

Marilee J. Bresciani Ludvik, Ph.D. serves as a professor of postsecondary educational leadership at San Diego State University. She is also the Founder of the Rushing to Yoga Foundation; a foundation that seeks to strengthen peace and compassion within higher education by training attention, emotion, and cognitive regulation skills among undergraduate students, graduate students, faculty, and administrators.

Dr. Bresciani Ludvik's past research has focused on the evaluation of student learning and development and the role leaders play in using evidence to improve student learning and development in higher education. Her most recent research explores the effectiveness of attention, emotion, and cognitive regulation training programs on the use of intuition and self-inquiry in evidence-based decision-making and one's ability to think critically. Dr. Bresciani Ludvik has held faculty and higher education administration positions for over 28 years. In those positions, she has conducted enrollment management research, quantitative and qualitative institutional research, course-embedded assessment, and academic and administrative program assessment. Previously as Assistant Vice President for Institutional Assessment at Texas A&M University and as Director of Assessment at North Carolina State University, Dr. Bresciani Ludvik led university-wide initiatives to embed faculty-driven outcomes-based assessment in the curriculum. She has led reforms in outcomes-based assessment program review, assessment of general education, quality enhancement, and assessment of the co-curricular.

Dr. Bresciani Ludvik has been frequently invited to present and publish her findings on assessment and is a leading author of six books on assessing student learning and outcomes-based assessment program review along with two books on self-inquiry and authenticity exploration. Dr. Bresciani Ludvik has developed and delivered several courses on assessment of student learning, as well as attention, emotion, and cognitive regulation.

Dr. Bresciani Ludvik is a certified Search Inside Yourself Leadership Institute teacher, a certified yoga teacher who has trained with the Baron Baptiste Power Yoga Institute, and a certified meditation instructor trained by the Chopra Center for Well-Being. Furthermore, Bresciani Ludvik has been trained in Mindfulness-Based Stress Reduction (MBSR) methodology by Jon Kabat-Zinn and Saki Santorelli. Marilee's mantra is "I teach what I need to learn."

Dr. Bresciani Ludvik holds a Ph.D. in Administration, Curriculum, and Instruction from the University of Nebraska and a Masters of Arts in Teaching from Hastings College.

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