

Monique A. Major, PhD

Howard University
Department of Psychology
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EDUCATION

- 2016 Ph.D. in Personality Psychology,
Howard University, Washington, D.C.
Dissertation Title: *From heart rate variability to personality: Understanding individual differences during the artistic creative process.*
- 2013 M.S. in Personality Psychology
Howard University, Washington, D.C.
Master's Thesis Title: *Big five and the creative process: Development of the Approaches Creative Process Questionnaire.*
- 2011 B.S. in Psychology, Minor in Painting, Summa Cum Laude, College of Arts and Sciences Honors Program, Howard University, Washington, D.C.
Honors Thesis Title: *Is there something unique about the artists' artistic creative process? A mixed method study.*

ACADEMIC APPOINTMENTS

- Aug. 2022 - Present **Master Instructor**, Department of Psychology
Howard University (Washington, D.C.)
- Aug. 2019 - May 2022 **Lecturer**, Department of Psychology
Howard University (Washington, D.C.)
- Aug. 2020 - Dec. 2020 **Adjunct Instructor**, Department of Teaching and Learning
University of San Diego (San Diego, CA)
- Jan. 2018 - May 2019 **Adjunct Instructor**, Department of Psychology
Howard University (Washington, D.C.)
- Aug. 2016 - May 2017 **Assistant Professor**, Department of Psychology
Virginia State University (Petersburg, VA)
- May 2016 - Jun. 2016 **Instructor**, Department of Psychology
Howard University (Washington, D.C.)

PUBLICATIONS

Major, M., Best, C., Ayu, N. Innovative Teaching Strategies for Teaching the Whole Student in Intro to Psychology. (In Press). *Teaching Introduction to Psychology*. Elgar Guides to Teaching

Edwards, J. B., Gomes, M., & **Major, M. A.** (2013). The charged economic environment: Its role in the psychological distress and development of children, adolescents and young adults. *Journal of Human Behavior and the Social Environment*, 23, 256-266. doi:10.1080/ 10911359.2013.747350

PROFESSIONAL SERVICE & LEADERSHIP

- 5/2024 Coordinated the Department of Psychology Class of 2024 Recognition Ceremony and Commissioned a Digital Quilt as a Gift

	for the the Howard University Department of Psychology Class of 2024 Recognition Ceremony for Celebration
8/2023 - Present	College of Arts & Sciences Assessment Committee
1/2022 - 2023	Howard University Department of Psychology Faculty Search Committee
5/2021	Participated, helped plan, and created a Mixed Media Collage for the the Howard University Department of Psychology Classes of 2020 and 2021 Graduation Ceremony
6/2019	25th Annual Black Graduate Conference in Psychology Planning Committee
6/2017	Mathematics Engineering Science Achievement National Engineering Competition Judge
1/2017-4/2017	Faculty Advisor for Vanity Women's Empowerment Organization at Virginia State University
8/2013-7/2014	Association of Black Psychologists Student Circle, Research Committee Chair
1/2014-7/2014	20 th Annual Black Graduate Conference in Psychology Graduate Student Co-Chair
4/2013	Leslie H. Hicks Research Symposium Judge

PROFESSIONAL DEVELOPMENT

6/2024 - Present	HarvardX Data Data Science: Visualization Course (<i>in progress</i>)
1/2023 to 8/2023	College of Arts and Sciences Writing Across the Curriculum Workshop
5/2022 -10/2022	Howard University Junior Faculty Writing and Creative Works Summer Academy
8/2020	Howard University's Distance Learning Certification Course
6/2020	Howard University's Blackboard Certification Course
7/2012	Qualitative Data Analysis With/Without Computers offered by the 65th Annual Summer Institute in Survey Research Techniques at The University of Michigan
6/2012	Qualitative Data Analysis Workshop offered by Howard University
5/2012 - 6/2012	Test Construction Workshop offered by the Summer Research Institute at Howard University

AWARDS AND FELLOWSHIPS

2025-2026	Georgetown-Howard Center for Medical Humanities and Health Justice Faculty Fellow
2023	Emory University's Stuart A. Rose Manuscript, Archives, and Rare Book Library Richard A. Long/HBCU Fellowship
2023	Awarded the Outstanding Teaching Award for Full-Time Lecturer or Master Instructor in the College of Arts & Sciences at Howard University
2022	Nominated for an Outstanding Teaching Award for Full-Time Lecturer or Master Instructor in the College of Arts & Sciences at

- Howard University.
- 2021 Nominated for an Outstanding Teaching Award for Full-Time Lecturer or Master Instructor in the College of Arts & Sciences at Howard University.
- 2020 Nominated for an Outstanding Teaching Award for Full-Time Lecturer or Master Instructor in the College of Arts & Sciences at Howard University.

ORAL PRESENTATIONS

- Major, Monique, & Ayu, Oritsegbubenmi. 17th Annual Hicks Symposium, *More than a Major: How We Approach Teaching Psychology*, Howard University's Department of Psychology, Washington, DC. (April 28, 2025).
- Major, Monique. 5th Annual College of Arts and Sciences Teaching Learning Roundtable, "Fostering Creative Identities in an Undergraduate Seminar," University of the District of Columbia. (April 11, 2025).
- Legette, S., Chiwara, D., Copeland, C., Johnson, Z., Thornton, T., Williams, S., **Major, M. A.** (April, 2024). *Dance and its Relationship to Mental Health and Well-being*. Howard University Research Month. Washington, D.C.
- Havlin, Katlyn, & **Major, M.A.** (April, 2024). *Black Women's Participation in the Arts Past, Present, and Future*. Howard University Research Month. Washington, D.C.
- Richardson, R., & Sahara, S. **Major, M. A.** (April, 2023). *Creative Expression and its Relationship with Adverse Childhood Experiences*. Howard University Research Month Symposium. Washington, D.C.
- Major, M.**, Lo, L., Bellot, J. Terroade, J. (December 2021). *Community Harvest: Updates about Art Therapy Efforts at a Historically Black University*. American Art Therapy Association's 52nd Conference. (Virtual)
- Major, M.**, Green, K., Lo, L., Baker, D., Crews, R. (November, 2020). *Historically Black Colleges/Universities as Fertile Grounds for the Future of Art Therapy*. American Art Therapy Association's 51st Conference. (Virtual) Washington, D.C.
- Green, K., & **Major, M. A.** *The effect of time on the creative process*. (April, 2019). Howard University Research Week. Washington, D.C.
- Westbrook, C., Cotton, R., **Major, M. A.**, Harrell, C. J. P., Banks, K., B., Younge, Finley, G., Sims, M., Newman, S., Grandberry, B., Carter, A., Ketchup, B., Bonner, J., Butler, D., & Williams, D. (April, 2018). *An exploration of the thoughts and feelings associated with freehand drawing with colored pencils*. Howard University Research Week. Washington, D.C.
- Brown, B., Price, K., Powell, T., Webb, A., & **Major, M.** *An Intrinsic Case Study Investigating the Social Impact of the Alvin Ailey Dance Theater*. (April, 2017) Virginia State University Black Psychology Conference. Petersburg, V.A.
- Wilson, T., Brunson, A., Medley, J., & **Major, M.** *Do they relate? Examining the relationship between interview and questionnaire responses about the creative process*. (April, 2017) Virginia State University Black Psychology Conference. Petersburg, V.A.
- Childress, D., Logan, K., & **Major, M.** *Participant's reflections on arts-based research*. (April, 2017) Virginia State University Black Psychology Conference. Petersburg, V.A.
- Major, M. A.**, Harrell, C. J. P., Banks, K., B., Younge, Finley, G., Sims, M., Newman, S., Grandberry, B., Carter, A., Ketchup, B., Bonner, J., Butler, D., & Williams, D. (April, 2016). *Development of the ePaint Version of the Approaches Creative Process*

- Questionnaire*. Virginia State University Black Psychology Conference. Petersburg, V.A
- Banks, K., Bonner, J., Leak, M., **Major, M. A.**, Newman, S., Sims, M., & Harrell, C. J. P. (Accepted-August, 2016) *Kuumba In The Lives Of African People*. Association of Black Psychologists 48th Annual Convention. Arlington, VA
- Major, M. A.**, Banks, K., Applewhite, B., Ketchup, B., Bonner, J., Boykins, S. Smith, D. & Harrell, C. J. P. (April, 2015). *A tale of three journals: Major trends, themes and relationships in two major creativity journals and an art therapy journal*. 10th Annual Leslie H. Hicks Symposium, Washington, D.C. (Tied 1st Place Recipient for Panel Discussions)
- Major, M. A.**, Banks, K., & Applewhite, B. *Themes, Trends and Relationships within The Creativity Research Journal*. Howard University Research Day 2015. Washington, D.C. (1st Place in Creativity and Design Category)
- Martin, C., Moyd, B., **Major, M. A.**, Holt, N., & Booney, D. (April, 2015) *The Journals of Black Psychology and Cultural Diversity and Ethnic Minority: A Prelude to a Co-word Analysis*. Howard University Research Day 2015. Washington, D.C.
- Major, M. A.** & Harrell, C. J. P. (September, 2014). *Update on the Approaches Creative Process Questionnaire: Development of Alternative Forms*. The 2014 American Creativity Association World Conference: Creativity in Action. Philadelphia, P.A.
- Major, M. A.** Harrell, C. J. P., Campbell, III, A., & Callendar, C. O. (April, 2014) *Openness to experience, trait anxiety, and resting blood pressure: Understanding Openness's Role in Health Outcomes*. 9th Annual Leslie H. Hicks Symposium, Washington D.C. (1st Place Recipient for Oral Presentations)
- Seifullah, S., Harrell, C. J. P., & **Major, M.A.** (April, 2014). *Daydreaming, Emotions and the Creative Process*. 9th Annual Leslie H. Hicks Symposium, Washington D.C.
- Major, M., A.** Harrell, C. J. P., & Manuel, S. (January, 2014). *Why do I need to take a swimming class? Changing African Americans Perceptions about Water and Swimming*. The Association of Black Psychologists 2014 General Assembly Mid-Year Meeting/ Conference, Atlanta, G.A.
- Major, M., A.**, Harrell, C. J. P. (July, 2013). *Resiliency, identity and creativity: Lessons from the Black Arts Movement*. 45th Association of Black Psychologists Annual International Convention, New Orleans, L.A.
- Major, M. A.**, Ferguson, B. Joseph, K., Gamble, D., & Harrell, C. J. P. (April, 2012). *An update: Measuring creativity: Development of the Approaches Creative Process Questionnaire*. 7th Annual Leslie H. Hicks Symposium, Washington D.C. (2nd Place Recipient for Oral Presentations)
- Major, M. A.**, & Harrell, C. J. P. (April, 2011). *Is there something unique about the artists' artistic creative process?* Howard University College of Arts and Sciences Symposium on Undergraduate Research 2011, Washington D.C. (2nd Place Award Recipient for Oral Presentation in the Social Sciences Category)
- Major, M. A.**, & Harrell, C. J. P. (July, 2010). *Measuring creativity: Development of the Approaches Creative Process Questionnaire*. Ronald E. McNair Postbaccalaureate Achievement Program Research Symposium, Washington D.C.
- Major, M.** & Harrell, C. J. P. (April, 2010). *Personality and Approaches to the Creative Process*. Howard University College of Arts and Sciences Symposium on Undergraduate Research, Washington, D.C.

POSTER PRESENTATIONS

- Duncan, R., Clark, S., & **Major, M.A.** (April, 2024). *Podcasts, Art, & Mental Health*. 16th Annual Leslie H. Hick Research Symposium. Washington, D.C.
- Brown, D., & Thornton, T. (April, 2024) *Investigating the Differences Between Whole Foods and Processed Foods on Mood and Creative Thinking*. 16th Annual Leslie H. Hick Research Symposium. Washington, D.C.
- Havlin, Katlyn, & **Major, M.A.** (May, 2023). *Hooks for Healing: A Multivariable Examination of Crochet's Anxiety Reduction Potential*. 15th Annual Leslie H. Hick Research Symposium. Washington, D.C.
- Boursiquot, K., & Major, M.A. (April, 2022). *Art Therapy Education at Undergraduate and Graduate Levels*. Howard University Research Month. Washington, D.C.
- Dunn, G., & **Major, M. A.** (April, 2022). *Past and Present: A Study of Oral Traditions that Heal and Mitigate with the Black Diaspora*. Howard University Research Month. Washington, D.C.
- Rokaya, G., & **Major, M.A.** (April, 2022). *The Relationship Between Spirituality and Creativity*. Howard University Research Month. Washington, D.C.
- Richardson, R., & **Major, M.A.** (April, 2022). *The Effectiveness of Dance/Movement Therapy on Body Image for Adolescents*. Howard University Research Month. Washington, D.C.
- Moore, C., & **Major, M. A.** (April, 2019) *Does the Creative Process Lead Artists to Feel More Anxious*. Howard University Research Week. Washington, D.C.
- Lo, Lillian, & **Major, M. A.** *Examining the Use and Results of Art Therapy Within Prison*. (April, 2019). Howard University Research Week. Washington, D.C.
- Harris, C. E., Davis, J. M., Whitaker, T., Snell, C. L, Berry-Edwards, J., & **Major, M. A.** (October, 2015). *An Interdisciplinary Approach to Social Determinants of Health: A Co- Word Analysis*. 143rd American Public Health Association Annual Meeting and Expo, Chicago, I.L.
- Major, M.**, Talley, A., Manuel, S., Seifullah, S., Harper, R., Sims, M., Wilson, D., & Harrell, C.J. P. (May, 2015). *The links between thoughts, feelings and actions during the creative process*. Association for Psychological Science. New York, N.Y.
- Akinola, Y., Moore, A. E., Holt, N. M. P., & **Major, M. A.** (June 2014). *Forgive for they know not what they do: The influence of faith, forgiveness, and hostility on health perceptions*. Black Graduate Conference in Psychology, Washington D.C.
- Major, M.**, Harrell, C. J. P., & Manuel, S. (January, 2014). *Why do I need to take a swimming class? Changing African Americans perceptions about water and swimming*. The Association of Black Psychologists 2014 General Assembly Mid-Year Meeting/ Conference, Atlanta, G.A.
- Major, M.**, Harrell, C. J. P., Ferguson, B., Harper, R., Hawkins, J., Martin, D., Talley, A., & Joseph, K. (June, 2013). *A Mixed Method Study of the Personality and Creativity Differences of Artists and Non-Artists: An Update*. Black Graduate Conference in Psychology, University of North Carolina, Chapel Hill, N.C.
- Major, M.**, Spikes, M., Williams, S., Malone, T., & Harrell, J. P. (July, 2011). *Personality and creativity differences of artists and non-artists: A mixed method study*. Black Graduate Conference in Psychology, University of Miami, Miami, F.L.

UNDERGRADUATE HONORS THESIS

2023-2024 Thesis Advisor: Katlyn Havlin, Black Women's Participation in Fiber Arts: Past, Present, and Future

GROUP ART EXHIBITIONS

PhotoPop Philly Winter Wonderland Exhibit, The Bourse Building, Philadelphia, PA
November 2019-January 2020

Philadelphia Art Week, Olo Solo Gallery West, Philadelphia, PA, March 9,

2018 Hopeful City Artists at Philadelphia's City Hall, June 26 – August 29,

COMMISSIONS

Private

- 2025 Mr. Derick and Mrs. Nikeshia Holt, *There's a DJ in the House*. mixed media mural, Mr. Derick and Mrs. Nikeshia Holt's Private Collection, Glen Dale, MD (in collaboration with Monica A. Major)
- 2018 Mr. Derick and Mrs. Nikeshia Holt, *Family History*, 12.5 x 7.75 feet, mixed media mural, Mr. Derick and Mrs. Nikeshia Holt's Private Collection, Glen Dale, MD (in collaboration with Monica A. Major)
- 2018 Mr. Jared Arnold, *From Philly to Richmond*, mixed media (acrylic paint and paper) on canvas, Mr. Jared Arnold's Private Collection, Richmond, VA

Public

- 2025 Howard University Department of Psychology Class of 2025 Graduation Celebration Gift, *Dear Class of 2025*, Mixed Media
- 2024 Howard University Department of Psychology Class of 2024 Graduation Celebration Gift, Digital Collage (in collaboration with Kaalex Ash-Green, Erin Whitt, & Madyson Taylor), *Hope*.
- 2022 Leon H. Sullivan Impact Installation, 5 x 20 feet, mixed media, Zion Baptist Church of Philadelphia, Philadelphia, PA (in collaboration with Monica A. Major)
- 2021 Mary McLeod Bethune Elementary School Beautification Project III, 2 x 20 feet, *Untitled*, paper installation, Mary McLeod Bethune Elementary School, Philadelphia, PA (in collaboration with Monica A. Major)
- 2021 Lingelbach Elementary School Beautification Project
- 2019 Mary McLeod Bethune Elementary School Beautification Project II, 4 x 3 feet, *Untitled*, paper installation, Mary McLeod Bethune Elementary School, Philadelphia, PA (in collaboration with Monica A. Major)
- 2018 Mary McLeod Bethune Elementary School Beautification Project I, 2 x 20 feet, *Untitled*, paper installation, Mary McLeod Bethune Elementary School, Philadelphia, PA (in collaboration with Monica A. Major)
- 2018 Black Graduate Conference in Psychology, *Nurture the Land to Restore the Harvest*, mixed media (acrylic paint and paper) on canvas printed on the cover of the program proceedings books, Black Graduate Conference in Psychology, Washington, D.C

- 2016 Zion Baptist Church, *Family Tree*, 7 x 12 feet mixed media (acrylic paint, fabric and oil) on canvas, Zion Baptist Church, Philadelphia, PA (in collaboration with Monica A. Major)
- 2013 Black Graduate Conference in Psychology, *There is a River*, mixed media (acrylic paint and paper) on canvas and then printed on the cover of the program proceeding book, Black Graduate Conference in Psychology, Washington, D.C.

WORKSHOPS

- 6/2017-Present Co-facilitator and instructor for Art as Prayer Workshops. Participants use paint, markers, crayons, colored pencils, or create a prayer journal as a form of prayer. At the end of the workshop, the participants reflect on their individual process, their artwork and their relationship with God.
- 4/2024 Kaboom Play Everywhere Philly Art Workshop #2
Refined and then presented the community's playful learning installations during the workshop. The community offered feedback and edited the designs. Called to Serve and Zion Baptist Church will be installing the installations in the Rev. Leon H. Sullivan Community Impact Center in 2025.
- 2/2024 Kaboom Play Everywhere Philly Art Workshop #1
Hired by Called to Serve CDC and Zion Baptist Church to introduce the community to Rev. Leon H. Sullivan and guided them as they designed playful learning installations about him.

RESIDENCIES

- 2016-Present Zion Baptist Church of Philadelphia Artist in Residence

INVITED PRESENTATIONS AND PANELS

- 8/2025 2025 American Association for Service Coordinator National Conference; Presentation Title: *The Multilayered Importance of the Arts for Aging Populations*
- 8/2024 Howard University College of Pharmacy Faculty Orientation: *Keeping Your Student Engaged*
- 3/2024 American Association of Service Coordinators 2024 Professional Development Webinar; Presentation Title: *The Psychological, Spiritual, Social, and Biological Importance of the Arts for Aging Black Populations* (Virtual)
- 8/2023 2023 American Association for Service Coordinator National Conference; Presentation Title: *The Psychological, Spiritual, Social, and Biological Importance of the Arts for Aging Black Populations*
- 8/2023 Howard University Adjunct Faculty Workshop; Presentation: *Keeping Your Student Engaged*
- 2/2023 Connected Minds and Voices Let's Talk about Self-love Panelist
- 1/2023 Working Together, LLC For the Public Good Panelist

- Guest instructor for Howard University's Psychology Club
"Dreaming in Painting" event
- 10/2022 Panelist for Howard University's Psychology Club's "Learning the
Ropes" event
- 2/2018 St. James School Career Day Speaker, Philadelphia, PA
- 9/2017 Christo Rey Philadelphia High School Celebration of the Holy Spirit
Speaker, Philadelphia, PA
- 4/2017 Virginia State University Black Psychology Conference Panelist
- 3/2017 Options Without Walls Doctoral Studies Symposium Panelist
- 4/2015 Howard University Psychology Club Preparing for Graduate School
Panel
- 10/2014 Association of Black Psychologists DC Chapter Apply to Graduate
School Workshop Panel Speaker
- 10/2013 Howard University Psychology Club, Graduate School Panel
Speaker
- 2012 Psi Chi, Howard University Chapter, Statistics Workshop Presenter
- 2011 Beta Kappa Chi National Scientific Honor Society, Howard
University
Chapter, Research 101 Panelist

COMMUNITY SERVICE

- 01/2019 to 6/2019 Mary McLeod Bethune Elementary School Weekly After School
Art Program Volunteer
- 8/2019 Co-Coordinator for Alice & Daisy's Kin Outdoor Paint Party at
the Philly Free Streets block party. Event was sponsored by
Called to Serve, CDC and Zion Baptist Church
- 8/2018 Co-Coordinator for Alice & Daisy's Kin Outdoor Paint Party at
the Philly Free Streets block party. Event was sponsored by
Called to Serve, CDC and Zion Baptist Church

REFERENCES

Dr. Jules Harrell, *Department of Psychology, Howard University.* jharrell@howard.edu
(202) 806-9458

Dr. Janice Berry Edwards, *School of Social Work, Howard University*
janice.edwards@howard.edu (202) 806-7317

Dr. Alfonso Campbell, *Department of Psychology, Howard University.*
acampbell@howard.edu (202) 806-6805

Dr. Nomi-Kaie Bennett, *Bassett Healthcare Network, Cobleskill Primary
Care, nomikaie.bennett@gmail.com, (518) 364-9472*