

NICHOLAS FRANCESCO HEIMPEL

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EDUCATION

PhD	University of Illinois at Urbana-Champaign, Educational Psychology	2020-present
MS	Utrecht University, Social and Health Psychology	2019
BA	Hamline University, Psychology	2016

HONORS AND AWARDS

Cum Laude (Utrecht)	2019
Social and Behavioral Sciences Excellence Scholarship (Utrecht)	2017-2019
Summa Cum Laude (Hamline)	2016
Departmental Honors (Hamline)	2016
Dean's List (Hamline)	2012-2016

THESIS RESEARCH

Master's Thesis: "Self-Control Strategies: Are Proactive Strategies More Effective and Less Effortful Than Reactive Strategies?"

Utrecht University, Utrecht, The Netherlands 2018-2019
Advisor: Marleen Gillebaart, PhD

- Designed and implemented four studies investigating efficacy and effort in self-control strategies.
- Developed a taxonomy of strategies using qualitative methods
- Empirically tested hypotheses using a cross-sectional study and two experiments
- Documented findings in APA style
- Defended thesis before a panel of experts

Honors Bachelor's Thesis: "Delinquency, Depression, Religiosity, and Social Support in the Prediction of Substance Use: Findings from ADD Health."

Hamline University, St. Paul, Minnesota, The Netherlands

2018-2019

Advisor: Serena King, PhD

- Analyzed archival, nationally representative survey data
- Navigated complex data file and codebook
- Documented findings in APA style
- Defended thesis before a panel of experts
- Presented research at multiple local and nationwide undergraduate research conferences

HIGHLIGHTED COURSEWORK

UIUC, Champaign-Urbana, Illinois

2020-present

Vocational Psychology | Ethics and Professional Seminar | Independent Study in Machine-Learning | Multicultural Counseling (current) | Applied Regression Analysis (current) | Counseling Pre-Practicum (current)

Utrecht University, Utrecht, The Netherlands

2017 – 2019

Behavioral Regulation: Thought and Cognition | Behavioral Regulation: Affect and Motivation | Multivariate Statistics | Research Methods: Computer Practicum | Social and Affective Neuroscience

Hamline University, St. Paul, Minnesota

2012 - 2016

Applied Health Psychology | Abnormal Psychology | Statistics for the Behavioral Sciences | Statistics with Applications | Lifespan Development | Biopsychology | Principles of Evolution and Ecology | Principles of Plant and Animal Physiology

COMPUTER AND TECHNICAL SKILLS

Programs for Data Analysis/Visualization: SPSS, R

Platforms: Prolific, Qualtrics

Analytic Techniques: Analysis of Variance, Regression, Factor Analysis, Power Analysis, Data Visualization, Machine-learning

RESEARCH EXPERIENCE

UIUC, Champaign-Urbana, Illinois

September 2020-present

Member of Interests Lab (current)

- Investigate the application of vocational assessment in how it relates to career outcomes
- Analyze the structure of occupational information using the Occupational Information Network

Utrecht University, Utrecht, The Netherlands September – December 2018
Research Assistant, Self-Regulation Lab

- Designed and implemented survey research investigating the link between trait self-control and behavioral resistance
- Programmed a computer task assessing unconscious goal-directed behavior

Hamline University, St. Paul, Minnesota September – December 2016
Undergraduate Research Group Coordinator

- Co-authored an encyclopedia entry on multidimensional assessment of personality
- Coordinated the development of a multi-wave experimental mindfulness study

University of Minnesota, Minneapolis, Minnesota September – December 2016
Research Assistant, Health and Eating Lab

- Collected data for experiments investigating self-regulation of health behavior

APPLIED WORK

Volunteers of America, Minneapolis February – May 2017
Overnight Residential Counselor, Child Residential Treatment Center

- Ensured safety of residents (adolescents with severe psychopathology)
- Skills coaching with residents

Fraser, Minneapolis January – July 2017
Therapy Trainee, Department

- Delivered therapeutic education to children ages 3-6 with behavioral disorders

TEACHING AND INSTRUCTION

Self-Employed, St. Paul, MN 2011 – Present
Violin and Guitar Teacher

- Teach adult and child students musical technique, reading, and expression

Hamline University, St. Paul, MN 2015 - 2016
Psychology and Statistics Tutor

- Courses tutored: General Psychology, Abnormal Psychology, and Addictive Disorders (Statistics Lab)

PUBLICATIONS

Heimpel, N. F., Qian, X., & Song, W. (2018). Parenting and Child Self-Regulation in Chinese Families: A Multi-Informant Study. *Journal of Child and Family Studies*, 27(7), 2343–2353. doi: 10.1007/s10826-018-1063-y

King, S. M., Heimpel, N. F., Whelan, J., & Prementine, C. (2017). Multi-dimensional Personality Assessment. *Encyclopedia of Personality and Individual Differences*, 1–4. doi: 10.1007/978-3-319-28099-8_47-1

PRESENTATIONS

Paper Presentation, “Delinquency, Depression, Religiosity, and Social Support in the Prediction of Substance Use: Findings from ADD Health.”

- Minnesota Undergraduate Psychology Conference, Minneapolis, Minnesota 2016.
- Midwestern Psychology Conference, Chicago, Illinois 2016.

Poster Presentation, “Delinquency, Depression, Religiosity, and Social Support in the Prediction of Substance Use: Findings from ADD Health.”

- National Conference for Undergraduate Research, Ashville, North Carolina 2016.

OTHER

Hobbies: Tabletennis, Violin, Chess (chess.com rating = 900)

Citizenship: Italian, American

REFERENCES

Dr. Serena King, Full Professor

Department of Psychology

Hamline University

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Dr. Marleen Gillebaart, Assistant Professor

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Dr. Hans Marien, Assistant Professor

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