, May) *Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers*. Paper presented at 2nd Annual International Conference on Mindfulness, Rome, Italy.
14. Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S. L.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A. A. & Greenberg, M. T. (2016, May). *The Effects of the CARE for Teachers Program on Teachers' Wellbeing and Classroom Quality*. In P. Jennings (Chair). CARE for Teachers: Examining Implementation, Process, and Outcomes of a Mindfulness-based Intervention in Teacher Professional Development. Symposium presented at the 2nd International Conference on Mindfulness, Rome, Italy.
13. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, May) *Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and*

- facilitation skill in a mindfulness-based stress reduction program for teachers.* Paper presented at 2nd Annual International Conference on Mindfulness, Rome, Italy.
12. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, April) *How facilitator skill and training fidelity affects participant outcomes in a mindfulness-based stress reduction program for teachers.* Paper presented at American Educational Research Association 2016 Annual Meeting. Washington, D.C.
 11. Brown, J.L., Jennings, P.A., Rasheed, D.S., Cham, H., **Doyle, S. L.**, J.L., Frank, J.L., Tanler, R., DeWeese, A., & Greenberg, M. (2016, April). *Direct and Moderating Impacts of the Cultivating Awareness and Resilience in Education for Teachers Intervention on Student Outcomes.* Paper presented at the American Educational Research Association, Washington, DC.
 10. Jennings, P. A., Brown, J. L., Frank, J. L., **Doyle, S. L.**, Oh, Y., Tanler, R., Rasheed, D., DeWeese, A., DeMauro, A. A. & Greenberg, M. T. (2016, April). *Enhancing teachers' wellbeing and classroom quality: Results from a randomized controlled trial of CARE.* In P. Jennings (Chair). Examining Implementation, Process, and Outcomes of CARE for Teachers, a Mindfulness-based Intervention. Symposium presented at the American Education Research Association Annual Conference, Washington D. C.
 09. **Doyle, S. L.**, Paminski, N., Green, J. (2016, March) *Measuring effectiveness during a widescale implementation of Lifeskills Training: challenges and benefits.* Paper presented at the 2016 Blueprints Conference in Westminster, CO on March 13th, 2016.
 08. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J., Brown, J., Davis, R., Rasheed, D. Greenberg, M. (2016, March) *How facilitator skill and training fidelity affects participant outcomes in a mindfulness-based stress reduction program for teachers.* Paper presented at American Educational Research Association 2016 Annual Meeting. Washington, D.C.
 07. **Doyle, S. L.**, Bumbarger, B., Bradley, S. (2015, December) *Organizational capacity correlates for sustaining evidence-based practices and policies to achieve public health impact.* Poster presented at the 8th Annual Conference on the Science of Dissemination and Implementation in Washington D.C.
 06. **Doyle, S. L.**, Bumbarger, B., Bradley, S. (2014, May) *How evidence-based programs are sustained in the "real world": qualitative interviews from the field.* Paper presentation at the 22nd Annual Society for Prevention Research Conference, Washington, D.C.
 05. **Doyle, S. L.**, Jennings, P.A., DeWeese, A., Frank, J. (2014, May) *Evaluating the fidelity of the Cultivating Awareness and Resilience in Education (CARE) Program.* Poster presentation at the 22nd Annual Society for Prevention Research Conference, Washington, D.C.
 04. Jennings, P.A., Brown, J.L., Frank, J., Tanler, R., **Doyle, S. L.**, Rasheed, D., DeWeese, A., & Greenberg, M. (2014, March) *Promoting teachers' social and emotional competence: A replication study of the Cultivating Awareness and Resilience in Education (CARE) program.* Paper presented at the Society for Research on Educational Effectiveness, Washington, D.C.
 03. **Doyle, S. L.**, Bradley, S., Rhodes, B., Bumbarger, B. (2012, March) *The Annual Survey of Evidence-Based Programs: Measuring core constructs from implementation to sustainability within a statewide scale-up.* Poster presented at the 5th Annual NIH Conference on the Science of Dissemination and Implementation, Bethesda, MD.
 02. **Doyle, S. L.**, Stormshak, E, Fosco, G.F. (2011, April) *Coping in adolescence: What works best to prevent behavior problems?* Poster session presented at the biennial meeting for the Society for Research on Child Development, Montreal. Quebec.
 01. **Doyle, S. L.**, Malle, B.F., Dishion, T.J., (2009, April) *Using language to understand deviance and substance use in adolescence: An exploration of peer dyadic interactions.* Poster session presented at the biennial meeting for the Society for Research on Child Development, Denver, CO.

Community-Focused Workshops

16. **Doyle Fosco, S.L.** (2024, May) *Using mindful awareness practices for stress management.* Three invited workshops offered at the Pennsylvania State Education Association Annual Conference. Poconos, PA.

15. Doyle Fosco, S.L. (2024, February) *CARE, SEL & mindfulness to support school staff wellbeing and culture*. Four invited workshops offered at the Northern Centre for Excellence in School Engagement Annual Conference. Broadmeadows, Victoria, Australia.
14. Doyle Fosco, S.L. (2024, February) *CARE Principles and practices for integrating SEL & mindfulness for school principals and leaders*. Invited workshop offered at the Northern Centre for Excellence in School Engagement Annual Administrator Meeting. Broadmeadows, Victoria, Australia.
13. Doyle, S.L. (2019, October) *Mindful Stress-Management Tools for Juvenile Justice*. Invited workshop offered at the Juvenile Detention Centers and Alternative Placements Conference, Poconos, PA.
12. Blackburn, S., Waltman-Spreha, K., Doyle, S.L. (2016, Dec.) *Learning from the research: family involvement in juvenile justice*. Invited workshop at the Juvenile & Domestic Relations Day of Training, Fairfax, VA.
11. Doyle, S.L., Cecil, K. (2016, Nov.) *Enhancing family involvement in residential treatment services*. Workshop presented at the James E. Anderson Pennsylvania Conference on Juvenile Justice, Harrisburg, PA.
10. Doyle, S.L. (2016, September) *The good, the bad, and the ugly: Customizing proposals to meet grant (funder) goals*. Invited workshop presented at the County Commissioners Association of Pennsylvania Grant Writing Conference, University Park, PA.
09. Doyle, S.L., Turksma, C. (2014, October) *Cultivating awareness and resilience in education*. Workshop presented at the 22nd Annual Safe Schools Conference, Grantville, PA.
08. Doyle, S.L., Law, P., Kolchin, G., Hinkle, S., (2014, October) *Pennsylvania Youth Survey (PAYS): Putting It All Together*. Workshop presented at the 22nd Annual Safe Schools Conference, Grantville, PA.
07. Doyle, S. L. (2014, June): *Growing Homegrown Programs*. Workshop presented at the 24rd Annual Commonwealth Prevention Alliance Conference, State College, PA.
06. Doyle, S.L., Luciw, T. (2014, August) *Understanding Risk and Protective Factor Cut Points*. Pennsylvania Youth Survey Webinar Series presented through the Evidence-based Prevention and Intervention Support Center at Penn State University.
05. Demi, M.A., Doyle, S.L., Law, P., Perry, H. (2014, January) *Creating and Understanding Logic Models for Juvenile Justice Programs*. Standardized Program Evaluation Protocol Webinar Series presented through the Evidence-based Prevention and Intervention Support Center.
04. Doyle, S. L. (2013, December) *Collecting data in the real world: What do you measure and how?* Presentation given at the Snyder County Coalition for Kids 2nd Annual Meeting at Susquehanna University. Selinsgrove, PA.
03. Doyle, S.L., Kolchin, G., Hinkle, S., (2013, October) *Understanding the PA Youth Survey: Shifting the Focus of Youth Behavior Problems from a "School Problem" to a Community Problem*. Workshop presented at the Safe Schools Conference, Grantville, PA.
02. Doyle, S. L. (2013, June): *Moving beyond 30-day outcomes: Collecting and using data in the real world*. Workshop presented at the 23rd Annual Commonwealth Prevention Alliance Conference, University Park, PA.
01. Doyle, S.L., Walters, K., Dishion, T.J., Stormshak, E., (2010, September) *Ecological Family Intervention and Treatment (EcoFIT)- Evidence Based Practices for Intervening in Adolescent Substance Abuse*. Workshop given at the 1st Annual Oregon Prevention Conference. Eugene, OR.

Selected Teaching Experience

Primary Instructor

- HDFS 108N, *The Art and Science of Human Flourishing*, Penn State, University Park, PA (2023)
- HDFS 497, *Mindful Stress Management Skills for Helping Professionals*, Penn State, University Park, PA (2017, 2019)
- HDFS 497, *Finding Funding: Introduction to Grant Proposal Writing*, Penn State, University Park, PA (2015, 2016, 2018, 2019)
- PSY 203, *Introductory Psychology*. Lane Community College, Eugene, OR (2007)
- PSY 101, *Introduction to Psychology*, Pioneer Pacific College, Springfield, OR (2004)
- SOC 101, *Introduction to Sociology*, Pioneer Pacific College, Springfield, OR (2004)
- CCS 101, *College and Career Success*, Pioneer Pacific College, Springfield, OR (2004)

Guest Lecturer

- EDLDR 532 Educational Leadership Doctoral Pro-Seminar, Topic: *Leader Wellbeing*, Penn State, University Park, PA (2021, 2022)
- HDFS 503 Human Development Intervention: Analysis of Theories and Approaches, Topic: *Understanding and Using Logic Models*, Penn State, University Park, PA (2015, 2017)
- HDFS 311 Human Development & Family Studies Interventions, Topic: *Ethics in Prevention*, Penn State, University Park, PA (2012)

Teaching Assistant

- PSY 302, **Research Methods** (taught 2 lab sections), University of Oregon, Bend, OR (2005)
- PSY 303 **Research Methods**, University of Oregon, Eugene, OR (2005)
- PSY 465 **Adult Development & Aging**, Southern Oregon University, Ashland, OR (2001, 2002)
- PSY 467, **Death & Dying**, Southern Oregon University, Ashland, OR (2000, 2001, 2002)
- PSY 370, **Lifespan Development**, Southern Oregon University, Ashland, OR (2001)
- **Writing 121, Academic Composition**, Umpqua Community College, Roseburg, OR (1998)
- **Writing 122, Multimodal Composition**, Umpqua Community College, Roseburg, OR (1998, 1999)

Workplace Mindfulness & Stress Management Workshops

Cultivating Awareness and Resilience in Education Professional Development Program

- 6 two-hour webinars, Educators & Administrators, Victoria, Australia (Oct-Nov, 2023)
- 1-day in-person, Educational Leaders, Philadelphia, PA (Oct, 2023)
- 1-day in-person, Preschool Teachers, Harrisburg, PA (Oct, 2023)
- 2-day in-person, School/District Administrators, Vancouver, WA (Aug, 2023)
- 2-day in-person, School/District Administrators, Johnstown, PA (Aug, 2023)
- 7 three-hour webinars, Facilitator Training for Administrators, Victoria, Australia (Oct-Nov, 2021)
- 2-day webinar, Elementary School Teachers, Chicago, IL (Aug, 2021)
- 2-day webinar, Elementary School Teachers, Chicago, IL (Aug, 2021)
- 2-hour webinar, School/District Administrators, Chicago, IL (Aug, 2021)
- 6 two-hour webinars, School/District Administrators, Victoria, Australia (April-May, 2021)
- 3-day webinar, School/District Administrators, Louisville, KY (Sept 2020-Jan 2021)
- 1-hour webinar, Elementary and Middle School Educators, Northfield, NJ (Nov, 2020)
- 3-day hybrid, Elementary School Teachers and Staff, Indiana, PA (Aug, 2020)
- 6 one-hour webinars, Pennsylvania State Education Association, Harrisburg, (April - Aug 2020)
- 3-day in-person, Pennsylvania State Education Association, Harrisburg, PA (Feb, 2020)
- 3-day in-person, Frostburg State University, Frostburg, MD (Aug, 2019)
- 3-day in-person, Elementary/Secondary Teachers, Harrisburg, PA (Aug, 2019)
- 3-day in-person, School/District Administrators, Harrisburg, PA (June, 2019)
- 2-day in-person, Elementary School, Baltimore, MD (Sept, 2017: co-facilitation with Tish Jennings)
- 5-day residential, Garrison Institute, Garrison, NY (Aug, 2017: cofacilitation with Christa Turksma)

Mindful Awareness Program for Wellness

- 2-day webinar, Juvenile Probation Officers, Juvenile Court Judges' Commission (Aug, 2021)
- 2-day in-person, Loysville Youth Development Center, Loysville, PA (Oct, 2017; Jan, 2018; Feb, 2018)
- 2-day in-person, North Central Secure Treatment Unit, Danville, PA (Oct, 2017; Jan, 2018; Feb, 2018)
- 1-day in-person, Office of Children and Youth Services, Mechanicsburg, PA (May, 2018)

Other Stress-Management/Wellness Presentations

- 1-hour in-person, Center for Performing Arts Staff Retreat, Penn State University (May, 2024)
- 1-hour in-person, College of Education Faculty Retreat, Penn State University (May, 2022)
- 1-hour in-person, College of Education Student Symposium, Penn State University (Feb, 2020)
- 1-hour webinar, Gather DC, Washington, DC (April, 2020)
- 1-hour webinar, Center for Rural Opioid Prevention, Treatment & Recovery, WSU (Dec, 2020)

Additional Mindfulness & Compassion-based Program Training/Certifications

Mindfulness-Based Stress Reduction

UC San Diego 6-day Teacher Training Intensive

Learning to BREATHE Mindfulness Curriculum for Adolescents

16-hour Facilitator Training

Mindfulness-Enhanced Strengthening Families 10-14 Program

24-hour Facilitator Training

Service to the Field

- **Associate Editor** - *Mindfulness* (2021-2024)
- **Ad-Hoc Reviewer** - *Educational Research Review, Affective Science, Teaching & Teacher Education, Journal of Contemplative & Holistic Education, Psychology in the Schools & American Journal of Education*
- **Conference Abstract Reviewer** - *Society for Prevention Research* (2020)
- **Student Board Member** - *American Journal of Education* (2020-2021)

Professional Memberships

- American Educational Research Association (2022-current)
- International Positive Psychology Association (2023-current)
- International Society for Contemplative Research (2021-current)
- Society for Prevention Research (2014-current)
- University Council for Educational Administration (2019-current)