

Shamila K. Lekka, Ph. D.

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EDUCATION

- Ph.D. (2012)* Experimental/Developmental Psychology
 Department of Psychological Science, University of Vermont
 Advisor: Professor Susan Crockenberg
 Dissertation: *Pathways explaining the development of parenting behaviors in fathers*
- M.A. (2007)* Experimental/Developmental Psychology
 Department of Psychological Science, University of Vermont
 Advisor: Professor Susan Crockenberg
 Thesis: *Pathways by which marital conflict, maternal and paternal behavior affect infant emotion regulation to frustration at 6 months*
- B.S. (1999)* Psychology. University of Aberdeen, United Kingdom.

TEACHING

<i>2019-present</i>	Senior Lecturer, Psychological Science, University of Vermont
<i>2011-2019</i>	Lecturer, Psychological Science, University of Vermont
	<u>Department of Psychological Science</u>
<i>2011-present</i>	<p>PSYS 279-Introduction to Health Psychology <i>An upper-level course introducing students to the factors that influence health and illness from a biopsychosocial perspective, and the evidenced based research on preventing illness and promoting wellbeing.</i> <i>Both in-person and online synchronous.</i> <i>Average of course ratings (1= poor to 5 = excellent) = 4.7</i> <i>Average of instructor ratings (1= poor to 5 = excellent) =4.8</i></p>

2011-present	<p>PSYS 259- Psychology of Families <i>An upper-level course examining the behaviors of individuals, couples, and families in relationships and in the broader environment, grounded primarily in the principles of systems theory.</i> <i>Both in-person and online synchronous.</i> <i>Average of course ratings (1= poor to 5 = excellent) = 4.8</i> <i>Average of instructor ratings (1= poor to 5 = excellent) =4.9</i></p>
Fall 2022	<p>Wellbeing for Warriors <i>A course for student veterans designed to introduce concepts and evidenced based practices in promoting wellbeing.</i> <i>Course rating (1= poor to 5 = excellent) = 5.00</i> <i>Instructor rating (1= poor to 5 = excellent) =5.00</i></p>
Fall 2020-present	<p>FYS 095 - Chasing Happiness <i>A course for first year students exploring concepts of happiness from the contemporary western perspective and the teachings of Theravada Buddhism. This first semester course fulfills the University's writing and information literacy requirement.</i> <i>Both in-person and online synchronous.</i> <i>Average course rating (1= poor to 5 = excellent) = 4.80</i> <i>Average instructor rating (1= poor to 5 = excellent) =4.84</i></p>
Fall- 2014 Co-instructor	<p>PSYS 150-Developmental Psychology: Childhood <i>Introductory course for Psychological Science majors and minors.</i></p>
Fall- 2011 Co-instructor	<p>PSYS 001-Introduction to Psychological Sciences <i>Introductory course for Psychological Science majors and minors.</i></p>
Spring-2020-present	<p style="text-align: center;"><u>Honors College</u></p> <p style="text-align: center;">University of Vermont</p> <p>D2: Exploring Well-being: Perspectives from the East and West <i>A first-year course identifying and comparing wellbeing practices in select countries in the East and West.</i> <i>Both in-person and online synchronous.</i> <i>Average of course ratings (1= poor to 5 = excellent) = 4.5</i> <i>Average of instructor ratings (1= poor to 5 = excellent) =4.77</i></p>
	<p style="text-align: center;"><u>Department of Human Development and Family Studies</u> University of Vermont</p>
Fall- 2014	<p>Contemporary Issues in Parenting <i>Upper-level undergraduate course focused on theory and current research on parenting in contemporary society.</i></p>

<i>Spring 2015</i>	Infancy <i>Upper-level undergraduate course exploring the developmental processes and interventions during infancy.</i>
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Guest Lectures

<i>Fall -2010</i>	Infant and Child Development <i>Professor Susan Crockenberg</i>
<i>2010 Spring</i>	Developmental Psychology: Childhood <i>Professor Annie Murry-Close</i>
<i>2009 Fall</i>	Developmental Psychology: Childhood <i>Professor Annie Murry-Close</i>

Graduate Teaching Fellow

Department of Psychological Sciences, University of Vermont
Prepared and delivered a lecture each semester; graded exams, written assignments, and oral presentations; advised students during weekly office hours.

2002- 2008

Research Methods I
Research Methods II
Infant and Child Development

PROFESSIONAL EXPERIENCE

Program Evaluator

*2009-2011 - Vermont Child Health Improvement Program, College of Medicine,
University of Vermont.*

ASD Evaluation

Lead Evaluator

Evaluate efficacy of State implemented ASD programs for Primary Care Physicians, Parents and Communities.

Chronic Care Initiative.

Lead Evaluator.

Assessing quality improvement on clinic specific outcomes in the Children's Hospital Specialty Center clinics (Diabetes, Nephrology, and Cystic Fibrosis).

Integrated Health Care Evaluation Project.

Co-Evaluator.

Initiatives to integrate behavioral healthcare into primary care for children, adolescents, and their families.

Child Mental Health Initiative

Co-Evaluator.

Project assessing the knowledge and skill of pediatricians in identifying child mental health problems.

Statistical Consultant

2008-2009

VNA F.A.C.T. program

RESEARCH INTERESTS

My primary focus is on teaching and although I am not currently involved in research, my principal interest is in identifying factors that contribute to psychological, behavioral, and social wellbeing of veterans. My previous research which guides my current interest examined: 1) identifying predictors of maternal and paternal sensitivity with an emphasis on parents’ emotional responses to infant cues; 2) examining the intergenerational transmission of fathers’ parenting practices with an emphasis on identifying factors that contribute to discontinuity.

RESEARCH

<p>2000-2002</p>	<p>Baby Lab- Department of Psychological Science, University of Vermont Principal Investigator: Susan Crockenberg, Ph.D. <i>Trained in infant and maternal behavioral coding schemes to assess infant reactivity and regulation, and maternal sensitivity by Susan Crockenberg. Data collection, qualitative and quantitative analysis, and manuscript preparation.</i></p>
<p>2002-2009</p>	<p>Fathers and Infants Project- Department of Psychological Science, University of Vermont Principal Investigator: Susan Crockenberg, Ph.D. <i>Research design, data collection, quantitative analysis, and manuscript preparation.</i></p>

PEER REVIEWED PUBLICATIONS

Crockenberg, S. C., Leerkes, E. M., & Lekka, S. (2007). Pathways from marital aggression to infant emotion regulation: The development of withdrawal in infancy.

Infant Behavior and Development, 30, 97-113. (Special section: Emergent family systems).

POSTER PRESENTATION

Lekka, S.K., Crockenberg, S. C., & Burt, K. (April, 2011). *Pathways explaining the development of parenting behaviors in fathers.* Poster presented at the 22nd Biennial Meeting of the Society for Research in Child Development, Montreal, Canada.

Crockenberg, S.C., Leerkes, E.M., Lekka, S.K. (2010, July). *Predicting pre- and post-partum depressive symptoms in fathers.* Poster presented at the 21st Biennial Congress of the International Society for the Study of Behavioral Development, Lusaka, Zambia

Crockenberg, S. C., Leerkes, E. M., & Lekka, S.K. (April, 2005). *Marital conflict and maternal behavior: Predictors of infant emotion regulation.* Poster presented at the Biennial Meeting of the Society for Research in Child Development, Atlanta.

FUNDED INTERNAL RESEARCH GRANTS

Research grant from Child and Adolescent Psychology Training and Research, Inc., (2005). Burlington, Vermont, (\$500).

PROFESSIONAL DEVELOPMENT

Spring 2021- Center for Teaching and Learning, University of Vermont

Contemplative practices for Anti- Racists Education

Exhale- Reflecting on 15 months of Pandemic Teaching and Learning

Inclusive curriculum workshop with Dr. Loreto

A Win-Win: Increase Reading Rates and Student Engagement with Perusall

Inclusive Teaching: a faculty panel of lessons learned

Workshop: Planning During a Pandemic: Using Backward Design to Create a More Manageable Semester (for Life and Work)

Summer 2021- Center for Teaching and Learning, University of Vermont

Catamount Core Curriculum: Understanding D2 Pathway with Pablo Bose

Fall 2021

Center for Teaching and Learning, University of Vermont

Catamount Core Common Ground Values Courses: Understanding D1, D2, and Global Citizenship Pathway 1 (GC1) Courses

Writing in the Disciplines Program

Time Saving Tips for Responding to Writing with Susan- Marie Harrington

Spring 2022

Writing in the Disciplines Program

Teaching TAP: How's it going? What do you need?

Responding to Final Writing Projects

Summer 2022

Center for Teaching and Learning, University of Vermont

The Power of Transparent Assignment Design

Obtaining IRB Approval to Conduct SoTL Research

Wicked Course Design – A Workshop Series (Session Three)

Time-Saving Tips for Responding to Writing

Writing in the Disciplines Program

Presenter, Planning Your First-Year Seminar

SERVICE

2015- Spring 2019 **Advising Liaison** – Department of Psychological Sciences
Secondary advisor to psychological science majors. We have approximately 540 PSYS majors

September 2017-May 2018: Faculty **search committee** for a lecturer for the Human Development and Family Studies program.

2019- **Mentor**, Catamount Commitment (CC) Program.

STUDENT THESIS COMMITTEES

University of Vermont

Craig Pastel

Fall 2015

Senior Honors Thesis

Global perceived stress as a moderator of depression following exercise cessation.
(Department of Psychological Science, University of Vermont).

Role: Committee member

Molly Gromley

Spring 2016

Senior Honors Thesis

Rumination, negative life events, and depressive symptoms in a sample of college students.

(Department of Psychological Science, University of Vermont).

Role: Committee member

Samuel Raszka

Spring 2016

Senior Honors Thesis

Exercise Incentives, Barriers, and Habits in Pediatric Psychiatry Outpatients

(Department of Biology, University of Vermont).

Role: Committee Chair

Maddie Portnoy

Spring 2017

Senior Honors Thesis

Examining Children's Cognitions in Response to Interparental Conflict

(Department of Psychological Science, University of Vermont)

Role: Committee member

Colin Price

Spring 2017

Senior Honors Thesis

Tai Chi/Qi Gong in Mental Health Treatment and Prevention: A review of Meta-Analytic Evidence and an Analysis of Evidence Congruence with Training Practices

(Department of Psychological Science, University of Vermont)

Role: Committee member

Sophia Papka

Fall 2017

Senior Honors Thesis

Mothers who are Refugees: An analysis of trauma, social support, and parenting efficacy

(Department of Psychological Science, University of Vermont)

Role: Committee member

May Albee

Spring 2019

Senior Honors Thesis

Does empathy reduce the negative effect of hyper-arousal in social interactions?

(Department of Psychological Science, University of Vermont)

Role: Committee member

Kate Goldberg

Spring 2020

Senior Honors Thesis

Achieving Anorexia: An Improbable but Possible Aspiration among College-Age Students

(Department of Psychological Science, University of Vermont)

Role: Committee member

AWARDS

University of Vermont, Kroepsch-Maurice Excellence in Teaching Award **nomination**
2017-2018
2018-2019
2019-2020
2020-2021

OUTREACH

Fall 2022- present Student veteran wellbeing consultations
Follow-up consultations with student veterans who have completed the Wellbeing for Warriors Course.

PROFESSIONAL MEMBERSHIPS

American Psychological Association
Society for Prevention Research
Society for Military Psychology