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Dr. Garavalia earned her doctorate in Educational Psychology and Research from the University of South Carolina. Prior to joining WesternU, she served on the faculty at the University of Missouri-Kansas City for over fifteen years. Her research focuses on self-regulation of behaviors, thoughts, and cognitions in relation to academic achievement and personal health management. Dr. Garavalia is an award winning teacher and has taught undergraduate and graduate courses in classroom assessment, psychometrics, research methodology, educational psychology and learning theory. She has published numerous articles on student learning and assessment, program review, and medication adherence.