

Curriculum Vitae

Melissa Sollom

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Education

- Graduated 2020 PhD Psychology, Northcentral University
Emphasis: Child Development and Social Emotional Learning
- Graduated 2019 M.S. School Counseling, St Cloud State University
- Graduated 2009 M.A. Community Psychology, Metropolitan State University
- Graduated 2007 B.S. Psychology, University of North Dakota (graduated magna cum laude)
- October 2019 Educator License for the State of Minnesota
- May 2019 School Counseling License for the State of Minnesota
- May 2021 CPI Certified
- July 2021 Certified Adverse Childhood Experiences (ACEs) Trainer

Technology

D2L, Blackboard, MS Word, SPSS, Excel, PowerPoint, Zoom, Outlook, Kaltura, MediaSpace, WeVideo, Google Apps, and Infinite Campus

Mentoring/Counseling

- August 2019 – First-Year Experience Peer Mentoring Program
2020 Anoka-Ramsey Community College, Coon Rapids, MN
- Designed and created an FYE Peer Mentoring Program for the college.
 - In charge of hiring and training mentors for the FYE Peer Mentoring Program.
 - Provided leadership training for peer mentors.
 - Co-taught FYE classes with instructor and peer mentors.

- Provided guidance and coaching for peer mentors regarding such topics as leadership, communication, teamwork, and effective study strategies.

April. 2018 – School Counseling

May 2019 St. Francis High School, Franklin Elementary, Mississippi Elementary & VirtualEDU, Anoka & Hopkins MN

- Provided classroom assistance (academic and social emotional).
- Developed individual and group counseling sessions/activities.
- Encouraged strategies that promote coping and ways to reduce stress.
- Established and maintained a mentor/coaching relationship with students.
- Reviewed assessments and participated in IEPs and 504s.
- Reviewed and interpreted data to help implement an efficient pilot study and future mental health intervention.
- Presented and taught a variety of lessons and interventions.

Jan. 2009 – TRiO: Student Support Services

May 2009 Metropolitan State University, St. Paul, MN

- Offered assistance as an academic counselor.
- Helped students review their Degree Audit Report (DARS).
- Met with students one-on-one for questions and guidance.
- Established and maintained a mentor/coaching relationship with students.
- Engaged students in academic enhancement workshops.

Jan. 2008 – Child and Adolescent Rehabilitation Practicum

May 2009 Fairview Hospital, Minneapolis, MN

- Worked with children and adolescents on a variety of therapeutic techniques.
- Engaged in activities to promote the acquisition of academic, social, play and adaptive skills.
- Delivered patient care, and promotion of a therapeutic environment.

January 2007 – Introduction to Teaching and Learning Practicum

May 2007 Century Elementary School, Grand Forks, ND

- Assisted classroom teachers with reading and a variety of educational projects.
- Worked with students in a supportive environment to help with emotional and behavioral concerns.
- Assisted in the implementation of Individual Educational Plans and monitored their progress.

January 2004 – Developmental Psychology Practicum

May 2004 Head Start, Grand Forks, ND

- Modeled positive behavior and assisted children in a variety of classroom activities.
- Implemented strategies for children with special needs.
- Assisted with daily activities and took notes on classroom observations.

Honors and Awards

- 2019 Awarded the Minnesota State Colleges and Universities' Board of Trustees Excellence in Teaching Award for Part-time Faculty. Anoka-Ramsey Community College, Coon Rapids, MN
- 2018 Nominated for Minnesota State Colleges and Universities' Board of Trustees Excellence in Teaching Award. Anoka-Ramsey Community College, Coon Rapids, MN
- 2017 On The Spot Recognition Award. Anoka-Ramsey Community College, Coon Rapids, MN
- 2017 Academic All Star Award. Anoka-Ramsey Community College, Coon Rapids, MN
- 2016 Nominated for Minnesota State Colleges and Universities' Board of Trustees Excellence in Teaching Award. Normandale Community College, Bloomington, MN
- 2016 Academic All Star Award. Anoka-Ramsey Community College, Coon Rapids, MN
- 2015 Nominated for Teacher of The Year Award. St. Cloud Technical and Community College, St. Cloud, MN
- 2011 Making A Difference Award. St. Cloud Technical and Community College, St. Cloud, MN
- 2010 Honor Society's Most Influential Teacher Award, St. Cloud Technical and Community College, St. Cloud, MN
- 2006 College of Social Science Dean's List, University of North Dakota,
2005 Grand Forks, ND

Research Experience/Fellowships

August 2016 – Professional Researcher for Social Emotional Learning Company Top 20. St. Paul, MN
Current

- Research design and implementation of the social emotional learning program Top 20.
- Advisor and mentor for the social emotional learning program Top 20.
- Provide support to enhance social emotional learning in the schools.
- Analyze data and performed statistical analysis.

- Responsible for pre and post assessment data.
- Report writer for statistical research on social emotional learning and the Top 20 program.

January 2014 – Faculty Development Committee. Anoka-Ramsey Community College,
2015 Anoka, MN

- Responsible for mentoring and training new faculty.
- Provided D2L computer training.
- Communicated and answered questions when needed.
- Provided a more positive culture with an emphasis on diversity, equity, and inclusion.

Jan. 2014 – “Brain Matters” Fellowship. Century College,
May 2014 White Bear Lake, MN

- Provided in-depth research and analysis on brain-based experimental learning.
- Demonstrated leadership with a broad curriculum of skill development.

Jan. 2010 – Academic Foundations Pilot Retention Program, St. Cloud Technical and
May 2011 Community College, St. Cloud, MN

- Worked with faculty and staff to assess, teach and provide information on the Academic Foundations class.
- Analyzed and interpreted quantitative data.
- Made improvements to the program in an effort to encourage academic success.

August 2007 – Research Assistant for Camp Heartland, Metropolitan State University,
Dec. 2007 St. Paul, MN

- Created assessment tools to interview families challenged by HIV/AIDS.
- Interviewed parents and recorded their experience with the camp.
- Analyzed and interpreted qualitative data.
- Helped families work to achieve a healthy lifestyle for their children.

August 2007 – Willard-Hay Community Outreach Program, Metropolitan State University,
Dec. 2007 St. Paul, MN

- Conducted interviews with various business owners and members of the community.
- Analyzed and interpreted qualitative and quantitative data.
- Empowered community leaders to create an outreach program within the Willard-Hay community in an effort to reduce crime and bring in more local businesses.

August 2004 – Research Assistant, University of North Dakota,
Dec. 2004 Grand Forks, ND

- Worked as a lab assistant, responsible for interpreting and analyzing data.
- Trained rats using a variety of operant conditioning techniques.

- Tested and weighed rats in a laboratory setting.

Teaching Experience

January 2009 – Psychology Tutor, for Andrew Cseter

May 2009 TRiO Support Services, Metropolitan State University, St. Paul, MN

- Helped tutor students in Psychology.
- Established and maintained a mentor/coaching relationship with students.
- Role-modeled and demonstrated effective study strategies.

January 2008 – Teaching Assistant, for Kelly Hazel

May 2008 Community Psychology, Metropolitan State University, St. Paul, MN

- Guest lectured and assisted with course materials.
- Utilized computer programs such as MS Word and PowerPoint for class.
- Graded tests and assignments for students.
- Helped administer class activities, tests, and assignments to enhance academic success.

August 2006 – Teaching Assistant, for Adam Derenne

Dec. 2006 Introduction to Psychology, University of North Dakota, Grand Forks, ND

- Maintained student attendance records and course grades.
- Engaged students in interactive learning assignments.
- Developed class activities and assignments to enhance academic success.
- Prepared lectures and taught the Introduction to Psychology Lab.

January 2007 – Psychology Tutor, for James Antes

May 2007 Psychology Department, University of North Dakota, Grand Forks, ND

- Helped tutor students in Psychology.
- Established and maintained a mentor/coaching relationship with students.
- Role-modeled and demonstrated effective study strategies.

Professional Experience

October 2020 – Social Emotional Learning (SEL) Coordinator & Consultant

Current District 112 Eastern Carver County Schools, MN

- Collaborate with current administration, mental health providers, counselors, and teachers to support schools in the social emotional learning framework implementation and address social emotional wellness.
- Build and participate in the implementation of a continuum of social/emotional services to support all students within the schools, including direct support and MTSS.
- Lead the planning and delivery of a guaranteed and viable SEL competency instruction to multiple buildings.
- Provide side-by-side coaching to teachers and staff to create safe, inclusive and respectful classrooms with diverse populations of students.

- Review school-wide data and assessment data.
- Use evidence-based and technically-sound practices to drive planning, decision-making and instruction.
- Work in collaboration with Health Services Supervisor, Specialized Education Services Administrative Team, Culture and Climate Specialists to align systems and provide a continuum of services including a universal district-wide SEL program.
- Work with other school personnel in gathering information and establishing and planning for respective roles in the modification of the student's behavior.
- Participate and train others in restorative practices and community circles.
- Collaborates in the development and facilitation of site professional development based on school needs.
- Provide professional development for individuals, departments and/or grade level teams.
- Lead and support assessment development with grade level or department teams.
- Plan, schedule and direct training sessions with staff and community - #Stigma180.
- Consult with counselors, social workers, teachers, administrators, and parents to plan strategies to assist with students experiencing social emotional difficulties to improve achievement and school engagement.
- Work in collaboration with other support teams to ensure the fidelity and implementation of the Check and Connect special education program.
- Study and analyze social emotional structures and practices in the district.
- Collaborate with MTSS teams to develop and implement quality Tier I, II, and III social emotional interventions.
- Meet with students either in small groups (Tier II) or individually (Tier III) to provide social skills and self-esteem building as well as information about different cultures, expectations, norms.
- Assist students in their adjustment to school and school connectedness following out of school placements.
- Work within the school system to identify and improve mental health needs.

August 2021 –Psychology Instructor

Dec. 2021 St. Cloud State University, St. Cloud, MN

- Taught Brain and Behavior (Biopsychology), and Human Growth and Development.
- Taught required course outcomes for the appropriate field of study.
- Engaged students in active and experimental learning strategies.
- Used technology to enhance teaching and student learning.
- Provided one-on-one tutoring, counseling and mentoring.
- Development a variety of tests, quizzes, and homework assignments to encourage student achievement.

August 2015 –Psychology Instructor

May 2017 Normandale Community College, Bloomington, MN

Summer 2018

- Responsible for teaching Intro to Psychology, Lifespan Developmental Psychology, and Child and Adolescent Psychology.
- Taught required outcomes for the appropriate field of study.
- Created and designed face-to-face coursework to be used and applied at an advanced level.
- Maintained student attendance records, progress reports and course grades.
- Engaged students in experiential learning with class discussions/activities.
- Developed class activities and assignments to enhance academic success.
- Volunteer coordinator for instructional design and D2L support.
- Assessment and exam developer for course outcomes.

August 2013 –General Education and Psychology Instructor

Current Anoka-Ramsey Community College, Coon Rapids, MN

- Responsible for teaching General Psychology (Intro to Psychology), Lifespan Developmental Psychology, Abnormal Psychology, Child and Adolescent Development, Stress Management, First-Year Experience, Career Development, and Statistics for the Behavioral Sciences.
- Responsible for teaching online, face-to-face, and hybrid courses.
- Teach required course outcomes for the appropriate field of study.
- Engage students in active and experiential learning strategies.
- Provide one-on-one tutoring, and mentoring.
- Review class discussions boards, design them, and facilitate in several online discussions.
- Assessment and exam developer for course outcomes.
- Helped with the Elementary Pathways Program Application, the SEPS objectives and competencies for the Educational Psychology class, and Child and Adolescent Psychology class.
- Helped establish a pathway for PELSB.

August 2009 –General Education and Psychology Instructor

May 2015 St. Cloud Technical and Community College, St. Cloud, MN

- Taught Intro to Psychology, Lifespan Developmental Psychology, Abnormal Psychology, Social Psychology, Human Relations, Academic Foundations (On Course), and Study Strategies.
- Taught online, face-to-face, and hybrid courses.
- Designed CCOs for Introduction to Psychology.
- Taught required outcomes for the appropriate field of study.
- Created and designed coursework to be used and applied at an advanced level.
- Reviewed, prepared, and developed course outcomes for a variety of psychology courses.
- Assessment and exam developer for course outcomes.

- Evaluated course material for further development.
- Maintained student attendance records, progress reports and course grades.
- Provided one-on-one tutoring, counseling and mentoring.
- Engaged students in experiential learning with class discussions/activities.
- Developed class activities and assignments to enhance academic success.
- Demonstrated the ability to initiate, execute, and complete projects, including setting specific objectives and measuring results.
- Served as part of a team to help mentor new faculty members and provide academic support to students.

Volunteer Opportunities

2009 – Volunteer for Word of Peace Church, Rogers MN.

Current

- Work on community development projects to support the church.
- Assist staff and community leaders.

2007 – Volunteer for the Women’s Shelter, University of North Dakota.

- Provided a safe and protective environment for women.
- Advocated services for women.

Professional Societies

2008 – Member of Camp Wellstone

2005 – Nominated into Psi Chi National Honor Society

Manuscripts

Title: Sollom, M. M. (2009). *Positive Illusions, Coping and Psychological Health* (Master's Thesis). Metropolitan State University, St. Paul, MN.

Title: Sollom, M. M. (2020). A Quasi-Experimental Study on Social Emotional Learning and Primary Prevention (Dissertation). *Journal of Educational and Developmental Psychology, 11(2)*, 1-16.

Presentations

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| 2021 | Sollom, Melissa. “How To Navigate Uncertainty in a Pandemic.” Eastern Carver County Schools. November 2021. Virtual Presentation. |
| 2021 | Sollom, Melissa. “How to Embed SEL In MTSS.” Eastern Carver County Schools. October 2021. Virtual Presentation. |
| 2021 | Sollom, Melissa. “Equity-Based MTSS.” Eastern Carver County Schools. October 2021. Virtual Presentation. |

- 2021 Sollom, Melissa. "Mental Health Awareness and Suicide Prevention." Eastern Carver County Schools. September 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "Understanding and Practicing SEL." St. Cloud State University, Minnesota. May 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "Adverse Childhood Experiences." Chanhassen Rotary Club, Minnesota. May 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "#Stigma180 Understanding and Practicing Social Emotional Learning (SEL)." Eastern Carver County Schools and PrairieCare, Minnesota. May 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "SEL Workshop." Eastern Carver County Schools and the Minnesota Education Association (MEA), Minnesota. May 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "Suicide Prevention." Eastern Carver County Schools, Minnesota. April 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "Mental Health Awareness." Eastern Carver County Schools, Minnesota. April 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "SEL Chat." DESSA, Minnesota. April 2021. Virtual Presentation.
- 2021 Sollom, Melissa. "Adverse Childhood Experiences." FamilyWise Services, Minnesota. January 2021. Virtual Presentation.
- 2020 Sollom, Melissa. "A Quasi-Experimental Study on Social Emotional Learning and Primary Prevention." Northcentral University. September 2020. Virtual Presentation.
- 2020 Sollom, Melissa. "Psychology Pathways." Presented at Anoka-Ramsey Community College, Minnesota. October 2020.
- 2019 Sollom, Melissa. "Human Relations in the Workplace." Presented at St. Cloud State University, Minnesota. September 2019.
- 2018 Sollom, Melissa. "Quality Training for Early Childhood." Presented at the Early Childcare Center. Mounds, Minnesota. May 2018.
- 2015 Sollom, Melissa and Schlicht, Susan. "Mental Illness: An Overview." Presented at St. Cloud Technical and Community College, St. Cloud, Minnesota. March 26, 2015.

- 2009 Sollom, Melissa. "Positive Illusions, Coping and Psychological Health." Master's Thesis presented at Metropolitan State University. St. Paul, Minnesota. April 2009.
- 2009 Sollom, Melissa. "Writing Skills Workshop." Presented at Metropolitan State University. St. Paul, Minnesota. March 12th, 2009.
- 2009 Sollom, Melissa. "Effective Study Strategies Workshop." Presented at Metropolitan State University. St. Paul, Minnesota. January 15th, 2009.