

**Jessica Saalfield, Ph.D.**  
Assistant Professor of Psychology  
Penn State Schuylkill  
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**Summary:**

My teaching aims to:

- Include active learning techniques, keeping students involved and invested
- Optimize **inclusive** teaching strategies

My research interests focus on developing a comprehensive understanding of the effects of alcohol use and misuse in the adolescent/young adult population. The overarching goal of my research is to establish the unique drinking culture on rural college campuses. My interdisciplinary research program will:

- Investigate key motivators for risky drinking in 'rural' or 'small' college settings
- Educate local communities on the harms of substance misuse through student outreach

**Academic Positions:**

*Assistant Professor of Psychology, August 2020-Present*  
Penn State Schuylkill, Schuylkill Haven, PA

**Campus Positions:**

*Assistant Coordinator, Penn State Schuylkill Honors Program, March 2022-Present*  
Penn State Schuylkill, Schuylkill Haven, PA

**Education and Training:**

*IRACDA INSPIRE Postdoctoral Research Fellow, 2018-2020*  
Robert Wood Johnson Medical School and Rutgers University, Piscataway, NJ  
Research Mentor: Jennifer Buckman, Ph.D.

*Ph.D., Behavioral Neuroscience, 2017*  
Binghamton University, Binghamton, NY  
Research Mentor: Linda Spear, Ph.D.

*M.S., Psychology, 2013*  
Binghamton University, Binghamton, NY  
Research Mentor: Linda Spear, Ph.D.

*B.S., Biology and Psychology, 2008*  
The College of New Jersey, Ewing, NJ

### **Professional Experiences:**

After graduating with my B.S., I spent 2 years working in an inpatient clinical facility with adolescents and adults suffering from psychiatric issues. As a Mental Health Associate, I:

- Worked in the drug detoxification and rehabilitation units
- Assisted patients with their needs and ran group sessions

### **Fellowships and Funding**

- Schuylkill Research Development Grant, 2021- current; \$4250
- Early Career Diversity Research Award, the Edna Bennett Pierce Prevention Research Center, \$1256
- INSPIRE Fellowship, NIH K12 award, 2018-2020
- Gamburg Innovation Award, 2019; \$1,000 research grant

### **Grant Submissions**

- NIH R03, Assessing the Alcohol Culture on Small, Rural College Campuses (not funded)

### **Honors and Awards:**

- Poster Award, 2019 IRACDA meeting
- Nominee, Excellence in Graduate Teaching Award; Fall 2017
- International Society of Developmental Psychobiology Travel Award, 2011

### **Teaching/DEI Training:**

Gates Evidence-Based Teaching Practices, faculty fellow, Fall 2023

Diversity, Equity, and Inclusion in the Workplace (Certificate), University of South Florida, Summer 2021

Scientific Teaching Short Course (Certificate), The National Institute on Scientific Teaching and Macmillian Learning, Summer/Fall 2020

Teaching and Learning in the Diverse Classroom, Fall 2019

Scientific Teaching Workshop, Rutgers/RWJMS INSPIRE, Spring 2019

Certificate for Online Teaching, Binghamton University; December 2017

### **Publications:**

*In prep*

Saalfeld, J. & \*Haag, B. Alcohol Use Amongst Rural Adolescents and Young Adults: A Review of the Literature

Ryerson, N., \*Siddiqui, I., & Saalfeld, J. Exploring the Relationship of Rurality and Region: An Analysis of Adolescent Marijuana Use in the United States

Saalfield, J., \*Haag, B., & Ryerson, N. Alcohol Use and Perceived Risk Among Geographically Diverse 12th Grade Students

\* indicates undergraduate student co-author

*Peer-reviewed*

Saalfield, J., Piersol, K. L., Esopenko, C., Bates, M. E., Weismiller, S. A., Brostrand, K., ... & Buckman, J. F. (2021). Digital neuropsychological test performance in a large sample of uninjured collegiate athletes. *Applied Neuropsychology: Adult*, 1-7.

Saalfield, J., Piersol, K. L., Monaco, R., Womack, J., Weismiller, S. A., Esopenko, C., ... & Buckman, J. F. (2022). Comparison of Concurrent and Same-Day Balance Measurement Approaches in a Large Sample of Uninjured Collegiate Athletes. *International Journal of Sports Physical Therapy*, 17(2), 228.

Saalfield, J. & Spear, L.P. (2019). Fos activation patterns related to acute ethanol and conditioned taste aversion in adolescent and adult rats. *Alcohol*, 78, 57-68.

Dannenhoffer, C. A., Kim, E. U., Saalfield, J., Werner, D. F., Varlinskaya, E. I., & Spear, L. P. (2018). Oxytocin and vasopressin modulation of social anxiety following adolescent intermittent ethanol exposure. *Psychopharmacology*, 235(10), 3065-3077.

Saalfield, J., & Spear, L.P. (2016). The ontogeny of ethanol aversion. *Physiology and Behavior*, 156, 164-170.

Saalfield, J., & Spear, L. (2015). Consequences of repeated ethanol exposure during early or late adolescence on conditioned taste aversions in rats. *Developmental Cognitive Neuroscience*, 16, 174-182.

Saalfield, J., & Spear, L. (2014). Developmental differences in the effects of alcohol and stress on heart rate variability. *Physiology & Behavior*, 135, 72-80.

### **Selected Presentations:**

Saalfield, J. & \*Haag, B. ALCOHOL USE AND PERCEIVED RISK AMONG GEOGRAPHICALLY DIVERSE 12<sup>TH</sup> GRADE STUDENTS. Poster presented at: Collaborative Perspectives on Addiction; 2023, March 23-25; Albuquerque, NM.

\*Siddiqui, I., \*Cresswell, D., Saalfield, J., & Ryerson, N. ADOLESCENT MARIJUANA USE ANALYSIS BY RURALITY AND REGION OF THE UNITED STATES. Poster presented at: Eastern Psychological Association; 2023, March 2-4; Boston, MA.

Saalfield, J., & Buckman J.F.. COMPARISON OF NEUROPSYCHOLOGICAL TEST PERFORMANCE IN DIVISION I COLLEGE ATHLETES USING C3 LOGIX. Poster presented at: national IRACDA conference; 2019, June 30 – July 1; Ann Arbor, MI.

Saalfield, J., & Spear, L.P.. FOS ACTIVATION PATTERNS RELATED TO ACUTE ETHANOL AND CONDITIONED TASTE AVERSION. Poster presented at: Research Society on Alcoholism; 2018, June 16-20; San Diego, CA.

Saalfield, J., Dannenhoffer, C., Spear, L.P., and Varlinskaya, E.I. THE EFFECTS OF THE OXYTOCIN AGONIST WAY 267464 ON SOCIAL BEHAVIOR IN ADULT MALE AND FEMALE RATS FOLLOWING ADOLESCENT INTERMITTENT ETHANOL EXPOSURE. Poster presented at: Society for Neuroscience; 2016, Nov 12-16, San Diego, CA.

Saalfield, J., Varlinskaya, E.I. & Spear, L.P. DOES ONE BOTTLE VERSUS TWO BOTTLE CHOICE AFFECT AGE AND SEX DIFFERENCES IN ETHANOL CONDITIONED TASTE AVERSION? Poster presented at: Research Society on Alcoholism; 2016, June 25-29; New Orleans, LA.

Saalfield, J. & Spear, L.P. THE ONTOGENY OF ETHANOL AVERSION. Poster presented at: Society for Neuroscience; 2015 Oct 17-22; Chicago, IL.

Saalfield, J., Varlinskaya, E.I. & Spear, L.P. CONDITIONED TOLERANCE TO ETHANOL-INDUCED SOCIAL INHIBITION IN RATS: IMPACT OF AGE AND SEX. Poster presented at: Research Society on Alcoholism; 2015, June 20-24; San Antonio, TX.

Saalfield, J. & Spear, L.P. CONSEQUENCES OF REPEATED ETHANOL EXPOSURE DURING EARLY OR LATE ADOLESCENCE ON CONDITIONED TASTE AVERSIONS IN RATS. Poster presented at: Research Society on Alcoholism; 2014, June 21-25; Bellevue, WA.

Sweatt, J. & Spear, L.P. DEVELOPMENTAL DIFFERENCES IN THE EFFECTS OF ALCOHOL AND STRESS ON HRV. Poster presented at: International Society of Developmental Psychobiology; 2012 Oct 10-13; New Orleans, LA. (Under maiden name Sweatt)

Sweatt, J. & Spear, L.P. HEART RATE RESPONSE TO ATROPINE IN ADOLESCENT AND ADULT RATS: IMPLICATIONS FOR THE VAGAL BRAKE. Poster presented at: International Society of Developmental Psychobiology; 2011 Nov 9-12; Washington, DC. (Under maiden name Sweatt)

\* indicates undergraduate student co-author

### **Service:**

Hope and Resources, Conference Organizer

Advisor, New Student Orientations, annually starting in 2022

Poster Judge, Penn State Schuylkill Student Research and Scholarship Conference, annually starting 2022

Society for Addiction Psychology, membership committee, 2023-current

Poster Judge, IRACDA 2021 Annual Meeting

Discussion Facilitator, IRACDA 2021 Annual Meeting

Mentoring Sessions, INSIPRE partner Institutions, Spring 2019 – Spring 2020

Co-Organizer, Emerging Addiction Seminar Series, Spring 2019-Spring 2020

Postdoctoral Association, Outreach Member, 2019-Summer 2020

IRACDA 2020 Planning Committee - Chair (accommodations, hotel meals) and Member (social activities, workshop sessions)

Poster Judge, Center of Alcohol Studies poster day 2019

PGSO secretary, 2015-2016

Ambassador for new graduate students, 2016

Organizer of speaker series aimed at graduate students, 2015

Ad Hoc Reviewer:

- Physiology and Behavior
- Journal of Studies on Alcohol and Drugs
- Journal of Clinical and Experimental Research in Cardiology
- Psychiatry Research
- Neuroscience Letters
- Journal of Comparative Psychology

Ad Hoc Textbook Reviewer:

- BVT Publishing
- Oxford University Press

**Membership:**

American Psychological Association (2019-current)  
Society for the Teaching of Psychology (2019 – current)  
Society of Addiction Psychology (2019 – current)  
Research Society on Alcoholism (2014 – current)  
American Association for the Advancement of Science (2019 – 2021)  
Society for Neuroscience (2014-2020)  
International Society of Developmental Psychobiology (2011-2015)