**Summary of Qualifications**

* Twelve years of experience teaching within the NC Community College System.
* More than five years’ experience developing/teaching college-level Developmental and General Psychology courses, online and seated.
* Professional development and experience with Quality Matters initiatives and implementation within the Community College System.
* I Know… Proposal Team Member for the 2021-2026 Quality Enhancement Plan (QEP) for Southeastern Community College.
* Narrative writer for the 2021-2026 QEP Document.
* Skilled in teaching to diverse learners and learning styles, both on an individual level and in group format, virtually and face-to-face (see professional development).
* Proficiency working in online platforms (Moodle, Canvas, and Blackboard) and developing courses aligned with the Quality Matters rubric.
* Experience developing a certified Quality Matters course.
* Applied knowledge of creating student-centered, inclusive, and supportive course design as presented by ACUE profession development courses.

**Education**

**PhD Health Psychology -** Walden University – May 2019

GPA: 4.0

**MS Health Psychology** – Walden University – August 2014

GPA: 4.0

***AAS*** – Belmont Technical College – 2002

GPA: 4.0

***BFA*** – Western Carolina University – 1989

GPA: 3.4

**Research Experience**

**Doctoral Study** (Walden University, Minneapolis, MN)

Developed, designed, and successfully implemented qualitative research methodology exploring the meanings of preconception health in a group of overweight women in an impoverished NC county.

**Professional Development**

***Inspiring Inquiry and Preparing Lifelong Learners: Cohort 84A, Spring 2022 -*** Association of College and University Educators (ACUE) Professional Development (May 2022)

***Designing Student-Centered Courses: Cohort C, Fall 2021 –*** Association of College and University Educators (ACUE) Professional Development (Nov. 2021)

***First-Year Student Success Conference 2021* –** NC ACA & N3C2A (Feb. 2021)

***Is There Intelligent Life Online? Searching for Tangible Evidence of Critical-Thinking Skills*** - NISOD Professional Development (Feb. 2021)

***Creating an Inclusive and Supportive Online Learning Environment: Cohort G, Fall 2020*** – ACUE Professional Development

***Designing Your Online Course – QM Conference -*** Quality Matters Professional Development (Oct. 2020)

***Certified Online Instructor – Levels 1-4 -*** NCCCS VLC Professional Development Training Site (Oct. 2020)

***Applying the Quality Matters Rubric*** – QM Professional Development (Aug. 2020)

***Integrative Health Coach Professional Training*** – Duke Integrative Medicine – Professional Certification (2014)

**Teaching Experience**

**School of Social and Behavioral Sciences**

*Executed duties and responsibilities in line with the school policies and procedures. Over a decade of experience teaching early college students, traditional students, adult-learners, and students with special needs. Teaching formats include traditional, hybrid, blended, and online classes. Familiar with Canvas, Moodle, D2L, and Blackboard LMS.*

**Colorado Mesa University** - **1100 North Avenue, Grand Junction, CO 81501-3122** (Current Employer)

Psychology Instructor – (PSYC 150) General Psychology, (PSYC 233) Human Growth & Development, (PSYC 320) Social Psychology (August 1, 2022 – Present)

* Facilitated face-to-face and on-line learning to students.
* Provided review in course syllabus and curriculum to students.
* Applied active learning methods and utilized various instructional strategies for learners.
* Assisted students regarding course syllabus or curriculum.
* Collaborated with colleagues, Department Chair, Dean, or other department heads to meet objectives.
* Supported students with their learning goals
* Assessed student written materials for adherence to departmental standards.
* Provided timely and detailed feedback to students.

**Excelsior College – 7 Columbia Circle, Albany, NY 12203** (Current Employer)

 Part Time Instructor (online) – PSY-305 Research Methods (Dec. 2021 – Present)

* Facilitated on-line learning to students.
* Provided review (video and written) on course syllabus and curriculum requirements to students.
* Applied active learning methods and utilized various instructional strategies for learners.
* Assisted students regarding course syllabus or curriculum.
* Collaborated with department lead to meet objectives and make improvements.
* Utilized Canvas Learning Management System
* Supported students with their learning goals through Zoom meetings and feedback.
* Assessed student written materials for adherence to departmental standards.
* Provided timely and detailed feedback to students.

**Brunswick Community College - 50 College Road, Bolivia, NC** **28462** (2019-2022)

Academic Success and College Transfer Courses (Jan. 2020 – July 2021)

* Facilitated on-line learning to students.
* Provided review in course syllabus and curriculum requirements to students.
* Applied active learning methods and utilized various instructional strategies for learners.
* Assisted students regarding course syllabus or curriculum.
* Collaborated with dean or other department heads to meet objectives.
* Supported students with their learning goals
* Assessed student written materials for adherence to departmental standards.
* Provided timely and detailed feedback to students.

General Psychology & Developmental Psychology (Aug. 2019 – 2022)

* Facilitated face-to-face, hybrid, and on-line learning to students.
* Utilized Moodle learning management platform in online courses.
* Taught multiple course sections (3-5) per term.
* Provided review in course syllabus and curriculum to students.
* Applied active learning methods and utilized various instructional strategies for a learner-centered experience.
* Assisted students regarding course syllabus or curriculum.
* Collaborated with dean or other department heads to meet objectives.
* Supported students with their learning goals.
* Provided timely and detailed feedback to students on writing skills and measurable learning outcomes.
* Assessed student written and presentation materials for adherence to departmental standards.

**Southeastern Community College - 4564 Chadbourn Hwy, PO Box 151, Whiteville, NC 28472**

Academic Success and College Transfer Courses: ACA-115 & ACA 122 - (2019 – 2020)

* Facilitated face-to-face and on-line learning to students.
* Provided review in course syllabus and curriculum to students.
* Applied active learning methods and utilized various instructional strategies for learners.
* Assisted students regarding course syllabus or curriculum.
* Collaborated with dean or other department heads to meet objectives.
* Supported students with their learning goals
* Assessed student written materials for adherence to departmental standards.
* Provided timely and detailed feedback to students.

General Psychology & Developmental Psychology – (2015 – 2017)

* Facilitated on-line learning to students.
* Experienced with both designing an online course from the course text and incorporating online, pre-designed course material using Moodle and Blackboard platforms to engage and assess student learning at a community college level.
* Assessed student written materials for adherence to departmental standards.
* Experienced with diverse learning styles including Early College students, college transfer, adult learners, and students with special needs.
* Experienced with teaching to various cultures and socioeconomic backgrounds.
* Provided timely and detailed feedback to students.

Physical Education – Yoga 1 and Advanced Practices (2010 - 2019)

* Facilitated face-to-face and on-line learning to students.
* Designed and instructed beginner level and intermediate Yoga classes.
* Engaged students in developing a home-based Yoga and meditation practice.
* Discussed the use of Yoga and meditation as a form of stress reduction and cognitive-behavioral therapy.
* Assessed end of term learning through a practical final exam.

**Business Owner**

**Fire Horse Wellness –** InternationalYoga Instructor, Integrative Wellness Coach, and Health Psychology Writer – (2005 – Present)

*Over fifteen years of experience working with the public as a yoga instructor, yoga therapist, and integrative health coach. I have enjoyed working with diverse personalities to support them in meeting their personal and physical goals.*

**Memberships**

International Association of Yoga Therapists - 2009

Golden Key International Honor Society – 2013

Psi Chi Honor Society – 2014

American Psychological Association: Division 38 - 2014

**Publications**

Balogh, V. (2014). *From womb to world: Folic acid and iron benefits and future health implications.* *International Journal of Childbirth Education, 29*(2), 38-41. <https://www.proquest.com/docview/1545045469>

Balogh, V. (2015). *The consequences of maternal obesity.* *International Journal of Childbirth Education, 30*(1), 54-58. <https://www.proquest.com/docview/1644487354>

Balogh, V. (2019). *Meanings of preconception health to overweight women in an economically depressed county* (Doctoral dissertation). Available from ProQuest Dissertation and Theses Database. (UMI No. 2226218528). <https://ezp.waldenulibrary.org/login?url=https://search-proquest-com.ezp.waldenulibrary.org/docview/2226218528?accountid=14872>

**Institutional Service/Collaborations**

**Colorado Mesa University**

CMU Employee Wellness Committee – Colorado Mesa University (Aug. 2022)

**Brunswick Community College**

Faculty Senate, Secretary – Brunswick Community College

* Faculty Senate By-Laws Sub-Committee, Lead – BCC

Academic Rigor/Tangible Learning Committee, Contributing Member – Brunswick Community College

**Southeastern Community College**

Contributing Member of Southeastern Community College Quality Matters Steering Committee – engaged in monthly meetings, performed QM peer reviews for course improvement.

Contributing Member of Southeastern Community College Quality Enhancement Plan (QEP) Work Group (The Navigators) - 2019 – QEP/I Know! - designed, researched, developed, and presented proposal for the institutional QEP prior to accreditation. The QEP is in preparation for the next Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) accreditation review.

Narrative writer on the development of the Quality Enhancement Plan (QEP) 2021-2026 – Southeastern Community College

**Peer Reviewer**

*Health Care for Women International – 2014 – Present*

*Strong Mind, Inc. - 2019 - 2020*

**Volunteer Experience**

**U.S. Park Service** (AK, TX, AZ, OR) – 1993-1998

* Performed duties in Naturalist Interpretation, Welcome Center Contact, Campground Host, Wildland Fire Fighter/Park Maintenance

**Areas of Study & Interest**

Behavior change; educational psychology; health psychology; integrative health coaching; mind-body practices; mindfulness-based cognitive therapy; meditation; women’s health; preconception health and behavior; stress reduction; epigenetics; biological psychology; human bioecology; evolutionary psychology.