

CURRICULUM VITAE

Name: Sarah Holowach Kollat
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Education:

H.S. Diploma: Canfield High School, Canfield, OH, June 1999
 B.A.: Psychology, Youngstown State University, May 2003
 M.S.: Developmental Psychology, The Pennsylvania State University, December 2004
 Ph.D.: Developmental Psychology, The Pennsylvania State University, August 2007

Grants and Fellowships:

Honorable Mention, National Science Foundation Graduate Research Fellowship, 2005
 Honorable Mention, National Science Foundation Graduate Research Fellowship, 2004

Teaching Positions:

Teaching Professor, The Pennsylvania State University Department of Human Development and Family Studies (HDFS). August 2007 – June 2024.
Teaching Professor, The Pennsylvania State University Department of Psychology, June 2024 - Present.

Teaching Experience:

Course Instructor for HDFS 428: Advanced Infant Development, The Pennsylvania State University Department of HDFS, January 2023 – Present.
Course Instructor for HDFS 467: Autism--Providing Professional Support for Individuals and Families, The Pennsylvania State University Department of HDFS, August 2014 – Present.
Course Instructor for HDFS 452: Child Maltreatment Prevention, Intervention, and Legal Issues, The Pennsylvania State University Department of HDFS, August 2010 – Present.
Course Instructor for HDFS 432: Developmental Problems in Childhood and Adolescence, The Pennsylvania State University Department of HDFS, August 2008 – Present.
Course Instructor for HDFS 429: Advanced Child Development, The Pennsylvania State University Department of HDFS, January 2008 – Present.
Course Instructor for HDFS 433: Transition to Adulthood, The Pennsylvania State University Department of HDFS, January 2007 – Present.
Course Instructor for HDFS 229: Infant and Child Development, The Pennsylvania State University Department of HDFS, July 2006 – Present.
Course Instructor for HDFS 239: Adolescent Development, The Pennsylvania State University Department of HDFS, July 2007 – Present.
Teaching Assistant for HDFS 312W: Empirical Inquiry in Human Development, The Pennsylvania State University Department of HDFS, January 2006 – May 2006.
Course Development Assistant for Psychology 213 Online: Introduction to Developmental Psychology, The Pennsylvania State University Department of Psychology, August 2004 – December 2004.
Teaching Assistant for Psychology 213: Introduction to Developmental Psychology, The Pennsylvania State University Department of Psychology, January 2004 – May 2004.
Teaching Assistant for Psychology 213: Introduction to Child Development, The Pennsylvania State University Department of Psychology, September 2003 - December 2003.

Clinical Experience:

Volunteer, The Children's Village of Grasi (Latvia), June 1 – June 28, 2009. Duties: Provided social care-giving, emotional support, and English lessons for children residing at the orphanage.
Behavior Specialist, Northwestern Human Services, June 2005 – October 2006. Duties: Developed and monitored treatment programs for children with autism and other developmental disorders.
Research Assistant, University at Buffalo (SUNY) Center for Children and Families ADHD Summer Treatment Program, June 2002 - August 2002. Duties: Evaluated counselor reliability for implementing the behavior modification program.
Field Placement Student Assistant, Prevention Partners Plus, Youngstown, Ohio, August 2001 – December 2001. Duties: Planned and participated in activities for the Girl Power! Program for at-risk adolescent girls.
Field Placement Student Assistant, Headstart, Brookfield, Ohio, January 2001 – May 2001. Duties: Aided teachers in classroom activities with 3 and 4-year-old low-income children.

Teaching Awards:

2016	Faculty Marshal chosen by Student Marshal Amanda Amabile (May 2016 Graduation)
2015	Faculty Marshal chosen by Student Marshal Mary Claire Doyle (May 2015 Graduation)
2013	Textbook Hero Award from University Park Undergraduate Association
2012	College of HHD Alumni Society Faculty Appreciation Award
2012	Sixth Annual Faculty Recognition Luncheon
2012 – present	HHD Teaching Excellence Award

Scholarly Activities Related to Teaching and Learning:

2017 - 2020	Schreyer's Institute for Teaching Excellence Scholarship of Teaching and Learning Grant
2011	Applied for Teaching Support Grant Proposal from the Schreyer Institute
2007 - present	Regularly administer mid-semester evaluations for each of my courses and use student feedback to make any appropriate modifications to my courses
2007	Completed the Penn State Course in College Teaching at the Schreyer Institute
2007	Engaged Suzanne Weinstein from the Schreyer Institute to provide an individual consultation regarding my lecture techniques, course objectives, and overall teaching style

Innovations in Teaching and Learning:

2023	Updated and revised HDFS 433: Transition to Adulthood for digital natives
2019	Developed HDFS 497: Self-Care in the Helping Professions (Special Topics 1-Credit Seminar)
2019	Completed OL 2000: Essentials of Online Teaching
2014	Developed and taught HDFS 467: Autism—Providing Prof. Support for Individuals and Families
2010 - 2013	Developed and taught HDFS 452: Child Maltreatment: Prevention, Intervention, and Legal Issues, Penn State's first course on Child Maltreatment.
2007	Provided a 25% revision for World Campus version of HDFS 239: Child/Adolescent Development. Updated lesson materials to reflect changes in the new text and created new lessons incorporating recent developments in the field.

Distribution of Effective Teaching Information/Resources:

2020	Presenter: 2020 Schreyer Conference: Teaching + Learning + Scholarship— 'Cold-Calling for Student Engagement'
2018 – 2019	Developed and co-taught Teaching in Higher Education Brownbag Series for Penn State Department of Human Development and Family Studies
2018	Presenter: Penn State's Symposium for Teaching, Learning, and Technology— 'Podcast Priming: Preparing Students for Discussion'
2015	Completed teaching portfolio promotion review for Oregon State University-Corvallis Department of Human Development and Family Studies
2014	Completed teaching portfolio promotion review for Oregon State University-Corvallis Department of Human Development and Family Studies
2011 - 2019	Organize and chair monthly meetings of HDFS Teaching Faculty to share strategies to address instructional challenges in HDFS courses
2008	Organized a seminar for HDFS Faculty on the use of Undergraduate Teaching Assistants

Instructional Development Activities:

2023	Completed Adopting and Inclusion Mindset Training
2022	Attended Care in the College Classroom
2022	Attended Dr. Pamela Barnett's workshop on Conducting Successful and Engaging Discussion on Race in the Classroom
2021	Attended Creating an Inclusive Environment in the Classroom (Shakoor Ward)
2020	Attended Back to School: Building Trans Inclusive Digital Spaces for College Students
2020	Attended Innovation in Challenging Times: Promising Trends in the Disability Response to COVID-19
2020	Attended Autism and the Court System Panel
2020	Attended PANEL: The Skin You're In Screening: College of HHD
2020	Attended Reflections on Organizing and Power: Anti-Black Police Brutality and the Popular Uprisings
2019	Completed Unconscious Bias: Challenging Assumptions to Build Inclusive Leaders Workshop
2019	Completed Penn State LGBTQ+ Safe Zone 101 Workshop
2017	Attended Scientific Synergy and Innovation from Military Family and Child Welfare Contexts

- 2017 Attended Schreyer Institute Teaching Conference: General Education: Inspiration for Integration
 2017 Contributor: Diversity Committee
 2015 Attended Lily International Teaching Conference (Bethesda, MD)
 2015 Attended Penn State's Symposium for Teaching, Learning, and Technology
 2013 Attended Performance Task Academy: Collegiate Learning Assessment in the Classroom by the Council for Aid to Education
 2013 Attended the Next Steps into Adolescence Autism Conference at the Children's Hospital of Philadelphia
 2013 - 2015 Participated in reading group focused on evidence-based teaching practices; led by Richard Kubina, Ph.D., Professor of Special Education
 2010 Attended Teaching Millennials in the Traditional Classroom at the Schreyer Institute
 2009 - 2015 Attended the National Autism Conference sponsored by the PA Dept. of Education

Advocacy for Teaching and Learning Issues:

- 2024 Member of HDFS Equity Committee
 2024 Member HDFS Mental Health Committee
 2023 Member of HDFS JEDI (DEI) Committee
 2023 Member, College of HHD NTT Promotion Committee
 2022 Member, DEI HDFS Working Group
 2022 Member, Dept. of HDFS NTT Promotion Committee
 2021 Member, Dept. of Nutritional Sciences Faculty Promotion Committee
 2020 Member, Dept. of HPA Faculty Promotion Committee
 2019 Attended Dept. of HDFS All Campus Meeting
 2019 Member, Dept. of Communication Sciences and Disorders' Faculty Promotion Committee
 2015 Presented "Media-Wise Parenting" as part of SCASD Parenting Outreach series
 2012 - 2014 Organized the annual de Lissovoy Alumnus Lecture on Child Protection
 2010 Member of HDFS Teaching Climate Committee
 2009 All-Faculty HDFS Meeting for Development of Developmental: Contributed to Course Objectives I & II
 2008 Member, PPD&E Review of Undergraduate Courses Committee.
 2007 Member, Dept. of Psychology's Developmental Faculty Search Committee.

Mentorship of Students/Faculty:

- 2017 - 2023 Faculty Advisor, Association of Preprofessional Pediatric Specialists
 2015 - 2021 Presented on Teaching Assistant Responsibilities to incoming HDFS graduate students
 2014 Invited Participant, College of Health & Human Development Alumni Board Career Panel
 2013 - present Complete Peer Teaching Evaluations for fellow HDFS Faculty
 2012 Academic Leader, Gateway Orientation Dinner Discussion for Schreyer's Honors College
 2010 Organized HDFS Undergraduate Student Organization (USO) Mentor/Mentee Mixer
 2010 - 2020 Attended Spend a Summer Day event for prospective students
 2009 - 2012 Helped the USO organize and implement several service events at the Center County Youth Services Bureau Bellefonte Youth Center
 2009: Presented at the Corazones Unidos Siempre / Chi Upsilon Sigma National Latin Sorority, Inc. Through the Eyes of Autism event
 2009: Presented at the NSSLHA undergraduate meeting. My presentation focused on Autism symptoms and interventions.
 2009 Co-advised Carrie Pernesky (with Dr. Lisa Kopp) for her senior thesis
 2009 Attended the Alumni Mentoring Program dinner at the Nittany Lion Inn
 2008 - present Faculty Advisor, HDFS Undergraduate Student Organization
 2008 - present Supervised over 11 Honors Options for my courses
 2008 - present Organize and present (along with Dr. Lisa Kopp and Dr. Jennifer Crissman-Ishler) multiple Graduate School Information Sessions for HDFS undergraduate students
 2007 - present Write letters of recommendation for students applying to graduate programs
 2007 - present Meet with undergraduate students who express interest in the HDFS major/minor, in opportunities to work with special needs children, or who have questions regarding graduate training and the process of applying to graduate school

Research Experience:

Research Assistant, The Pennsylvania State University, CYFC Grant, January 2005 – August 2005. Duties: Organized, collected, and analyzed data concerning the outcomes of a service learning intervention program.

Research Assistant, Youngstown State University, Department of Psychology, January 2002 – May 2002. Duties: Organized participants and conducted experiment for Peter Beckett, Ph.D.

Independent Study, Youngstown State University, Department of Psychology, August 2001 – December 2001. Duties: Proposed and conducted an original research experiment; data input and analysis using SPSS; write-up and oral presentations.

Research Assistant, The Paula and Anthony Rich Center for Autism, June 2001 – August 2001. Duties: Observed, collected, and summarized data on discrete trial techniques used in the school's curriculum.

Research Assistant, Youngstown State University, Title II Grant, September 2000 – April 2001. Duties: Used research journals and the Internet to compile information concerning Science education

Publications:

Kollat, S.H. (2018). The case for cold-calling: Initiating active participation in the classroom. *College Teaching*, 66(3), 168-169. DOI: 10.1080/87567555.2018.1463506

Kollat, S.H. (2017). Diversity statements aren't enough to combat implicit bias. *Times Higher Education*.
<https://www.timeshighereducation.com/opinion/diversity-statements-arent-enough-combat-implicit-bias>

Walls, T.A., & Kollat, S.H. (2006). Agency to agentic personalities: The early to middle childhood gap. In D. Mroczek & T. D. Little (Eds.), *The handbook of personality development*. Mahwah, NJ: Erlbaum.

Presentations:

Kollat, S.H. (2020, January). Cold-Calling for Student Engagement. Workshop presented at the 2020 Schreyer Conference: Teaching + Learning + Scholarship. University Park, PA.

Kollat, S.H. (2018, March). Podcast Priming: Preparing Students for Discussion. Workshop presented at the Penn State Symposium for Teaching and Learning with Technology, University Park, PA.

Kollat, S.H., & Parker, J.G. (2006, March). *The When of It: Clarifying the Role of Situational Factors in Adolescent Aggression*. Paper presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

Kollat, S.H., & Parker, J.G. (2005, April). *What, Me Jealous? Social Sensitivity, Emotion Regulation, and Young Adolescents' Aggressive Responses to Friendship Interlopers*. Paper presented at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.

Holowach, S. (2004, October). *What, Me Jealous? Social Sensitivity, Emotion Regulation, and Young Adolescents' Aggressive Responses to Friendship Interlopers*. Paper presented at the 2004 Annual Developmental Showcase, The Pennsylvania State University.

Holowach, S. (2003, April). *The Effects of Label and Behavior on Impressions Formed of Children with ADHD: Actions Speak Louder Than Words*. Paper presented at 2003 QUEST, Youngstown State University, and the Western Pennsylvania Undergraduate Psychology Conference 2003, Mercyhurst College.

Holowach, S. (2002, April). *The Values of Exercise: The Effects of Exercise Status on Impression Formation*. Paper presented at 2002 QUEST, Youngstown State University, and the Western Pennsylvania Undergraduate Psychology Conference 2002, Washington & Jefferson College.

Posters:

Kollat, S.H., and Parker, J.G. (2008, July). *Social Operators: Contingent Self-esteem and its Links to Bistrategic Control in Inner-city Peer Groups*. Poster presented at the 20th meeting of the International Society for the Study of Behavioural Development (ISSBD) in Wuerzburg, Germany.

Kollat, S.H., and Parker, J.G. (2007, March). *It's All in the Outcome: The Role of Conditional Parenting in Children's Development of Contingent Self-Esteem and Peer Maladjustment*. Poster presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.

Campbell, C., Parker, J.G., & Kollat, S. H. (2007, March). *The Influence of Contingent Self-Esteem and Appearance-Related Comparisons on the Adolescents' Emerging Body Esteem*. Poster presented at the biennial meeting of the Society for Research in Child Development, Boston, MA.

Kollat, S.H., Townsend, T.G., & Nix, R.L. (2006, March). *Examining the Role of Emotion Regulation in Children's Adjustment after Community Violence Exposure*. Poster presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.

References:

Available upon request.