

Ryan Goffredi

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EDUCATION

<u>Doctor of Philosophy in Social/Personality Psychology</u> <u>Minor in College Teaching</u> University of Missouri	Aug. 2020 – May 2025 Columbia, MO
<u>Certificate of Inclusive Teaching</u> University of Missouri	Jan. 2023 - May 2023 Columbia, MO
<u>Master of Arts in Social and Personality Psychology</u> University of Missouri	Aug. 2020 – May 2022 Columbia, MO
<u>Master of Arts in Health and Wellness Psychology</u> University of the Rockies	Nov. 2016 - Nov. 2017 Denver, CO
<u>Bachelor of Science in Microbiology, Cum Laude</u> Colorado State University	Aug. 2007 - May 2011 Fort Collins, CO

TEACHING EXPERIENCE

University of Colorado – Boulder

Assistant Teaching Professor	August 2025 – Present
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Psychological Sciences: Statistics, Human Motivation

Department of Psychology and Neuroscience, University of Colorado – Boulder
Independently taught two sections of statistics with labs and one section of upper-division human motivation. Developed courses, learning objectives, and assignments using best practices in universal design and inclusive teaching. Held office hours to support student success. Prepared and taught weekly lectures, graded papers and projects, recorded and determined grades.

University of Missouri - Columbia

Graduate Instructor	June 2022 – May 2025
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Introduction to Psychology, Social Psychology, Advanced Research Methods in Psychology
Department of Psychological Sciences, University of Missouri – Columbia
Independently taught two sections of social psychology, two sections of introduction to psychology, and two sections of advanced research methods in psychology. Developed courses, learning objectives, and assignments using best practices in universal design and inclusive teaching. Held office hours to support student success. Prepared and taught weekly lectures, graded papers and projects, recorded and determined grades.

Graduate Teaching Assistant**August 2020 – May 2025**

The Science of Intergroup Relations (Capstone), Psychology of Gender, Psychology of Women, The Art and Science of Living, Human Sexuality, Introduction to Psychology, Social Psychology, Advanced Research Methods in Psychology

Department of Psychological Sciences, University of Missouri – Columbia

Graded assignments and exams, provided detailed feedback to encourage improvement, held weekly office hours, led discussions, taught labs, provided one-on-one assistance when needed.

GUEST LECTURES AND PRESENTATIONS

Goffredi, R. (April, 2024). *Effects of Religiosity on Self-Concordance: Structured values lend benefits*. Research presentation at Midwestern Psychology Association Conference, Chicago, IL.

Goffredi, R. (February, 2024). *Research Methods in Personality Psychology*. Lecture conducted at University of Missouri, Columbia, MO.

Goffredi, R. (November, 2023). *Introduction to Social Psychology*. Lecture conducted at State Fair Community College, Boonville, MO.

Goffredi, R. (February, 2023). *Effects of Religiosity on Self-Concordance: Structured values lend benefits*. Lecture conducted at University of Missouri, MO.

Goffredi, R. (April, 2022). *Introduction to Analysis of Variance*. Lecture conducted at University of Missouri, Columbia, MO.

Goffredi, R. (April, 2022). *The History of Social Psychology*. Lecture conducted at University of Missouri, Columbia, MO.

Goffredi, R. (April, 2022). *Death's Cold Grip or Helping Hand: Effects of Mortality Salience on Goal Choice*. Presented at University of Missouri, Columbia, MO.

Goffredi, R. & Sheldon, K. (February 2022). *Perceptions of Oneself as a Major versus Minor Character in One's Life-Story Predicts Satisfaction and Well-Being Over Time*. Poster presented at Society for Personality and Social Psychology. Virtual Conference.

Helm, P. J., Galgali, M. S., Goffredi, R., Arndt, J. & King L. A. (February 2022). *Building the nomological net: Subjective interpersonal isolation and personality facet correlates*. Poster presented at Society for Personality and Social Psychology. Virtual Conference.

Goffredi, R. (2021, January). *Effects of Facial Masking on Perceptions of Smiles*. Presented at the Social and Personality Area Meeting, Columbia, MO.

Goffredi, R. (2020, December). *Psychology of Romantic Relationships*. Lecture conducted at University of Missouri, Columbia, MO.

Goffredi, R. (2019, April). *The Self-Knowledge Project*. Presented at the Certificate of Applied Positive Psychology course, Dallas, TX.

Goffredi, R. (2018, June). *Building Good Habits That Last*. Presented at Children's Hospital Colorado, Aurora, CO.

Goffredi, R. (2017 August). *Fitting in Fitness*. Presented at Children's Hospital Colorado, Aurora, CO

Goffredi, R. (2017 March). *Fitting in Fitness*. Presented at Northglenn Community Center, Northglenn, CO.

Goffredi, R. (2017 January). *Fitting in Fitness*. Presented at Xcel Energy, Denver, CO

Goffredi, R. (2016, November). *Looking for Happiness in all the Wrong Places*. Presented at Children's Hospital Colorado, Aurora, CO.

Goffredi, R. (2016, May). *The Science of Happiness*. Presented at Children's Hospital Colorado, Aurora, CO.

Goffredi, R. (2015, June). *Nutrition and Weight Management*. Presented at Children's Hospital Colorado, Aurora, CO.

HONORS AND AWARDS

Yellow Chalk Graduate Research Mentor Award	September 2024
Graduate Professional Council Excellence in Teaching Award	April 2024
Outstanding Graduate Instructor Award	May 2023
Psychological Sciences Summer Fellowship	April 2021
Outstanding Graduate Teaching Assistant Award	April 2021
Thomas A. Merrick Award for Academic Excellence	June 2012
Beulah and Doyle Blair Memorial Scholarship	October 2008

SERVICE

Psychology/Neuroscience Honors Committee	Fall 2025 - Present
Committee for Undergraduate Education	Fall 2025 - Present
Graduate student rep. for Inclusion and Diversity Committee	Fall 2024 – Spring 2025
Reviewer for the Journal of Positive Psychology	Fall 2024 – Present
Graduate student representative for Communications Committee	Fall 2023 – Spring 2024
Graduate student panel member for undergraduate applicants	Fall 2020 – Spring 2025
Vice President: Graduate Association for Students in Psychology	Fall 2022 – Spring 2023
Graduate Student Wellness Committee at University of Missouri	Fall 2020 – Spring 2022
Reviewer for Cogent Psychology Journal	2021
Employee Wellness Committee at Children's Hospital Colorado	2016 - 2020

PROFESSIONAL DEVELOPMENT

CERTIFICATE PROGRAMS, WORKSHOPS, AND SEMINARS

Schatz, E. (Spring 2024). *Preparing Future Faculty*. University of Missouri

Darby, F. (2024, February 13). *Artificial Intelligence in the Classroom*. University of Missouri.

Santos, D. (Fall 2023). *Tools for Graduate Instructors Series*. University of Missouri.

Darby, F. (Fall 2023). *New Teaching Faculty Series*. University of Missouri.

Darby, F. (Spring, 2023). *Certificate in Inclusive Teaching*. University of Missouri.

Flores, L. (Fall 2022 – Present). *Inclusion in Science Series*. University of Missouri.

Darby, F. (Spring 2023). *Inclusive Teaching Series*. University of Missouri.

Freeman, H. (2023, October 12). *Active Learning Based on the Science of how we Learn*. University of Missouri.

Friel, C. (2023, October 11). *Accessible Assessments for Neurodiverse Students*. University of Missouri.

Santos, D. (2023, September 25). *Teaching with Technology*. University of Missouri.

Gould, H. (2023, February 14). *Digital Game-Based Learning*. University of Missouri.

Caton, E. (2023, February 8). *Culturally Responsive Teaching* [Webinar]. Florida International University. Zoom webinar.

Mondelli, V. (Fall 2022). *Game-Based Learning Community of Practice Series*. University of Missouri.

Lammers, A. (Fall 2020). *Building a Foundation: Discrimination Prevention and Title IX series*, University of Missouri.

CONFERENCES ATTENDED OR MODERATED

Society for Teaching of Psychology Annual Conference (Feb. 12-16, 2024). Sessions attended (1) No Good Deed Goes Unpunished: Stories and Advocacy Tips from the Front Lines of Inclusive Teaching. (2) What Will Students Remember 5 Years After the Course is Over? Developing a Large-scale Scale Collaborative SoTL Project. (3) Roadblocks and Speed Bumps in Communicating the Science Behind Retrieval Practice. (4) Rise of the Machine: The Crisis, Promise, & Potential of AI in the Classroom. (5) Emphasizing Skills Across Psychology's Core Courses: A Joint Working Group Update. (6) Come Watch with Me: Blending Synchronous with Asynchronous to Enhance Learning and Sense of Belonging. (7) Hunt the Good Stuff: The Influence of Positive Journaling for Reducing Negative Thinking Patterns for College Students. (8) Pathways of Engagement and Motivation: Supporting First-Year Students Through a Learning Strategies Workshop.

PsychTERMS Conference (Dec. 13-14, 2023). Sessions attended (1) Can a Psychology Research Methods Course Improve Critical Thinking? (2) Teaching Students to be Proficient Consumers of Research. (3) Flipping Statistics for Students Who Think They are Bad at Math. (4) How to Boost Student's Self-Efficacy in Introduction to Statistics. (5) Passion Driven Statistics: A Case-based Undergraduate Research Experience. (6) Embracing Compassion and Technology in Statistical Pedagogy. (7) Illustrating Bad Experimental Design with Trivia. (8). Generative Artificial Intelligence: Promises and Pitfalls for Learning.

Celebration of Teaching Conference (April 28-29, 2023). Sessions attended (1) Self-Determination Theory in the Classroom. (2) Interactive Storytelling Using Twine. (3) What is CURE? Designing and Implementing Authentic Course-based Research Activities with Your Class. (4) Accessible Learning: Beyond Accommodations. (5) Teaching in the Age of ChatGPT. (6) Active Learning for Inclusive Teaching. (7) Adapting to AI in Academia. (8) MU's Review of Teaching: New Tools and Processes.

Teaching Renewal Conference (Jan. 10-12, 2023). Sessions attended (1) Harnessing the Resilience Within: The Science of Biological and Behavioral Resilience through Plasticity, Sociality, and Meaning. (2) Making Sense of Student Feedback. (3) Summative Self Reflection on Teaching. (4) Making and Participatory Culture. (5) Accommodation and Inclusion for Students with Disabilities. (6) Press Play to Start: Game Ideation and Your Subject. (7) Curbing the Critical Thinking Crisis. (8) Reflecting on Dimensions of Inclusive and Effective Teaching.

PsychTERMS Conference (Dec. 7-8, 2022). Sessions attended (1) Upon Graduating, What do You Want Your Students to Remember About Psychological Statistics? (2) Flipping is Fun: A Modified Flip can Increase Enjoyment When Teaching Statistics. (3) Can You Claim it? An Innovative Active Learning Approach to Introducing Research Methods in Large Enrollment Courses. (4) Gamification of Statistics. (5) Designing for Significant Learning in the Research Methods Course.

Celebration of Teaching Conference (May 18, 2022). Sessions attended (1) A.I. Little Help from Friends: Meaningful Discussion Boards and Just-in-Time Learning-Enabling Feedback (session moderator) (2) Extend Learning With Post-Exam Reviews (session moderator)

PUBLICATIONS

Goffredi, R., Sheldon, K. M. (2024). The autobiographical critic within: Perceptions of oneself as a major character within one's life predicts well-being. *Journal of Research in Personality*, 111, 104510. <https://doi.org/10.1016/j.jrp.2024.104510>

Goffredi, R., Sanders, C. A., Sheldon, K. M., & King, L. A. (2023). Positive psychology interventions: Revisiting Seligman, Steen, Park, and Peterson (2005). In M. Tarrant & M. S. Hagger (Eds.), *Health Psychology: Revisiting the Classic Studies*. Sage Publishing.

Goffredi, R. (2023). Handing over the keys to success: An activity for combining self-concordant goals and implementation intentions. In A. Beyer & J. Cerniak (Eds.), *A psychology toolbox: Creative class activities that support students' growth and development*. The Society for the Teaching of Psychology. <https://teachpsych.org/ebooks/psytoolbox>

Sheldon, K. M., **Goffredi, R.**, & Titova, L. (2023). The Goal breakthrough model of goal reorientation: Explicit questions drive implicit processes. *Journal of Research in Personality*, 104, 104360. <https://doi.org/10.1016/j.jrp.2023.104360>

Sheldon, K. M., **Goffredi, R.**, & Schlegel, R. J. (2023). Self-concordant goal-striving as internalized motivation: Benefits beyond person-goal fit. *Motivation Science*, 9(1), 53-61. <https://doi.org/10.1037/mot0000277>

Sheldon, K. & **Goffredi, R.** (2023). Using free will wisely: The self-concordance model. In R. M. Ryan (Ed.), *The Oxford handbook of self-determination research* (pp. 346-361). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780197600047.001.0001>

Sheldon, K., **Goffredi, R.**, & Corcoran, M. (2021). The glow still shows: Effects of facial masking on the perceptions of Duchenne versus social smiles. *Perception*, 50(8), 720-727. <https://doi.org/10.1177/03010066211027052>

Sheldon, K. M., & **Goffredi, R.** (2021). Self-determination theory shows that free will matters. *Motivation Science*, 7(2), 119. <https://doi.org/10.1037/mot0000222>

MANUSCRIPTS IN PREPARATION

Goffredi, R., Schachtman, T., Sheldon, K.M. *Motivation contagion: Perceptions of a teacher's motivational state on two generations of students* [Manuscript in Preparation]. Department of Psychological Sciences, University of Missouri.

Goffredi, R., Arndt, J., Helm, P., Arndt, J, Sheldon, K.M. *The effects of conscious and nonconscious mortality salience on goal choice* [Manuscript in Preparation]. Department of Psychological Sciences, University of Missouri.

Helm, P.J., Galgali, M., & **Goffredi, R.** *Uncovering relationships between personality traits and existential isolation* [Manuscript in Preparation]. Department of Psychological Sciences, University of Missouri.

CURRENT PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)
Society for the Teaching of Psychology (STP)
National Center for Faculty Development and Diversity (NCFPP)
Society for Personality and Social Psychology (SPSP)
Center for Self-Determination Theory (CSDT)
International Network on Personal Meaning (INPM)

REFERENCES

Kennon Sheldon, Ph.D. Professor of Psychology University of Missouri	Doctoral Advisor Sheldonk@missouri.edu 573-823-6253
Todd Schachtman, Ph.D. Professor of Psychology University of Missouri	Graduate Professor schachtmant@missouri.edu 573-882-3154
Laura King, Ph.D. Professor of Psychology University of Missouri	Graduate Professor kingla@missouri.edu 573-239-7729