

## **Bethany Joy Fleming Hoff**

Assistant Professor  
 School of Psychology, Family and Community  
 Seattle Pacific University  
 Email: [hoffb1@spu.edu](mailto:hoffb1@spu.edu)  
 Website: <https://bethanyhoff.weebly.com/>

### **EDUCATION**

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<i>University of Illinois Urbana-Champaign</i>	2021
Ph.D., Educational Psychology, concentration in Developmental Sciences Dissertation: The journey or the destination: Initial evidence on goal focus in adolescence.	
<i>University of Illinois Urbana-Champaign</i>	2018
M.S., Educational Psychology Thesis: Exploring the longitudinal effects of sleep and physical activity on academic achievement across middle childhood and adolescence.	
<i>Whitworth University</i>	2014
B.A., Psychology Thesis: Controversial lyrics and their effect on gender differences.	

### **TEACHING EXPERIENCE**

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<i>University of Illinois Urbana-Champaign</i>	
<b>Instructor:</b> Personality and Social Development	2020 – 2021
<b>Teaching Assistant:</b> Personality and Social Development	2017 - 2020
Career Theory and Practice	Spring 2019
Educational Psychology	2016 - 2017
Educational Psychology	2015 - 2016
<i>Mountain View Middle School</i>	
<b>Educational Assistant:</b> Social, Emotional, Academic Learning Classroom	2014 - 2015
<i>Whitworth University</i>	
<b>Teaching Assistant:</b> Introductory Psychology	Spring 2014

## RESEARCH EXPERIENCE

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### Research Positions

*University of Illinois Urbana-Champaign*

Project Coordinator for the Office of Undergraduate Research Summer 2020  
 “Team Mentoring and Development Toolkit”

Project Coordinator for Center of Social and Behavioral Science grant 2020 - 2021  
 “Exploring two Potential Psychology Correlates of Academic Undermatch:  
 Backup Planning and Prospective Belonging”

Project Coordinator for Campus Research Board grant  
 “Exploring how Adolescents use Multiple Means to Achieve Their Goal” 2019 - 2020

Project Coordinator for NSF grant 2017 – 2018  
 “Social Competence and Executive Functioning During Early Childhood”

## PEER REVIEWED PUBLICATIONS

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**Hoff, B.F.** (August, 2021). *Goal focus in adolescence*. Human Development.

## MANUSCRIPTS IN PREPARATION

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**Hoff, B.F.** & Bub, K.L. (in prep). *Sleep in middle childhood and academic skills in adolescence: Social-emotional well-being as a mechanism*. Applied Developmental Science.

**Hoff, B.F.**, Ruedas-Gracia, N. (in prep). *The impact of COVID-19 on motivation to attend college and enrollment decisions among college-bound high school seniors*.

**Hoff, B.F.** & Napolitano, C.M. (in prep). *Supporting adolescent goal pursuit: Initial experimental evidence on backup plans and goal focus in adolescence*.

Bub, K.L., Xiao, Z., **Hoff, B.F.**, & Smolinski, E. (in prep). *Longitudinal associations between self-regulation and mental health across early childhood and adolescence*. Journal of Early Adolescence.

Ruedas-Gracia, N., Tiwari, A., & **Hoff, B.F.** (in prep). *“What’s the point of doing well in school and getting a degree?” The impact of COVID-19 on undergraduate students: Initial Evidence*. Translational Issues in Psychological Science.

**Hoff, B.F.** & Napolitano, C.M. (in prep). *Emphasizing the means or the ends of education: Developing a measure of academic goal focus*.

Napolitano, C.M., Ruedas-Gracia, N., **Hoff, B.F.** (in prep). *Psychological contributors to academic undermatch: Prospective belonging, backup plans, and goal focus as mechanisms*.

## PEER REVIEWED PROFESSIONAL CONFERENCE PRESENTATIONS

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*\*Undergraduate students under my supervision*

Ruedas-Gracia, N., Tiwari, A., & **Hoff, B.F.** (April, 2021). *“What’s the point of doing well in school and getting a degree?” The impact of COVID-19 on undergraduate students: Initial*

- Evidence*. Paper accepted to be presented at the American Educational Research Association. Virtual Conference.
- Hoff, B.F.**, Sewell, M.N., & Napolitano, C.M. (March, 2021). *Does investing in backup plans help or harm adolescent goal pursuit? Initial experimental evidence*. Poster accepted to be presented at the Society for Research on Adolescence Virtual. Online.
- Hoff, B.F.**, & Napolitano, C.M. (May, 2020). *To the means or to the ends: Goal focus in adolescent goal performance*. Poster accepted to be presented at the Association for Psychological Sciences. Chicago, IL. (Conference cancelled due to pandemic).
- Napolitano, C.M., **Hoff, B.F.**, & Freund, A.M. (May, 2020). *Variation in the use and usefulness of backup plans across the life span: Evidence from two experiments*. Paper accepted to be presented at the Association for Psychological Sciences. Chicago, IL. (Conference cancelled due to pandemic).
- Nowak, T \*, **Hoff, B.F.**, & Napolitano, C.M. (May, 2020). *Confidence in the means: Backup plans and goal performance*. Poster accepted to be presented at the Association for Psychological Sciences. Chicago, IL. (Conference cancelled due to pandemic).
- Hoff, B.F.**, Sewell, M.N., & Napolitano, C.M. (March, 2021). *The effects of backup planning on adolescent goal pursuit: An experimental investigation*. Poster accepted to be presented at the Society for Research on Adolescence. San Diego, CA. (Conference cancelled due to pandemic).
- Hoff, B.F.**, & Bub, K.L. (March, 2019). *Longitudinal associations between sleep, physical activity, and academic achievement across middle childhood and adolescence*. Poster presented at the biennial meeting of the Society for Research in Child Development. Baltimore, MD.
- Banerjee, S., & **Hoff, B.F.** (March, 2019). *Temperament as a predictor of social competence and peer engagement: Investigating sex differences*. Poster presented at the International Convention of Psychological Sciences. Paris, France.
- Hoff, B.F.**, & Bub, K.L. (March, 2019). *Sleep on academic achievement across middle childhood and adolescence: Social-emotional well-being as a mechanism*. Poster session for the International Convention of Psychological Sciences. Paris, France.
- Hoff, B.F.**, & Bub, K.L. (April, 2018). *Exploring the longitudinal effects of sleep and physical activity on academic achievement across middle childhood and adolescence*. Poster session for the Society for Research in Adolescence Conference. Minneapolis, MN.
- Bub, K.L., **Hoff, B.F.**, & Williams, G. (April, 2017) *Examining the short- and long-term associations between children's early self-regulatory skills and academic success*. Poster Session for the Society for Research in Child Development. Austin, TX.
- Hoff, B.F.**, (March, 2017) *Assessing the relationship between sleep and academic achievement across middle childhood and adolescence*. Poster presented at the 8<sup>th</sup> annual College of Education Graduate Student Conference. Champaign, IL.
- Hoff, B.F.** & Bub, K. (January, 2017) *Examining the associations between children's daily physical activity and their academic achievement across middle childhood and adolescence*. Paper presented at the annual Hawaii International Conference on Education. Honolulu, HI.

## INSTITUTIONAL AND PROFESSIONAL SERVICE

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### Service Positions

#### *University of Illinois Urbana-Champaign*

Accepted Student Day Graduate student panelist	Spring 2020
Executive Committee Student representative (elected)	2019 - 2020
Space Committee member	2017 - 2018

#### *Girl Scouts of Eastern Washington and Northern Idaho*

Intern	Spring 2014
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### Supervised Bachelor's Thesis

#### *University of Illinois Urbana-Champaign*

Associations between academic goal pursuit, social media use and psychological well-being among undergraduate students.	2020 - present
Impacts of COVID-19 on perceived career development career development in undergraduate students.	2019 - 2021

### Reviewing Activity

<i>American Education Research Association</i>	2020
<i>American Evaluation Association</i>	2020
<i>Undergraduate Research Symposium</i>	2018, 2020
<i>Learning Sciences Graduate Student Conference</i>	2019

## HONORS AND AWARDS

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#### *University of Illinois Urbana-Champaign*

Conference Participation Support Award	Spring 2021
Outstanding Teaching Award for Teaching Assistants	2020 – 2021
Barak Rosenshine Award	2020 – 2021
List of Teachers Ranked as Excellent ( <i>5x awardee</i> )	2015 - 2021
Outstanding Teaching Award for Teaching Assistants ( <i>nominee</i> )	2019 - 2020
Supplementary Summer Block Grant	Summer 2020
Hardie Conference Travel Award ( <i>3x awardee</i> )	2016 - 2019
Block Grant Travel Fellowship ( <i>3x awardee</i> )	2016 - 2019
Educational Psychology New Student Award	2015 - 2016

## MEMBERSHIPS

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Society for the Teaching of Psychology  
 Developmental Psychology  
 Society for the Psychology of Women