

Katherine M. Zimmerman

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CURRICULUM VITAE

EDUCATION

Graduate Student, M.A Professional Journalism
University of Wisconsin-Madison

September 2024 - Present

B.A. in Psychology, Sociology
University of Wisconsin-Madison

May 2024

MANUSCRIPTS SUBMITTED FOR PUBLICATION

Dyer, R. L., ***Zimmerman, K. M.**, Zhao, X., Xie, Q., Quanbeck, A. & Goldberg, S. B. (Under review). Developing meditation practice in individuals with elevated psychological distress via a meditation app intervention: An implementation science-informed qualitative investigation of barriers and facilitators.

MANUSCRIPTS IN PREPARATION

Dyer, R. L., ***Zimmerman, K. M.**, Zhao, X., Xie, Q., & Goldberg, S. B. (In preparation). Participant experiences of meditation dosage study feasibility: An implementation science-informed qualitative exploration.

***Zimmerman, K. M.** & Riddle, K. (In preparation). Mental health advocacy or misinformation? The influence of social media on young adults' attitudes, beliefs, and behaviors about mental health.

INVITED TALKS AND PANELS

1. **Zimmerman, K. M.** (April 2024). *Spread Hope and Fight Suicide*. Invited to Arrowhead Union High School as a guest speaker for mental health education and suicide prevention awareness.
2. **Zimmerman, K. M.** & Huber, S. (June 2023). *Student Flourishing Teaching Workshop*. Invited to a student panel at the Center for Healthy Minds to share personal experiences and in-progress campus initiatives.
3. **Zimmerman, K. M.** & Huber, S. (July 2022). *Student Flourishing Teaching Workshop*. Invited to a student panel at the Center for Healthy Minds to share personal experiences and in-progress campus initiatives.

HONORS, AWARDS, AND SCHOLARSHIPS

Awards and Scholarships

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| 1. Health and Wellbeing Award, National Alliance on Mental Illness, Bucky Awards
University of Wisconsin-Madison | 2024 |
| 2. Psychology Undergraduate Community Impact Award, Department of Psychology,
University of Wisconsin-Madison | 2023 |
| 3. Inclusivity Award, National Alliance on Mental Illness, Bucky Awards
University of Wisconsin-Madison | 2023 |

Dean's List

Spring 2024 Semester, GPA: 4.00 University of Wisconsin-Madison	2024
Fall 2023 Semester, GPA: 4.00 University of Wisconsin-Madison	2023
Spring 2023 Semester, GPA: 4.00 University of Wisconsin-Madison	2023
Fall 2022 Semester, GPA: 3.95 University of Wisconsin-Madison	2022

Honors

Alpha Kappa Delta, The International Sociology Honor Society University of Wisconsin-Madison	2023—Present
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PRESS AND MEDIA APPEARANCES

1. Gadau, L. (June 2024). [*An 'academic rat race': How students navigate the mental health maze at UW-Madison*](#). Daily Cardinal.
2. Morrissey, C. (May 2024). [*UW-Madison's Class of 2024 celebrates post-pandemic graduation ceremony*](#). WKOW-27.
3. Thor, B. (October 2023). [*Wisconsin Assembly to reintroduce 'Mental Healthcare is Healthcare' package*](#). The Badger Herald.
4. Meyerhofer, K. (November 2023). [*Wisconsin college students faced mounting mental health challenges during COVID. Now they're ready to talk about it*](#). Milwaukee Journal Sentinel.
5. Cox, E. & Hernandez, J. (October 2023). [*Wisconsin college students dealing with mental health challenges due to COVID*](#). Milwaukee Journal Sentinel.
6. Carr, M. (September 2023). [*After the Org Fair: What to do now that you've found an RSO*](#). Terrace Views: Wisconsin Union.
7. Herzog, N. (March 2023). [*'If you're struggling, tell someone:' UW-Madison community embraces positive message following student death*](#). Madison Commons.
8. Davis, M. (March 2023). [*UW student organization highlights mental health resources after losing peer*](#). WMTV-15.
9. Leigland, J. (March 2023). [*The first step is the hardest*](#). WordPress.
10. Chin, E. (November 2022). [*A deep dive into UW's student insurance plan SHIP*](#). Daily Cardinal.
11. Nadworny, E. (October 2021). [*Why 2021's college sophomores are the new freshman*](#). National Public Radio, Morning Edition.
12. Center for Healthy Minds. (February 2021). [*Students find strength in uncertainty, with boost from UW Flourishing Course*](#). Institution website.

TRAINING AND TRAINING DEVELOPMENT

"UW Human Subjects Protections Course" University of Wisconsin-Madison, Virtual (ongoing use)	2022
"Suicide Prevention Training for UW-Madison Students" University of Wisconsin-Madison, Virtual (ongoing use)	2022

RESEARCH EXPERIENCE

Undergraduate Research Assistant <i>Dr. Gooding, PATHS Research Lab</i>	2021—2023
Undergraduate Research Assistant <i>Dr. Goldberg & Dr. Dyer, Center for Healthy Minds, Psychotherapy and</i>	2021—Present

*Contemplative Science Lab***CAMPUS INVOLVEMENT AND VOLUNTEERING**

Student Organizations

President	2022—2024
<i>National Alliance on Mental Illness, University of Wisconsin-Madison</i>	
Media and Outreach Coordinator	2022—2024
<i>Healthy Minds on Campus</i>	
Events Coordinator	2022
<i>National Alliance on Mental Illness, University of Wisconsin-Madison</i>	

Volunteering

Student Advisory Board Member	2022—Present
<i>Kindness.org; New York, NY</i>	
Active Volunteer	2022—Present
<i>National Alliance on Mental Illness, at Dane County & NAMI Wisconsin</i>	

PERSONAL PROJECTS

MINDSUPPORT - www.mindsupport.ai	2023—Present
Founder and Webpage & IOS Developer	
Encourage Kindness - www.encouragekind.org	2019—Present
Blog Creator and Writer	
Internetology - Youtube Podcast	2023
Final project for PSYCH 532	

RESUME

EDUCATION

University of Wisconsin-Madison	
Graduate Student, M.A Professional Journalism	September 2024 - Present
<i>GPA: 4.0 /4.0</i>	
University of Wisconsin-Madison	
B.A. in Psychology, Sociology	May 2024
<i>GPA: 3.661 /4.0</i>	

RELEVANT WORK AND VOLUNTEER EXPERIENCE

Rob Has A Podcast, Raleigh, NC*Social Media Intern, April 2025 - Present*

- Managed social media presence on subsidiary social media channels, creating engaging content to promote RHAP's latest episodes and increase audience interaction.
- Developed original posts, graphics, and updates aligning with RHAP's branding and voice to enhance fan engagement.

- Collaborated with the RHAP team to ensure timely and accurate promotion of podcast episodes, maintaining consistency across platforms.
- Utilized journalism skills to craft compelling posts by blending entertainment news with audience interaction to support RHAP's mission of delivering reality TV-related content.
- Provided data analytic skills to analyze social media account trends and information to effectively promote audience interaction and multiplatform engagement, utilizing SEO and marketing tactics.

The Center for Healthy Minds, Madison WI

Undergraduate Research Assistant, April 2022 - Present

- Researched the effects of a four-week Healthy Minds Program on individuals with significant anxiety and depression symptoms.
- Transcribed interviews and conducted deductive coding with NVivo using the CFIR model to assess app impact and optimal meditation duration.
- Collaborated on drafting the introduction, methods, and results sections of two journal articles pending publication.

Student Ambassador, June 2022 - May 2024

- Promote institutional values, programs, and activities while fostering a welcoming and inclusive atmosphere.
- Contribute to minor and large projects, including the Student Flourishing Teacher Workshop and ASHF course guidebook.

PATHS Lab, Madison, WI

Undergraduate Research Assistant, Sep. 2023 - May 2024

- Assisted Dr. Diane Gooding with psychological research involving schizophrenia, dementia, and other mental health illnesses.
- Engaged in library research, discussions of primary literature, and critique presentations.

Kindness.org, New York, NY

Student Advisory Board Member, Oct. 2022 - Present

- Engage in meaningful conversations from diverse experiences and perspectives about the barriers that hinder the cultivation of kindness within various institutions.
- Generate innovative ideas and effective strategies to bring about positive change, overcome obstacles, and create compassionate learning environments.

National Alliance on Mental Illness, WI

Active Student Volunteer, NAMI Wisconsin & NAMI Dane County, May 2022 - Present

- Supported mental health awareness initiatives by organizing events and distributing educational resources.
- Assisted in community outreach efforts, providing support and resources to individuals and families affected by mental health challenges.

LEADERSHIP AND CAMPUS INVOLVEMENT

The National Alliance on Mental Illness, University of Wisconsin-Madison

President, May 2022 - July 2024

- Executive team member role, which utilizes communication, problem-solving, and strong leadership skills.
- Responsible for overseeing, organizing, and executing NAMI-UW activities, duties, and events while contributing towards maintaining an educational and supportive student organization on UW-Madison's campus.

Events Coordinator, Jan 2022 - May 2022

- Executive team member role that utilizes communication, attention to detail, and organizational skills.
- Responsible for planning, organizing, and executing mental health-related events for NAMI-UW.

Healthy Minds on Campus

Media & Outreach Coordinator, April 2022 - May 2024

- Managing and implementing various communication strategies to promote the organization's goals and visibility.
- Oversee the organization's media presence by creating and curating content for social media platforms, promotional materials, and the website to reach UW-Madison students.
- Contributed toward developing the organization's brand identity by designing the original logo, creating the organization's website, and developing the Healthy Minds on Campus Toolkit.

INDIVIDUAL PROJECTS

Encourage Kindness Blog, May 2019 - Present

- A blog that broadcasts the benefits of kindness, spreads awareness about social problems, and promotes positive relationships within communities.

MindSupport, May 2023 - Present

- HTML, CSS, JS, and SwiftUI
- A website that helps users find local mental health providers, navigate insurance coverage, and provide mental health resources and support through an AI, rule-based system chatbot.

HONORS & AWARDS, AND SCHOLARSHIPS

The University of Wisconsin-Madison

Health and Wellbeing Award, March 2024

- Awarded at the 2024 Bucky Awards Ceremony to NAMI-UW, recognizing our organization's excellence in promoting health, providing resources, and enhancing well-being on campus during my tenure as President.

Psychology Undergraduate Community Impact Award, Nov. 2023

- Awarded to students who apply their psychology knowledge to address societal issues, advancing academic and professional skills while benefiting the community.

Alpha Kappa Delta (The International Sociology Honor Society), April 2023

- Acknowledge students who exhibit excellence in the study of sociology, the research of social problems, and such other social and intellectual activities as will lead to improvement in the human condition.

Inclusivity Award, March 2023

- Awarded at the 2023 Bucky Awards Ceremony to NAMI-UW, recognizing our organization's excellence in creating opportunities that contribute to the scholastic and leadership growth of students and fostering positive communities during my tenure as President.