TEXAS STATE VITA

I. ACADEMIC/PROFESSIONAL BACKGROUND

A. Name: Amy M. Meeks, Ph.D. Title: Senior Lecturer

B. Educational Background:

Degree	Year	University	Major	Thesis / Dissertation
Ph.D.	1985	VPISU*	Family Therapy	Parenting and Creativity
M.A.	1982	VPISU*	Child Development	Structure and Creativity
B.A.	1980	Austin College	Double Major: Psychology and Sociology	

Institute of European Studies, Vienna, Austria. September, 1978 - May, 1979. Emphasis on Freudian and Neo-Freudian Psychology.

* Virginia Polytechnic Institute and State University

C. Professional Development:

30-hour Advanced Civil Mediation and Advanced Family Mediation Training, Mediators and Arbitrators of America, April 25-27, 2022.

40-hour Basic Mediation Training, Center for Public Policy Dispute Resolution Center, University of Texas Law Center, January 10-14, 2022.

40-hour Board Certified Life Coach Training, Institute of Life Coach Training, 2010

D. University Experience:

Position	University	Dates
Professor of Instruction	Texas State University	2024 to Present
Senior Lecturer	Texas State University	2006 to Present
Adjunct Lecturer	University of Texas-Austin	2010 to 2020
Lecturer	Texas State University	2003 to 2006

Lecturer Texas State University 1986 to 1989

II. TEACHING

A. Teaching Honors and Awards:

University:

Foundations of Excellence Award; awarded annually to 10 university faculty 2019.

Favorite Professor, Alpha Chi National Honor Society, 2010, 2011, 2015, 2016, 2017, 2018, 2019, 2021

Favorite Professor, Alpha Delta Pi Sorority, 2009, 2016.

Favorite Professor, Chi Omega Sorority., November 1, 2016.

Distinguished Faculty Member, Panhellenic Council, Fall 2009.

Courses Taught:

Introduction to Psychology, January 2003 to present, 1986 - 1989

Lifespan Development, January 2004 to present

Human Sexuality, Summer 2005 to present

Group Process, Fall 1986

HONORS' COLLEGE WORK:

Honors' Capstone Project: Supervisor

Ana Ronquillo, "Sex Education in hindsight: College Students' Reflections on What They Learned and What They Wish They Had Learned", **Fall 2025 to Spring 2026**

Honors' Credit for Lifespan Development

Aadesh Gyawali, "Aerobic Exercise, Neuroplasticity, and Cognitive Decline in Late Adulthood: A Literature Review Examining Hippocampal Volume Changes", **Spring 2026, PSY 3300.252**

Honors' Credit for Lifespan Development

Madison Legus, 'A Cross-sectional Analysis of Maternal Prenatal Factors and Offspring Developmental Outcomes", **Spring 2026, PSY 3300.252**

Honors' Credit for Lifespan Development

Caleigh Elizabeth Barbato, "The Impact of Play Therapy on Decreasing Anxiety in Children", **Spring, 2022.**

Honors' Credit for Lifespan Development

Sarah Elizabeth Waldrop, "The Enemy is Fear: The Psychological Benefits of the Horror Genre Through Resilience and Coping", **Spring, 2022.**

Honors' Capstone Project: Supervisor

William Murley, "Analyzing the Correlation Between Personality Type and Adolescent Bullying", **Fall 2021.**

Honors' Credit for Lifespan Development

Elizabeth Gonzales, "The Importance of Emotional Intelligence and Why Our Schools Need To Teach It", **Spring, 2021**

Honors' Thesis Committee Member:

Carla Gomez, "The Effects of Hand-Lettering on Self-Compassion", **Spring, 2021**

Honors' Thesis Committee Member:

Jamilah Christianson, "The Repetition of the Coming Out Process in Daily Life", **Spring, 2019.**

Honors' Credit for Lifespan Development

Miranda Orr, "An Analysis of Modern Gender", **Spring, 2023**

Honors' Credit for Lifespan Development

Carley Herwig, "Why Children Should Participate in Sports", **Fall 2022.**

Honors' Credit for Lifespan Development

Ryan Fusselman, "What You Find Meaningful is Irrelevant: Having Meaning is Imperative", **Fall 2021.**

Honors' Credit for Lifespan Development

Mae Stevens, "Psychotropic Medications: The Use and Abuse Within the Foster Care System", **Fall 2021**

Elizabeth Gonzales: "Attachment and Its' Effects on Personality": Lifespan Development, **Fall, 2020.**

Faculty Development: Workshops and Workgroups:

ESCALA: Culturally Responsive Teaching Practices for HIS Faculty

ESCALA: Part II

Flex Like a Boss

Teaching Applications of Radical Empathy
Collaborative Online International Learning
Working with Student Veterans
Student Procrastination: Addressing the Main Points
Where Are You Investing Your Work Time?
Tips and Tricks
Heathy Boundaries
You Don't Have To Be Superman: We Are All Here To Help

EdSurge Podcast:

EdSurge is a podcast series written by Jeff Young. This series focused on classroom attendance post-pandemic. Here is the link to the podcast which is titled "How Instructors Are Adapting to a Rise in Student Disengagement"
https://www.edsurge.com/news/2023-01-10-how-instructors-are-adapting-to-a-rise-in-student-disengagement

BOOK CATS

Co-leading BookCats Book Club: "The Art of Gathering" by Priya Parker, Spring, 2024

Co-led BookCats Book Club: "How Humans Learn" by Joshua Eyler, Fall 2023

Co-led BookCats Book Club: "Small Teaching: Everyday Lessons from the Science of Learning", Fall 2022**.**

Co-led PodCats: A variety of podcasts on Teaching, Spring 2022.

Co-led BookCats Book Club: Spring of 2021
"The Power of Moments: Why Certain Experiences Have Extraordinary Impact", by Chip and Dan Heath.

Co-led BookCats Book Club: Fall 2021
"The Power of Moments: Why Certain Experiences Have Extraordinary Impact", by Chip and Dan Heath.

Co-led BookCats Book Club: Spring 2020
"The Courage to Teach", by Parker Palmer

Co-Led Workshop for Faculty Development, **Practices in Large Classrooms,** 2019

Diversity and Inclusion in the Classroom, 2019

C. SERVICE: University:

Currently Serving:

Faculty Senate: Fall 2025 to present
Teaching Theaters Improvement Project Team, 2019 to present
Non-tenure Line Faculty Committee, 2016 to present.

Faculty Sponsor, Young Life, 2009 to present.

Prior Service:

Panel Chair, Honors College Undergraduate Research Conference, April 24, 2026

Judge, 16th Annual Undergraduate Research Conference and Honor's Thesis Forum, 2022.
Common Experience Committee, 2016 to 2023.
Moderator, Honor's Research Conference, Fall, 2022.
Judge, Undergraduate Research Conference and Honor's Thesis Forum, 2021.
Judge, Undergraduate Research Conference and Honor's Thesis Forum, 2020.
University Leadership Committee, 2019 – 2020
Co-Lead 6-session Workshop, Teaching Large Classes, 2020.
Member, Common Experience: The Search for Justice, Our Response to Crime in the 21st Century, 2016
Participant, Cat Camp, Texas State University, 2016.
Participant, Orientation for Non-Tenure Line Faculty., January, August, 2016
Participant, Campus Carry Dialogue: Fear and the University, 2016.

SERVICE: Department:

Faculty Sponsor, Psychology Living-Learning Community, 2019 - present.

Personnel Committee 2024 to present

Workload Policy Review Committee, 2020 – 2022.

Search Committee, Non-tenure Line Faculty, 2018.

SERVICE: Community:

Planning and Zoning Commissioner, 2021 to 2026.

Comprehensive Plan Steering Committee, 2021 to present.

Charter Review Commission for the City of San Marcos, 2017 and 2023.

Divorce Care, 13-week course, Leader, 2003 to 20019.

F. OTHER:

Teaching Assistantships:

Graduate Teaching Instructor: 1984-1985.

Human Development I: Birth through Four Years, VPISU, Spring 1984..
Head Teacher, Infant-Toddler Room, VPISU Lab School, 1982-1983.
Head Teacher, Three-Year-Old Room, VPISU Lab School, 1981-1982.

Graduate Appointment:

Chief Justice of the Graduate Honor System, VPISU, 1982-1985

Appointed by Dean of the Graduate School. Responsible for assembling a pool of 45 faculty members and 50 graduate students and selecting members for Panel Hearings. Arranged, supervised, and chaired all Judicial Panel Hearing. Responsible for all Graduate Honor System (GHS) correspondence and functions. Wrote GHS budget, assisted in re-writing GHS constitution, and supervised a two-day orientation for new GHS members. Worked closely with the Dean and the Associate Dean of VPISU Graduate School. Received a full tuition stipend.