

# LINDSEY OSTERMILLER

(801) 643-6365 • lindsostermiller@gmail.com • Hattiesburg, 39401

## EDUCATION

**B.S., Southern Utah University**

*September 2019 to April 2022*

Bachelor of Science

Major: Psychology

Minor: Outdoor Recreation in Parks and Tourism

GPA: 3.96

**Ph.D., The University of Southern Mississippi**

*August 2022 to Current*

Major: Counseling Psychology

GPA: 3.94

---

## RESEARCH EXPERIENCE

**Project Manager for Predictors of Suicidality in College Students** *August 2020 to April 2022*

Southern Utah University, Department of Psychology

*This research examined predictors of suicidality in college students. Duties included the delegation of tasks to undergraduate mentees including, supervising data cleaning efforts, managing participant recruitment, managing the surveys in Qualtrics, managing data analysis, and leading the presentation of a subset of findings.*

Research Supervisor: Bryan Koenig, PhD

**Research Assistant for Emotional Intensity Investigation**

*October 2019 to April 2022*

Southern Utah University, Department of Psychology

*This research examined the relationships of emotional experience intensity with other individual differences such as coping, emotional regulation, and persistence. Duties included designing the research, assisting in preparing the IRB proposal, completing a comprehensive literature review, creating the survey on Qualtrics, managing participant recruitment, and data analysis.*

Research Supervisor: Grant Corser, PhD

**Research Assistant for LEAP Project***May 2021 to April 2022*

Southern Utah University, Department of Psychology

*This research evaluated the efficacy of an outdoor recreational program on building life skills for minority youth. Duties included designing the research, facilitating river rafting trips as a river guide, facilitating processing groups with teens, submitting the IRB proposal, data cleaning, and data analysis.*

*Research Supervisor: Michael Steele, PhD*

**Research Assistant for Psychometrics Project***September 2021 to April 2022*

Southern Utah University, Department of Psychology

*This research examined the reliability and validity of the Brief Cope scale. Duties included designing the research project, submitting the IRB proposal, data cleaning and data analysis.*

*Research Supervisor: Michael Steele, PhD*

**Research Assistant for T-Bird Bikes Project***October 2021 to April 2022*

Southern Utah University, Department of Psychology

*This research examined the efficacy of the student run organization, T-Bird Bikes. Duties included designing the research project, submitting the IRB proposal, data cleaning and data analysis.*

*Research Supervisor: Daniel Hatch, PhD*

**Research Design Class Project***January 2020 to May 2020*

Southern Utah University, Department of Psychology

*This research examined the relationship of positive conservation attitudes with time spent outdoors. We learned that people who spend more time in nature have a stronger connection with nature. Duties included designing the research, submitting the IRB proposal, creating the survey on Qualtrics, managing participant recruitment, and data analysis.*

*Research Supervisor: Julie Pynn, PhD*

---

## RELEVANT EXPERIENCE

### Internship at LEAP

May 2022 to September 2022

*Life Expanding Adventure Programs, (LEAP) is an outdoor recreational program designed to “create empowering experiences for those facing adversity and trauma by providing wilderness programs” to underserved populations. As a river guide with LEAP, I helped facilitate group experiences for a variety of diverse teens and emerging adults as we went down 53 miles of the Salmon River over the period of 5 days.*

### Founder and Manager of T-Bird Bikes

September 2021 to April 2022

*T-Bird Bikes is a student run organization that encourages students “to explore an alternative form of transportation by making bicycles more accessible and teaching them how to maintain, repair, and enjoy them.” This is accomplished through experiential activities and workshops.*

---

## PUBLICATIONS

**Ostermiller L.** (2022). The great outdoors: assessing conservation attitudes. *Undergraduate Journal of Psychological Sciences*. Southern Utah University.

**Ostermiller L.** (2022). Beards, breasts, and bodies. *Undergraduate Journal of Psychological Sciences*. Southern Utah University.

### Manuscripts In Preparation

**Ostermiller, L.** & Steele, M.M. (In Progress). *Evaluating the effectiveness of Life Expanding Adventure Program (LEAP): A Program Evaluation.*

**Ostermiller, L.** & Hatch, D. (In Progress). *If I can bicycle I bicycle.* T-Bird Bikes Program Evaluation.

**Ostermiller, L.** & Steele, M. M. (In Progress). *Evaluating the reliability and validity of the brief coping scale.*

## PRESENTATIONS

### Oral Presentations

**Ostermiller, L.,** Beck, W., Harris, M., Doubleday, A., Graham, K., Hatch, D., & Koenig, B. (2021, December). *Spirituality and sexuality influencing suicidality among students at Southern Utah University*. Southern Utah University Undergraduate Symposium. Cedar City, UT.

**Ostermiller, L.,** Beck, W., & Corser, G. (2021, December). *Emotional intensity, perceived stress, and coping*. Southern Utah University Undergraduate Symposium. Cedar City, UT.

Beck, W., **Ostermiller, L.,** Harris, M., Graham, K., Hatch, D., & Koenig, B. (2021, December). *LDS vs non-LDS as predictors of suicidality among students at Southern Utah University*. Southern Utah University Undergraduate Symposium. Cedar City, UT.

Harris, M., **Ostermiller, L.,** Jurado, M., Graham, K., Hatch, D., & Koenig, B. (Under Review). *Replicability of suicidality across marginalized demographic groups among students at Southern Utah University*. To be presented at Rocky Mountain Psychological Association Annual Convention. Salt Lake City, UT.

Beck, W., **Ostermiller, L.,** Harris, M., Graham, K., Hatch, D., & Koenig, B. (Under Review). *Importance of meaning: religious strain and suicidality among students at Southern Utah University*. To be presented at Rocky Mountain Psychological Association Annual Convention. Salt Lake City, UT.

Jurado, M., **Ostermiller, L.,** Beck, W., Harris, M., Graham, K., Hatch, D., & Koenig, B. (Under Review). *Perceived social support influencing suicidality among LGBTQ+ individuals at Southern Utah University*. To be presented at Rocky Mountain Psychological Association Annual Convention. Salt Lake City, UT.

### Poster Presentations

Nelson E., Harris, M., **Ostermiller, L.,** Graham, K., Hatch, D., & Koenig, B. (2021, December). *Suicidality: a historical perspective*. Poster session presented at Southern Utah University Undergraduate Symposium. Cedar City, UT.

Harris, M., **Ostermiller, L.,** Jurado, M., Graham, K., Hatch, D., & Koenig, B. (2021, December). *Demographics influencing suicidality among students at Southern Utah University*. Poster session presented at Southern Utah University Undergraduate Symposium. Cedar City, UT.

**Ostermiller, L., & Graham, K.** (Under Review). *LGBTQ+, and religious strain, influencing suicidality among students at Southern Utah University*. Poster submitted to the American Psychological Association National Convention. Minneapolis, MN.

Corser, G., **Ostermiller, L., & Beck, W.** (Under Review). *Trait emotional intensity perceived stress and coping*. Poster submitted to Rocky Mountain Psychological Association Annual Convention. Salt Lake City, UT.

---

## **EDITORIAL EXPERIENCE**

**Editorial Board** *September 2020 to May 2021*  
Southern Utah University, Undergraduate Journal of Psychological Sciences.

**Editor** *October 2021 to April 2022*  
Southern Utah University, Undergraduate Journal of Psychological Sciences.

---

## **SERVICE**

**Volunteer**, Prevention Coalition, Southern Utah University *December 2020 to April 2022*  
*Southern Utah University Prevention Coalition aims to prevent risky behavioral health choices by implementing effective prevention programs, practices, and policies. Duties included assisting in organizing community events, working closely with the public relations team to distribute information and participating in weekly group meetings.*

**Volunteer**, Cedar City Bike Works, Cedar City, Utah *September 2021 to April 2022*  
*Cedar City Bike Works is a non-profit organization that aims to empowering local community members by promoting cycling for transportation and recreation. Duties included designing a curriculum for Pedal Safe Iron County which targets underserved and underprivileged youth to empower children to get outside on their bikes. I applied for the "Park Tool" Grant to fund bikes, parts, tools, locks, helmets, and lights. I also assisted in planning and execution of community outreach events including bicycle workshops where community members can learn about bicycle maintenance, and commuter safety, and lead slow role events.*

---

## SCHOLARSHIPS & AWARDS

*Fall 2019 to Spring 2022*

**Recipient**, Hugh O'Brian Youth Leadership Foundation Scholarship (HOBY), Southern Utah University.

*HOBY is a scholarship program that aims to “inspire and develop a global community of youth and volunteers to a life dedicated to leadership, service, and innovation.” While I served as student body president, I completed more than 400 hours of personal service and contributed to over 4,000 hours of additional service.*

**Recipient**, first place for the non-thesis category for the oral presentation “*Spirituality and sexuality influencing suicidality among students at Southern Utah University.*” This was awarded at the Southern Utah University Undergraduate Symposium.

**Recipient**, Psychology Outstanding Scholar Award. This was awarded by the Humanities and Social Sciences College at Southern Utah University.

---

## HONORS AND RECOGNITIONS

<b>Member</b> , National Society of Leadership and Success, Southern Utah University Chapter	<i>Fall 2021</i>
<b>Member</b> , Psi Chi National Honors Society, Southern Utah University Chapter	<i>Fall 2021</i>
<b>Dean's List</b> , Southern Utah University	<i>Fall 2021</i>
<b>Dean's List</b> , Southern Utah University	<i>Spring 2021</i>
<b>Dean's List</b> , Southern Utah University	<i>Fall 2020</i>
<b>Dean's List</b> , Southern Utah University	<i>Spring 2020</i>
<b>Dean's List</b> , Southern Utah University	<i>Fall 2019</i>

---

## PROFESSIONAL AFFILIATIONS

**Member**, Mississippi Psychological Association *August 2022 to present*

<b>Member,</b> American Association of University Professors	<i>September 2022 to present</i>
<b>Member,</b> Utah Psychological Association	<i>October 2021 to present</i>
<b>Member,</b> Association for Psychological Science	<i>October 2021 to present</i>
<b>Member,</b> Psychology Club, Southern Utah University	<i>September 2020 to present</i>
<b>Member,</b> American College Health Association	<i>October 2021 to present</i>
<b>Member,</b> Rocky Mountain Humanistic Counseling and Psychological Association	<i>October 2021 to present</i>
<b>Member,</b> American Psychological Association, Division 17, Division 44, Division 45	<i>September 2021 to present</i>

---

### **CURRENT CERTIFICATIONS**

Emergency Medical Technician (EMT)  
 Swift and Whitewater Rescue  
 Basic Life Support (BLS)  
 Wilderness First Aid (WFA)  
 Advanced Ski Instructor  
 Avalanche Rescue Level 1  
 Self-Contained Underwater Breathing Apparatus (SCUBA)  
 Question Persuade Refer (QPR; suicide prevention)  
 Certified Interpretive Guide (CIG)

---

## **REFERENCES**

Grant Corser, Ph.D.  
Associate Dean Humanities and Social Sciences  
Southern Utah University, Department of Psychology  
Braithwaite Liberal Arts Center 306B  
351 W. University Blvd. Cedar City, UT 84720  
(435) 586-7899  
corser@suu.edu

Bryan Koenig, Ph.D.  
IRB Chair  
Southern Utah University, Department of Psychology  
General Classrooms 308D  
351 W. University Blvd. Cedar City, UT 84720  
(435) 586-7864  
bryankoenig@suu.edu

Valerie Pufahl  
Executive Director  
Life Expanding Adventure Programs  
806 SW Broadway Suite 300 Portland, OR 97205  
(828) 713-1965  
valerie@lepadventure.org

Michael Steele, Ph.D.  
Director of Clinical Training  
Southern Utah University, Department of Psychology  
General Classrooms 308Q  
351 W. University Blvd. Cedar City, UT 84720  
(435) 586-1958  
michaelsteele2@suu.edu