

Alexa N. Jayne, Ph.D.

Curriculum Vitae

Regis University
Department of Psychology & Neuroscience
3333 Regis Blvd, Denver, CO 80221

Office: Pomponio Science Building 110
Work Phone: (720) 548-0885
Email: ajayne@regis.edu

EDUCATION

Colorado State University, Fort Collins, CO 2020 – 2026
Ph.D. Counseling Psychology (APA Accredited)
Graduate Student Teaching Certificate

Colorado State University, Fort Collins, CO 2020 – 2022
M.S. Counseling Psychology (APA Accredited)

Regis University, Denver, CO 2015 – 2019
B.S. Neuroscience; B.S. Psychology (*Summa Cum Laude*)
Regis University Honors Program

PROFESSIONAL POSITIONS

Assistant Professor, Department of Psychology & Neuroscience 2026 – present
Regis University, Denver, CO

Doctoral Intern, Counseling & Psychological Services 2025 – 2026
Brigham Young University, Provo, UT

Teaching Fellow, Department of Psychology 2023 – 2025
Colorado State University, Fort Collins, CO

Graduate Instructor, Department of Psychology 2022 – 2023
Colorado State University, Fort Collins, CO

Graduate Teaching Assistant, Department of Psychology 2020 – 2022
Colorado State University, Fort Collins, CO

TEACHING AREAS & INTERESTS

- General Psychology
- Psychological Disorders
- Clinical & Counseling Psychology
- Basic Clinical & Counseling Skills
- Vocational Psychology/Career Development
- Research Methods & Behavioral Statistics
- Psychology of Personality
- Psychology of Gender
- Research in Psychology
- Internships in Psychology
- Industrial-Organizational Psychology
- Discovery Core
- Psychology of Religion
- Psychology of Cults

TEACHING EXPERIENCE

Assistant Professor, Department of Psychology & Neuroscience
Regis University, Denver, CO 2026 – present

- Instructor: PSY250: General Psychology
- Instructor: PSY453: Clinical and Counseling Psychology
- Instructor: PSY471: Psychological Disorders

Doctoral Intern, Counseling & Psychological Services
Brigham Young University, Provo, UT 2025 – 2026

- Co-Instructor: STDEV358R: Student Leadership Development
- Co-Instructor: STDEV143: Science and Practice of Positive Living

Teaching Fellow, Department of Psychology
Colorado State University, Fort Collins, CO 2023 – 2025

- Instructor: PSY100: General Psychology
- Instructor: PSY250: Research Design & Analysis I
- Instructor: PSY310: Basic Clinical/Counseling Skills
- Instructor: PSY320: Psychopathology
- Instructor: PSY325: Psychology of Personality
- Instructor: PSY384 Supervised College Teaching

Graduate Student Instructor, Department of Psychology
Colorado State University, Fort Collins, CO 2020 – 2023

- Instructor: PSY210: Psychology of the Individual in Context
- Co-Instructor: PSY596C: Counseling Psychology Orientation
- Course Developer: PSY305: Psychology of Religion
- Course Developer: PSY621: Living a Calling and Meaningful Work
- Course Developer: PSY623: Positive Education

Graduate Student Teaching Assistant, Department of Psychology
Colorado State University, Fort Collins, CO 2020 – 2022

- Graduate Teaching Assistant: PSY100: General Psychology
- Graduate Teaching Assistant: PSY210: Psychology of the Individual in Context
- Graduate Teaching Assistant: PSY310: Basic Clinical/Counseling Skills

RESEARCH INTERESTS

Research primarily focuses on the psychological factors that shape how people best learn, work, and thrive, with the goal of promoting healthy personal, academic, and career development. These include topics such as imposter phenomenon, perfectionism, work as a calling, and belonging, especially in marginalized populations.

PUBLICATIONS

* Denotes student author/co-author

JOURNAL ARTICLES

Jayne, A. (Under review). Soundtrack of the semester: A simple teaching strategy for enhancing classroom belonging via a shared music playlist. *The Teaching Professor*.

- Jayne, A.** & *Dmytriw, R., Dik, B. (Under review). Stop the imposter: Experimental test of a workshop intervention for first-generation college students experiencing imposter phenomenon. *Journal of Career Assessment*.
- Jayne, A.**, Way, B., Webster, R., Bako, C. (Under review). Counseling centers to chatbots: A mixed-method investigation of AI usage and psychological outcomes among college students. *European Journal of Mental Health*.
- Jayne, A.**, Stoa, R., *Heintz, A., Dik, B. (2026). Transcendent or fraudulent: Investigating the relationships among imposter phenomenon, perfectionism, and calling. *Journal of Career Development*. 0(0). 1-21. <https://doi.org/10.1177/08948453251396139>
- Jayne, A.** (2025). Conflating competence with confidence: Student perceptions of a professor with imposter phenomenon. *Scholarship of Teaching and Learning in Psychology*. 0(0). 1-16. <https://doi.org/10.1037/stl0000461>
- Jayne, A.** (2025). “Not Just a Number:” Promoting belonging through an in-class activity in a large course. *Teaching of Psychology*. 0(0). 1-7. <https://doi.org/10.1177/00986283251335299>
- Winterrowd, E., Mihalick, J., & **Jayne, A.** (2021). Following postdoctoral scholars through a seminar series at predominantly undergraduate institutions. *Journal of Women and Minorities in Science and Engineering*. 27(3). 61-78. <https://doi.org/10.1615/JWomenMinorScienEng.2021033612>

BOOK CHAPTERS

- Winterrowd, E., Mihalick, J., Brace, T., Coleman, M., **Jayne, A.**, & Lyons, A. (2019). Building an “Old Girls” network in academic science, technology, engineering, and mathematics. In H. Hassel & K. Cole (Eds). *Academic Labor beyond the College Classroom: Working for our Values*. New York: Routledge.

PRESENTATIONS

* Denotes student author/co-author

ORAL PRESENTATIONS

- Stoa, R., Gurung, R. A. R., **Jayne, A.** (October, 2024). *The Gift That Keeps Giving: The Many Benefits of Effectively and Efficiently Fostering Undergraduate Research*. [Symposium]. Society for Teaching of Psychology Annual Conference on Teaching, Louisville, KY, United States.
- De Leon, R., Stoa, R., Underill, B., **Jayne, A.** (June, 2024). *Unveiling the Crisis: Decoding the Working Conditions of Doctoral Engineering Students and the Call for Decent Work*. Conference paper presented at the annual meeting of the American Society of Engineering Education, Portland, OR.
- Jayne, A.**, (June, 2024). *Motivational Interviewing: Best Practices for Domestic Violence Advocates*. Invited to facilitate a training at Alternatives to Violence nonprofit organization. Loveland, CO.
- Finch, H., Ferland, M., **Jayne, A.** (January, 2024). *Teaching with Tomorrow’s Tech: A Conversation on How to Integrate ChatGPT into the Classroom*. Presented at the 45th Professional Development Institute

(PDI) series at Colorado State University. Fort Collins, CO.

De Leon, R., Stoa, R., Underill, B., **Jayne, A.** (November, 2023). *Unveiling the Crisis: Decoding the Working Conditions of Doctoral Engineering Students and the Call for Decent Work*. Seminar presented remotely at Purdue University Engineering Education Research Seminar.

Dik, B., **Jayne, A.** & Underill, B., (August, 2023). *The Call to Sell: A Qualitative Exploration of Calling for Religiously Identified Women in Multi-level Marketing Businesses*. Symposium presented at the annual meeting of the Academy of Management, Boston, MA.

Jayne, A. Underill, B., & Dik, B., (April, 2023). *The Call to Sell: A Qualitative Exploration of Calling for Religiously Identified Women in Multi-level Marketing Businesses*. Oral presentation at the annual meeting of the Rocky Mountain Psychological Association, Albuquerque, NM.

Jayne, A. & Dik, B. (March, 2022). *The Purpose-Driven Job Search*. Recorded webinar presented for an Online Career Intervention Study.

Jayne, A. & Dik, B. (August, 2022). *Imposter Phenomenon and Calling: An Upcoming Investigation*. One of four invited oral presentation given at Society of Vocational Psychology (SVP) Student Webinar, Virtual.

Bautista, A. & **Jayne, A.** (April, 2019). *Building Community and Belongingness Through a Psychology and Neuroscience Club*. Workshop presented at presented at the annual meeting of the Rocky Mountain Psychological Association, Denver, CO.

POSTER PRESENTATIONS

Stoa, R., **Jayne, A.**, & Dik, B. (August, 2025). *Randomized Trial of a Brief, Online, Purpose-Focused Career Development Intervention*. Poster presented at annual meeting of American Psychological Association Annual Conference, Denver, CO.

*Dmytriw, R., **Jayne, A.**, Dik, B., (April, 2025). *Stop The Imposter: Experimental Test of a Workshop Intervention for First-Generation College Students Experiencing Imposter Phenomenon*. Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Denver, CO.

Jayne, A. & Dik, B., (August, 2024). *Can Calling Help or Hurt? Exploring the Links between Imposter Phenomenon, Perfectionism, and Calling*. Poster presented at the annual meeting of the American Psychological Association, Seattle, WA.

*Heintz, A., **Jayne, A.**, Stoa, R., Dik, B., (April, 2024). *The Price of Perfection: The Relationship Between Calling and Imposter Phenomenon as Mediated by Perfectionism*. Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Denver, CO.

Jayne, A. Alayan, A., & Dik, B., (August, 2022). *Work and Worship: Examining the Moderating Effects of Calling on Religiosity and Career Outcomes*. Poster presented at the annual meeting of the American Psychological Association, Minneapolis, MN.

Jayne, A. & Dik, B. (April, 2022). *The Call to Sell: A Qualitative Exploration of Calling for Religiously Identified Women in Multi-level Marketing Businesses*. Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Salt Lake City, UT.

Jayne, A. & Miller, A., (April, 2019). *False Memories, Gender Stereotypes, and Stereotype Threat*. Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Denver, CO.

Jayne, A., Winterrowd, E., & Mihalick, J., (April, 2017). *Improving Retention and Advancement of Senior Women Scientists through a Mentoring Program*. Poster presented at the annual meeting of the Rocky Mountain Psychological Association, Denver, CO.

CLINICAL INTERESTS

Clinical interests include individual and group therapy, trauma, anxiety, OCD, eating disorders/body image concerns, identity development, career development, and interpersonal relationships.

CLINICAL EXPERIENCE

Licensed Psychologist Candidate (PSYC), State of Colorado August 2026 – present
Department of Regulatory Agencies, State of Colorado

- In process of accruing 1,500 post-doctoral hours towards licensure as a Psychologist via teaching, research, and direct clinical services
- Currently being individually supervised by Licensed Psychologist

Doctoral Intern, Counseling and Psychological Services (CAPS) August 2025 – July 2026
Brigham Young University, Provo, UT

- Provided weekly individual therapy, couples counseling, and group therapy
- Presenting concerns mainly concerned trauma, depression, anxiety, OCD, eating disorders/body image concerns, suicidal ideation/nonsuicidal self-injury, perfectionism, religious concerns, relationship issues, identity development, and other mental health concerns
- Co-led various process-oriented and skills-focused therapy groups, including OCD, Eating Disorders/Body Image Concerns, LGBTQIA+, and Interpersonal Process Groups.
- Conducted assessments for students experiencing ADHD, LDs, PTSD/Anxiety Disorders, etc.
- Supervised a second-year practicum trainee therapist
- Clinical rotations included serving as a Housing Liaison and assisting as an Academic Advisor
- Gained experience in providing crisis intervention and emergency services
- Participated in outreach programming, including facilitating presentations, tabling for events, etc.
- Used Titanium to maintain case notes and reports
- Presented formal case presentations to group seminars for consultation

Advanced Trainee Therapist, Psychological Services Center August 2022 – May 2025
Colorado State University, Fort Collins, CO

- Provided weekly and biweekly therapy to individuals in the community struggling with trauma, depression, anxiety, self-harm behaviors, suicidal ideation, and other mental health struggles
- Conducted formal assessments using measures such as WISC, DKEFS, WJ, SRS, etc.
- Completed a vocational assessment using measures such as the SII, CPI, etc.
- Provided supervision to 2 first-year pre-practicum students
- Used TheraNest to maintain case notes and reports
- Presented formal case presentations to group supervision for consultation

Career Education Specialist, Career Center August 2021 – May 2022
Colorado State University, Fort Collins, CO

- Volunteered bi-weekly doing student drop-in career counseling at university's Career Center
- Supported undergraduate students, graduate students, and alumni in resume/CV building, job/internship exploration, mock interviewing, and broader professional development

Practicum Trainee Therapist, Health and Medical Network

August 2021 – May 2022

Colorado State University, Fort Collins, CO

- Provided bi-weekly therapy to college students struggling with academic stress, interpersonal difficulties, financial issues, diversity issues, trauma, depression, and anxiety
- Used PyraMED5 (P5) to maintain case notes and intake reports
- Made referrals to advanced therapists, campus, and community resources when appropriate
- Presented formal case presentations to group supervision for consultation

MENTORSHIP EXPERIENCE

Undergraduate Research Assistant Advisor, Colorado State University

2023 – 2026

- Experience advising 2 undergraduate students on research projects
- Trained on coding of qualitative data and manuscript writing
- Supported 2 students in preparing and presenting posters for presentation at a regional conference
- Worked with 1 student to prepare a manuscript for publication

Mentoring Undergraduates to Graduate School Success, Colorado State University

2020 – 2026

- Mentored 3 undergraduate students through Mentoring Undergraduates to Graduate School Success (MUGSS) program at CSU, 2 of which got accepted to Master's programs
- Presented on panels with other graduate students focused on post-bacc and gap year options

SERVICE EXPERIENCE

Student Advisory Board, *Journal of Career Assessment*

August 2023 – January 2024

- Served as a member of the inaugural Student Advisory Board for JCA
- Experience reviewing manuscripts for publication
- Provided reviewer comments for 3 manuscripts

Graduate Showcase Committee, Colorado State University

December 2021 – October 2023

- Served as a member of the Graduate Showcase Committee
- Attended monthly meetings with members of the Graduate School to plan interdisciplinary showcase
- Helped review and accept applications for the showcase

VOLUNTEER & OUTREACH EXPERIENCE

Science & Mathematics Scholar Dinner Series Panelist, Regis University

November 2022

- Invited to represent Psychology & Neuroscience Department
- Met with future prospective students and their families to answer questions about the program
- Spoke on panel of faculty, current student, and alumni

Psychology & Neuroscience Club Panelist, Regis University

April 2022

- Invited to be an Alumni Panelist for Department's Psychology & Neuroscience Club
- Spoke about career exploration and post-undergraduate options in psychology

Psi Chi Honor Society Chapter President, Regis University

2018 – 2019

- Facilitated and hosted induction ceremony of new members to Regis' chapter of Psi Chi Honor Society

Psychology and Neuroscience Club President, Regis University 2018 – 2019

- Hosted meetings with students and faculty, volunteered in community outreach, and organized events to build a sense of community within the department

Center For Service Learning Tutor, Regis University 2018 – 2019

- Tutored a refugee student and helped them towards citizenship, college admissions, and coursework

LGBTQIA+ Diversity Trainer, Regis University 2018 – 2019

- Co-led multiple trainings for students, faculty, and staff on allyship to the LGBTQIA+ community

MEDIA EXPERIENCE

Podcast Guest, Psychosocial Distancing July 2023

- “Remember the Why: MLMS and Occupational Calling”
- Re-invited for a podcast interview about Master’s thesis project

Podcast Guest, Psychosocial Distancing April 2023

- “Episode RMPA 2: The Call to MLMs in Religiously Identified Women”
- Invited for a podcast interview about Master’s thesis project

PROFESSIONAL DEVELOPMENT EXPERIENCE

Passion-Driven Statistics Workshop, Wesleyan University June 2025
Middletown, Connecticut (virtual)

- Participated in a 2-day training on Passion-Driven Statistics curriculum

Professional Development Initiative, The Teaching & Learning Institute January 2024
Colorado State University, Fort Collins, CO

- Participated in 2 trainings focused on best practices in pedagogy

Provost’s Ethics Colloquium: Generative AI and Higher Education November 2023
Colorado State University, Fort Collins, CO

- Attended colloquium focused on the benefits, drawbacks, and best practices of AI in higher education

Safe Zone LGBTQIA+ Training, Pride Resource Center at CSU May 2022

- Participated in virtual faculty/staff training on LGBTQIA+ allyship

ADDITIONAL RELEVANT EXPERIENCE

Director of Training Assistant, Counseling Psychology Ph.D. Program August 2021 – May 2022
Colorado State University, Fort Collins, CO

- Co-facilitated class with Director of Training, such as coordinating faculty interviews, facilitating student panels, and supporting first year students
- Co-coordinated interview weekend for applicants to the program

Graduate Support Assistant, Jesuit Volunteer Corps Northwest (AmeriCorps) July 2019 – July 2020

- Served at a private Jesuit middle school in Portland, Oregon
- Assisted 8th grade students with the high school application process

- Taught a 6th grade enrichment class to enhance study skills and executive functioning
- Supported graduates and their families with financial literacy, college applications, etc.

GRANTS, AWARDS, & SCHOLARSHIPS

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| • College of Natural Sciences Graduate Student Teaching and Mentoring Award | 2025 |
| • Society for the Teaching of Psychology Graduate Student Travel Grant (\$750) | 2024 |
| • Dr. Laurie F. Michaels Counseling Scholarship in Psychology (\$10,000) | 2024 |
| • Fort Collins Rotary Club Wesley Award (\$5,000) | 2023 |
| • Psi Chi RMPA Regional Travel Grant (\$300) | 2023 |
| • CSU Department of Psychology Executive Committee Grant (\$500) | 2022 |
| • College of Natural Sciences Walter C. Wittich Memorial Scholarship (\$5,000) | 2022 |
| • Colorado State University Graduate Student Council Travel Grant (\$250) | 2022 |
| • Colorado State University Department of Psychology Travel Grant (\$500) | 2022 |
| • Department of Psychology & Neuroscience Excellence in Psychology Award | 2019 |
| • Department of Psychology & Neuroscience Excellence in Neuroscience Award | 2019 |
| • Regis University Research & Scholarship Council Student Research Grant (\$500) | 2018 |
| • Psi Chi Undergraduate Research Grant (\$1,500) | 2018 |
| • Regis University Research and Scholarship Council Student Travel Grant (\$500) | 2017 |

PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS

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| • Society for Vocational Psychology (SVP) | 2022 – present |
| • APA Division 2 (Society for Teaching of Psychology) | 2022 – present |
| • APA Division 17 (Society for Counseling Psychology) | 2022 – present |
| • American Psychological Association (APA) | 2021 – present |
| • Psi Chi Honors Society Member | 2016 – present |
| • Nu Rho Sci Honors Society Member | 2017 – present |
| • Collaborative IRB Training Initiative Social Behavioral Research Investigators and Key Personnel | 2016 – present |