Beth Anne Hosek

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EDUCATION

George Mason University, Fairfax, VA

- **PhD, Education, Specialization: Educational Psychology and Research Methods**, Anticipated May 2027
  Dissertation: *Understanding the Emergence of Resilience and Self-Regulated Learning in Early Adolescence: A Case Study*
- **M.S., Educational Psychology, Concentration: Learning, Cognition, and Motivation**, August 2021
  Thesis: *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*
- **Graduate Certificate, Cognitive-Behavioral Neuroscience**, December 2020
- **B.S., Neuroscience**, May 2015

Northern Virginia Community College, Annandale, VA

- **A.S., General Science**, May 2013

RESEARCH EXPERIENCE

Self-Regulated Learning Graduate Research Assistant for Dr. Alexandra Patzak, Educational Psychology and Research Methods, College of Education and Human Development, George Mason University, August 2025-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, January 2024-Present

School Mental Health Graduate Research Assistant for Dr. Elizabeth Levine-Brown, Counseling and Development, College of Education and Human Development, George Mason University, August 2022-May 2023

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

Self-Regulated Learning Graduate Research Assistant for Dr. Anastasia Kitsantas, Educational Psychology and Research Methods, College of Education and Human Development, George Mason University, January 2020-August 2026

School Violence Graduate Research Assistant for Dr. Stephanie Dailey, Counseling and Development, College of Education and Human Development, George Mason University, October 2019-December 2022

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

TEACHING EXPERIENCE

Independent Graduate Course Tutor, Introduction to Quantitative Methods in Education, Fall 2022-Spring 2023

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

Registered Behavior Technician, Continuum Autism Spectrum Alliance, Fall 2015-Spring 2020

Senior Martial Arts Instructor, American Sport Karate, Spring 2020

Independent Secondary School Tutor, Spring 2018-Spring 2020

Head Martial Arts Coach, Competition and Demonstration Team, The Black Belt Academy, Spring 2018-Spring 2020

Senior Martial Arts Instructor, The Black Belt Academy, Spring 2018-Spring 2020

SERVICE ACTIVITIES

Campus Ambassador: George Mason University, American Psychological Association, Fall 2025-Summer 2026

Member: Student Editorial Committee, Student Notebook, APS *Observer*, Association for Psychological Science, Fall 2025-Spring 2026

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, Fall 2024-Spring 2026

Student Success Advisory Board, Member, Student and Academic Affairs Office, College of Education and Human Development, George Mason University, Fall 2023-Spring 2026

Campus Representative: George Mason University, Association for Psychological Science, Fall 2023-Present

AWARDS, HONORS, AND FUNDING

Doctoral Research Scholar, Office of the Provost, George Mason University, Fall 2025-Spring 2026

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, 2025

Presidential Scholar, Office of the Provost, George Mason University, 2021-2025

Top Doctoral-Level Poster Presentation, College of Education and Human Development Student Research Symposium, George Mason University, 2023

Program Award Winner, Outstanding Student in Educational Psychology: Learning, Cognition, and Motivation, College of Education and Human Development, George Mason University, 2021

Top Master's-Level Poster Presentation, College of Education and Human Development Student Research Symposium, George Mason University, 2021

Neuroscience Outstanding Senior Award, College of Humanities and Social Sciences, George Mason University, 2015

Dean's List, George Mason University, Fall 2013-Spring 2015

Dean's List and Presidential Scholar, Northern Virginia Community College, Fall 2011-Spring 2013

PUBLICATIONS

Academic 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.

Dailey, S. F., **Hosek, B.**, & Walter, H. L. (2023). A thematic analysis of teacher experiences during active shooter lockdown drills. *Qualitative Report*, *28*(11), 3333–3357. https://doi.org/10.46743/2160-3715/2023.5915

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.v9i1.7732

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 Works

Lee, J., **Hosek, B. A.**, Zhang, Y., & Barnes, N. (Under Review). Understanding the landscape of research-practice partnerships in education. *Educational Psychology for Policy and Practice.*

Selected Works for General Audiences

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. (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. (1 September 2025). *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. (28 May 2026). *Student notebook: Using self-regulation to balance commitments.* The Observer, Association for Psychological Science. https://www.psychologicalscience.org/publications/observer/self-regulation-hosek.html

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

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, August 6-8, accepted). *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., Moya, H. G., & 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, August 6-8, accepted). *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., Pamas, R., **Hosek, B. A.**, McKeen, H., Nardelli, C., & Scott, K. (2026, April 8-12, accepted). *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.

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. (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. (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. & 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.

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.

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.

PROFESSIONAL ASSOCIATIONS

American Educational Research Association, Member, 2021-Present

American Psychological Association, Division 15: Educational Psychology, Member, 2021-Present

Association for Psychological Science, Member, 2021-Present

European Association for Research on Learning and Instruction, Member, 2023-2024

SKILLS AND TECHNIQUES

Research Methods and Design: Case study; ethnography; grounded theory; situational analysis; interpretative phenomenological analysis; thematic analysis; content analysis; systematic reviews; semi-structured interviews; semi-structured focus groups; participant observation; survey administration

Technical Skills and Data Analysis Tools: Boolean language; transcription; data cleaning; MaxQDA; IBM SPSS; R and RStudio; Qualtrics; Zotero; MetaReviewer; Rayyan