

CURRICULUM VITAE

Beth Anne Hosek

Ph.D Candidate in Educational Psychology and Research Methodsbeth.hosek@gmail.combethslearningrepository.comlinkedin.com/in/bethhosek**EDUCATION**

Anticipated 2026	Ph.D, Educational Psychology and Research Methods George Mason University
2021	M.S., Educational Psychology: Learning, Cognition, and Motivation George Mason University
2020	Graduate Certificate: Cognitive-Behavioral Neuroscience George Mason University
2015	B.S., Neuroscience George Mason University
2013	A.S., Science Northern Virginia Community College

PUBLICATIONS***Published Peer-Reviewed Works***

Dailey, S. F., **Hosek, B. A.**, & Walter, H. (2023). A thematic analysis of teacher experiences during active school shooter simulations. *The Qualitative Report*.

Dailey, S. F., **Hosek, B. A.**, & Walter, H. (2026). Exploring the influence of contextual factors on students during an active shooter simulation: A thematic analysis. *International Journal of Contemporary Education*, 9(1). <https://doi.org/10.11114/ijce.v9i1.xx>

Hosek, B. A., Kitsantas, A., King, S., Echeverria, R. & Wahidi, S. (2023). Learning how to learn: Student voices on the function and utility of a student-engaged design intervention in a rural middle school. *Social Psychology of Education*.
<https://doi.org/10.1007/s11218-023-09816-9>

Kitsantas A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Mergen, R., Nardelli, C., & Wahidi, S. (2025). Learning and teaching how-to-learn: Rethinking training programs for tutor development and mentoring. *Mentoring & Tutoring: Partnership in Learning*.
<https://doi.org/10.1080/13611267.2025.2552776>

Under Review Peer-Reviewed Works

Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Nardelli, C., & Wahidi, S.

(Under Review). A tutor observation rubric for self-regulated learning promoting practices in personalized settings (TOR-SRLP). *The International Journal of Educational Research.*

In Preparation Peer-Reviewed Works

Dailey, S. F., **Hosek, B. A.** (In Preparation). The effectiveness of school resource officers based on situational awareness and task load: A phenomenological study.

Hosek, B. A. & Dailey, S. F. (In Preparation). Simulated experiments: Using virtual reality for rigorous and ethical social science research.

Hosek, B. A., Kitsantas, A., Pamas, R., Varier, D., Mitchell, S., Nardelli, C., & Wahidi, S. (In Preparation). High-impact tutoring through self-regulated learning: An alternative middle school case study.

Published Non-Peer Reviewed Works

Hosek, B. A. (2021). *Middle school student voices on the function and utility of a “learning how to learn” course in a rural middle school: A mixed-methods study* [Master’s thesis, George Mason University]. ProQuest Dissertations and Theses Global.

Hosek, B. A. (30 September 2024). *Self-efficacy for support: how believing in your supportive abilities benefits your kids*. CogBites.

<https://cogbites.org/2024/09/30/self-efficacy-for-support-how-believing-in-your-supportive-abilities-benefits-your-kids/>

Hosek, B. A. (14 January 2025). *Five Tips for Working with Your Committee*. Association for Psychological Science Student Notebook.

<https://www.psychologicalscience.org/publications/observer/student-notebook-committee-hosek.html>

Hosek, B. A. (10 February 2025). *Demystifying the Portfolio Process: Portfolio I*. CEHD Student Newsletter.

<https://enrichment.cehd.gmu.edu/demystifying-the-phd-process-portfolio-i/>

Hosek, B. A. (26 February 2025). *Demystifying the portfolio process: Portfolio II*. CEHD Student Newsletter.

<https://enrichment.cehd.gmu.edu/demystifying-the-phd-process-portfolio-ii/>

Hosek, B. A. (10 March 2025). *Demystifying the portfolio process: Portfolio III*. CEHD Student Newsletter. <https://enrichment.cehd.gmu.edu/demystifying-the-phd-process-portfolio-iii/>

Hosek, B. A. (31 March 2025). *Demystifying the portfolio process: Dissertation proposal*. CEHD Student Newsletter.

<https://enrichment.cehd.gmu.edu/demystifying-the-phd-process-dissertation-proposal/>

Hosek, B. A. (3 April 2025). *Demystifying the portfolio process: Final dissertation*. CEHD Student Newsletter.

<https://enrichment.cehd.gmu.edu/demystifying-the-phd-process-final-dissertation/>

Hosek, B. A. (21 April 2025). *Teaching teachers about ADHD: Using lived experiences and personal stories*. CogBites.
<https://cogbites.org/2025/04/21/teaching-teachers-about-adhd-using-lived-experiences-and-personal-stories/>

Hosek, B. A. (2025, September 1). *How hearts and minds shape self-regulation and school readiness*. CogBites.
<https://cogbites.org/2025/09/01/how-hearts-and-minds-shape-self-regulation-and-school-readiness/>

Hosek, B. A., Kitsantas, A., Pamas, R., Varier, D., McKeen, H., Nardelli, C., & Wahidi, S. (2024, September 23). *Tutors-to-Teachers: Tutoring tips for teachers*. Tutors-to-Teachers (T2T). <https://t2t.cehd.gmu.edu/wp-content/uploads/2024/10/T2T-teacher-tips10.7-1.pdf>

Kitsantas, A., King, S., Echeverria, R., Putt, J., **Hosek, B. A.**, Wahidi, S., Nuwere, A., McKeen, H., & Belkin, J. (2022). Student-engaged design: Helping middle school students develop learning how to learn skills. *AERA SSRL SIG, Times Magazine*, 19(2), <https://ssrlsite.files.wordpress.com/2022/07/ssrl-summer-2022-newsletter.pdf>

McKeen, H., Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, Nardelli, C., & Wahidi, S. (2024). *Tutors-to-Teachers: Tutoring tips for students*. Tutors-to-Teachers (T2T). <https://t2t.cehd.gmu.edu/wp-content/uploads/2024/10/T2T-student-tips10.7.pdf>

Nardelli, C., Kitsantas, A., Pamas, R., Varier, D., McKeen, H., **Hosek, B. A.**, & Wahidi, S. (2024). *Tutors-to-Teachers: Tutoring tips for parents*. Tutors-to-Teachers (T2T). <https://t2t.cehd.gmu.edu/wp-content/uploads/2024/10/T2T-parent-tips-10.7.pdf>

Nardelli, C., Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., & Wahidi, S. (2024). *Tutors-to-Teachers: SRL tips for everyone*. Tutors-to-Teachers (T2T). <https://t2t.cehd.gmu.edu/wp-content/uploads/2024/10/SRL-Tips-1.pdf>

Wahidi, S., Kitsantas, A., Pamas, R., Varier, D., Hosek, B. A., McKeen, H., & Nardelli, C. (2024, September 23). *Shaping success: How school administrators transform tutoring programs*. Tutors-to-Teachers (T2T). https://t2t.cehd.gmu.edu/wp-content/uploads/2024/10/T2T-Admin-Tips_10.7.pdf

In Preparation and Under Review Non-Peer Reviewed Works

Hosek, B.A. (In Preparation). *When play becomes data: How games reveal (and support) student self-regulation skills*. CogBites.

PRESENTATIONS

International Conferences

Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Nardelli, C. A., & Wahidi, S. (2025, August 25–29, accepted). A tutor observation rubric for self-regulated learning-promoting practices in personalized settings (TOR-SRLP) [Paper presentation]. In *Challenges for measuring SRL and modern approaches to solve them*

(Symposium). *European Association for Research on Learning and Instruction Conference*, Graz, Austria.

National Conferences

Hosek, B. A., Kitsantas, A., Peters-Burton, E. (2021, accepted). *Exploring curriculum decision-making in collaborative learning through network analysis: A look at the International Baccalaureate Middle Years Programme*. [Poster presentation]. Association for Psychological Science Virtual Convention.

Hosek, B. A., Kitsantas, A., Pamas, R., Varier, D., Mitchell, S., Nardelli, C., & Wahidi, S. (2026, submitted). *High-impact tutoring through self-regulated learning in an alternative school* [Poster presentation]. American Psychological Association Annual Convention, Washington, DC, United States.

Hosek, B. A., & Patzak, A. (2025, May 22-25, accepted). *The self-regulated learning skills of resilient adolescents*. [Poster presentation]. Association for Psychological Science Annual Convention, Washington, D.C., U.S.A.

Hosek, B. A., Xhang, X., & Patzak, A. (2026, April 8-12, accepted). *From support to self-direction: Linking need-supportive teaching, resilience, and self-regulated learning*. [Roundtable presentation]. American Educational Research Association Annual Convention, Los Angeles, CA, U.S.A.

King, S., Kitsantas, A., **Hosek, B. A.**, Echeverria, R., Putt, J., Belkin, J., & Nuwere, A. (2022, May 26-29, accepted). *Enhancing self-regulatory skills through an intervention course embedded in a middle school curriculum* [Poster presentation]. American Psychological Society Annual Convention, Chicago, IL, U.S.A.

Kitsantas, A., King, S., **Hosek, B. A.**, Echeverria, R., Putt, J., & Wahidi, S. (2022, April 21-26, accepted). *Student voices on the function and utility of a “learning how to learn” intervention in a rural middle school*. [Poster presentation]. American Educational Research Association Annual Convention, San Diego, CA, U.S.A.

Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Mergen, R., Nardelli, C., & Wahidi, S., (2024, May 26-29, accepted). *Tutors as self-regulated learners and teachers*. [Poster presentation]. Association for Psychological Science Annual Convention, San Francisco, CA, U.S.A.

Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Mergen, R., Nardelli, C., & Wahidi, S., (2024, August 8-10, accepted). *Microanalytic assessment in tutoring: A diagnostic tool to help student self-regulatory development*. [Poster presentation]. American Psychological Association Annual Convention, Seattle, WA, U.S.A.

Lee, J., **Hosek, B. A.**, Zhang, Y., & Barnes, N. (2026, submitted). *Understanding the landscape of research-practice partnerships in education* [Poster presentation]. American Psychological Association Annual Convention, Washington, DC, United States.

Nardelli, C., Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Scott, K. & Wahidi, S. (2025, May 22-25, accepted). *Exploring the role of SRL-focused high-impact tutoring in elementary schools: A case study* [Poster presentation]. Association for Psychological Science Annual Convention, Washington, DC, U.S.A.

Wahidi, S., Kitsantas, A., Peters-Burton, E., **Hosek, B. A.**, & McKeen, H. (2023, August 3-5, accepted). *Enhancing collaboration in middle school science classrooms: A self-regulatory perspective*. [Poster presentation]. American Psychological Association, Washington, DC, U.S.A.

State Conferences

Nardelli, C., Wahidi, S., McKeen, H., & **Hosek, B. A.** (2025, December 8-11, accepted). *Reenvisioning current mentorship practices for new teachers: A self-regulated learning framework*. [Seminar session]. Virginia Association for Teaching, Learning, and Leading, Williamsburg, VA, United States.

Local Conferences

Hosek, B. A. (2023, accepted). *A proposed evaluation of the effectiveness of a tutoring program on middle school student self-regulated learning and academic achievement*. [Paper presentation]. DC Consortium Online Student Conference on Evaluation and Policy.

Hosek, B. A. (2015, accepted). *Reducing human error with non-invasive brain stimulation*. [Poster presentation.] George Mason University College of Humanities and Social Sciences Undergraduate Research Symposium, Fairfax, VA, USA.

Hosek, B. A. (2021, accepted). *The impact of school resource officers and lockdown protocols on individual safety during a virtual reality active shooter scenario*. [Poster presentation.] George Mason University College of Education and Human Development Student Research Symposium, Fairfax, VA, USA.

Hosek, B. A. & Dailey, S. (2024, accepted). *Simulated experiments: Using virtual reality for rigorous and ethical social science research*. [Poster presentation]. George Mason University Graduate and Professional Student Association Graduate Interdisciplinary Conference, Fairfax, VA, USA.

Hosek, B. A., Dailey, S., & Walter, H. (2023, accepted). *The impact of contextual factors on school communities during an active shooter simulation: A phenomenological analysis*. [Poster presentation.] George Mason University Graduate and Professional Student Association Graduate Interdisciplinary Conference, Fairfax, VA, USA.

Hosek, B. A., Dailey, S. & Walter, H. (2023, accepted). *The effectiveness of school resource officers based on situational awareness and task load: A phenomenological study*. [Poster presentation.] George Mason University College of Education and Human Development Student Research Symposium, Fairfax, VA, USA.

Kitsantas, A., Pamas, R., Varier, D., **Hosek, B. A.**, McKeen, H., Mergen, R., Nardelli, C., & Wahidi, S., (2024, April 25, accepted). *Tutors as self-regulated learners and teachers: Preliminary findings*. [Poster presentation]. George Mason University College of Education and Human Development Student Research Symposium, Fairfax, VA, USA.

Hosek, B. A., Rosenbaum, J., & Varier, D. (2025, April 17, accepted). *Charting challenges and successes: A scoping review of ACEs and Academic Outcomes in Adolescence*. [Poster presentation]. George Mason University College of Education and Human Development Student Research Symposium, Fairfax, VA, USA.

Submitted to Conference and Under Review

Wahidi, S., Kitsantas, A., Pamas, R., **Hosek, B. A.**, McKeen, H., Nardelli, C., & Scott, K. (2026, April 8-12, under review). *Reconceptualizing high-impact tutoring through self-regulated learning principles: Enhancing student learning, motivation, and tutor commitment*. [Paper presentation]. American Educational Research Association Annual Meeting, Los Angeles, CA, U.S.A.

AWARDS, HONORS, AND FUNDING

Awards and Honors

2023	Top Doctoral-Level Poster Presentation College of Education and Human Development Student Research Symposium George Mason University
2021	Program Award Winner, Outstanding Student in Educational Psychology--Learning, Cognition, and Motivation George Mason University
2021	Top Master's-Level Poster Presentation College of Education and Human Development Student Research Symposium George Mason University
2015	Neuroscience Outstanding Senior Award George Mason University
2013-2015	Dean's List George Mason University
2011-2013	Dean's List and Presidential Scholar Northern Virginia Community College

Received Grants and Funding

2025-2026	Doctoral Research Scholar Office of the Provost George Mason University
2025	Dissertation Completion Fellowship College of Education and Human Development George Mason University
2025	Doctoral Study Fellowship College of Education and Human Development George Mason University
2021-2025	Presidential Scholar Office of the Provost George Mason University

RESEARCH EXPERIENCE

2024-Present	Intern: Research Practice Partnerships, Meta-Analysis, and Population Health in Education Dr. Nicole Barnes Center for Psychology in Schools and Education American Psychological Association
2020-Present	Self-Regulated Learning Graduate Research Assistant for Dr. Anastasia Kitsantas Educational Psychology and Research Methods College of Education and Human Development George Mason University
2022-2023	School Mental Health Graduate Research Assistant for Dr. Elizabeth Levine-Brown Counseling and Development College of Education and Human Development George Mason University
2019-2023	Counseling Graduate Research Assistant for Dr. Stephanie Dailey Counseling and Development College of Education and Human Development

George Mason University

2021-2022 **Motivation Graduate Research Assistant for Dr. Angela Miller**
 Educational Psychology and Research Methods
 College of Education and Human Development, George Mason University

2014-2015 **Undergraduate Research Assistant for the Applied Performance Research Lab**
 Human Factors and Applied Cognition
 College of Humanities and Social Sciences
 George Mason University

TEACHING EXPERIENCE

Academic Teaching Experience

Fall 2022-Spring 2023 **Graduate Course Tutor**
 Introduction to Quantitative Methods in Education
 College of Education and Human Development
 George Mason University

Summer 2020 **Course Assistant**
 Assessment and Appraisal in Counseling
 College of Education and Human Development
 George Mason University

Spring 2018-Spring 2020 **Secondary School Tutor**
 Self-Employed
 Oakton, VA

Other Teaching Experience

January 2020-March 2020 **Martial Arts Instructor**
 American Sport Karate
 Arlington, VA

May 2018-April 2019 **Senior Martial Arts Instructor**
 The Black Belt Academy
 Fairfax, VA

April 2018-July 2020 **Head Martial Arts Coach**
 Competition and Demonstration Team

The Black Belt Academy
Fairfax, VA

September 2015-January
2020 **Registered Behavior Technician**
Continuum Autism Spectrum Alliance
McLean, VA

SERVICE ACTIVITIES

2025-Present	Member: Student Editorial Committee Student Notebook, <i>APS Observer</i> Association for Psychological Science
2024-Present	Co-Lead, Peer and Academic Support Committee Student Success Advisory Board Student and Academic Affairs Office College of Education and Human Development George Mason University
2023-Present	Student Success Advisory Board, Member Student and Academic Affairs Office College of Education and Human Development George Mason University
2023-Present	Campus Representative: George Mason University Association for Psychological Science

PROFESSIONAL AFFILIATIONS

2023-Present	European Association for Research on Learning and Instruction
2021-Present	American Educational Research Association Division C: Learning and Instruction Division D: Measurement and Research Methodology Brain, Neurosciences, and Education SIG Middle-Level Education Research SIG Social and Emotional Learning SIG Stress, Coping, and Resilience SIG Studying and Self-Regulated Learning SIG
2021-Present	American Psychological Association

Division 15: Educational Psychology

2021-Present

Association for Psychological Science