

**Nicholas F. Heimpel**  
**Curriculum Vitae**  
[heimpel2@illinois.edu](mailto:heimpel2@illinois.edu)  
 (651) 434-7752

## EDUCATION

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|-------|---|-----------------------------|
| Ph.D. | Counseling Psychology<br>University of Illinois, Urbana-Champaign<br>Advisor: James Rounds, PhD<br>Dissertation: <i>Developing the Next Generation of Occupational Interest Profiles</i>  | <b>Expected<br/>07/2026</b> |
| M.S.  | Social and Health Psychology<br>Utrecht University, The Netherlands<br>Adviser: Marlene Gillebaart<br>Honors: Cum Laude<br>Thesis: <i>Self-Control Strategies: Are Proactive Strategies More Effective and Less Effortful Than Reactive Strategies?</i> | <b>2019</b>                 |
| B.A.  | Psychology<br>Hamline University, St. Paul, MN<br>Honors: Summa Cum Laude, Departmental Honors<br>Honors Thesis: <i>Delinquency, Depression, Religiosity, and Social Support in the Prediction of Substance Use: Findings from ADD Health.</i>          | <b>2016</b>                 |

## RESEARCH POSITIONS

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| <b>Research Assistant</b> | Utrecht University, The Netherlands<br>PI: Marlene Gillebaart, PhD<br>Activity: <i>Designed and implemented survey research investigating behavioral resistance as a mediator of the relation between self-control and health behavior.</i> | <b>2018</b> |
| <b>Research Assistant</b> | Health and Eating Lab<br>University of Minnesota<br>PI: Traci Mann<br>Activity: <i>Collected data for experiments investigating self-regulation of health behavior.</i>   | <b>2016</b> |
| <b>Research Assistant</b> | Hamline University, Minnesota<br>PI: Serena King<br>Activity: <i>Assisted with literature and drafting of an encyclopedia entry on multidimensional assessment of personality.</i>  | <b>2016</b> |

## CLINICAL POSITIONS

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### **Graduate Hourly Clinician** **2023 – Present**

*Disability Resources and Educational Services*  
 University of Illinois, Urbana-Champaign  
 Supervisors: Sue Han, PsyD; Hollie McClintick, PhD  
 Activity: *Psychological evaluation and psychotherapy.*

### **Graduate Clinician** **2022 – 2023**

*Disability Resources and Educational Services*  
 University of Illinois, Urbana-Champaign  
 Supervisor: Sue Han, PsyD  
 Activity: *Psychological Evaluation and Psychotherapy.*

### **Graduate Assessment Technician** **2021 – 2022**

*Illinois NeuroBehavioral Assessment Laboratory (INBAL)*  
 University of Illinois, Urbana-Champaign  
 Supervisor: Crystal Newman  
 Activity: *Test administration, test interpretation, and contribution to diagnostic reports.*

### **Overnight Residential Counselor, Minneapolis** **2017**

*Child Residential Treatment Center*  
 Activity: *Ensured overnight safety of adolescent residents with severe emotional disturbance.*

### **Therapy Trainee, Minneapolis** **2017**

*Fraser*  
 Activity: *Delivered therapeutic education intervention to children ages 3-6 with emotional and behavioral disorders.*

## SUMMARY OF LOGGED CLINICAL HOURS

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Intervention (individual psychotherapy)	192 hours
Assessment (direct support)	56 hours
Supervision (individual and group)	108 hours

## TEACHING POSITIONS

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### University of Illinois, Urbana-Champaign

Course Coordinator – EPSY 220: Career Theory and Practice	2023 – Present
Instructor – EPSY 220: Career Theory and Practice	2020 – Present
Teaching Assistant – EPSY 420: Theories of Psychotherapy	2020 – 2021

## HIGHLIGHTED COURSEWORK

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**University of Illinois at Urbana-Champaign**, Vocational Psychology, Ethics and Professional Seminar, Independent Study in Machine-Learning, Multicultural Counseling, Applied Regression Analysis, Counseling Pre-Practicum, Counseling Practicum Seminar, Personality Assessment, Research Methods in Clinical/Community Psychology, Personality and Social Development, Multivariate Analysis in Psychology and Education, History and Systems of Psychology, Seminar in Counseling Psychology 2020 – Present

**Utrecht University**, Utrecht, The Netherlands 2017 – 2019  
 Behavioral Regulation: Thought and Cognition, Behavioral Regulation: Affect and Motivation, Multivariate Statistics, Research Methods: Computer Practicum, Social and Affective Neuroscience

**Hamline University**, St. Paul, Minnesota 2012 – 2016  
 Applied Health Psychology, Abnormal Psychology, Statistics for the Behavioral Sciences, Statistics with Applications, Lifespan Development, Biopsychology, Principles of Evolution and Ecology, Principles of Plant and Animal Physiology, Macroeconomics

## PUBLICATIONS

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**Heimpel, N. F.**, Hoff, K., Liu, Z., Chu, C., Oswald, F., & Rounds, J. (2024). Linking Work Values to Occupational Information: Development and Psychometric Evaluation of the Occupational Values Inventory (OVI). Under review at *Journal of Counseling Psychology*. [https://osf.io/n6ap4?view\\_only=2041c743aac94a26b884c56fc7a61eb8](https://osf.io/n6ap4?view_only=2041c743aac94a26b884c56fc7a61eb8)

Chu, C., Hoff, K., Liu, Z., **Heimpel, N. F.**, Greco, A., Oswald, F., & Rounds, J. (2024). The Comprehensive Assessment of Basic Interests—O\*NET (CABIN-NET): A Hierarchical RIASEC Interest Measure with 20 Basic Interests. Under review at *Journal of Business and Psychology*. <https://osf.io/preprints/psyarxiv/3me5r>

**Heimpel, N. F.,** Qian, X., & Song, W. (2018). Parenting and Child Self-Regulation in Chinese Families: A Multi-Informant Study. *Journal of Child and Family Studies*, 27(7), 2343–2353. doi: 10.1007/s10826-018-1063-y

King, S. M., **Heimpel, N. F.,** Whelan, J., & Prementine, C. (2017). Multi-dimensional Personality Assessment. *Encyclopedia of Personality and Individual Differences*, 1–4. doi: 10.1007/978-3-319-28099-8\_47-1

## **PRESENTATIONS**

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Hoff, K. A., **Heimpel, N. F.,** Liu, Z., Chu, C., Oswald, F. Rounds, J. (2023) “The Occupational Values Inventory (OVI): Development and Validation.” Society for Industrial and Organizational Psychology Annual Conference, Boston, Massachusetts.

**Heimpel, N. F.,** Gillebaart., M. (2019) “Self-Control Strategies: Are Proactive Strategies More Effective and Less Effortful Than Reactive Strategies?” Social and Behavioral Sciences Graduate Conference, Utrecht University, Utrecht, The Netherlands.

**Heimpel, N. F.,** King, S. “Delinquency, Depression, Religiosity, and Social Support in the Prediction of Substance Use: Findings from ADD Health.”

- Minnesota Undergraduate Psychology Conference, Minneapolis, Minnesota (2016).
- Midwestern Psychology Conference, Chicago, Illinois (2016).
- Poster Presented at National Conference for Undergraduate Research, Ashville, North Carolina (2016).

## **AFFILIATIONS, AWARDS, AND GRANTS**

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Member of the American Psychological Association (APA)	<b>2022 – Present</b>
List of Teachers Ranked as Excellent by Students (University of Illinois at Urbana-Champaign)	<b>2021 – 2023</b>
Cum Laude (Utrecht University)	<b>2019</b>
Social and Behavioral Science Excellence Scholarship (€24,000; Utrecht University)	<b>2017 – 2019</b>
Summa Cum Laude (Hamline University)	<b>2016</b>
Departmental Honors (Psychology; Hamline University)	<b>2016</b>
Summer Collaborative Research Grant (\$3000; Hamline University)	<b>2015</b>
Dean’s List (Hamline University)	<b>2012 – 2016</b>

## COMPUTER AND TECHNICAL SKILLS

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**Platforms:** Prolific, Qualtrics

**Data Analysis Software:** R, SPSS, G\*Power

**Analytic Techniques:** Analysis of Variance, Regression, Mediation Analysis, Moderation Analysis, Exploratory and Confirmatory Factor Analysis, Power Analysis, Cluster Analysis, Data Visualization

## LANGUAGES

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English (Native), Italian (Intermediate-advanced), Spanish (Intermediate)

## REFERENCES

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Sue Han, PhD, LP (Supervisor at DRES 2022 – 2023)  
Private Practice  
[shan@maplepsychological.com](mailto:shan@maplepsychological.com)  
(971) 295-6248

Lydia Khuri, PsyD, LP (Director of Clinical Training)  
University of Illinois at Urbana-Champaign  
Department of Educational Psychology; Division of Counseling Psychology  
[mkhuri@illinois.edu](mailto:mkhuri@illinois.edu)

James Rounds, PhD (Academic Advisor)  
University of Illinois at Urbana-Champaign  
Department of Educational Psychology; Division of Counseling Psychology  
[jrounds@illinois.edu](mailto:jrounds@illinois.edu)