

SARAH H. PORTER, PHD

512.827.7433

drsarahporter@gmail.com

www.linkedin.com/in/drsarahporter

Licensed Psychologist (Texas License #34515)

E D U C A T I O N

University of California, Santa Barbara

September 2007

PHD IN COUNSELING/CLINICAL/SCHOOL PSYCHOLOGY (CCSP). Emphasis in counseling psychology.

MA IN COUNSELING PSYCHOLOGY.

CERTIFICATE IN COLLEGE AND UNIVERSITY TEACHING. Awarded by a faculty advisory board for demonstrated excellence in post-secondary and graduate-level instruction.

Stanford University

January 1997

MA IN SOCIOLOGY. Coterminal degree with emphasis in sociology of education and social stratification.

Stanford University

June 1996

BA IN SOCIOLOGY WITH HONORS. Emphasis in social psychology. Secondary major in Feminist Studies.

E X P E R I E N C E

Dr. Sarah Porter Training & Consulting Austin, TX

April 2020 to Present

FOUNDER/TRAINER/SPEAKER/CONSULTANT

Design and deliver highly engaging and accessible virtual trainings and keynotes to corporate clients with a focus on positive psychology practices that benefit organizations and individuals alike. Recent topics have included fostering resilience, increasing psychological safety, cultivating a growth mindset, giving and receiving effective feedback, managing stress, saying no, navigating workplace relationships, and tackling public speaking anxiety.

Consult with organizations on program design and implementation as well as policies/processes that contribute to healthy workplace culture.

Conduct in-depth research reviews to ensure that all deliverables are evidence-based and reflect current best practices.

Share knowledge about well-being via guest appearances on podcasts and interviews with other media outlets.

Austin Community College Austin, TX

January 2019 to Present

ADJUNCT PROFESSOR

Teach *EDUC 1100/1300: Learning Framework: Effective Strategies for College Success* course with a focus on first-year students' transition to higher education.

Utilize adult learning theory, universal design principles, human-centered design thinking, and cooperative learning best practices for heterogeneous classrooms to create curricula that is equity-minded, meets the needs of diverse learners, and encourages a sense of belonging.

Design and deliver courses in distance education and face-to-face modalities. Earned Quality Matters (QM) distinction for implementing student accessibility and engagement best practices in an online learning environment.

Consistently receive overall teaching evaluation of "excellent" (highest possible) each semester, including a student satisfaction rating of 100%. Recognized as a Teaching & Learning Champion.

Austin Community College Austin, TX

February 2011 to January 2022

COUNSELOR/PROFESSOR

Provided academic counseling and case management to 250+ academically at-risk students per semester. Helped students identify barriers to achievement, clarify career goals and values, develop

strengths-based success strategies, and navigate college support resources. Refined Academic Standards of Progress process to increase student retention and better attend to equity.

Authored a student persistence toolkit composed of four evidence-based positive psychology modules that enhance student engagement and completion. Conducted collegewide training for counseling faculty with a focus on how to implement a behavioral nudge campaign and infuse academic guidance work with best practices from hope theory, gratitude, self-compassion, and self-care literature.

Engaged in a curricular re-design project entitled *Contextualizing Growth Mindset and Grit* for use in both Student Affairs programming and Student Development courses. Created a facilitator guide and slide deck for faculty as well as discussion prompts, self-reflection exercises, and group activities for students to encourage critical thinking about the intersection of mindset and grit with gender and culture. Trained academic counseling faculty on how to bring an equity lens to topics of mindset and grit when working with students.

Facilitated 60+ student success, career development, compliance, and transfer planning workshops on topics ranging from thriving in an online learning environment to effectively managing stress, making a successful transition to a four-year university to building career readiness skills.

Provided individual counseling and crisis intervention to students with mental health and career concerns. Conducted risk (SAFE-T, SIVRA-35) and vocational (FOCUS2, MBTI, Strong Interest Inventory) assessments. For five years, served as psychological consultant to a cross-functional behavioral intervention team regarding how to appropriately respond to disruptive behaviors on campus.

Completed four terms as Faculty Senator. Appointed to multiple interdisciplinary committees to develop equity-minded policies and processes that enhance student success and faculty engagement. Selected to co-create collegewide faculty values statement and lead stakeholder dialogue sessions. Chaired culture of continued growth committee that launched a large-scale faculty climate survey.

Designed, analyzed, and presented results of counselor expertise survey and needs assessment to Vice President of Student Affairs. Compiled counselor service reports, identified utilization trends, and shared insights with leadership each semester.

As member of collegewide Counseling Unit Work Group, clarified departmental mission and goals, proposed a Guided Pathways-aligned service delivery model, and researched wellness center best practices and rationale for services. Appointed by Vice President of Student Affairs to steering committee that designed a group-based student service delivery model for new student advising and counseling.

Established liaison relationship with English for Speakers of Other Languages (ESOL) department to foster collaboration and provide support to ESOL students and faculty.

Mentored and trained six counselors. Served as Acting Dean as requested. Participated in multiple hiring committees and a judiciary review panel.

St. Edward's University Health & Counseling Center Austin, TX *February 2008 to February 2011*
STAFF PSYCHOLOGIST/WELLNESS & OUTREACH SERVICES PROGRAM DIRECTOR/TRAINING DIRECTOR

Provided individual and couples counseling, crisis intervention, and after-hours coverage to students. Frequently consulted with faculty and staff about student mental health concerns.

Directed doctoral-level practicum training program, including recruitment, selection, training, and supervision of up to four students per academic year.

Oversaw outreach services offered by the center. Developed and delivered 50+ presentations per year. Co-coordinated a four-member peer education team.

Launched and managed *Hilltopper HealthQuest* online wellness program utilized by more than 42% of the undergraduate student body. Received the EDDIE award, one of the university's highest honors given for innovation and excellence in service delivery, for helming this initiative.

Project managed the Women's Health Initiative, including grant writing, development of online content, marketing, supervision of a peer educator, and design and delivery of programming focused on relationship violence, sexual assault, eating disorders, stress, depression, and anxiety. Successfully secured over \$20,000.00 in grant funding from Mary Kay Ash Family Foundation and Alice Kleberg Reynolds Foundation.

Served as interim College Assistance Migrant Program (CAMP) counselor, including drop-in hours, crisis intervention, outreach programming, and consultation; increased utilization of clinical services by 98% from previous year. Co-facilitated a support and psychoeducational group for migrant students. Wrote weekly e-newsletter to CAMP students.

Developed campus-wide wellness plan and co-chaired Division of Student Affairs Committee on Comprehensive Campus Wellness.

Participated in Merger Task Force, Integrated Residential Complex Committee, Health & Counseling Center Director Selection Committee, Orientation Advisory Board, Staff Development Committee, and University Programming Committee. Chaired Health & Counseling Center Psychologist Search Committee.

University of Texas Counseling and Mental Health Center Austin, TX *August 2006 to February 2008*
COUNSELING SPECIALIST/PRE-DOCTORAL INTERN (APA-ACCREDITED PROGRAM)

Provided brief and long-term individual psychotherapy and couples counseling to diverse clientele at the Counseling and Mental Health Center. Completed up to six weekly intakes and carried a caseload of 50+ clients.

Facilitated a semi-structured group for clients with anxiety disorders and supervised a doctoral-level clinical psychology practicum student co-leader. Co-facilitated a structured social anxiety group, a structured perfectionism group, and a process-oriented psychotherapy group for students age 23+.

Supervised a doctoral-level clinical psychology practicum student's individual therapy caseload.

Acted as first responder during a weekly emergency services shift. Provided consultation to fellow members of a multidisciplinary crisis team. Participated in trauma response for campus events.

Performed telephone triage services for incoming clients to facilitate appropriate services.

Conducted 16+ hours of outreach presentations each semester. Updated psychoeducational brochures to reflect current research and best practices.

Served on the Diversity Task Force and Intern Selection Committee.

Domestic Violence Solutions Santa Barbara, CA *June 2005 to June 2006*
COUNSELING INTERN

Provided court-mandated and voluntary counseling to adults and adolescents at a community mental health agency specializing in domestic violence and anger management treatment.

Led a men's therapy group for nine domestic violence offenders. Conducted quarterly assessments of mandated clients' progress.

Antioch University Santa Barbara, CA *June 2005 to December 2005*
ADJUNCT PROFESSOR

Developed and taught a masters-level course entitled *Psychology 502: Feminist Theories of Psychology and Psychological Practice* for students in the Clinical Psychology track for two quarters.

Resource Center for Sexual & Gender Diversity Santa Barbara, CA *September 2004 to June 2006*
GROUP LEADER

Co-led a drop-in women's support group open to community members who identified as lesbian, bisexual, and/or questioning. Explored issues related to sexual orientation, coming out, relationships, family, spirituality, and work/school.

Received Gavin Newsom Award for service to the LGBT community for launching and leading this group offering.

University of California, Santa Barbara Career Services *September 2004 to August 2005*
Santa Barbara, CA
PRACTICUM CAREER COUNSELOR

Provided career advising to undergraduates, graduate students, and alumni through drop-in and individual appointments. Interpreted career assessments, including the Strong Interest Inventory and MBTI, in individual and group settings.

Delivered quarterly workshops on career exploration and graduate school admissions. Gave semi-weekly outreach presentations to incoming students at summer orientation.

Provided consultation to career staff from nine agencies about working effectively with LGBT clients.

Ray E. Hosford Counseling Clinic Santa Barbara, CA

September 2004 to June 2005

CLINIC/PRACTICUM SUPERVISOR

Provided direct supervision to three doctoral-level and two masters-level student counselors in individual and group settings using video review.

Supervised up to twelve student counselors during weekly shift, including leading training on writing reports and following clinic policies and procedures. Collaborated with counselors and faculty supervisors to resolve client crises, including suicidality and abuse reporting.

Conducted phone and in-person intakes. Promoted clinic services through outreach to local agencies.

University of California, Santa Barbara Counseling Services

September 2003 to June 2004

Santa Barbara, CA

PRACTICUM COUNSELOR

Provided brief individual counseling to students on a range of issues including anxiety, depression, disordered eating, sexual assault, and cultural/sexual identity concerns.

Conducted intake interviews and presented cases during weekly case assignment meetings. Served as process observer for two quarter-long undergraduate and graduate student therapy groups.

University of California, Santa Barbara Department of Education

September 2002 to June 2005

Santa Barbara, CA

TEACHING ASSISTANT

Planned and led fifteen-person discussion sections for *Education 165: Introduction to Applied Psychology* during Winter 2004 and Spring 2005 quarters. Helped students develop basic counseling skills via role-play and modeling. Guest lectured on graduate school pathways.

Facilitated fifteen-person discussion sections in which students participated in values clarification exercises, skills assessments, and job skill role-plays for *Education 164: Introduction to Career Planning* during Winter 2003, Spring 2003, and Spring 2004 quarters. Provided feedback on résumés, professional correspondence, and personal reflection papers. Prepared and delivered three guest lectures for a forty-person class. Designed and wrote a manual for facilitating discussion sections for use by all future teaching assistants.

Planned and led six twenty-person sections for *Women's Studies 40: Introduction to the Humanities* during Fall 2002 and Fall 2003 quarters. Increased students' understanding of feminist theory through facilitated discussion and interactive exercises. Provided feedback on weekly assignments, two major papers, and two exams. Wrote test items.

Ray E. Hosford Counseling Clinic Santa Barbara, CA

January 2002 to August 2005

COUNSELOR

Provided long-term individual counseling to adult clients from diverse backgrounds about issues including depression, anxiety, substance abuse, Axis II personality disorders, family problems, sexual concerns, and school/work concerns.

Completed structured intake interviews. Managed client crises. Consulted with psychiatrist regarding psychopharmacological treatment options.

Conducted vocational and cognitive batteries as well as integrated assessments.

University of California, Santa Barbara Department of Education *September 2001 to September 2007*

Santa Barbara, CA

GRADUATE STUDENT RESEARCHER

Conducted quantitative research on women's academic and career self-efficacy in mathematics/science as member of a five-person team under Tania Israel, PhD from 2002 to 2007. Drafted human subjects and conference proposals. Second author on a manuscript accepted for publication.

Conducted quantitative research on differential status identity as member of a six-person team under Michael T. Brown, PhD from 2001 to 2006. Responsibilities included writing career-focused portion of a manuscript; sample site selection; and data collection, coding, and analysis.

Heald College, Schools of Business & Technology Milpitas, CA
DIRECTOR OF CAREER SERVICES

September 1999 to June 2001

Provided comprehensive career services to 1200 students each year, including individual career development sessions, career assessment administration and interpretation, and job placement. Designed and facilitated a quarterly career planning workshop series for all graduating students.

Developed internships and full/part-time job openings through outreach to local businesses. Matched graduating students and alumni with positions. Achieved 90%+ placement rate within graduating students' fields of study.

Planned semi-annual job fairs, advisory board meetings, and an annual alumni reunion event.

Hired, trained, and managed a four-person team. Promoted from Associate Director of Career Services during time with organization.

Ernst & Young San Jose, CA
SENIOR CONSULTANT

February 1997 to February 1999

Provided organizational development management consulting services to Fortune 500 companies. As a member of a four-person consulting team, facilitated the redesign of a professional services organization, using change management best practices. Responsibilities included writing and maintaining work plans, leading team meetings, managing a two-person staff, giving client presentations, designing cross-cultural teaming materials, and writing and executing a communication plan. Also led business change implementation activities and wrote policies and procedures for a major health care client.

Served as regional newsletter section editor and recruiting coordinator for Stanford University.

Promoted from Staff Consultant during time with firm.

Stanford University Stanford, CA
INSTRUCTOR/TEACHING ASSISTANT/SECTION LEADER

January 1996 to December 1996

Developed and gave weekly lectures for *Psychology 167D: Peer Counseling – Issues in Sexual Health & Contraception*, an undergraduate course on counseling techniques and sexual health topics offered winter quarter.

As part of an eleven-person teaching team, planned laboratory sessions, monitored student progress, and graded term papers for *Sociology 5: Status, Friendship & Social Pressure*, a 100+ student course offered spring quarter.

Delivered lectures, facilitated discussions, and graded assignments for *Psychology 196: The American Drinking & Drug Culture*, a weekly twelve-person class section offered fall quarter.

P U B L I C A T I O N S

Porter, S. (2021, April 28). Contextualizing growth mindset and grit. *ACC TLED Blog*. <https://instruction.austincc.edu/tledupdates/2021/04/28/contextualizing-growth-mindset-and-grit/>.

Cordero, E., Porter, S., Israel, T., & Brown, M.T. (2010, November). Math and science pursuits: A self-efficacy intervention comparison study. *Journal of Career Assessment*, 18, 362-375.

Damer, D., Latimer, K., & Porter, S. (2010, March). "Build your social confidence": A social anxiety group for college students. *Journal for Specialists in Group Work*, 35(1), 7-22.

Damer, D., & Porter, S. (2008, June). Overcoming career decision-making paralysis: Strategies from a perfectionism therapy group. *Career Watch: Newsletter from the ACPA Commission for Career Development*.

Porter, S. (2005, March). Salary negotiation: What are you worth? *Mymentor.com* website.

Porter, S. (2003, September). *Education 164: Introduction to career planning* TA manual. Santa Barbara, CA: Career Services.

Porter, S., & Lorenson, M.J. (1994, September). *A woman's guide to Stanford*. Stanford, CA.

C O N F E R E N C E P R E S E N T A T I O N S

Porter, S. (2021, March). Self-compassion in student affairs: Caring for yourself while helping others. Program at the American College Personnel Association Convention, Virtual.

Kandell, J., Porter, S., et al. (2011, March). Innovations in college counseling 2010-2011. Program at the American College Personnel Association Convention, Baltimore, MD.

Porter, S. & Protos, K. (2011, March). Outreach services. Roundtable at the American College Personnel Association Convention, Baltimore, MD.

Porter, S. (2010, January). Online wellness programming outcomes: The *Hilltopper HealthQuest* case study. National webinar as part of EducationDynamics' Student Health and Wellness Expert Series.

Damer, D., & Porter, S. (2008, April). Build your social confidence: A social anxiety group for students. First of a two-part institute at the American College Personnel Association Convention, Atlanta, GA.

Damer, D., & Porter, S. (2008, April). Courage to be imperfect: A perfectionism group for students. Second of a two-part institute at the American College Personnel Association Convention, Atlanta, GA.

Damer, D., Diaz, M., & Porter, S. (2008, February). Making anxiety disorder treatment UCCC friendly. Workshop at the Texas University and College Counseling Center Conference, Houston, TX.

Porter, S. (2005, April). Strategies for working effectively with LGB career counseling clients. Presentation at the Santa Barbara Career Symposium, Santa Barbara, CA.

Cordero, E., Porter, S., Israel, T., Brown, A., & Brown, M.T. (2004, July). Increasing women's math/science self-efficacy through personal accomplishment and belief perseverance. Poster at the American Psychological Association Annual Convention, Honolulu, HI.

Ruiz de Esparza, C., & Porter, S. (2003, August). Differential status identity and vocational choice. Poster at the American Psychological Association Annual Convention, Toronto, Canada.

Porter, S., and Ruiz de Esparza, C. (2002, November). Differential status identity and vocational behavior. Presentation at CCSP Research Festival, Santa Barbara, CA.

Porter, S., Osiris, C., and Ruiz de Esparza, C. (2002, August). Differential status identity and career choice and decision-making. In M.T. Brown (Chair), Differential status identity – construct, measurement, initial validation. Symposium at the American Psychological Association Annual Convention, Chicago, IL.

S E L E C T E D O U T R E A C H , C O N S U L T A T I O N & G U E S T L E C T U R E S

Porter, S. (2022, July). Zero distortion. Featured interview in *The Lens* magazine article written by Shika Hershel available at https://issuu.com/groomlakemedia/docs/the_lens_4/22.

Porter, S. (2022, June). The meaning of mindset: How your approach to learning shapes your success. In-person workshop for a technology company's intern program, Austin, TX.

Porter, S. (2022, May, through November 2022). Creating an effective feedback culture. Virtual training for multiple Fortune 500 clients, Austin, TX.

Porter, S. (2022, March). The reluctant presenter: How to manage your public speaking anxiety. Virtual training for a Fortune 500 client, Austin, TX.

Porter, S. (2022, March). Your resilience toolbox: Core skills to boost your ability to bounce back. Virtual training for a Fortune 500 client, Austin, TX.

Porter, S. (2022, February). A framework for effective feedback. Keynote for a Fortune 500 client, Austin, TX.

Porter, S. (2021, August). How completion counselors help students reach the finish line. Webinar at the Austin Community College Student Affairs Resource Day, August, TX.

Porter, S. (2021, June, through 2022, September). Saying no: The art and science of setting boundaries. A series of twelve virtual trainings for a Fortune 500 client, Austin, TX.

Porter, S. (2021, May, and 2021, April). Contextualizing growth mindset and grit. Presentations for Global Gender & Women's Studies faculty learning community and completion counseling faculty at Austin Community College, Austin, TX.

Goh, S. & Porter, S. (2021, January, and 2020, November). What students are saying about remote learning: Using ACC student feedback to enhance the distance education experience. Webinars at the Austin Community College Spring Development Day and Distance Education Symposium, Austin, TX.

Porter, S. (2020, August 11). How to grow your grit & hope [Audio podcast]. Collegehood Advice podcast episode available at <https://collegehoodadvice.com/podcast/how-to-grow-grit-and-hope-with-dr-sarah-porter>.

Porter, S. (2020, May). An attitude of gratitude: The benefits of being thankful. Fourth in a four-part train-the-trainer workshop series on positive psychology constructs, strategies, and resources to increase student persistence for completion counseling faculty at Austin Community College, Austin, TX.

Porter, S. (2020, April 7). How to cope during a crisis [Audio podcast]. Collegehood Advice podcast episode available at <https://collegehoodadvice.com/podcast/how-to-cope-with-crisis-with-dr-sarah-porter>.

Porter, S. (2020, April). Riverbat recharge: Self-care for the busy college student. Third in a four-part train-the-trainer workshop series on positive psychology constructs, strategies, and resources to increase student persistence for completion counseling faculty at Austin Community College, Austin, TX.

Porter, S. (2020, March). Grit + hope = academic success. Second in a four-part train-the-trainer workshop series on positive psychology constructs, strategies, and resources to increase student persistence for completion counseling faculty at Austin Community College, Austin, TX.

Porter, S. (2020, February). Silencing self-criticism by building self-compassion. First in a four-part train-the-trainer workshop series on positive psychology constructs, strategies, and resources to increase student persistence for completion counseling faculty at Austin Community College, Austin, TX.

Porter, S. (2020, January). Completion counseling toolkit for student persistence. Presentation for completion counseling faculty at Austin Community College, Austin, TX.

Porter, S. (2019, February, 2018, September, 2018, February, 2017, October, 2016, September, and 2015, September). Your career journey. Workshops for first-year students at Austin Community College, Austin, TX.

Porter, S. (2018, April). Stand up to relationship violence: How to support a friend experiencing abuse. Bystander intervention training for the Women's Leadership Organization at Austin Community College, Austin, TX.

Porter, S. (2018, April). You matter! Self-care and stress management. Workshop for students at Austin Community College, Austin, TX.

Porter, S., Bosche, J., and Wong, J. (2017, September). Dialogue on ACC faculty values. Facilitated session for adjunct and full-time faculty at Austin Community College, Austin, TX.

Porter, S. and Singletary, K. (2017, February). Planning and managing my time. Workshop for students at Austin Community College, Austin, TX.

Wang, J., Porter, S., Ponce, L., Royalty, R., and Goh, S. (2016, June). Considerations when working with developmental students. Panel discussion for Advising Forum at Austin Community College, Austin, TX.

Porter, S. (2016, February, and 2009, March). Careers in psychology. Panel discussions for Counseling and Mental Health Center pre-doctoral and social work interns at the University of Texas, Austin, TX.

Goh, S. and Porter, S. (2015, April). Counseling services: A resource for faculty. Presentation at Faculty Center for Teaching & Learning Faculty Connection training at Austin Community College, Austin, TX.

Porter, S. and Walker, N. (2013 and 2012, February, and 2012 and 2011, September). Transfer essentials: How to successfully transfer to a four-year college or university. Workshops for students at Austin Community College, Austin, TX.

Porter, S. (2013, January). Careers in psychology and social work. Panel discussion for undergraduate career series at St. Edward's University, Austin, TX.

Bradfute, W., Porter, S., Fisher, E., Moore, E., Sachers, C., and Tenorio, M. (2013, January). Identifying and addressing student retention issues in developmental education. Panel discussion facilitation for instructional and counseling faculty at Austin Community College, Austin, TX.

Carroll, C. and Porter, S. (2010, September). Health & Counseling Center current & future initiatives. Presentation for Division of Student Affairs at St. Edward's University, Austin, TX.

Porter, S. (2010 and 2009, August). Assertive communication: Skill building for student leaders. Presentations for CAMP facilitators at St. Edward's University, Austin, TX.

Porter, S. (2010 and 2009, August). Health and wellness: Taking care of oneself as a student leader. Presentations for CAMP facilitators at St. Edward's University, Austin, TX.

Porter, S. (2010, 2009, and 2008, June). College life: Campus issues and resources. Trainings for orientation leaders and incoming first-year students at St. Edward's University, Austin, TX.

Porter, S. (2010, June, and 2009, August). Introduction to the Health & Counseling Center. Presentations for orientation leaders, resident assistants, incoming international students, and first-year CAMP students at St. Edward's University, Austin, TX.

Porter, S. (2010, April). Reflections on the first-year migrant experience. Weekly facilitated discussions with CAMP students at St. Edward's University, Austin, TX.

Porter, S. (2010, March, and 2009, March). Sex in the lounge: Everything you ever wanted to know about sex, love and intimacy but were afraid to ask. Panel presentations for undergraduates in residence halls at St. Edward's University, Austin, TX.

Porter, S. (2010, March). Supporting someone through grief. Presentation for CAMP students at St. Edward's University, Austin, TX.

Porter, S. (2010, February). Professional issues in university counseling centers. Presentation for PsyD students at Our Lady of the Lake University, San Antonio, TX.

Porter, S. (2009, November). Wellness and decision-making. Workshop series for first year and academically at-risk undergraduates at St. Edward's University, Austin, TX.

Porter, S. (2009, October). Mental health considerations when studying abroad. Workshop for undergraduates preparing to study abroad at St. Edward's University, Austin, TX.

Porter, S. (2009, June). College student mental health and university counseling center service delivery: History, trends, and new directions. Guest lecture in *College Student Development 6320: College Student Development Services* course at St. Edward's University, Austin, TX.

Porter, S. (2009, June). Social wellness. Staff development workshop for Student Life department at St. Edward's University, Austin, TX.

Pannabecker, W., & Porter, S. (2009, May). Establishing a comprehensive campus wellness plan. Presentation for Division of Student Affairs at St. Edward's University, Austin, TX.

Porter, S. (2009, April, 2008, November, and 2007, September). Stress, health, and coping. Presentations for students in Effective Learning courses and student leaders at St. Edward's University, Austin, TX.

Porter, S. (2009, February). Emotional wellness. Staff development workshop for Student Life department at St. Edward's University, Austin, TX.

Porter, S. Porter, S. (2008, October). Adjusting to college: Ten strategies for surviving freshman year. Workshop for first-year students at St. Edward's University, Austin, TX.

Porter, S. (2008, October). Relationship violence: Signs and symptoms. Presentation for Student Service Council members at St. Edward's University, Austin, TX.

Porter, S. (2008, August). How to help students who experience eating disorders or sexual assault. Training for resident assistants at St. Edward's University, Austin, TX.

Porter, S. (2008, August). Wellness 101: An introduction to healthy bodies, healthy minds, and healthy living. Presentation for CAMP facilitators at St. Edward's University, Austin, TX.

Porter, S. (2008, April). Feeling blue: Recognizing and responding to depression. Presentation for undergraduates at St. Edward's University, Austin, TX.

Porter, S. (2007, September and June). Time well spent: Making the most out of your time at UT. Presentations for academically at-risk undergraduates at the University of Texas, Austin, TX.

Porter, S., & Wong, J. (2007, July). Fighting fair: How to effectively resolve conflict. Presentation for incoming first-year students at the University of Texas, Austin, TX.

Porter, S. (2007, June). Undoing circumscription: The effect of critical career counseling ingredients on the expansion of women's career choices. Presentation for Career Services staff at the University of California, Santa Barbara, CA.

Kroll, S., & Porter, S. (2007, April). Unmasking ourselves: An expressive arts workshop for survivors of sexual assault and their allies. Workshop for community members at the University of Texas, Austin, TX.

Porter, S. (2006, Fall). Stress management 101. Presentations for undergraduates in the School of Nursing and Department of Communications at the University of Texas, Austin, TX.

Porter, S. (2005, December). Creating successful curricula vitae and cover letters. Presentation for first year PsyD students at Antioch University, Santa Barbara, CA.

Porter, S. (2005, Summer). UCSB Career Services: Helping you get started. Semi-weekly presentations at new student orientation for the University of California, Santa Barbara, CA.

Porter, S. (2005, May). Borderline personality disorder: Case conceptualization and treatment planning. Guest lecture in *Education 265: Basic Practicum* at the University of California, Santa Barbara, CA.

Porter, S., & Villanueva-Salvador, J. (2005, May). Go, go grad school. Graduate school admissions workshop for undergraduates at the University of California, Santa Barbara, CA.

Porter, S., & Barazani, S. (2005, April). Applied psychology graduate school: What you need to know to navigate the admissions process. Guest lecture in *Education 165: Introduction to Applied Psychology* at the University of California, Santa Barbara, CA.

Porter, S. (2005, February). Using assessment in psychotherapy. Guest lecture in *Education 265: Basic Practicum* at the University of California, Santa Barbara, CA.

Lubach, D., & Porter, S. (2005, Winter). Job launch. Career planning workshops for students at the University of California, Santa Barbara, CA.

Porter, S. (2003, July). Counseling women. Guest lecture in *Education 165: Introduction to Applied Psychology* at the University of California, Santa Barbara, CA.

Porter, S. (2003, April). Introduction to career counseling: Orientation and icebreakers. Guest lecture in *Education 164: Introduction to Career Planning* at the University of California, Santa Barbara, CA.

Porter, S. (2003, February). How to wow 'em: Strategies for successful interviewing. Guest lecture in *Education 164: Introduction to Career Planning* at the University of California, Santa Barbara, CA.

H O N O R S & A W A R D S

2022 Teaching & Learning Champion Recognition given by Austin Community College for commitment to utilizing innovative, evidence-based teaching and learning practices.

2019-2020 Sabbatical Leave Award granted by Austin Community College to complete a semester-long research project, Austin, TX.

2019 Designing for Social Systems Selectee invited by Stanford University's d.school to participate in design thinking training for social sector leaders, Stanford, CA.

2019 Transfer Advocate Recognition Award for supporting students' successful transfer to university at Austin Community College, Austin, TX.

2013 Excellence Award for noteworthy service, integrity, teamwork, and high-quality results at Austin Community College, Austin, TX.

2013 Riverbats Bravo Employee Recognition Award, Austin Community College, Austin, TX.

2012 Early Career Achievement Award granted by the American College Personnel Association's Commission for Counseling and Psychological Services, Louisville, KY.

2011 Early Career Psychologist Credentialing Scholarship granted by the National Register of Health Service Providers in Psychology, Washington, DC.

2010 EDDIE Award for innovation and excellence at St. Edward's University, Austin, TX.

2009 WOW: Wonderfully Outstanding Work Staff Recognition Award, St. Edward's University, Austin, TX.

2007 UCSB Graduate Division Dissertation Fellowship, Santa Barbara, CA.

2006-2007 Gevirtz Graduate School of Education General and Doctoral Candidacy Fee Fellowship, Santa Barbara, CA.

2006 National Career Development Association Research Award for exemplary research in career development by a graduate student, Chicago, IL.

2006 Humanities/Social Sciences Research Grant, Santa Barbara, CA.

2006 Hosford Research Grant, Santa Barbara, CA.

2005 UCSB Outstanding TA in the Social Sciences and Education nomination, Santa Barbara, CA.

2005 Gavin Newsom Award for service to the LGBT community, Santa Barbara, CA.

2002 UCSB Graduate Division Special Travel Award, Santa Barbara, CA.

2001-2006 UCSB Regents Special Fellowship, Santa Barbara, CA.

1999 Heald College Career Services Team of the Year Award, San Jose, CA.

1996 Barbara & Sandy Dornbusch Award for the outstanding undergraduate in Sociology, Stanford, CA.

1996 Cap & Gown Women's Honor Society, Stanford, CA.

S E R V I C E

SENATOR. 2020-2021, 2016-2017, 2013-2014, and 2012-2013 Faculty Senate, Austin Community College, Austin, TX.

PARTICIPANT. 2020-2021 Global Gender & Women's Studies Faculty Learning Community, Austin Community College, Austin, TX.

MEMBER. 2020-2021 and 2019-2020 Faculty Senate Salary and Benefits Committee, Austin Community College, Austin, TX.

MEMBER. 2018-2019 Collegewide Arts, Digital Media, and Communications Area of Study Advisory Committee, Austin Community College, Austin, TX.

MEMBER. 2018-2019 and 2017-2018 Collegewide Student Rights and Responsibilities Committee, Austin Community College, Austin, TX.

PARTICIPANT. 2017 Faculty Symposium on ACC Faculty Values, Austin Community College, Austin, TX.

CHAIR. 2016-2017 Culture of Continued Growth Subcommittee of Collegewide Faculty Development and Evaluation Committee, Austin Community College, Austin, TX.

MEMBER. 2015-2016 Collegewide Counseling Unit Work Group, Austin Community College, Austin, TX.

MEMBER. 2015 Collegewide LGBT eQuity Committee, Austin Community College, Austin, TX.

MEMBER. 2013-2015 Collegewide Career Services Committee, Austin Community College, Austin, TX.

MEMBER. 2013-2015 Faculty Senate Policies and Procedures Committee, Austin Community College, Austin, TX.

MEMBER. 2013-2014 Collegewide Academic and Campus Affairs Council, Austin Community College, Austin, TX.

MEMBER. 2011-2013 Collegewide Transfer Services Committee, Austin Community College, Austin, TX.

MEMBER. 2010-2015 College Alliance for Nonviolence, Austin, TX.

DIRECTORATE MEMBER. 2010-2013 Commission for Counseling and Psychological Services, American College Personnel Association, Washington, DC.

CO-CHAIR. 2009 Division of Student Affairs Committee on Comprehensive Campus Wellness, St. Edward's University, Austin, TX.

MEMBER. 2008-2011 Orientation Advisory Board, St. Edward's University, Austin, TX.

MEMBER. 2008-2011 University Programming Committee, St. Edward's University, Austin, TX.

MEMBER. 2008-2010 Division of Student Affairs Staff Development Committee, St. Edward's University, Austin, TX.

MEMBER. 2007-2008 Counseling and Mental Health Center Diversity Task Force, University of Texas, Austin, TX.

MEMBER. 2004-2005 CCSP Clinic Committee, University of California, Santa Barbara, CA.

MEMBER. 2001-2003 CCSP Curriculum Committee, University of California, Santa Barbara, CA.

TEAM LEADER. 1997 Ernst & Young and 1996 Stanford University AIDS Walk Team, San Francisco, CA.

A F F I L I A T I O N S & C E R T I F I C A T I O N S

REGISTRANT. National Register of Health Service Psychologists (#53202).

PSYPACT PROVIDER. Authority to practice interjurisdictional telepsychology (APIT Mobility #8226).

CERTIFIED INSTRUCTOR. *Empowered Relief* course for chronic pain.

MEMBER. American Psychological Association, including Division 17: Society of Counseling Psychology and Society for Vocational Psychology.

MEMBER. Association of Contextual Behavioral Science, including College/University Mental Health Special Interest Group.

MEMBER. Texas Community College Teachers Association.

CERTIFIED USER. Structured Interview for Violence Risk Assessment (SIVRA-35).

CERTIFIED USER. Substance Abuse Subtle Screening Inventory (SASSI-4).

GATEKEEPER TRAINER (INACTIVE). QPR Suicide Prevention.

QUALIFIED INTERPRETER. Myers-Briggs Type Indicator.

T E C H N I C A L S K I L L S

Blackboard, Colleague UI/Ellucian, Degree Map, Google Suite, Inspire for Advisors, Microsoft Office, Microsoft Project, SPSS, SurveyMonkey, Titanium, and VidGrid.