

Joel M. Hektner
Human Development and Family Science
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Education

Ph.D., Committee on Human Development, Department of Psychology, University of Chicago, 1996.
Dissertation: Exploring optimal personality development: A longitudinal study of adolescents.
Advisor: Mihaly Csikszentmihalyi
Fellowships: NIMH Pre-doctoral Fellow in Culture and Mental Health, 1992-1993.
University of Chicago Fellowship, 1993-1996.

B.A. with High Honors, Department of Psychology, Princeton University, 1990.
Thesis: Sex-stereotyping of mathematics and English at three developmental periods:
Students' attitudes toward peers.

Current Position

Professor and Department Head, Department of Human Development and Family Science, North Dakota State University, 2015-present; Professor, 2014-present; Associate Professor, 2006-2014; Assistant Professor, 2000-2006.

Previous Positions

Research Assistant Professor, Division of Child and Adolescent Psychiatry, University of Minnesota, 2000; Research Scientist, 1997-1999.

Adjunct Assistant Professor, School of Human Services, Concordia University, St. Paul, Minnesota, 1998-2000.

Adjunct Instructor, Rasmussen College, Minnetonka, Minnesota, 1997-1998.

Research Assistant, Sloan Study of Youth and Social Development, NORC and the University of Chicago, 1993-1997.

Teaching Assistant, Department of Psychology, University of Chicago, 1995.

Project Instructor, Student Support Services, Mayville State University, North Dakota, 1991-1992.

Teacher and Resident Counselor Internship, Salzburg International Preparatory School, Salzburg, Austria, 1990-1991.

Manuscript Research Assistant, Department of Psychology, Princeton University, 1989-1990.

Grants and Contracts

Hektner, J. M. (2017-2019). Evaluation of Imagine Thriving Suicide Prevention. Goetz Mental Wellness Initiative, \$24,417.

Deal, J. D. (P.I.), & Hektner, J. M. (co-P.I.). (2016-2017). Evaluation of North Dakota Pre-K Grant Program. North Dakota Department of Public Instruction and Department of Commerce, \$200,000.

Query, S. (P.I.), & Hektner, J. M. (Co-P.I.). (2014-2015). Parents LEAD evaluation consultation services. North Dakota Department of Human Services, \$29,691.

Brotherson, S. E. (P.I.), Hektner, J. (Co-P.I.), Hill, B. (Co-P.I.), & Gebeke, D. (Co-P.I.). (2014). Gearing Up for Kindergarten: Advanced research project. United Way of Cass Clay, \$31,290.

Hektner, J. M. (2010-2013). Research on the Nurtured Heart Approach (several separate contracts). Cass County Extension, \$20,000.

Hektner, J. M. (2011-2012). Evaluation of Early Risers implemented by Dakota Boys and Girls Ranch. Subcontract of Dakota Boys and Girls Ranch grant from OJJDP, \$23,821.

Deal, J., Fitzgerald, M., Hektner, J., & Sanders, G. (2010-2011). University Passport Project, Great Plains Inter-University Consortium. Subcontract of Kansas State University grant from U. S. Department of Agriculture, \$31,064.

Hektner, J. M. (2007-2010). Pilot test of adapted intervention to prevent youth violence, NIH/NIMH, R34 MH077816. National Institute of Mental Health. \$577,125.

Hektner, J. M. (2003-2004). Observation, assessment, and training of residential staff at Circle of Nations School. Circle of Nations School, Bureau of Indian Affairs, \$7000.

Hektner, J. M. (2001-2003). Evaluation of the Richland County 21st Century Community Learning Centers. U.S. Dept. of Education, \$20,000.

Hektner, J. M. (2000-2001). Developmental progression of at-risk youth peer reputation. Minnesota Medical Foundation, \$6,000.

Awards

Exceptional Contributions to Faculty and Student Mentoring, College of Human Development and Education, NDSU, 2014.

Exceptional Contributions to Professional Development, College of Human Development and Education, NDSU, 2011. Nominated also in 2010.

Robert and Patty Hendrickson Faculty Development Award, College of Human Development

and Education, NDSU, 2009.

James Lebedeff Endowed Professorship, College of Human Development and Education, NDSU, 2008.

Exceptional Contributions to Scholarly Activity, College of Human Development and Education, NDSU, 2004, 2007. Nominated also in 2001, 2002, 2003.

Fellow of the Faculty Institute for Excellence in Learning (FIEL), NDSU, 2001-2002.

Junior Investigator Travel Award from the National Institute on Drug Abuse, to attend the symposium, "Assessing the Impact of Childhood Interventions on Subsequent Drug Abuse," May 2000, Washington, DC.

Peer-reviewed Articles

Hektner, J. M., Brennan, A. L., & August, G. J. (2017). Incorporating well-adjusted peers in a conduct problems prevention program: Evaluation of acceptability, fidelity, and safety of implementation. *School Mental Health, 9*, 66-77. doi: 10.1007/s12310-016-9199-7

Brennan, A. L., Hektner, J. M., Brotherson, S. E., & Hansen, T. (2016). A nonrandomized evaluation of a brief Nurtured Heart Approach parent training program. *Child and Youth Care Forum, 45*, 709-727. doi: 10.1007/s10566-016-9351-4

Hektner, J. M., August, G. J., Bloomquist, M. L., Lee, S., & Klimes-Dougan, B. (2014). A 10-year randomized controlled trial of the Early Risers Conduct Problems Preventive Intervention: Effects on externalizing and internalizing in late high school. *Journal of Consulting and Clinical Psychology, 82*, 355-360. doi: 10.1037/a0035678

Katz-Buonincontro, J., & Hektner, J. M. (2014). Using experience sampling methodology to understand how educational leadership students solve problems on the fly. *Journal of Educational Administration, 52*, 379-403. doi: 10.1108/JEA-12-2012-0135

Nielsen, S. K. & Hektner, J. M. (2014). Understanding the psychosocial knowledge and attitudes of school-based occupational therapists. *Journal of Occupational Therapy, Schools, and Early Intervention, 7*, 136-150. doi: 10.1080/19411243.2014.930615

Tande, D. L., Niemeier, B. S., Hwang, J. H., Stastny, S., Bezbaruah, N., Hektner, J. M., & Habedank, D. (2014). Introducing preschool children to novel fruits and vegetables: A pilot study. *Journal of Child Nutrition and Management, 38*(1). Retrieved from <https://schoolnutrition.org/JCNM/>

Hektner, J. M., Brennan, A. L., & Brotherson, S. E. (2013). A review of the Nurtured Heart Approach to parenting: Evaluation of its theoretical and empirical foundations. *Family Process, 52*, 425-439. doi: 10.1111/famp.12030

- Niemeier, B. S., & Hektner, J. M. (2012). Weight-related health behaviors and body mass: Associations between young adults and their parents, moderated by parental authority. *American Journal of Health Education, 43*, 366-377.
- Hektner, J. M., & Swenson, C. A. (2012). Links from teacher beliefs to peer victimization and bystander intervention: Tests of mediating processes. *Journal of Early Adolescence, 32*, 516-536. doi: 10.1177/0272431611402502
- Niemeier, B. S., Hektner, J. M., & Enger, K. B. (2012). Parent participation in weight-related health interventions for children and adolescents: A systematic review and meta-analysis. *Preventive Medicine, 55*, 3-13. doi: 10.1016/j.ypmed.2012.04.021
- Niemeier, B. S., Tande, D. L., Hwang, J., Stastny, S., & Hektner, J. M. (2010). Using education, exposure, and environments to increase preschool children's knowledge about fruit and vegetables. *Journal of Extension, 48*(1), 1-5.
- Bernat, D. H., August, G. J., Hektner, J. M., & Bloomquist, M. L. (2007). The Early Risers preventive intervention: Testing for six-year outcomes and mediational processes. *Journal of Abnormal Child Psychology, 35*, 605-617.
- Elbedour, S., Bart, W., & Hektner, J. (2007). The relationship between monogamous/polygamous family structure and the mental health of Bedouin Arab adolescents. *Journal of Adolescence, 30*, 213-230.
- Hektner, J. M., & De Jong, J. A. (2007). Developing a prevention plan for an American Indian boarding school: Strengthening positive peer culture. *Journal of American Indian Education, 46*, 41-59.
- August, G. J., Bloomquist, M. L., Lee, S. S., Realmuto, G. M., & Hektner, J. M. (2006). Can evidence-based prevention programs be sustained in community practice settings? The Early Risers advanced-stage effectiveness trial. *Prevention Science, 7*, 151-165.
- DeJong, J. A., & Hektner, J. M. (2006). Level 3 therapeutic model site. *American Indian and Alaska Native Mental Health Research: The Journal of the National Center, 13*, 79-122.
- August, G. J., Lee, S. S., Bloomquist, M. L., Realmuto, G. M., & Hektner, J. M. (2004). Maintenance effects of an evidence-based prevention innovation for aggressive children living in culturally-diverse urban neighborhoods: The Early Risers effectiveness study. *Journal of Emotional and Behavioral Disorders, 12*, 194-205.
- August, G. J., Winters, K. C., Realmuto, G. M., Tarter, R., Perry, C., & Hektner, J. M. (2004). Moving evidence-based drug abuse prevention programs from basic science to practice: "Bridging the efficacy-effectiveness interface." *Substance Use and Misuse, 39*, 1-37.
- August, G. J., Egan, E. A., Realmuto, G. M., & Hektner, J. M. (2003). Four years of the Early Risers early-age-targeted preventive intervention: Effects on aggressive children's peer

- relations. *Behavior Therapy*, 34, 453-470.
- August, G. J., Egan, E. A., Realmuto, G. M., & Hektner, J. M. (2003). Parceling component effects of a multifaceted prevention program for disruptive elementary school children. *Journal of Abnormal Child Psychology*, 31, 515-527.
- August, G. J., Lee, S. S., Bloomquist, M. L., Realmuto, G. M., & Hektner, J. M. (2003). Dissemination of an evidence-based prevention innovation for aggressive children living in culturally diverse, urban neighborhoods: The *Early Risers* effectiveness study. *Prevention Science*, 4, 271-286.
- Elbedour, S., Bart, W. M., & Hektner, J. M. (2003). Intelligence and family marital structure: The case of adolescents from monogamous and polygamous families among Bedouin Arabs in Israel. *Journal of Social Psychology*, 143, 95-110.
- Elbedour, S., Hektner, J. M., Morad, M., Abu-Bader, S. H. (2003). Parent-adolescent conflict and its resolution in monogamous and polygamous Bedouin Arab families in southern Israel. *The Scientific World Journal*, 3, 1249-1264.
- Grant, J. E., Kim, S. W., Potenza, M. N., Blanco, C., Ibanez, A., Stevens, L., Hektner, J. M., & Zaninelli, R. (2003). Paroxetine treatment of pathological gambling: A multi-center randomized controlled trial. *International Clinical Psychopharmacology*, 18, 243-249.
- Hektner, J. M., August, G. J., & Realmuto G. M. (2003). Effects of pairing aggressive and non-aggressive children in strategic peer affiliation. *Journal of Abnormal Child Psychology*, 31, 399-412.
- Latimer, W. W., August, G. J., Newcomb, M. D., Realmuto, G. M., Hektner, J. M., & Mathy, R. M. (2003). Child and familial pathways to academic achievement and behavioral adjustment: A prospective six-year study of children with and without ADHD. *Journal of Attention Disorders*, 7, 101-116.
- August, G. J., Hektner, J. M., Egan, E. A., Realmuto, G. M., & Bloomquist, M. L. (2002). The *Early Risers* longitudinal prevention trial: Examination of 3-year outcomes in aggressive children with intent-to-treat and as-intended analyses. *Psychology of Addictive Behaviors*, 16 (Suppl.), S27- S39.
- Aguilar, B., O'Brien, K. M., August, G. J., Aoun, S. L., & Hektner, J. M. (2001). Relationship quality of aggressive children and their siblings: A multi-informant, multi-measure investigation. *Journal of Abnormal Child Psychology*, 29, 479-489.
- August, G. J., Realmuto, G. M., Hektner, J. M., & Bloomquist, M. L. (2001). An integrated components preventive intervention for aggressive elementary school children: The *Early Risers* Program. *Journal of Consulting and Clinical Psychology*, 69, 614-626.
- August, G. J., Realmuto, G. M., Winters, K. C., & Hektner, J. M. (2001). Prevention of

adolescent drug abuse: Targeting high-risk children with a multifaceted intervention model—The Early Risers “Skills for Success” Program. *Applied & Preventive Psychology, 10*, 135-154.

Bernstein, G. A., Hektner, J. M., Borchardt, C. M. & McMillan, M. H. (2001). Treatment of school refusal: One-year follow-up. *Journal of the American Academy of Child and Adolescent Psychiatry, 40*, 206-213.

Hektner, J. M. (2001). Family, school, and community predictors of adolescent growth-conducive experiences: Global and specific approaches. *Applied Developmental Science, 5*, 172-183.

Bernstein, G. A., Anderson, L. K., Hektner, J. M., & Realmuto, G. M. (2000). Imipramine compliance in adolescents. *Journal of the American Academy of Child and Adolescent Psychiatry, 39*, 284-291.

Elbedour, S., Bart, W. M., & Hektner, J. M. (2000). Scholastic achievement and family marital structure: Bedouin-Arab adolescents from monogamous and polygamous families in Israel. *Journal of Social Psychology, 140*, 503-514.

Hektner, J. M., August, G. J., & Realmuto, G. M. (2000). Patterns and temporal changes in peer affiliation among aggressive and nonaggressive children participating in a summer school program. *Journal of Clinical Child Psychology, 29*, 603-614.

Realmuto, G. M., August, G. J., & Hektner, J. M. (2000). Predictive power of peer behavioral assessment for subsequent maladjustment in community samples of disruptive and nondisruptive children. *Journal of Child Psychology and Psychiatry, 41*, 181-190.

August, G. J., Realmuto, G. M., Joyce, T., & Hektner, J. M. (1999). Persistence and desistance of oppositional defiant disorder in a community sample of children with ADHD. *Journal of the American Academy of Child and Adolescent Psychiatry, 38*, 1262-1270.

Hektner, J. M. (1995). When moving up implies moving out: Rural adolescent conflict in the transition to adulthood. *Journal of Research in Rural Education, 11*, 3-14.

Book

Hektner, J. M., Schmidt, J. A., & Csikszentmihalyi, M. (2007). *Experience Sampling Method: Measuring the quality of everyday life*. Thousand Oaks, CA: Sage.

Book Chapters

Hektner, J. M. (2019). Diary studies, event sampling, and smart phone apps. In P. Brough (Ed.), *Advanced research methods for applied psychology: Design, analysis, and reporting*. New York: Routledge.

- Hektner, J. M., Brennan, A. L., Hansen, T., & Brotherson, S. E. (2019). Nurtured Heart Approach to Parenting enrichment program. In J. L. Lebow, A. L. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. Heidelberg, Germany: Springer. doi:10.1007/978-3-319-15877-8_367-1
- Ebedour, S., Hektner, J. M., Morad, M., Abu-Bader, S. H., Hallaq, E., & Merrick, J. (2013). Monogamous and polygamous Bedouin Arab families and parent-adolescent conflict. In J. Merrick, A. Al-Krenawi, & S. Elbedour (Eds.), *Bedouin health: Perspectives from Israel* (pp. 171-181). Hauppauge, NY: Nova Biomedical Books.
- Hektner, J. M. (2011). Developmental psychology. In M. R. Mehl & T. S. Conner (Eds.), *Handbook of research methods for studying daily life* (pp. 585-600). New York: Guilford.
- Hektner, J. M. (2010). Experience sampling method. In N. Salkind (Ed.), *Encyclopedia of research design* (pp. 445-447). Thousand Oaks, CA: Sage.
- August, G. J., Bloomquist, M. L., Realmuto, G. M., & Hektner, J. M. (2007). The Early Risers “Skills for Success” Program: A targeted intervention for preventing conduct problems and substance abuse in aggressive elementary school children. In P. Tolan, J. Szapocznik, & S. Sambrano (Eds.), *Preventing youth substance abuse: Science-based programs for children and adolescents* (pp. 137-158). Washington: American Psychological Association.
- Hektner, J. M. (2005). The design of the 500 family study: Commentary. In B. Schneider & L. Waite (Eds.), *Being together, working apart: Dual career families and the work-life balance* (pp. 39-41). New York: Cambridge University Press.
- Hektner, J. M. (2003). Adolescents: Real-world research techniques. In J. R. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Encyclopedia of human ecology* (pp. 31-33). Santa Barbara, CA: ABC-Clio.
- Hektner, J. M. & Csikszentmihalyi, M. (2002). The experience sampling method: Measuring the context and content of lives. In R. B. Bechtel & A. Churchman (Eds.), *Handbook of environmental psychology* (pp. 233-243). New York: Wiley.
- Asakawa, K., Hektner, J., & Schmidt, J. (2000). Envisioning the future. In M. Csikszentmihalyi & B. Schneider, *Becoming adult: How teenagers prepare for the world of work* (pp. 39-64). New York: Basic Books.
- Hektner, J., & Asakawa, K. (2000). Learning to like challenges. In M. Csikszentmihalyi & B. Schneider, *Becoming adult: How teenagers prepare for the world of work* (pp. 95-112). New York: Basic Books.

Refereed Paper and Poster Presentations

- Carlson, S. L., & Hektner, J. M. (2019). *Addressing the gap in adolescent mental health: Using student wellness facilitators to connect students to community systems of care*. Poster session presented at the annual meeting of the Society for Prevention Research, San Francisco.
- Chinopfukutwa, V. & Hektner, J. M. (2019). *Peer Crowd Affiliations as Predictors of Prosocial and Risky Behaviors among College Students*. Poster session presented at the annual meeting of the Society for Prevention Research, San Francisco.
- Hektner, J. M., & Carlson, S. L. (2018). *Promoting character in kindergartners with adjustment problems while strengthening the leadership of well-adjusted peer mentors*. Poster session presented at the SRCD Special Topic Meeting, Promoting Character Development Among Diverse Children and Adolescents: The Roles of Families, Schools, and Out-Of-School-Time Youth Development Programs, Philadelphia.
- Toyama, M., Fuller, H., & Hektner, J. M. (2018). *Longitudinal psychosocial predictors for continued personal growth throughout adulthood*. Poster session presented at the Gerontological Society of America Annual Scientific Meeting, Boston.
- Brotherson, S., Hektner, J., Saxena, D., & Hill, B. (2015). *School readiness outcomes for children in the Gearing Up for Kindergarten program*. Poster session presented at the annual meeting of the National Council on Family Relations, Vancouver.
- Dau, M. & Hektner, J. (2015). *Parent-child engagement and activities in the Nurturing Parenting program*. Poster session presented at the annual meeting of the National Council on Family Relations, Vancouver.
- Brotherson, S., Hektner, J., Hill, B., & Saxena, D. (2015). Targeting the transition to kindergarten: Academic and social outcomes for children in the Gearing Up for Kindergarten program. In K. Bierman (Chair), *Supporting the pre-K to elementary transition: Parents, programs and classrooms*. Paper session conducted at the spring meeting of the Society for Research on Educational Effectiveness, Washington, DC.
- Brennan, A. L., & Hektner, J. M. (2015). *Do Native Americans in Nurturing Parenting experience outcomes similar to other participants? Results of an exploratory evaluation*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Philadelphia.
- Yang, Z., & Hektner, J. (2015). *Change the parent to change the child or vice versa? Synergistic effects of the Early Risers Conduct Problems Prevention Program*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Philadelphia.
- Hektner, J. M., & Lee, S.Y. (2014). *Direct and indirect effects of the Early Risers Conduct Problems Prevention Program on parenting outcomes*. Poster session presented at the

Biennial International Congress of the International Society for the Study of Behavioral Development, Shanghai, China.

Rogers, C., & Hektner, J. M. (2014). *Identity and daily experience in lesbian, gay, or bisexual emerging adults*. Poster session presented at the Biennial International Congress of the International Society for the Study of Behavioral Development, Shanghai, China.

Brennan, A. L., & Hektner, J. M. (2013). *Parent training in the Nurtured Heart Approach: Effects on parents' well-being, practices, and perception of child strengths*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Seattle.

Hektner, J. M. (2013). *Effectiveness of Early Risers Conduct Problems Prevention Program when implemented by a community partner*. Poster session presented at the annual meeting of the Society for Prevention Research, San Francisco.

Hektner, J. M., Bloomquist, M., & August, G. J. (2013). *Long-term efficacy of the Early Risers Conduct Problem Prevention Program: Common mediated pathways to diverse outcomes*. Paper presented at the annual meeting of the Society for Prevention Research, San Francisco.

Tande, D. L., Niemeier, B. S., Hyunjoo Hwang, J. Stastny, S., & Hektner, J. M. (2013). *Intervention changes fruit and vegetable intake among preschoolers in pilot study*. Poster session presented at the annual meeting of the Society for Nutrition Education and Behavior, Portland. Abstract published in *Journal of Nutrition Education and Behavior* 45, S58-S59.

Hektner, J. M. (2012). *Preventing peer rejection in Early Risers Skills for Success: Addressing both sides of the dyad*. Poster session presented at the Biennial International Congress of the International Society for the Study of Behavioral Development, Edmonton, Canada.

Hektner, J. M., Bloomquist, M., & August, G. J. (2012). Efficacy of the Early Risers Conduct Problems Prevention Program: Proximal effects and long-term outcomes. In G. J. August & J. M. Hektner (Co-Chairs), *From efficacy and effectiveness to dissemination and implementation: Moving Early Risers through the prevention cycle from research to practice*. Symposium conducted at the Biennial International Congress of the International Society for the Study of Behavioral Development, Edmonton, Canada.

Hektner, J. M., & August, G. J. (2012). Long-term outcomes of intervention promoting positive development in high-risk children: *Early Risers Skills for Success*. In L. Hanish (Chair), *Social and academic adjustment in early childhood*. Paper session conducted at the annual meeting of the American Educational Research Association, Vancouver.

Katz-Buonincontro, J. L., & Hektner, J. M. (2012). *The paradox of simultaneous emotions: Examining creative problem solving in educational leaders*. Paper session conducted at the annual convention of the American Psychological Association, Orlando.

- Niemeier, B. S., & Hektner, J. M. (2012). *Relationships between dietary consumption and parenting styles: Findings from an interdisciplinary study*. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation and Dance, Midwest District, Bloomington, IL.
- Hektner, J. M. (2011). *Promoting social-emotional development and preventing adjustment problems in middle childhood*. Symposium conducted at the biennial meeting of the Society for Research in Child Development, Montreal.
- Hektner, J. M., & August, G. J. (2011). Bringing the rejected and rejecters together: Promoting peer acceptance and social competence in *Early Risers Skills for Success*. In J. M. Hektner (Chair), *Promoting social-emotional development and preventing adjustment problems in middle childhood*. Symposium conducted at the biennial meeting of the Society for Research in Child Development, Montreal.
- Hektner, J. M., & Lee, S. (2011). Analytical challenges in assessing adaptive interventions. In G. J. August (Chair), *Center for Adaptive and Personalized Preventive Intervention Research in Children's Mental Health*. Symposium conducted at the annual meeting of the Society for Prevention Research, Washington.
- Niemeier, B. S., Hektner, J. M., & Terbizan, D. J. (2011). *Association between young adults' and their parents' daily caloric intake*. Poster session presented at the annual meeting of the American College of Sports Medicine, Denver. Abstract published in *Medicine and Science in Sports and Exercise*, 43:5 Supplement.
- Tande, D. L., Niemeier, B. S., Hwang, J., Stastny, S., & Hektner, J. M. (2011). *BMI percentile is related to learning outcomes among preschool children following exposure to additional fruits and vegetables at meals and snacks in pilot study*. [Abstract Poster presentation]. American Dietetic Association Food and Nutrition Conference and Expo, San Diego, CA. *Journal of the American Dietetic Association*, 111(9), A105.
- Hektner, J. M. & August, G. J. (2010). *Effects of the Early Risers Skills for Success program on children with adjustment problems and their well-adjusted peer mentors*. Poster session presented at the Biennial International Congress of the International Society for the Study of Behavioral Development, Lusaka, Zambia.
- Hektner, J. M. & August, G. J. (2010). *PATHS and peer pairing in Early Risers Skills for Success: Increasing peer acceptance of children with adjustment problems*. Paper presented at the annual meeting of the Society for Prevention Research, Denver.
- Hektner, J. M. (2009). *The Early Risers Skills for Success Program: Promoting peer acceptance and emotional intelligence in middle childhood*. Poster session presented at the World Congress on Positive Psychology, Philadelphia.
- Hektner, J. M., & August, G. J. (2009). *More than just role models: The role of well-adjusted*

- peers in the Early Risers Skills for Success program*. Paper presented at the annual meeting of the Society for Prevention Research, Washington.
- Randall, B. A., Fitzgerald, M. A., Lang, A. M., Sanders, G. F., Deal, J. E., & Hektner, J. M. (2009). *Rural communities as a context for adolescent development: Understanding the adult perspective*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Denver.
- Hektner, J. M., Gewirtz, A., & August, G. J. (2008). One program, two versions: Adapted and adaptive models of Early Risers implemented in school and supportive housing contexts. In G. J. August (Chair), *Incorporating adapted and adaptive prevention interventions in community contexts*. Symposium conducted at the annual meeting of the Society for Prevention Research, San Francisco.
- Hogen, V. J., & Hektner, J. M. (2008). *Examining a residential treatment center as a context for adolescent development: An experience sampling study*. Poster session presented at the biennial meeting of the Conference on Human Development, Indianapolis.
- Peterson, C., & Hektner, J. M. (2008). *Change in drinking motives from adolescence through emerging adulthood: Examining the role of secondary motives*. Poster session presented at the annual meeting of the Society for Prevention Research, San Francisco.
- Bloomquist, M., Lee, S., August, G. J., & Hektner, J. M. (2007). *Getting families to show up: Predictors of participation within a multi-site conduct problems prevention program*. Poster session conducted at the annual meeting of the Society for Prevention Research, Washington.
- Homan, C., & Hektner, J. M. (2007). *Creativity as experienced by emerging adults in college: Associations with intra- and interpersonal contexts*. Poster session presented at the Third Conference on Emerging Adulthood, Tucson.
- August, G. J., Lee, S., Lee, S., Realmuto, G. M., Hektner, J. M., & Bloomquist, M. (2006). Early Risers efficacy trial: Trajectory analysis. In M. Bloomquist (Chair), *The Early Risers Conduct Problems Prevention Program: From efficacy to real world implementation and sustainability*. Symposium conducted at the annual meeting of the International Society for Research on Aggression, Minneapolis.
- Hektner, J. M., & Swenson, C. (2006). *Bullying, victimization, and their co-occurrence in rural early adolescents*. Poster session presented at the annual meeting of the Society for Prevention Research, San Antonio.
- Bernat, D. H., Hektner, J. M., & August, G. J. (2005). Characteristics of friends as a mediator of intervention effectiveness on reducing disruptive behaviors. In J. M. Hektner (Chair), *Modifying peer influence in a longitudinal preventive intervention for aggressive children*. Symposium conducted at the annual meeting of the Society for Prevention Research, Washington.

- Hektner, J. M. (2005). *Modifying peer influence in a longitudinal preventive intervention for aggressive children*. Symposium conducted at the annual meeting of the Society for Prevention Research, Washington.
- Hektner, J. M., Lee, S., & Bernat, D. H. (2005). Aggressive children's peer affiliation patterns over 4 years in program and regular classroom contexts. In J. M. Hektner (Chair), *Modifying peer influence in a longitudinal preventive intervention for aggressive children*. Symposium conducted at the annual meeting of the Society for Prevention Research, Washington.
- Egan, E. A., Hektner, J. M., August, G. J. (2004). *Disentangling treatment-as-usual effects from program effects in a longitudinal prevention trial*. Poster session presented at the annual meeting of the Society for Prevention Research, Quebec City.
- Hektner, J. M. (2004). *Factors linked to substance use among Native American early adolescents: A pre-intervention study*. Poster symposium presented at the annual meeting of the Society for Prevention Research, Quebec City.
- Hektner, J. M., & De Jong, J. (2004). *Developing a plan to strengthen positive peer culture among Native American adolescents*. Paper presented at the Second European Conference on Positive Psychology, Verbania Pallanza, Italy.
- Egan, E. A., August, G. J., Hektner, J. M., & Realmuto, G. M. (2003). *Evaluating four-year outcomes of a preventive-intervention program using peer assessments*. Poster session presented at the annual meeting of the Society for Prevention Research, Washington.
- Hektner, J. M., August, G. J., Realmuto, G. M., & Bloomquist, M. (2003). Prevention of antisocial behavior in high risk children—A developmental approach: The Early Risers “Skills for Success” Program. In J. E. Lochman (Chair), *Prevention of antisocial behavior*. Symposium conducted at the XIII World Congress of Criminology, Rio de Janeiro.
- Hektner, J. M. & Moen, D. (2003). *After school community learning programs: Gender, grade, and school differences in classroom behavior and student satisfaction*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Tampa.
- August, G. J., Egan, E. A., Hektner, J. M., & Realmuto, G. M. (2002). *Testing component effects of a multi-component preventive intervention for children with early aggressive behavior*. Poster session presented at the annual meeting of the Society for Prevention Research, Seattle.

- August, G. J., Realmuto, G. M., & Hektner, J. M. (2002). Modifying aggressive behavior via strategic peer involvement. In R. E. Tarter & O. G. Bukstein (Chairs), *Reducing aggressive behavior: Changing the trajectory for drug use*. Symposium conducted at the annual meeting of the American Psychiatric Association, Philadelphia.
- Bloomquist, M. L., August, G. J., Hektner, J. M., & Joyce, T. (2001). *The impact of an intensive three-year prevention program on mediators of antisocial behavior in aggressive children*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Minneapolis.
- Hektner, J. M., August, G. J., & Realmuto, G. M. (2001). *Effects of pairing aggressive and nonaggressive children in strategic peer affiliation: Who influences whom?* Poster session presented at the biennial meeting of the Society for Research in Child Development, Minneapolis.
- Hektner, J. M., August, G. J., & Realmuto, G. M. (2000). *Patterns of peer affiliation and friendship selection among aggressive and non-aggressive children participating in a summer school preventive intervention*. Paper presented at the biennial meeting of the Conference on Human Development, Memphis.
- August, G. J., Realmuto, G. M., Latimer, W., & Hektner, J. M. (1999). *Developmental pathways of Attention Deficit Hyperactivity Disorder (ADHD): Implications for the prevention of delinquency and drug abuse*. Symposium presented at the annual meeting of the Society for Prevention Research, New Orleans.
- Bernstein, G. A., Hektner, J. M., Borchardt, C. M. & McMillan, M. H. (1999). *Imipramine treatment of school refusal: One-year follow-up*. Poster session presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry, Chicago.
- Bernstein, G. A., Anderson, L. K., & Hektner, J. M. (1998). *Imipramine compliance and side effects in adolescents*. Poster session presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry, Anaheim.
- Hektner, J. M. (1997). *Support and challenge: Encouraging the development of flow and intrinsic motivation in school*. Paper presented at the annual meeting of the American Educational Research Association, Chicago.
- Hektner, J. M. & Csikszentmihalyi, M. (1996). A longitudinal exploration of flow and intrinsic motivation in adolescents. In U. Schiefele & D. Hickey (Chairs), *Experience sampling and on-line assessment of affect, motivation, and cognition in diverse learning contexts*. Symposium conducted at the annual meeting of the American Educational Research Association, New York. (ERIC Document Reproduction No. ED 395 261)

Hektner, J. M. & Patton, J. (1996). *Growing in flow: The development of an autotelic personality*. Poster session presented at the Sixth Biennial Meeting of the Society for Research on Adolescence, Boston.

Hektner, J. M. (1995). *Sex-stereotyping of mathematics and English at three developmental periods: Students' attitudes toward peers*. Paper presented at the annual meeting of the Mid-Western Educational Research Association, Chicago. (ERIC Document Reproduction No. ED 394 825)

Hektner, J. M. (1995). The cases of Al, Cara, and Aja. In C. E. Bidwell (Chair), *School to work transitions in diverse communities: Field studies of young workers*. Symposium conducted at the annual meeting of the American Educational Research Association, San Francisco.

Hektner, J. M. (1995). The role of work in the transition to adulthood: A case study approach. In B. L. Schneider (Chair), *Transitions to work*. Poster symposium conducted at the Biennial Meeting of the Society for Research in Child Development, Indianapolis.

Bidwell, C. E., Hektner, J., & Knauth, S. (1994). *Links to the future: How adolescents view the relationships between their current and expected work*. Paper presented at the annual meeting of the American Sociological Association, Los Angeles.

Hektner, J. (1994). Grady, the farm hand. In C. E. Bidwell (Chair), *Methodologies for workplace ethnographies: Tales from the field*. Symposium conducted at the annual meeting of the American Educational Research Association, New Orleans.

Hektner, J. (1994). *When moving up implies moving out: How rural adolescents and their parents think about higher education and careers*. Poster session presented at the annual meeting of the American Educational Research Association, New Orleans. (ERIC Document Reproduction No. ED 374 949)

Hektner, J. (1994). *How talented rural adolescents think about their future careers: Questions of geographic and social mobility*. Poster session presented at the Fifth Biennial Meeting of the Society for Research on Adolescence, San Diego.

Other Research Presentations

Hektner, J. M. (2016). *Implementing and assessing social emotional learning in schools*. Special interest group meeting convened at the annual meeting of the Society for Prevention Research, San Francisco.

- Brennan, A. L., & Hektner, J. M. (2013). *Parent training in the Nurtured Heart Approach: Effects on parents' well-being, practices, and perception of child strengths*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo. Award winner: Best student poster.
- Rogers, C. & Hektner, J. M. (2013). *Identity and daily experience in queer young adults: Method and preliminary results*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo.
- Brennan, A. L., & Hektner, J. M. (2012). *Birth order and change in interpersonal strengths: Differences in child outcomes of a parent training pilot program*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo.
- Hektner, J. M., & Berge, A. (2011). *Testing the effectiveness of parent and teacher training in the Nurtured Heart Approach*. Colloquium presentation, Department of Human Development and Family Science, NDSU, Fargo.
- Berge, A., Triggs, C., Hektner, J. M., & Fraizer, T. (2011). *Supporting positive school outcomes at Madison Elementary School in Fargo, ND*. Paper presented at the Nurtured Heart Approach Global Summit, San Francisco.
- Niemeier, B., & Hektner, J. M. (2011). *Association between young adults' and their parents' daily caloric intake*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo.
- Serdiouk, M., & Hektner, J. M. (2010). *Effect of peer intervention on individual-level bullying and intervention*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo. Award winner: Best student poster.
- Hektner, J. M. (2008). *Preventing problems, promoting children's mental health: The Early Risers program*. Brown Bag research presentation to the Department of Child Development and Family Science, NDSU, Fargo.
- Peterson, C., & Hektner, J. M. (2008). *Change in drinking motives from adolescence through emerging adulthood: Examining the role of secondary motives*. Poster session presented at the College of Human Development and Education Research Showcase, NDSU, Fargo. Award winner: Best student poster.
- Hogen, V. J., & Hektner, J. M. (2007). *Quality of experience among adolescents in a residential treatment center*. Poster session presented at the College of Human Development and Education Research Day, NDSU, Fargo.

Homan, C., & Hektner, J. M. (2007). *Creativity as experienced by emerging adults in college: Associations with intra- and interpersonal contexts*. Poster session presented at the College of Human Development and Education Research Day, NDSU, Fargo. Award winner: Best student poster.

Hektner, J. M. (2006). *The Experience Sampling Method and Its Use in Education Research*. Colloquium presentation, School of Education, NDSU, Fargo.

Hektner, J. M. (2006). *Using the Experience Sampling Method in Developmental and Family Research*. Brown Bag research presentation to the Department of Child Development and Family Science, NDSU, Fargo.

Hektner, J. M. (2004). *Designing a prevention program when there are no parents around: How to use positive peers without corrupting them*. Brown Bag research presentation to the Department of Child Development and Family Science, NDSU, Fargo.

Hektner, J. M. (2004). *Considering the role of peers in the design of prevention programs*. Colloquium presentation, Department of Psychology, NDSU, Fargo.

Current Courses Taught

HON 193 Undergraduate Research First Year Projects: Wellbeing

HON 341 Honors Colloquium in the Social Sciences: Multidisciplinary Perspectives on Optimal Human Development

HDFS 341 Parent-Child Relations

HDFS 703 Research Methods in Human Development and Family Science

HDFS 710 Foundations of Youth Development

HDFS 856 Longitudinal Research Methods and Analysis

Other Courses Taught

HDFS 110 Introduction to Human Development and Family Science

HDFS 330 Child Development

HDFS 424 Observation and Assessment of Children

HDFS 701 Graduate Orientation

HDFS 705 Quantitative Methods in Developmental Science

HDFS 714 Contemporary Youth Issues: Promoting Positive Mental Health in America's Youth

HDFS 716 Youth Development Professionals as Consumers of Research

HDFS 755 Advanced Lifespan Development

HDFS 784 Advanced Human Development: Adolescence through Adulthood

HDFS 796 Readings and Research in Developmental Science

Invited Lectures and Workshop Presentations

- Hektner, J. M. (2016). *Promoting positive mental health in children through social emotional learning: Current activities at NDSU and vision for the future*. Presented at the Re-Think Mental Health Summit, Moorhead, MN.
- Hektner, J. M., & Katz-Buonincontro, J. (2011). *Experience Sampling Methodology workshop*. Workshop presented to students and faculty at Drexel University.
- Hektner, J. M. (2010). *The Experience Sampling Method and its use in education research*. Guest lecture presented via interactive video to Drexel University, Education 836: Qualitative Methods and Data Analysis, Philadelphia.
- Hektner, J. M. (2009). *Helping children with difficult emotions develop emotional intelligence and respectful behavior*. Continuing education for Bettering America's Childcare Association, Wahpeton, ND.
- Hektner, J. M. (2008). *Helping children develop emotional intelligence*. Parent education presented for Mothers of Preschoolers, Fargo.
- Hektner, J. M. (2008). *Helping children with difficult emotions develop emotional intelligence and respectful behavior*. In *Dealing with children today: Discipline, bullying, and emotions*, EDUC 600 (Continuing Education workshop), NDSU, Fargo.
- Hektner, J. M. (2008). *Parenting for mental health*. Parent education workshop presented for residents and staff of the YWCA shelter, Fargo.
- Hektner, J. M. (2008). *Gear up for grants: Pursuing research and grants in the social sciences*. Panel presentation, NDSU, Fargo.
- Hektner, J. M. (2006). *Building your child's respect for self, parents, and others*. Parent education workshop presented for participants in the Parents as Teachers program, Fargo.
- Hektner, J. M. (2006). *Working with Cubs and Scouts with challenging behaviors*. Volunteer leader training for the Northern Lights Council, Boy Scouts of America, Fargo.
- Hektner, J. M., & Randall, B. A. (2006). *Communicating with your teenager and building self-esteem*. Parent education seminar presented at First Lutheran Church, Fargo.
- Hektner, J. M. (2003; 2004). *Building your child's emotional IQ*. Session in the Eagles Kindergarten Parenting Program, Parenting Resource Center, NDSU Extension, Fargo.
- Hektner, J. M. (2004). *Building your child's self-discipline*. Parent education workshop presented at Atonement Lutheran Church, Fargo.
- Hektner, J. M. (2003). *Assisting kids with social development*. Presented at the Dakota

Fatherhood Summit III, Fargo.

Hektner, J. M. (2003). *Facilitating the positive career development of adolescents*. Presented at Adolescent Development Update training for ND extension personnel, Fargo.

Hektner, J. M. (2003). *Youth protection training for community organizations*. Workshop for local youth development workers and volunteers, sponsored by the Northern Lights Council, Boy Scouts of America.

Hektner, J. M. (1998). *Preventing problems, facilitating growth: How research in "positive psychology" can inform the practice of school age care*. Presented at the National Conference for After School Program Workers, sponsored by Minnesota School Age Care Alliance, Minneapolis.

Public Outreach Activities

Hektner, J. M. (2009). Playground bullies: What's a parent to do? *Eat Smart. Play Hard. Together*. NDSU Extension Service Magazine, 32-33.

Hektner, J. M. (2003). *Research on interventions for aggressive children and their peer relationships*. Radio interview on "Think Tank" with Lyn Nichols, WDAY-AM.

Hektner, J. M. (2002). *Evaluating the Richland County 21st Century Community Learning Centers*. Presentation to NDSU Extension's Citizens' Support Group for Nutrition, Youth and Family Science.

Koumpilova, M. (2005). More couples skipping parenthood. *The Forum*, Fargo. Newspaper feature story for which J. M. Hektner was consulted and quoted.

Acknowledged Contributions

Diederich, E. J. (2006). *Progressive painting: Your creative journey*. Fargo, ND: Givinity Press.

Csikszentmihalyi, M. (1997). *Finding flow: The psychology of engagement with everyday life*. New York: HarperCollins.

Borman, K. M. & Lakes, R. (1995). *Review of ethnographic research related to school-to-work transition*. Paper prepared for the Office of Technology Assessment, U.S. Congress.

Notterman, J. M. & Drewry, H. N. (1993). *Psychology and education: Parallel and interactive approaches*. New York: Plenum.

Service-related Publications and Reports

Hektner, J. M., & Carlson, S. L. (2018). *Imagine Thriving Student Wellness Facilitator Program in West Fargo Public Schools 2017-2018 Evaluation Study: Annual Report*. Fargo: North Dakota State University.

Hektner, J. M., & Corturillo, E. (2014). *Evaluation of Parents LEAD and Parents LEAD for Professionals*. Fargo: North Dakota State University.

Hektner, J. M. (2012). *Early Risers Skills for Success as implemented by Dakota Boys and Girls Ranch 2011-2012: Final Report*. Fargo: North Dakota State University.

Hektner, J. M. (2011). *Pilot Studies Evaluating the Effects of Training Teachers and Parents in The Nurtured Heart Approach 2010 – 2011*. Fargo: North Dakota State University.

Hektner, J. M. (2010). *Early Risers Skills for Success in Fargo Public Schools 2008-2009: Final Report*. Fargo: North Dakota State University.

Hektner, J. M. (2004). *Circle of Nations Wahpeton Indian School Report of Observations*. Fargo: North Dakota State University.

Hektner, J. M. (2003). *Richland County 21st Century Community Learning Centers 2002-2003 Evaluation*. Fargo: North Dakota State University.

Hektner, J. M. & Moen, D. (2003). *Richland County 21st Century Community Learning Centers 2001-2002 Evaluation*. Fargo: North Dakota State University.

Brotherson, S. E. & Hektner, J. M. (2002). Lesson Module 6: Assisting your child's social development. In S. E. Brotherson, K. Bjelde, V. Lechler, D. Nilles, & D. Theurer, *Bright beginnings: Understanding and enhancing your young child's growth and development* (A 10-Lesson Parent Education Curriculum for Parenting Young Children). Fargo: North Dakota State University Extension Service.

Other Professional Service

Chair of the Strategic Planning Committee, College of Human Development and Education, NDSU, 2016-2017.

Graduate Studies Coordinator and Graduate Committee Chair, Department of Human Development and Family Science, NDSU, 2006-2015.

Chair of the Promotion, Tenure, and Evaluation Committee, Department of Human Development and Family Science, 2008-2010; 2011-2013; 2014-2015. Member 2006-2015.

Chair of the Institutional Review Board (IRB), NDSU, 2012-2015; Vice-chair 2008-2010, 2011-2012; Member 2003-2015; Alternate Member, 2015-.

Chair of the Promotion, Tenure, and Evaluation Committee, College of Human Development and Education, 2008-2010. Member 2007-2010, 2013, 2014-2015.

Chair, Graduate Student Appeal Committee, North Dakota State University, 2013, 2015, 2016.

Member, Strategic Enrollment Management Committee, 2016-present.

Member, Student Success Collaborative Success Marker Engagement Team, 2016-present.

Member, Graduate Council, North Dakota State University, 2012-2017.

Member, University Budget Committee, 2014-2015.

Member, Commission on the Status of Women Faculty, 2013-2016.

Graduate School Representative, Program Review Committee for Industrial and Manufacturing Engineering Department, 2014.

Affiliated Faculty Member in the Department of Criminal Justice and Political Science, NDSU.

Mentor, Peer Review of Teaching Program, 2011, 2015.

External Reviewer for programs in Human Development and Family Studies
South Dakota State University, 2014.
University of Rhode Island, 2018.

External Reviewer for Promotion and Tenure Candidates:
Department of Family and Consumer Sciences, University of Wyoming, 2014
Department of Child and Family Studies, University of Tennessee, 2014
School of Education, Drexel University, 2014
Department of Psychiatry, University of Minnesota Medical School, 2012
Department of Human Development and Family Studies, University of Missouri, 2011
Department of Leadership, Educational Psychology, and Foundations, Northern Illinois University, 2006, 2008

Reviewed draft book manuscripts:
Sage, 2019
Routledge, 2014, 2016
Guilford Press, 2011

Reviewed grant for the NSF Methodology, Measurement, and Statistics Section, 2011

Reviewer for Submissions:
Society for Prevention Research, Annual Meetings, 2008-2013.
American Educational Research Association, 2011-2012.
National Council on Family Relations, 2016.

Reviewer for *Child Development*, *Journal of Abnormal Child Psychology*, *Parenting: Science and Practice*, *Psychological Science*, *Journal of Abnormal Psychology*, *Journal of Research in Rural Education*, *Journal of Prevention and Intervention in the Community*, *Journal of Social Psychology*, *Psychology of Addictive Behaviors*, *Journal of Adolescence*, *Cognition and Emotion*, *European Psychologist*, *Psychological Medicine*, *Journal of Early Adolescence*, *British*

Journal of Clinical Psychology, Journal of Applied Developmental Psychology, Violence Against Women, Journal of Happiness Studies, International Journal of Behavioral Development, International Journal of Psychology, Journal of Research on Adolescence, Swiss Journal of Psychology, European Journal of Special Needs Education, Prevention Science, Rehabilitation Psychology, Early Childhood Research Quarterly, Value in Health, Journal of Marital and Family Therapy, Family Process

Memberships

National Council on Family Relations
Society for Prevention Research
Society for Research in Child Development