

Matthew Charles Higgins; M.A, M.B.A.
Doctoral Candidate

Assistant Teaching Professor – Leeds School of Business
University of Colorado - Boulder
Doctoral Student - Division of Behavioral and Organizational Sciences
Claremont Graduate University
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Personal Statement

I am a researcher, teacher, and coach who specializes in resilience—how individuals, teams, and organizations adapt and grow through adversity. My work sits at the intersection of positive organizational psychology, communication theory, and applied practice. Fifteen years of coaching basketball across multiple countries taught me how people build capacity under pressure and nearly a decade in higher education refined my ability to translate that knowledge into rigorous scholarship. I study resilience as a dynamic, communicative process: how we construct meaning through stories, how teams develop collective strength, and how organizations navigate disruption. My research is interdisciplinary, international, and grounded in the belief that scholarship should be accessible and useful beyond academic journals. I'm an effective communicator who mentors students, designs evidence-based interventions, and collaborates with practitioners to advance resilience science. Whether in the classroom, the research lab, or working with organizations, my goal is to deepen our understanding of human flourishing while creating tools that help people and systems thrive in an increasingly complex world.

Education

Doctor of Philosophy in Psychology, Positive Organizational Psychology	<i>Anticipated</i> May 2026
Claremont Graduate University	Claremont, CA
Master of Business Administration, Leadership	August 2021
Adams State University	Alamosa, CO
Master of Arts in Communication, Intercultural Communication	May 2019
The University of New Mexico	Albuquerque, NM
Bachelor of Arts Communication and Journalism, Interpersonal Communication	May 2014
The University of New Mexico	Albuquerque, NM
Associates of Arts in Liberal Arts, Concentration of Psychology	December 2010
Central New Mexico Community College	Albuquerque, NM

Teaching Experience

Assistant Teaching Professor

August 2024 – Present

Leeds School of Business, University of Colorado-Boulder

Boulder, CO

- Professional Effectiveness Division
 - Course: Communication Strategy
- Organizational Leadership and Information Analytics Division
 - Courses: Foundations of Teamwork; No Stress Leadership

Part-time Faculty

August 2022 – Present

Central New Mexico Community College

Albuquerque, NM

- Principles of Management - Online (Asynchronous)
- Introduction to Global Business – Online (Asynchronous)
- Introduction to Entrepreneurship – Online (Asynchronous)
- Business Professionalism – Face-to-face; Online (Asynchronous)
- Introduction to Business – Face-to-face; Online (Asynchronous)
- Business English – Face-to-face; Online (Asynchronous)

Adjunct Instructor

January 2019 – Present

Rice University – Jones Graduate School of Business

Houston, TX

- Strategic Business Communication; 17 sections – Online (Synchronous)

Teaching Assistant

August 2020 – Present

Claremont Graduate University – Division of Behavioral and Organizational Sciences

- Positive Organizational Psychology – Spring 2024, 2025
- Professional Development in Evaluation & Applied Research Methods – Summer 2023, 2024, 2025

Adjunct Instructor

August 2016 – May 2019

University of New Mexico

Albuquerque, NM

- Introduction to Communication; 1 section – Face-to-face
- Public Speaking; 6 sections – Face-to-face; Online (Asynchronous)
- Nonverbal Communication; 1 section – Online (Asynchronous)

Teaching Assistant

August 2018 – March 2021

Rice University - Jones Graduate School of Business

- Executive MBA Public Speaking Coach – Spring 2021
- Writing Coach – Fall 2019; Spring 2020; Fall 2020

Teaching Assistant

August 2018 – March 2021

University of New Mexico – Department of Communication and Journalism

- Introduction to Communication – Spring 2018; Fall 2018
- Positive Psychology – Fall 2018

Professional Experience

Research and Evaluation Associate

April 2023 – May 2024

Claremont Evaluation Center

Claremont, CA

- Assist researchers, evaluators, and consultants at CEC to deliver a range of services including program evaluation, design and redesign, applied research, and leadership consultation to diverse organizations.
- Spearheaded a marketing and promotion campaign that significantly increased summer workshop attendance and revenue by 60%.
- Assist faculty with designing and implementing customized training and development programs that enhance evaluation capacity and organizational development for clients.
- Provided critical support in needs assessment and online survey research, ensuring data-driven decision-making in program design and consultation.

Associate Consultant and SME

September 2017 – Present

Center for Applied Positive Psychology

Albuquerque, NM

- Developed and implemented several successful well-being projects and workshops for a wide range of communities.
- Collaborated with other researchers and practitioners on well-being workshops and community engagement initiatives.
- Contributed to the development of a positive psychology workbook designed to teach foundations and applications of positive psychology.

Course Producer

January 2022 – Present

The Evaluators' Institute

Claremont, CA

- Work closely with the course instructor to ensure a smooth and successful participant experience.
- Coordinate with the instructor to establish open communication with participants, gather course materials, and manage all zoom operations during course.
- Send post-course information, including evaluations, completion badges, and upcoming TEI program details, to participants.

Systems Coordinator

September 2022 – August 2023

Accenture Talent & Innovation Lab; Claremont Graduate University

Claremont, CA

- Develop and monitor systems for recruitment, talent development, and leadership organization.
- Train Principal Consultants on established systems and ensure their compliance.
- Provide staffing support for team and project activities and conduct interviews as needed to maintain an updated lab roster.
- Hold team accountable for action items and document and resolve any conflicts within the lab.
- Administer SharePoint Drive/Site, Slack, and official lab accounts (Zoom/Gmail).

Consultant

September 2020 – August 2023

Accenture Talent & Innovation Lab; Claremont Graduate University

Claremont, CA

Claremont, CA

- Constructed and refined a useful pre-interview protocol for Accenture Operations India.
- Developed and revised ABI interview scoring guide, including the development of behaviorally focused interview questions grounded in Accenture-specific performance factors

- Developing behaviorally anchored rating scales for evaluation of employee performance.

Assistant Women's Basketball Coach

August 2021 – July 2022

Colorado Northwestern Community College

Rangely, CO

- Responsible for basketball development, recruiting, student success, academic achievement, and leadership development for the team.
- Raised team GPA from the previous season by 2 full points. Team GPA is now the second highest athletic team GPA in the college.
- Conduct monthly workshops that include academic skills, leadership develop, strategies for resilience, and overall well-being.
- Assist graduating sophomores with progression to 4-year institutions, offering guidance on degree programs, academic goals, and career paths.

Communication Specialist

September 2020 – August 2021

Center for Writing and Rhetoric; Claremont Graduate University

Claremont, CA

- Organized and conducted effective communication workshops and webinars for students participating in The Big Pitch – an international thesis-pitch competition.
- Conduct webinars on specific topics related to public speaking. Webinar topics include the basics of public speaking, building presentations, nonverbal engagement in presentations, and data presentation.
- Work one-on-one with students and special groups on developing presentations, effective public speaking, and other communication projects.

Public Speaking Specialist

August 2017 – June 2019

Anderson School of Management; The University of New Mexico

Albuquerque, NM

- Collaborate with department sponsored business-pitch competition teams to improve presentation skills, resulting in a second-place finish in the Daniels Fund Case Consortium National Competition.
- Coached and supported student group in The Tech Navigator Challenge, winning first place and earning over \$10,000.
- Design, schedule, and conduct special workshops and guest lectures on effective public communication, improving the presentation skills of the department over a 2-year span.
- Assess and evaluate the learning and growth of public speaking skills of students within the department for accreditation purposes.
- Consult with the Football Business Society regarding post-graduate networking, interview preparation, and communication skills.
- Assist faculty in the development and use of rubrics and assessments for public speaking assignments.

Assistant Basketball Coach and Head Junior Varsity Coach

August 2015 – August 2016

Adams State University – Men's Basketball Program

Alamosa, CO

- Lead, coached, and managed all junior varsity team functions, tripling the win total from the previous three combined seasons and graduating eight players.
- Facilitated positive change in organizational culture resulting in 2-point increase in team GPA and public recognition for commitment to community service.

- Coach, trained, and enhanced individual players culminating in six players moving up to a higher competitive level.
- Improved and increased community involvement and service with local youth tournaments and showcases, volunteer events such as playground building and park cleaning, and player- to-youth mentoring.

Organizational Leadership Consultant

November 2015 – April 2017

Indigenous Beats Music App

Albuquerque, NM

- Provided organizational leadership consulting for the president of a small startup that received over \$300,000 in investments and funding and competed in international innovation competitions such as the European Innovation Academy in Italy.
- Mentored the president on team functions and communication, leading to an improvement in overall teamwork between crucial team members.
- Counseled start-up leaders on effective communication habits and practices in both professional and organizational contexts.

Co-Founder, Director of Operations, and Lead Skill Coach

May 2012 – August 2015

REAL Hoops Basketball

Albuquerque, NM

- Founded, directed, and grew REAL Hoops Basketball, a basketball camp and training company that conducted over 30 camps across the US and Spain, and trained nearly 50 college and professional athletes.
- Developed and trained local and international professional players and collegiate basketball players as the Lead Skill Coach, advancing dozens of players to higher competitive levels.
- Coached, motivated, and mentored high school basketball players to realize and actualize individual goals such as New Mexico Player of the Year, All-State selections, and All-District awards.
- Initiated and strengthened local youth teams that competed in and won several state and national basketball tournaments.

High School Basketball Coach

August 2008 – July 2015

Albuquerque Public Schools

Albuquerque, NM

- Coached and managed high school basketball teams, overseeing player development, team strategy, and game planning across several schools.
- Enhanced team performance and individual player skills, leading to multiple district championships and improved win-loss records.
- Fostered positive team cultures emphasizing academic achievement, sportsmanship, and community involvement.
- Coordinated with athletic directors, parents, and community members to support student-athletes' academic and athletic goals.
- Mentored players in their progression to collegiate-level basketball, providing guidance on recruitment processes and academic planning.

Academic Service

Member, MBA/Master's Curriculum Program Committee (MCPC)

August 2025 – Present

Leeds School of Business, University of Colorado-Boulder Boulder, CO

- Participate in monthly deliberations on graduate curriculum proposals, policy revisions, and student appeals.
- Represent the Professional Education division in committee discussions and voting.

Representative, School Honor Code Committee

August 2025 – Present

Leeds School of Business, University of Colorado-Boulder

Boulder, CO

- Serve as divisional liaison for academic integrity matters.
- Coordinate responses to suspected honor code violations by consulting with committee members and advising faculty on appropriate actions.

BHT Course Leadership Team

September 2022 – August 2025

Central New Mexico Community College

Albuquerque, NM

- Member of course leadership for multiple courses in the department of Business, Hospitality, and Technology.
- Consult with other faculty team members on course design, textbooks, supplemental materials, and major assignments.
- Collaborate with local businesses to align course content and materials with industry demands and specific local business needs, ensuring relevance and applicability.
- Serving on course leadership team for BUSA 1110 (Introduction to Business), BUSA 1130 (Business Professionalism), and MGMT 2110 (Principles of Management).

Faculty Senator

September 2023 – August 2025

Central New Mexico Community College

Albuquerque, NM

- Represent business department as Faculty Senator at CNM, attending all meetings, reporting back to the department, and voting on policies and procedures.
- Advocate for academic freedom and faculty interests, focusing on policy implementation and professional development.
- Foster collaboration among faculty, administration, and community stakeholders to advance CNM's strategic objectives within a unionized setting.

CNM Wellness Behavioral Intervention Team Member

September 2023 – August 2025

Central New Mexico Community College

Albuquerque, NM

- Collaborate as a key member of the BIT to coordinate campus resources for education, prevention, and intervention, aiding students experiencing distress or engaging in disruptive behaviors.
- Contribute to the development and implementation of intervention and support plans, assessing student needs and at-risk behaviors to ensure targeted and effective support.
- Support the expansion of community partnerships and the creation of a campus wellness space, while empowering faculty and staff through training to manage and refer mental health concerns.

BHT Assessment

March 2024 – Present

Central New Mexico Community College

Albuquerque, NM

- Work with faculty, deans, and college administrators to ensure department assessment goals are continually being met.

- Develop and write reports regarding department assessments for course and department improvement as well as accreditation purposes.
- Attend faculty meetings and present on department assessment needs, plans, evaluations, and results.

iGEM Mastering Science Communication Team Member

April 2024 – Present

- Serve as Public Speaking Coach for students in the Mastering Science Communication training program.
- Develop public speaking training materials for asynchronous modules of the program.
- Work with the international Mastering Science Communication team to market the science communication training program.
- Develop written marketing materials to be shared across diverse platforms.

Peer Reviewer Humanities & Social Sciences Communications

April 2023 – Present

Journal of Humanities & Social Sciences Communications

- Conducted thorough peer reviews for multiple manuscripts, focusing on [mention specific aspects, e.g., methodological soundness, relevance to the field, clarity of communication.
- Contributed to the successful publication of two articles by providing detailed, constructive feedback that enhanced the final manuscripts.

WPPA 2024 Conference Chair

November 2022 – March 2024

Western Positive Psychology Association

Albuquerque, NM

- Spearheaded the inaugural planning and execution of the conference in Albuquerque, New Mexico, involving coordination with participants, speakers, vendors, and donors.
- Oversaw all marketing efforts, achieving a 100% increase in participant turnout compared to the previous two years.
- Maintained effective communication with all stakeholders, ensuring alignment and satisfaction throughout the conference planning and execution stages in a new city.
- Successfully secured keynote speakers and led a planning team, demonstrating strong leadership and organizational skills.

DBOS PhD Admissions Committee Student Representative

February 2023 – August 2023

Claremont Graduate University

Claremont, CA

- Collaborated with faculty to evaluate PhD applications and identify qualified candidates.
- Conducted one-on-one interviews with prospective PhD candidates to assess their qualifications, background, expertise, and program fit.
- Provided responsive support to applicants by answering questions and effectively communicating the benefits of the PhD program at CGU.
- Resulted in Departmental Citizenship Award.

Business Industry Leadership Team Advisory Board

August 2021 – August 2022

Colorado Northwestern Community College

Rangely, CO

- Worked with BILT Advisory Board to develop curriculum and improve the business program.
- Collaborated with local business leaders and community members to refine the curriculum to match the needs of the community.

- Developed Entrepreneurship certificate program that aligns with industry standards and A.A. in Business that can transfer to a 4-year institution.
- Conducted quantitative and qualitative research with faculty and students to identify strengths and weaknesses of current program for a strategic plan of improvement.

Chair, Campus Communications Committee
Colorado Northwestern Community College

August 2021 – August 2022
Rangely, CO

- Chair of the committee, whose goal is to improve organizational communication across the campus.
- Conducting quantitative and qualitative research to understand the issues with organizational communication.
- Developing strategies, in collaboration with faculty and administration, to improve communication across the organization and with the students.
- Working with multiple stakeholders to understand the needs and goals of various departments and organizations within the college.

Research Assistant

Centre for Well-being Science; University of Melbourne

September 2019 – June 2020
Melbourne, Australia

- Collaborated with Dr. Lea Waters on publications regarding well-being education and well-being literacy for young students.
- Significant contributions regarding the communication of wellbeing in educational settings as well as the role of communication and culture in educational practices.
- Provided expertise in data analysis methods in qualitative research.
- Working with Dr. Aaron Jarden on various projects, primarily reviewing articles for a major well-being journal and developing a resilience training program for PhD students.
- Reviewing articles regarding well-being for a major well-being journal in which Dr. Jarden is an editor.
- Assisting in the development of a resilience training program designed specifically for PhD students, contributing to the content and organization of various online modules.
- Conducting research regarding the needs of PhD students as well as the resources offered by various Australian universities.

CommGrads President

Department of Communication and Journalism, University of New Mexico

April 2017 – May 2019

Albuquerque, NM

- Conduct and manage administrative functions such as participating in graduate student board meetings, attending grant seminars, reporting on department funding meetings, and scheduling community service events.
- Originated, constructed, and administered a positive psychology initiative for graduate students in the department, creating a supportive and encouraging learning environment.
- Organized and oversaw new graduate student orientation, welcoming incoming students with campus tours, department meet-and-greets, and office-space organization and collaboration.

Community Organizer and Communication Consultant
Monkey Park Wildlife Refuge

June 2018
Tamarindo, Costa Rica

- Organized and implemented community event that raised over \$10,000 in donations for the park and included art and clothing vendors, street performers, and face-painting.
- Devised and implemented social media plan that facilitated an increase in social media presence traffic on Instagram and Facebook, ultimately resulting in a 30% increase in online donations over a 2-month span.
- Volunteered at wildlife refuge, caring for animals, cleaning grounds, improving enclosures, and donating hand-painted animal postcards to be sold at gift shop.

Coach and Campus Ambassador

June 2018 – May 2019

Student Athletes Abroad

Playa Flamingo, Costa Rica and Albuquerque, NM

- Devised and led weekly basketball camps for the community, with an increase in player attendance from eight players in week one to twenty-eight players in week two.
- Assisted in coaching and motivating other sport camps and an art show for schools in the area of Playa Flamingo.
- Currently liaise with various departments and athletic programs at the University of New Mexico to inform and recruit new student athletes to participate in the international internships.

Publications and Research

Under review at Frontiers in Psychology:

Donaldson, S.I., Higgins, M.C., Swanson, Z., Olafsson, B., & Martin, D. (2025). Mapping the Growing Field of Positive Psychology: An Invitation to Join Us..

Under review at Sport Management Review:

Higgins, M.C. (2025). From Shutdown to Rebound: A Case Study of the NBA's Organizational Resilience to the COVID-19 Pandemic.

Higgins, M.C., & Donaldson, S. I. (2025, in press). Resilience: Bouncing back from adversity and trauma. In S. I. Donaldson & C. Chen (Eds.), *Positive organizational psychology: Evidence-informed applications*. Hoboken, NJ: Wiley.

Higgins, M.C. (2024). Resilience, masculinity, and hedonic-eudaimonic dynamics: An autoethnography of an extended gratitude intervention. *The International Journal of Wellbeing*, 14(3), 1-17. <https://doi.org/10.5502/ijw.v14i3.3041>

Higgins, M.C. (2024). Behavior and communication in sports. In P. M. Pedersen (Ed.), *Encyclopedia of sport management* (2nd ed.).

Higgins, M.C. (2022). "I didn't talk to anybody": An ethnography of basketball as a communicative act of resilience. *The International Journal on Sport Communication*, 15, 167-176. <https://doi.org/10.1123/ijsc.2022-0033>

Waters, L.E. & Higgins, M.C. (2022). The impact of a teacher-based positive education intervention on student wellbeing literacy. *The Journal of School and Educational Psychology*, 2(1), pg. 22-43. <https://doi.org/10.47602/josep.v2i1.12>

Ph.D. Thesis
Claremont Graduate University
The dual role of the student-athlete: Understanding resilience in student-athletes through meaningful work.
December 2022
Claremont, CA
▪ A quantitative examination of the relationship between meaningful work and resilience for student athletes.

M.A. Thesis
The University of New Mexico
It is more than a game: An ethnography of communication treatment of resilience as a key element of basketball culture
May 2019
Albuquerque, NM
▪ A qualitative and ethnographic examination of the relationship between basketball culture and resilience, using face-to-face interviews with professional basketball players about their experiences with resilience.

Independent Study
The University of New Mexico
Tapping the resilience well: A model and framework for strategic resilience.
May 2019
Albuquerque, NM
▪ Under the guidance of Dr. Bruce Smith, developing a resilience framework that can allow individuals, organizations, and communities to strategically develop and facilitate their own resilience.

Conference Presentations

Higgins, M.C. (2025, April). Resilience, masculinity, and hedonic-eudaimonic tensions from gratitude: An autoethnography of an extended intervention. Western Positive Psychology Association 9th Annual Conference, Sacramento, CA.

Higgins, M.C. (2024, March). Team resilience: Moving the field forward with a review of the concept, the factors, and the actions of resilient teams. Western Positive Psychology Association 8th Annual Conference, Albuquerque, NM.

Higgins, M.C. (2023, July). "I Didn't Talk to Anybody": An Ethnography of Basketball as a Communicative Act of Resilience. International Positive Psychology Association World Congress, Vancouver, British Columbia, Canada.

Higgins, M.C. (2023, April). Basketball as an Act of Resilience: An ethnography of communication of basketball culture and resilience. Resilience-Con: Conference on Resilience Hosted by Life Paths Research Center, Nashville, TN

Higgins, M.C. & Singh, C. (2023, April). Meaningful work: Using a bibliometric lens to move the field forward. Qualitative Research in Management and Organization Conference, Albuquerque, NM

Higgins, M.C. (2018, June). Purposeful processes: An autoethnography of resilience. 9th European Conference on Positive Psychology, Budapest, Hungary.

Higgins, M.C. (2018, November). Processes of resilience: Strategizing resilience. The University of New Mexico Shared Knowledge Conference, Albuquerque, NM

Thomas, M. & Higgins, M.C. (2018, March). Systems over symptoms: Exploring eco-centric approaches to organizational leadership through performance. Qualitative Research in Management and Organization Conference, Albuquerque, NM

Thomas, M. & Higgins, M.C. (2019, February). Floods and fires: Organizations as ecosystems through performance. Western States Communication Association Conference, Seattle, WA. Invited but declined to attend.

Speaking Engagements

Building Resilience	January 2023
The University of New Mexico	Albuquerque, NM

- 1-hour presentation on resilience, building resilience, and the role of PERMA+4 in well-being.
- Hired by Student Health and Counseling Spring special events for promoting health care, mental health, and well-being for university students.
- Over 200 students, faculty and staff in attendance.

Resiliency at University	October 2022
The University of New Mexico	Albuquerque, NM

- 30-minute presentation on resilience, building resilience, and the role of PERMA+4 in well-being.
- Hired by Student Health and Counseling Spring for speaker-series on mental health and well-being for new university students.
- Over 150 students in attendance.

Poster Presentations

Higgins, M.C. (2024, March). Team resilience: Moving the field forward with a review of the concept, the factors, and the actions of resilient teams. Western Positive Psychology Association 8th Annual Conference, Albuquerque, NM.

Higgins, M.C. (2019, January). Resilience? It's the grind, man: An ethnographic look at athletes and resilience. Western Positive Psychology Association 4th Conference, Claremont, CA.

Higgins, M.C., & Steinberg, N. (2019, January). Just keep swimming: Resilience portrayed in popular films. Western Positive Psychology Association 4th Conference, Claremont, CA.

Higgins, M.C. (2018, November). Processes of resilience: Strategizing resilience. The University of New Mexico Shared Knowledge Conference, Albuquerque, NM.

Higgins, M.C. & Palmer, C.F. (2018, April). Identifying strengths to thrive at work: Facilitating positive psychology through reframing. Department of Organization, Information & Learning Sciences EXPO, Albuquerque, NM.

Higgins, M.C. (2018, May). Purposeful processes of resilience: Autoethnographic examinations of male eating disorders. Canadian Positive Psychology Association, Toronto, Canada. Invited but declined to attend.

Guest Lectures and Workshops

Effective Team Functioning
2022

October 2021 – March

Colorado Northwestern Community College Athletics Department

Rangley, CO

- Series of 90-minute lectures and workshops regarding methods for facilitating effective team functioning for all athletes and coaches within the athletic department.
- Workshops branched out to include students from other departments on campus.
- Material based on research in organizational psychology and experiences as a consultant and basketball coach.

Interview Preparation and the STAR Method

October 2017 – May 2019

Anderson School of Management: University of New Mexico

Albuquerque, NM

- 90-minute lecture and workshop regarding basic interview preparation and using the STAR method to respond to challenging questions; presented to Career Management Skills course.
- Originally allotted 40-minute time slot which was then increased to 90 minutes after third presentation and workshop.

Experiences and Strategies of Resilience

November 2018

The University of New Mexico

Albuquerque, NM

- 60-minute lecture regarding the application and strategic development of resilience through a lens of communication: presented to Introduction to Communication course.

Public Speaking and Leadership Intertwined

April 2018

The University of New Mexico

Albuquerque, NM

- 60-minute lecture and workshop highlighting the connection and relationship between effective public speaking and effective leadership; presented to Leadership Development course offered through Anderson School of Management.

Organizational Leadership and Communication

November 2017

The University of New Mexico

Albuquerque, NM

- 75-minute lecture regarding effective leadership communication in an organizations with a focus on interpersonal and small group settings; presented to Introduction to Communication courses.

Nonverbal and Intercultural Communication for Effective Leadership

October 2017

The University of New Mexico

Albuquerque, NM

- 60-minute lecture pertaining to the influence of nonverbal and intercultural communication on effective leadership; presented to Nonverbal Communication course.

Podcasts

The Best Podcasts Ever with Dr. Olena Berezovska

October 2023

- Guest – Episode: “The art of resilience”.
- Topic – Resilience, processes of resilience meaningfulness in life.

The Forefront with Art Aguirre

August 2020

- Guest – Episode: “Andrew Aqua”.
- Topic – Sport culture and resilience through sports.

The Synchronous City

June 2021

- Guest – Episode: “Positive Psychology Researcher and Illustrative Artist Matt Higgins.
- Topic – The role of art in positive psychology and resilience.

HonesTea with SHAC and UNM HP

October 2022

- Guest – Episode: “Defining Resiliency with Matthew Higgins.
- Topic – Building resilience through self-reflection and positive psychology.

HonesTea with SHAC and UNM HP

January 2023

- Guest – Episode: “Manifesting a Positive YOU feat. Matt Higgins”
- Topic – Positive psychology, what positive psychology is not, and how it can help

Additional Courses and Certificates

Certificate in Evaluation Practice

November 2025

- Offered by The Evaluators’ Institute
- Courses completed: Basics of Program Evaluation; Introduction to Data Visualization; Applying an Equity Lens to Data Visualization; Data Analysis for Evaluators; Introduction to ChatGPT4; Qualitative Methods; Introduction to Machine Learning for Evaluators; Culturally Responsive and Equitable Evaluation; Mixed Methods Evaluations; Monitoring and Evaluation Fundamentals; Next Generation Leadership for Evaluators; Designing Wellbeing Interventions; Correlation and Multiple Regression

Excel for Data Analysis

March 2023

- Offered by IBM and completed through EdX.
- Training on using Microsoft Excel for data organization, data cleaning, and data analysis.

Writing and Editing: Word Choice and Word Order

March 2023

- Offered by University of Michigan and completed through Coursera.
- Developing writing skills to be more diverse, adaptable, and versatile to reach audiences beyond academia.

Futures Thinking Specialization Certificate February 2023

- Offered by The Institute for the Future and completed through Coursera.
- Over 100 hours in training on the specific skills of Futures-Thinking and forecasting.

Urgent Optimism Course Certificate February 2023

- Offered by The Institute for the Future and completed through Coursera.
- Part of the Futures Thinking Specialization.
- Training on the skill of Urgent Optimism – focusing on forecasting and hope.

Collaborative Foresight Course Certificate January 2023

- Offered by The Institute for the Future and completed through Coursera.
- Part of the Futures Thinking Specialization.
- Training on the skill forecasting within teams and using collaboration for futures planning.

Simulation Skills Course Certificate December 2022

- Offered by The Institute for the Future and completed through Coursera.
- Part of the Futures Thinking Specialization.
- Training on the skill simulating future scenarios with a focus on identifying actions for development of desired outcomes.

Forecasting Skills Course Certificate December 2022

- Offered by The Institute for the Future and completed through Coursera.
- Part of the Futures Thinking Specialization.
- Training on the skill of Forecasting to develop the ability to see potential futures and actions that lead to them.

Futures Thinking Course Certificate December 2022

- Offered by The Institute for the Future and completed through Coursera.
- Part of the Futures Thinking Specialization.
- Training on the skill of Futures Thinking develop the ability to focus on and research future possibilities.

Causal Diagrams: Draw Assumptions Before Conclusions November 2022

- Offered by Harvard and completed through EdX
- Focused on using Causal Diagrams to draw relationships between research variables
- Developed understanding of effects of moderators, mediators, blocking variables, and paths between them.

SPSS Application June 2022

- Offered by IBM through the University of West Florida Division of Continuing Education.
- Two-month course and training on using SPSS for various forms of statistical analysis, such as correlation, dependent t-test, independent t-test, one-way ANOVA, repeated ANOVA, regression, MANOVA, and ANCOVA.

Recognition and Awards

Teaching Assistant of the Year – Division of Behavior and Organizational Sciences July 2024

- Exceptional teaching and student support in Positive Organizational Psychology

Departmental Citizenship Award – Division of Behavior and Organizational Sciences July 2023

- Earned for outstanding work as PhD Admissions Committee Student Representative

Blaisdell Fellowship June 2020, 2021, 2022, 2023, 2024

- Awarded \$8000 merit-based scholarship to assist in the costs of tuition.

Convocation Speaker Finalist April 2019

- Nominated as speaker and finalist for selection for Department of Communication graduation ceremony.

Student Athletes Abroad Scholarship June 2018

- Awarded \$500 merit-based scholarship to assist in the costs of the internship.

Best Research at OILS EXPO April 2018

- Awarded best research at Department of Organization, Information and Learning Sciences EXPO for project involving strengths-finding and application for new employee training.

Convocation Speaker Finalist May 2014

- Nominated, but not selected, as commencement speaker for the Department of Communication Graduation Ceremony.