

Emily Swensen Darowski, Ph.D.

Associate Director

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Utah Women & Leadership Project

Jon M. Huntsman School of Business

Utah State University

Education

2018	M.L.I.S.	San José State University <i>Library and Information Science</i>
2011	Ph.D.	Michigan State University <i>Cognition & Cognitive Neuroscience</i> Dissertation: A critical examination of the ego-depletion effect: Can you vs. will you engage in effortful self-regulation?
2007	M.A.	Michigan State University <i>Cognitive Psychology</i> Thesis: Strategy use in the Raven's: Evidence for item subsets and the role of flexibility.
2003	B.A.	Idaho State University, High Honors <i>Psychology</i>

Experience

2022 – Present	<p>Associate Director, Utah Women & Leadership Project, Jon M. Huntsman School of Business, Utah State University, Logan, Utah, USA</p> <ul style="list-style-type: none"> • Managing Research & Writing Teams • Developing Partnerships/Collaborations, Strategic Planning, & Program Representation • Producing Resources, Special Initiatives, & Evaluation • Securing Grants & Fundraising
2014 – 2022	<p>Library Faculty, Research & Learning Division, Harold B. Lee Library, Brigham Young University (BYU), Provo, Utah, USA Assistant Rank: 2014-2022, Associate Rank: Granted 2022</p> <ul style="list-style-type: none"> • Citizenship & Mentoring • Library Liaison to Psychology Faculty • Library Instruction, Reference, & Research Support • Collection Development • Scholarship & Creative Works

- 2020 – 2022 **Adjunct Faculty**, Department of Psychology, BYU, Provo, Utah, USA
- Taught Writing Within Psychology and Cognition Courses
- 2012 – 2014 **Adjunct Faculty**, Department of Psychology, BYU–Idaho, Rexburg, Idaho, USA
- Taught Introductory and Cognitive Psychology Courses
- 2011 – 2012 **Visiting Faculty**, Department of Psychology, BYU–Idaho, Rexburg, Idaho, USA
- Instruction: taught introductory and cognitive psychology courses ranging from 25-100 students
 - Citizenship on department and university committees

Research Interests

- Gender equity (e.g., state level research, social cognitive explanations of bias)
- Higher-order cognitive processes (e.g., working memory, self-regulation)
- Writing and information literacy (e.g., synthesis, argument development)

Peer-Reviewed Journal Articles

- Darowski, E. S.**, Helder, E., Patson, N. D. (2022). Explicit writing instruction in synthesis: Combining in-class discussion and an online tutorial. *Teaching of Psychology*, 49(1), 57-63. <https://doi.org/10.1177/0098628320979899>
- Johnson, C. C., Suchyta, M. R., **Darowski, E. S.**, Collar, E. M., Kiehl, A. L., Jackson, J. C., & Hopkins, R. O. (2019). Psychological sequelae in caregivers of critically ill intensive care unit patients: A systematic review. *Annals of the American Thoracic Society*, 16(7), 894-909. <https://doi.org/10.1513/AnnalsATS.201808-540SR>
- Darowski, E. S.**, Hansen, K. L., Jackson, A. P., Flint, C. D., & Linford, J. (2018). Analyzing anger references in the scriptures: Connections to therapy in a religious context. *Issues in Religion and Psychotherapy*, 39(1), 77-98. <https://scholarsarchive.byu.edu/irp/vol39/iss1/11/>
- Luke, S. G., **Darowski, E. S.**, & Gale, S. D. (2018). Predicting eye movement characteristics across multiple tasks from working memory, inhibition, and processing speed. *Memory & Cognition* 46, 826-839. <https://doi.org/10.3758/s13421-018-0798-4>
- Hopkins, R. O., Suchyta, M. R., Kamdar, B. B., **Darowski, E. S.**, Jackson, J. C., & Neeham, D. M. (2017). Instrumental activities of daily living after critical illness: A systematic review. *Annals of the American Thoracic Society*, 14(8), 1332-1343. <https://doi.org/10.1513/AnnalsATS.201701-059SR>
- Darowski, E. S.**, Patson, N. D., & Helder, E. (2016). Implementing a synthesis tutorial to improve student literature reviews. *Behavioral & Social Sciences Librarian*, 35(3), 94-108. <https://doi.org/10.1080/01639269.2016.1243437>

- Hambrick, D. Z., Rench, T. A., Poposki, E. M., **Darowski, E. S.**, Roland, D., Bearden, R. M., Oswald, F. L., & Brou, R. (2011). The relationship between the ASVAB and multitasking in navy sailors: A process-specific approach. *Military Psychology, 23*, 365-380. <https://doi.org/10.1080/08995605.2011.589323>
- Hambrick, D. Z., Oswald, F. L., **Darowski, E. S.**, Rench, T. A., & Brou, R. (2010). Predictors of multitasking performance in a synthetic work paradigm. *Applied Cognitive Psychology, 24*, 1149-1167. <https://doi.org/10.1002/acp.1624>
- Patson, N. D., **Darowski, E. S.**, Moon, N., & Ferreira, F. (2009). Lingering misinterpretations in garden-path sentences: Evidence from a paraphrasing task. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 35*, 280-285. <https://doi.org/10.1037/a0014276>
- Darowski, E. S.**, Helder, E., Zacks, R. T., Hasher, L., & Hambrick, D. Z. (2008). Age-related differences in cognition: The role of distraction control. *Neuropsychology, 22*, 638-644. <https://doi.org/10.1037/0894-4105.22.5.638>

Book Chapters

- Darowski, E. S.**, Armstrong, M., & Fry, L. (2022). Leading by design: Building an experiential studio to support interdisciplinary learning. In S. Nagle & E. Tzoc (Eds.), *Innovation and experiential learning in academic libraries: Meeting the needs of 21st century students*. Rowman & Littlefield.

Conference Proceedings

- Smart, E., **Darowski, E. S.**, Armstrong, M. (2019). Inspiration, ideation, and implementation: Library integration with design thinking courses. *Recasting the Narrative: The Proceedings of the Association of College and Research Libraries 2019 Conference*, Cleveland, Ohio, United States. <http://www.ala.org/acrl/sites/ala.org.acrl/files/content/conferences/confsandpreconfs/2019/InspirationIdeationImplementation.pdf>

Conference Presentations

- Helder, E., **Darowski, E. S.**, & Patson, N. D. (2020). *Teaching writing in psychology: Improving students' abilities to synthesize information across scholarly sources* [Participant idea exchange]. Annual Conference of the National Institute on the Teaching of Psychology, St. Pete Beach, Florida, United States. <https://nitop.org/resources/Documents/2020/2020%20PIEs%20for%20website%2012.04.19.pdf>

- Smart, E., **Darowski, E. S.**, & Armstrong, M. (2019). *Inspiration, ideation, and implementation: Library integration with design thinking courses* [Paper presentation]. Association of College and Research Libraries Bi-Annual Conference, Cleveland, Ohio, United States.
- Darowski, E. S.** (2019). *Stop, collaborate, and listen: Teachers and librarians partner to improve psychology students' information literacy* [Participant idea exchange]. Annual Conference of the National Institute on the Teaching of Psychology, St. Pete Beach, Florida, United States.
- Seferovich, H., **Darowski, E. S.**, & Flint, C. D. (2018). *Observations from two collaborative exhibitions (with a snapshot of findings from Jesus Wept: Emotions in the Scriptures and Bodies Filled with Light)* [Conference session]. Consortium of Church Libraries and Archives Spring Post-Conference, Salt Lake City, Utah, United States.
- Darowski, E. S.** (2017). *A librarian's role in writing instruction: Online solutions* [Lightning talk]. Consortium of Church Libraries and Archives Spring Post-Conference, Salt Lake City, Utah, United States.
- Silva, E., Wadham, R., Whitchurch, M., Green, J., Hawkins, E., & **Darowski, E. S.** (2017). *Approaching research as a learner* [Conference session]. Consortium of Church Libraries and Archives Spring Post-Conference, Salt Lake City, Utah, United States.
- Luke, S. G., **Darowski, E. S.**, & Gale, S. D. (2016). *Predicting eye movement characteristics from working memory, inhibition, and processing speed* [Paper presentation by Luke]. Annual Meeting of the Psychonomic Society, Boston, Massachusetts, United States.
- Haynes, C. B., Seawright, K. K., Westwood, J. L., & **Darowski, E. S.** (2016). *Innovative entrepreneurship: The impact of gender, shame, and guilt* [Paper presentation by co-authors Haynes and Westwood]. Babson College Entrepreneurship Research Conference (BCERC), Nord University, Bodo, Norway.
- Wadham, R., & **Darowski, E. S.** (2015). *Literacy and social-emotional development connections in children's literature* [Conference session]. Annual Conference of the Utah Library Association, St. George, Utah, United States.
- Swensen, E.**, Covington, D. K., & Toussaint, L. (2003). *Gender differences in body esteem, self-esteem, and body image and associations with social anxiety* [Conference session]. Annual Western Social Sciences Association Conference, Las Vegas, Nevada, United States.

Poster Presentations

- Darowski, E. S.**, & Knapp, G. C. (2022). *Together again: Combining print and e-books on a virtual shelf using machine learning* [Poster presentation]. Annual Conference of the American Library Association, Washington, D.C., United States.
- Darowski, E. S.**, Lotulelei, T. T., & Erikson, D. M. (2020). *Taking a Break: The effect of mindfulness versus social media on the Remote Associates Task* [Virtual poster presentation]. Annual Meeting of the Psychonomic Society.

- Lotulelei, T. R., **Darowski, E. S.**, & Ereksion, D. M. (2020). *Taking breaks: Comparing the impact of mindfulness versus social media* [Poster presentation by mentored student]. Utah Conference on Undergraduate Research, Logan, Utah, United States.
- Flint, C. D., & **Darowski, E. S.**, & Wood, D.-M. (2019). *Impact of psychology of gender course on gender attitudes* [Poster presentation by mentored student]. Utah Conference on Undergraduate Research, Ogden, Utah, United States.
- Reid, T., Reid, R., Wisco, J. J., Seferovich, H. M., & **Darowski, E. S.** (2018). *Reviewing the impact of social media and mindfulness on medical student wellness* [Poster presentation by first three authors]. Annual Conference of the International Association of Medical Science Educators, Las Vegas, Nevada, United States.
- Darowski, E. S.**, & Kellems, K. (2016). *Organizing a grant writing workshop for graduate students* [Poster presentation]. Annual Conference of the Utah Library Association, Layton, Utah, United States.
- Darowski, E. S.**, Patson, N. D., & Helder, E. (2016). *Improving student literature reviews through synthesis* [Poster presentation]. Annual Conference of the National Institute on the Teaching of Psychology, St. Pete Beach, Florida, United States.
- Darowski, E. S.**, & Hambrick, D. Z. (2007). *Strategy use in the Raven's: Evidence for item subsets and the role of flexibility* [Poster presentation]. Annual Meeting of the Psychonomic Society, Long Beach, California, United States
- Patson, N. D., **Swensen, E.**, Moon, N., & Ferreira, F. (2007). *Lingering misinterpretations due to partial reanalysis or memory trace? Evidence from individual differences* [Poster presentation]. 20th Annual CUNY Conference on Human Sentence Processing, La Jolla, California, United States.
- Hambrick, D. Z., Hasher, L., Zacks, R. T., Helder, E. A., & **Swensen, E.** (2006). *Distraction control and age-related differences in working memory* [Poster presentation]. Cognitive Aging Conference, Atlanta, Georgia, United States.
- Swensen, E.**, Helder, E. A., Zacks, R. T., Hasher, L., & Hambrick, D. Z. (2006). *Reading with distraction across the adult lifespan* [Poster presentation]. Cognitive Aging Conference, Atlanta, Georgia, United States.
- Patson, N. D., **Swensen, E.**, Moon, N., & Ferreira, F. (2006). *Individual differences in syntactic reanalysis* [Poster presentation]. 19th Annual CUNY Conference on Human Sentence Processing, New York City, New York, United States.
- Swensen, E.**, Covington, D. K., & Toussaint, L. (2003). *Associations between social anxiety and body esteem, self-esteem, and body image* [Poster presentation]. Annual National Conference of Undergraduate Research, Salt Lake City, Utah, United States.

Exhibits

- Darowski, E. S.**, Ereksion, D. M., Lotulelei, T. R., & Taylor, R. R. (2020 – 2024). *Be still: Building a mindful life*. Education in Zion Gallery: Brigham Young University.
<https://educationinzion.byu.edu/exhibition/be-still-building-a-mindful-life-coming-fall->

[2020/](#)

Darowski, E. S., Hill, W. B., Seferovich, H. M., Everson, K., & Flint, C. D. (2017 – 2020). *Jesus wept: Corpus findings*. 3rd Floor Study Alcove, adjacent to Education in Zion Gallery: Brigham Young University.

Darowski, E. S., Flint, C. D., Seferovich, H. M., & Hill, W. B. (2017 – 2020). *Jesus wept: Emotions in the scriptures*. Education in Zion Gallery: Brigham Young University. <http://educationinzion.byu.edu/exhibition/jesus-wept/>

Reviews & Research Essays

Wood, D.-M. G., **Darowski, E. S.**, Madsen, S. R., & Knapp, G. C. (2022, January 19). Poverty among Utah women: A 2022 update. *Utah Women and Leadership Project*. <https://www.usu.edu/uwlp/files/snapshot/33.pdf>

Winkel, R., **Darowski, E. S.**, Christensen, M., & Madsen, S. R. (2021, October 5). Utah gender wage gap: A 2021 update. *Utah Women and Leadership Project*. <https://www.usu.edu/uwlp/files/snapshot/31.pdf>

Darowski, E. S. (Summer 2019). Review of psychology bibliography. *Resources for College Libraries*.

Darowski, E. S., & Darowski, J. J. (2016). Carl Jung's historic place in psychology and continuing influence in narrative studies and American popular culture. *Swiss American Historical Society Review*, 52(2), 21-42. https://scholarsarchive.byu.edu/sahs_review/vol52/iss2/2/

Darowski, E. S. (2016, January 1). Review of the book *Learning to feel good and stay cool: Emotion regulation tools for kids with AD/HD*, by J. M. Glasser & K. Nadeau, illustrated by C. Beyl. *Children's Book & Media Review*. <http://byucbmr.com/reviews/learning-to-feel-good-and-stay-cool-emotion-regulation-tools-for-kids-with-adhd/2015/12/15>

Media

Darowski, E. S., Armstrong, M., & Broadbent, D. Interview. (Spring 2022). Excerpted in "Learning by Design." by Gardner, P. B. <https://magazine.byu.edu/article/design-thinking/>

Madsen, S. R. (Host), Wood, D.-M. G., & **Darowski, E. S.** (Guests). (2022, March 15). Poverty among Utah women: A 2022 update [Audio podcast episode]. *Utah Women & Leadership Podcast*. <https://www.buzzsprout.com/802433/10255479-poverty-among-utah-women-a-2022-update>

Madsen, S. R. (Host), Winkel, R., & **Darowski, E. S.** (Guests). (2022, February 28). Utah gender wage gap: A 2021 update [Audio podcast episode]. *Utah Women & Leadership Podcast*. <https://www.buzzsprout.com/802433/10158808-utah-gender-wage-gap-a-2021-update>

Seferovich, H., & **Darowski, E. S.** (2017, April 13). *Emotions in the Bible* [Radio broadcast]. Top of Mind with Julie Rose. <https://www.byuradio.org/8dcf4cc1-dac4-4db4-a8ff-f427c5eb1ddd>

Professional Service & Citizenship

Harold B. Lee Library

2021 – 2022	Member	Scientific Merit Review Committee
2019 – 2022	Poster Judge	Library-Sponsored College of Life Sciences Poster Competition
2014 – 2021	Member	Scholarly Communications Committee (& Data Management Subcommittee, 2015 – 2016)
2019 – 2021	Member	Faculty Search & Hiring Task Force, Faculty Council
Fall 2020	Member	Liaison Assessment Task Force
Summer 2020	Member	ID Checking Task Force
2015 – 2020	Member Chair, 2019	Experiential Studio Steering Committee
2017 – 2019	Researcher	Examination of Gender Equity Issues within the Harold B. Lee Library
2019	Member	Administrative Council
2019	Member	Scientific Merit Review Task Force, Faculty Meeting
2019	Chair	Professional Development Leave Spouse and Dependent Travel Guidelines Task Force, Faculty Council
2018 – 2019	Elected Vice-Rep & Representative	Faculty Council
2018 – 2019	Member	Facilities Planning Team
2018	Member	Level 4 Investigation Team (& Creativity-Makerspace Subgroup)
2018	Member	Experiential Learning Grants Task Force
2018	Member	Library Coordinating Council
2017	Member	Search Committee for the Online Learning and Creativity, Innovation, & Design Studio Part-Time Staff Position
2016	Member	Technology Initiative & Printing Task Force
2014	Member	Search Committee for the Sociology, Family Sciences, and Social Work Librarian Position

Brigham Young University

2021 – 2022	Member	Psychology Department Alumni Committee
2018 – 2019	Newsletter Editor	Faculty Women’s Association
2017 – 2019	Member	Women Thrive Education Initiative Committee
2016 – 2018	Historian	Faculty Women’s Association

State Level

2021 – 2022	Research Fellow	Utah Women & Leadership Project
2020 – 2022	Member	Utah Library Association Awards Committee
2018 – 2022	Elected, Member-at- Large	Utah Library Association Board
2017 – 2018	Chair	Utah Library Association Conference Planning Committee
2016 – 2017	Vice-Chair	Utah Library Association Conference Planning Committee
2014 – 2016	Publicity	Utah Library Association Conference Planning Committee

National Level

2021 – 2022	Member	Publications and Communications Committee, Education and Behavioral Sciences Section, Association of College & Research Libraries
2021 – 2022	Member	Psychology Committee, Education and Behavioral Sciences Section, Association of College & Research Libraries
2019 – 2021	Co-Chair	Psychology Committee, Education and Behavioral Sciences Section, Association of College & Research Libraries
2017 – 2019	Member	Psychology Committee Education and Behavioral Sciences Section, Association of College & Research Libraries
2015 – 2019	Newsletter Editor	Publications and Communications Committee, Education and Behavioral Sciences Section, Association of College & Research Libraries

Funding

- 2018 – 2019 Title: Exploring the impact of mindfulness through an exhibit and study
 Role: Co-Investigator/Mentor
 Funding Agency: BYU Library Student Mentoring Research Block Grant
 Amount of Award: \$2,400
- 2018 Title: Impact of a psychology of gender course on gender attitudes
 Role: Co-Investigator/Mentor
 Funding Agency: BYU Office of Research & Creative Works Student
 Mentoring Grant
 Amount of Award: \$1,500
- 2015 Title: Grant writing workshop for graduate students in the College of
 Family, Home, and Social Sciences
 Role: Co-Investigator
 Funding Agency: BYU Library Scholarship and Creative Works
 Committee
 Amount of Award: \$1,120

Mentoring Experience

- 2022 Kate Payne, Library Internship
 Role: Supervisor/Mentor
- 2019 – 2022 Gregory C. Knapp, Undergraduate Research Assistant
 Role: Supervisor/Mentor
- Fall 2021 Skylar Mertz, Psychology Capstone Course
 Teaching Assistant for PSYCH 375: Cognition
 Role: Supervisor/Mentor
- 2018 – 2020 Tiffany R. Lotulelei, HBLL Student Mentoring Research Block Grant,
 2020 Utah Conference on Undergraduate Research
 Title: Exploring the impact of mindfulness through an exhibit and study
 Role: Co-investigator/Mentor
- 2018 – 2019 Sheilagh Fox & Eric Ghelfi, HBLL Student Research Grant
 Title: History of psychology anthology
 Role: Library Mentor
- 2018 – 2019 Libby Evans, HBLL Student Research Grant
 Title: Domestic abuse curriculum for Malawi women participating in the
 School of Agriculture for Family Independence
 Role: Library Mentor

2018 – 2019	Charles D. Flint, 2018 BYU ORCA Grant, 2019 Utah Conference on Undergraduate Research Title: Impact of a psychology of gender course on gender attitudes Role: Co-investigator/Mentor
2018	John Linford, Library Internship Role: Supervisor/Mentor
2018	Jessica Steadman, Library Internship Role: Supervisor/Mentor
2017 – 2018	Erin Kaseda, HBLL Student Research Grant Title: Self-regulation, threat perception, and perceived parental support: An fMRI investigation of children with ADHD Role: Library Mentor
2017 – 2018	Judy Ma and Brian Jones, HBLL Student Research Grant Title: Diagnostic Classification Models in Education Role: Library Mentor
2015	Hilary Parks, Library Internship Role: Supervisor/Mentor
2014 – 2015	James Martherus, HBLL Student Research Grant Title: The impact of in-group beliefs and cognitive dissonance on humanization efforts Role: Library Mentor
2014 – 2015	Richard Bruner, HBLL Student Research Grant Title: The relationship between bad governance and poor child development Role: Library Mentor

Courses Taught

Brigham Young University

Winter 2022 Fall 2021	Psych 375: Cognition (~34 student/semester)
Winter 2021 Fall 2020 Winter 2020	Psych 307: Writing within Psychology (~25 students/semester)
Fall 2020 Fall 2021	IP&T 420: Learning Theories for Design; Guest Lectured 2-4 days on Motivation (~ 20 students/semester)

Brigham Young University-Idaho

2011 – 2014	Psych 111: Introductory Psychology (~100 students/semester)
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2011 – 2014 Psych 376: Cognition (~25 students/semester)

Michigan State University

2008 Psych 200: Cognitive Psychology

2009 Online Psych 200: Cognitive Psychology

Professional Affiliations

2014 – Present Psychonomic Society

2014 – 2022 American Library Association (ALA)

2014 – 2022 Association of College & Research Libraries (ACRL)

2014 – 2022 Utah Library Association (ULA)

2014 – 2022 BYU Faculty Women's Association