Prof. Anne-Marie Harcrow

Adjunct Associate Professor

PRONOUNS

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SUBJECT AREAS

Psychology
Government
Library Skills and Information Literacy

EDUCATION

MA, Experimental Psychology, Fayetteville State University
MA, Political Science, Texas State University San Marcos
BA, Psychology, Texas State University San Marcos

TEACHING LOCATIONS

Stuttgart Military Community, Germany

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I am a lifelong learner whose journey began in Denmark, where I was born and raised. My entire adult life has been an adventure abroad, living in both the United States and Germany—experiences that have profoundly shaped my worldview and teaching philosophy.

While Psychology is my primary field, I am currently pursuing a doctorate in Health & Human Performance, with my dissertation focusing on emotion regulation and stress/recovery stages. This interdisciplinary approach reflects my belief in holistic health and the notion that true well-being integrates the mental, physical, and emotional dimensions. I'm passionate about exploring how these interconnected aspects of health influence our capacity to flourish.

Since joining UMGC in 2016, I've discovered a passion for classroom interactions with our students whose diverse life experiences enrich the learning experience for us all. My teaching philosophy embraces a playful approach—I believe learning should be engaging and fun. This same playfulness extends to my personal life, where you'll find me building with LEGO, a hobby that keeps my creativity and problem-solving skills sharp while reminding me that some of life's greatest joys come from simple, mindful activities. This playful spirit infuses everything I do, from research to teaching to daily life.