

**Jill R. Bowers, PhD**  
Eastern Illinois University  
Department of Human Services  
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## EDUCATION

- 2013      *University of Illinois, Urbana-Champaign, Illinois*  
**Doctor of Philosophy, Human and Community Development**  
Emphasis: Human Development and Family Studies  
**Dissertation: “Online program development for youth: A qualitative analysis of online program content, instruction, and implementation”**
- 2006      *Eastern Illinois University, Charleston, Illinois*  
**Master of Science, Family and Consumer Sciences**  
Option: Children and Families  
**Thesis: “Empowering adolescents in a morally ambiguous world: An exploration of middle school character education programs”**
- 2005      *Eastern Illinois University, Charleston, Illinois*  
**Bachelor of Science, Family and Consumer Sciences**  
Concentration: Family Services  
Graduated Cum Laude

## ACADEMIC AND PROFESSIONAL APPOINTMENTS

August      **Instructor**  
2018-      Human Services  
present      Eastern Illinois University

Teach courses, such as Addictions in the Family, Administration in Youth and Family Services, Aging and the Family, Evaluation in FCS/Human Services, Public Policy and Grant Writing, and Orientation to Internship. Serve as the undergraduate internship coordinator. Responsibilities include developing syllabi and overall course structure while teaching all lectures, conducting in-class activities, and administering grades.

August      **Graduate Coordinator**  
2020-May      Human Services  
2022      Eastern Illinois University

Provide training and assistance to new graduate faculty; monitor the graduate faculty status for HSCL; advise the Chair of budgetary needs of the program; gather and provide data when requested; initiate the review, and facilitate the update, of all graduate program policies; ensure all marketing and promotional materials are accurate and up to date, including web presence and catalog; serve as point of contact for those interested in the MS in HSPA and foster alumni relationships; facilitate the development and implementation of a recruitment plan; complete the admission process for prospective graduate students, including provisional admittance; facilitate new graduate student orientation; review and approve graduate study plans and enter into EIU’s online system; facilitate the graduate assistant selection process; facilitate graduate assistant training, scheduling, and overall supervision; in consultation with the graduate school, submit dismissal letters to students; follow record retention guidelines.

- August 2017 – August 2018 **Adjunct Assistant Professor**—*Psychology, Danville Area Community College*  
 Taught *Introduction to Psychology*. Responsibilities included developing syllabus and overall course structure while teaching all lectures, conducting all in-class activities, and administering grades.
- January 2017 – August 2018 **Divorce and Intimate Partner Violence Project Coordinator**—*Department of Human Development and Family Studies, University of Illinois at Urbana-Champaign*  
 Participated in the evaluation of divorce and domestic violence court records, coordinated graduate and undergraduate extraction and coding of data collection and analysis from administrative records at a local courthouse, participate and lead weekly project meetings, managed online and hard copy data storage, and assisted with data analysis activities.
- August 2016- August 2017 **Adjunct Assistant Professor - Educational Psychology, University of Illinois at Urbana-Champaign**  
 Taught *Adolescent Development* and *Child Development*. Responsibilities included developing syllabus and overall course structure while teaching all lectures, conducting all in-class activities, administering grades, and mentoring teaching assistants for course discussion sections.
- April 2016- December 2016 **Military Transitions Mental Health Postdoctoral Associate and Project Coordinator** – *Institute for Transitional Research in Children’s Mental Health, University of Minnesota, Minneapolis, Minnesota*  
 Participated in the design and implementation of an evaluation of a Sesame Street program targeting military families in transition. Specific duties included coordinating IRB protocols and other regulatory tasks, recruiting military families to participate and maintain ongoing communication with military professionals and families, manage and track project budget, collaborate with other team members to prepare reports and publications, and assist project PI with other research military family research projects.
- May 2014- April 2016 **Researcher and Project Coordinator** – *Family Resiliency Center, Department of Human and Community Development, University of Illinois, Urbana-Champaign, Illinois*  
 Coordinated all aspects of the development and production of web-based microlectures, web-based professional development modules, and developed curriculum materials and instructor manuals for the *Transdisciplinary Obesity Prevention Research Sciences* project for advanced undergraduates. Some specific responsibilities included utilizing experience with blended/online learning to collaborate with the sub award partner institutions on the development of the blended course; developing and executing recruitment plan, selection, and orientation of undergraduates for the course; leading steering and other committee meetings; administering and managing the project budget in collaboration with the PI; managing project documents and information; preparing manuscripts and projects reports in collaboration with other staff; advising students in this class on research strategies and professional development.
- June 2013- December 2014 **Academic Hourly or Independently Contracted Researcher** –*The Agricultural Education Program, University of Illinois, Urbana-Champaign, Illinois and Department of Communication, University of Arizona, Tucson, Arizona*  
 Provided consulting and other general assistance for two research projects involving emerging adults’ leadership skills (with Dr. David Rosch in the Agricultural Education Program at the University of Illinois, organizing coding plan, coding, and training another graduate student to use qualitative, grounded theory methodology and data analysis software) and risk behaviors (with Dr. Chris Segrin in the Department of Communication at the University of Arizona, creating measurement tools and recruitment strategies).

June  
2013-May  
2014

**Visiting Teaching Associate** – *Department of Human and Community Development, University of Illinois, Urbana-Champaign, Illinois*

Taught courses (i.e., *Issues and Careers in Human Development and Family Studies, Middle Childhood*, and an online section of *Introduction to Human Development*); responsibilities included developing syllabi and overall course structure, planning activities, facilitating students' face to face and online experiences, administering grades and other tasks related to teaching the courses. In addition to teaching the courses, I had responsibilities with planning and implementing Departmental recruitment and retention efforts; activities for this role included, but were not limited to forming and advising an undergraduate student Ambassador group, interacting with students and guidance counselors across the state of Illinois for recruitment efforts, coordinating tasks for the faculty undergraduate recruitment task force, establishing a social media presence for the Department, and organizing or serving as the Department liaison for campus recruitment events.

February  
2013 -  
June 2013

**Postdoctoral Research Associate** – *Department of Human and Community Development, University of Illinois, Urbana-Champaign, Illinois*

This postdoctoral research position involved developing, piloting, and evaluating a Virtual Home Visitation Program for Iowa State University Extension and The Iowa Department of Public Health. In this project, specific duties included collaborating with a multi-state, interdisciplinary team to develop risk assessment tools, content, and online instructional, implementation, and evaluation strategies for the target audience (low to moderate risk parents and primary caregivers of children 0-5 in the state of Iowa). This position was short-term because funding for this project was cut by The Iowa Department of Public Health.

2008-  
2013

**Research Assistant** – *Department of Human and Community Development, University of Illinois, Urbana-Champaign, Illinois*

Research assistant responsibilities involved program development and evaluation of human development and family life education programs. Some specific duties included (but were not limited to): program improvement research for Extension Family Life Curricula (e.g., *Intentional Harmony, Parenting 24/7*) and eXtension's *Just in Time Parenting Program*; preparing Extension face to face programs for online delivery (e.g., *Your Young Child*); evaluating the *Relationship Smarts Plus Curriculum* and its effectiveness among adolescents in high school family and consumer sciences' classes; literature reviews for potential program efforts (e.g., sexuality and divorce education), facilitating workshops for couples (e.g., work-life balance), and conducting research and coordinating recruitment efforts for a rural health study.

2011

**Instructor**—*Department of Human and Community Development, University of Illinois, Champaign-Urbana, Illinois*

Taught *Introduction to Family Studies*. Responsibilities included developing syllabus and overall course structure while teaching all lectures, conducting all in-class activities, administering grades, and mentoring teaching assistants for course discussion sections.

2007-  
2008

**Director** – *Child Care Resource and Referral, Charleston, Illinois*

Director responsibilities consisted of interviewing, hiring, supervising, and completing evaluations for nine permanent staff while writing and securing agency funding from the state of Illinois and being the liaison to the School of Family and Consumer Sciences, the Illinois Department of Human Services, and the Illinois Network of Child Care Resource and Referral Agencies. Other duties included working on personnel issues, implementing strategic planning

sessions, facilitating staff meetings, preparing agenda and minutes for monthly staff meetings, approving financial transactions, being informed and acting upon changes in policy, such as the Provider Union, Mental Health, Preschool for All, Tier Reimbursement, and other policies of that time.

2006-  
2008 **Full Time Instructor** - *School of Family and Consumer Sciences, Eastern Illinois University, Charleston, Illinois*

Teaching responsibilities consisted of developing syllabi and overall course structure while preparing and conducting all lectures, class activities, and assignments and administering grades for courses (undergraduate and graduate levels), which included: *Family in Crises, Family Relationships, Family Perspectives, Family Resource Management, Foundations in Family and Consumer Sciences, Infant Development, Life-span Human Development, and Women, Men and Culture*. Other responsibilities included holding regularly scheduled office hours, participating in meetings, serving on committees, and remaining involved with events related to family and consumer sciences in the Department, on campus and in the community.

## PUBLICATIONS

### *Peer-Reviewed Articles*

#### *\*Graduate student mentee*

- **Bowers, J. R.,** \*Blacker, K., & \*Bell, C. (in progress). Impact of COVID on human services personnel.
- \*Reiman, C., **Bowers, J. R.,** \*Palmer, M. (in progress). College teaching, engagement, recruitment, retention, and job outlook in human services.
- \*Ellazar, B., & **Bowers, J. R.** (in progress). Physical activity among individuals with disabilities.
- **Bowers, J. R.,** Hillier, N., & Sherwood, M. (2021). Virtual internships in health and human services: Practices and strategies for planning during the pandemic. *Journal of Family and Consumer Sciences, 113, 2, 21-24.*
- \*Bell, C., **Bowers, J. R.,** \*Carlson, M, & \*Meyers, M. (2021). Child welfare during a pandemic. *Journal of Family and Consumer Sciences, 113, 2, 53-57.*
- **Bowers, J. R.,** & Segrin, C. (2017). Transitional instability, psychological health, and sexual risk taking among college students. *Journal of Student Affairs Research and Practice, 54, 400-414.* doi: 10.101080/19496591.2017.1345753.
- Segrin, C., & **Bowers, J. R.** (2017). Reciprocal effects of transitional instability, problem drinking, and drinking motives in emerging adulthood. *Current Psychology, 1-11.* doi: 10.1007/s12144-017-9617-5.
- Kang, H., Raffaelli, M., **Bowers, J. R.,** Munoz, L., & Simpkins, S. (2017). Parental participation in the process of youth joining a program: Perspectives from adolescents and parents. *Family Relations, 66, 258-272.* doi: 10.1111/fare.12247.
- **Bowers, J. R.,** Segrin, C., & Joyce, N. (2015). The role of transitional instability, psychological distress, and dysfunctional drinking in emerging adults' involvement in risky sex. *Journal of Social and Personal Relationships, doi: 0265407515617621.*
- **Bowers, J. R.,** Rosch, D. M., & Collier, D. A.. (2015). Examining the relationship between role models and leadership growth during the transition to adulthood. *Journal of Adolescent Research, 31,* Online first, doi: 0743558415576570.
- Kim, Y., **Bowers, J. R.,** Martin, S., Ebata, A. T., Lindsey, S., & Nelson, P (2015). Process monitoring evaluation of an online program for parents. *Journal of Extension, 53.* Retrieved from <http://www.joe.org/joe/2015april/rb2.php>
- **Bowers, J. R.,** Ogolsky, B.G., Hughes, R., & Kanter, J. (2014). Coparenting through divorce or separation: A review of an online program. *Journal of Divorce & Remarriage, 55, 464-484*
- **Bowers, J. R.,** Wiley, A. R., Jones, B. L, Ogolsky, B. G., & Branscomb, K. (2014). *Helping dual-earner couples manage work-partner interferences: A program evaluation. Marriage and Family Review, 50, 55-75.*
- Ogolsky, B. G. & **Bowers, J. R.** (2012). A Meta-analytic review of relationship maintenance and its correlates. *Journal of Social and Personal Relationships, 30, 343-367.*

## PUBLICATIONS CONTINUED...

### Peer-Reviewed Articles

- Hughes, R.H., **Bowers, J. R.**, Mitchell, E., Curtiss, S.L., & Ebata, A.T. (2012). Developing online prevention and education programs. *Family Relations*, 61, 711-727.
- **Bowers, J. R.**, Mitchell, E., Hardesty, J., & Hughes, R. (2011). A review of online divorce education programs. *Family Court Review*, 49, 776-787.

### Invited Book Chapters

- Larson, R., Orson, C., & **Bowers, J. R.** (2017). Positive youth development: How intrinsic motivation amplifies adolescent's social emotional learning. In M.A. Warren & S. I. Donaldson (Eds.), *Scientific Advances in Positive Psychology*, Santa Barbara, CA: Praeger.
- Wiley, A. R., & **Bowers, J. R.** (2015). Relationship health and relationship education programming. In *Evidence-based Approaches to Relationship and Marriage Education*. Editor: James J. Ponzetti.
- **Bowers, J.R.**, Hughes, R., Jr., & Mitchell, E. T. (2015). Parent education. In L. Ganong & M. Coleman (Eds.), *Social history of American families: An encyclopedia*. Thousand Oaks, CA: Sage.
- Curtiss, S., Hughes, R., Jr., & **Bowers, J.R.** (2015). Information age. In L. Ganong & M. Coleman (Eds.), *Social history of American families: An encyclopedia*. Thousand Oaks, CA: Sage.
- Hughes, R. **Bowers, J. R.**, Monk, J. K., & Kanter, J. (2015). Divorce and custody. Online Oxford Bibliography Publication.
- Hughes, R., **Bowers, J. R.**, Mitchell, E., Curtiss, S., & Ebata, A. T. (2014). Strategies for designing online family life education. In M.J. Walcheski & J.S. Reinke (Eds). *Family Life Education: The Practice of Family Science*, Minneapolis, MN: National Council on Family Relations.

## GRANT EXPERIENCE

- Winkleblack Family Fund, Eastern Illinois University, MS in HSPA Promotional Materials, \$3730, partially funded = \$1859.00, 2021
- Redden Grant Fund, Eastern Illinois University, *Panther InterProfessional Education Services (PIPES)*, \$4992.94, funded, 2020 (Principal investigator with co-investigators, Drs. Nikki Hillier Jackie Frank, Mikki Sherwood, & Julie Dietz)
- Redden Grant Fund, Eastern Illinois University, *Students Working with Local WIC Offices to Assess New Process*, \$890.00, funded, 2020 (Co-investigator with Laurie Deruiter-Willems and Nikki Hillier)
- Winkleblack Family Fund, Eastern Illinois University, *Incorporating Experiential Learning and Recruitment into Fundraising in Human Services Courses*, \$1626.00, funded, 2020
- Winkleblack Family Fund, Eastern Illinois University, *Development and Implementation of an Interdisciplinary Health, Nutrition, and Wellness Online Graduate Degree Program*, \$1000, funded, 2020 (co-investigator with Drs. Melanie Burns and Sheila Simons)
- Redden Grant Fund, Eastern Illinois University, *Improving instruction in Orientation to Internship to Human Services Program Administration*, \$1484, funded, 2019
- Winkleblack Family Fund, Eastern Illinois University, *Incorporating Experiential Learning and Recruitment into Fundraising in Human Services Courses*, \$441, funded, 2019
- Winkleblack Family Fund, Eastern Illinois University, *Incorporating Experiential Learning and Recruitment into Fundraising in Human Services Courses*, \$559.20, funded, 2019
- Principal Investigator, Submitted to: The National Council on Family Relations, Title: *Binge Thinking: An Integrated Project to Prevent Alcohol Abuse among Student Veterans*, \$10,000, submitted to The National Council on Family Relations for their innovative grant awards, 2015, not funded, 2015.
- Principal Investigator, Submitted to: The Wickwire Family Foundation, Title: *Addressing health risk behaviors for emerging adults through online programming*, \$12,830, fully funded, 2014.
- Principal Investigator (co-investigator: Chris Segrin, University of Arizona), Submitted to: The National Council on Family Relations, Innovative Grant Proposal, Title: *An integrated project to develop an online sexuality education module for emerging adults*, \$10,000, not funded, 2014.

## GRANT EXPERIENCE continued...

- Principal Investigator (co-investigator: Barbara Fiese, Director of The Family Resiliency Center), Submitted to: The National Council on Family Relations, Innovative Grant Proposal, Title: *Expanding online resources for emerging adults in family health careers*, \$9,668, not funded, 2014.
- Principal Investigator (co-investigator: Chris Segrin, University of Arizona), Submitted to: The National Council on Family Relations, Innovative Grant Proposal, Title: *An integrated project designed to develop an online sexuality education module for emerging adults*, \$9650, not funded, 2013.
- Principal Investigator, Submitted to: The United States Department of Agriculture, National Institute of Food and Agriculture, AFRI Fellowships Grant Proposal, Title: *An integrated project to address childhood obesity by providing couples with strategies for improving marital quality and family routines*, \$120,562, not funded, 2013
- University of Illinois at Urbana-Champaign College of Agriculture, Consumer, & Environmental Sciences Office of Research Travel Grant, \$935.38; fully funded, 2012
- University of Illinois at Urbana-Champaign, Human and Community Development Departmental Dissertation Data Collection Grant, \$1600.00, fully funded, 2011-2012
- Secured funding for FY09 (July 2008-June 2009) Child Care Resource and Referral Core, Child Care Assistance, and Quality Rating System services, Eastern Illinois University with The Illinois Department of Human Services, Agreement No. 10C6002526: \$637,700.00; fully funded, 2008
- Illinois Network of Child Care Resource & Referral Agencies; funding for Professional Development Program Promotion and Recognition for FY08 (July 2007-June 2008): \$5,000.00, fully funded, 2007
- Illinois Network of Child Care Resource & Referral Agencies; funding for Quality Counts Mini-Grants (\$38,000.00) and Quality Counts Rating System Marketing and Outreach Plan (\$3,000.00) in FY08 (between July 2007-2008); fully funded, 2007
- Fiscal Agent for FY08 (July 2007-June 2008) Child Care Resource and Referral Core and Child Care Assistance Program services, Eastern Illinois University Contract with The Illinois Department of Human Services, Agreement No. 10C6002526: \$602,700.00; fully funded, 2007
- Lumpkin Family Foundation, *Bridges Out of Poverty Training* Grant: \$1,500, fully funded, 2008
- Winkleblack Family Fund, Eastern Illinois University; funding for Bridges out of Poverty Training: \$595, partially funded, 2007

## SELECT PEER-REVIEWED CONFERENCE PRESENTATIONS

### \*Graduate Student Mentees

- Hillier, N., DeRuiter-Willems, L., & **Bowers, J. R.** (2021). *Experiential learning in a pandemic: Planning, partnership, and problem solving*. 72<sup>nd</sup> Annual Conference for the Society for Public Health Education, Digital Conference.
- \*Tandoh, D., & **Bowers, J. R.** (2019). *Teaching Menarche Preparedness and Menstrual Hygiene to the Youth*. Illinois Association for Health Physical Education, Recreation, and Dance, St. Charles, IL
- **Bowers, J. R.**, \*Tandoh, D., \*Crowe, A., & \*Moffett, K. (2019). A Participatory Research Approach to Coparenting Education. Oral presentation at the Illinois Council on Family Relations Annual Conference, Charleston, Illinois
- \*Tandoh, D., & **Bowers, J.R.** (2019). *Menarche Preparedness & Menstrual Hygiene Education: Perception of College Students*. Poster presentation at the Illinois Council on Family Relations Annual Conference, Charleston, Illinois.
- \*Tandoh, D. & **Bowers, J. R.** (2019). *Teaching Menarche Preparedness and Menstrual Hygiene to the Youth*. Poster presentation at the Illinois Association for Health, Physical Education, Recreation, and Dance. St. Charles, Illinois.
- Mitchell, E., **Bowers, J. R.**, Izenstark, D., & Sherwood, M. (2015, November). *A Participatory Approach to Developing College Students' Career Skills*. Poster presentation at the annual conference of The National Council on Family Relations, Vancouver, BC, Canada
- **Bowers, J. R.**, Sherwood, M. Burns, M., & Izenstark, D. (2014, June). *A participatory approach to developing and evaluating an online program to enhance FCS students' professional development knowledge and skills*. Oral presentation at the annual conference of The American Association of Family and Consumer Sciences, St. Louis, MO

## SELECT PEER-REVIEWED CONFERENCE PRESENTATIONS CONTINUED...

- Ebata, A. T., Martin, S., **Bowers, J. R.**, Curtiss, S., Izenstark, D., & Kim, Y. (2013, November). *Parents' use of traditional and digital sources of information and advice*, Poster presentation at the annual conference of the National Council on Family Relations, San Antonio, TX
- Kim, Y., **Bowers, J. R.**, Martin, S. Ebata, A. Behnke, A. (2013, November). *Process monitoring evaluation for an online resource for parents*, Oral presentation at the annual conference of the National Council on Family Relations, Phoenix, AZ
- Ebata, A. T., **Bowers, J. R.**, Behnke, A., Abell, E., Nelson, P., & Stone, M. (2013, September). *Reaching a new generation of mobile parents "Just in Time,"* Oral presentation at the National Extension Association of Family and Consumer Sciences, Pittsburg, PA
- **Bowers, J. R.**, Ebata, A.T., Meadows, M., & Kanter, J. (2012, November). *Developing online programs for youth*. Oral presentation at the annual conference of the National Council on Family Relations, Phoenix, AZ
- Hughes, R., **Bowers, J. R.**, Curtiss, S., Ebata, A.T., & Mitchell, E. (2011, November). *Program development issues in designing online family life education programs*. Oral presentation at the annual conference of the National Council on Family Relations, Orlando, FL
- **Bowers, J. R.**, Curtiss, S., & Ebata, A.T. (2011, June). *A process-based approach for evaluating web-based email newsletters*. Oral presentation at the annual eXtension Conference, Louisville, KY
- **Bowers, J. R.**, Haselschwerdt, M., & Johnson, M. P. (2011, April). *Intimate partner violence in context: Implications for research, policy and practice*. Oral presentation at the annual Illinois Council on Family Relations Conference, Champaign, IL
- McCloskey, L. & **Bowers, J. R.** (2010, September). *Interventions preventing gender-based violence*. Oral presentation at the World Safety Conference: Sexual Violence Research Institute Special Seminar, London, UK

## SELECT INVITED PRESENTATIONS

- **Bowers, J. R.**, & Hillier, N. (April 2020). *College students' perceptions of alcohol/drug prevention initiatives*. Illinois Higher Education Center, Webinar.
- **Bowers, J.** (2014; 2015, October). *Professional development skills and the job market*. Presentation for the Human Development and Family Studies Intern Practicum course at The University of Illinois, Urbana, IL
- **Bowers, J.** (2014, February). *Participatory approaches to research: Program development and evaluation*. Presentation for the Human Development across the Lifespan course at The University of Illinois, Urbana, IL.
- **Bowers, J.** (2012, March). In-depth interviews and qualitative grounded theory methods. Presentation for Introduction to Research Methods course at The University of Illinois, Urbana, IL
- **Bowers, J.** (2011, November). *Couples programs*. Discussant for relationship education symposium at the National Council on Family Relations Conference, Orlando, FL
- **Bowers, J.** (2011, November). *Viewing various forms of violence from a feminist perspective*. Discussant for domestic violence session at the National Council on Family Relations Conference, Orlando, FL
- **Bowers, J.** (2009, February). Patterns in socio-economic classes: Implications for practitioners. Presentation for The Illinois School Psychologists Association Annual Conference; Springfield, IL
- **Bowers, J.** (2009, March). *Quality child care: Issues and needs in 2009*. Presentation for the Annual Policy Symposium for the National Association of Child Care Resource and Referral Agencies; Washington, DC

## HONORS, AWARDS, FELLOWSHIPS, AND SCHOLARSHIPS

- Outstanding Club Advisor, College of ACES, University of Illinois, 2015
- Joseph H. Pleck Outstanding Graduate Student of the Year Award, Department of Human and Community Development, University of Illinois, 2012
- Crum-Koehler National Graduate Fellowship Award from the American Association of Family & Consumer Sciences, 2011
- List of teachers rated as outstanding by their students, University of Illinois, Summer 2011
- List of teachers rated as excellent by their students, University of Illinois, Spring 2011

## **HONORS, AWARDS, FELLOWSHIPS, AND SCHOLARSHIPS CONTINUED...**

- Human and Community Development Emily Schroeder Graduate Fellowship, 2009-2010
- Human and Community Development Claretta Walker Fellowship, 2009-2010
- Susan Kahl Bates Leadership Development Award, University of Illinois, 2009
- Ruth Miller Esbeck Graduate Scholarship, School of Family & Consumer Sciences, Eastern Illinois University, 2006
- Graduate Research Award, Perceived Benefits of Programs Designed for Adolescents, School of Family & Consumer Sciences, Eastern Illinois University, 2005

## **UNIVERSITY SERVICE**

- National Society of Collegiate Scholars Co-Advisor 2020-present
- University Standards Board, Eastern Illinois University, 2020-present
- TRIO Program Mentor, Eastern Illinois University, 2019 – present
- College of Health and Human Services, Eastern Illinois University, Family and Consumer Sciences Scholarship Committee Chairperson, 2019-present
- College of Health and Human Services, Eastern Illinois University, Experiential Learning Committee, 2019 – present
- College of Health and Human Services, Eastern Illinois University, Scholarship and Achievement Committee, 2018 - 2020
- Human Services and Community Leadership, Eastern Illinois University, Scholarship Committee, 2019-present
- Human Services and Community Leadership, Eastern Illinois University, Recruitment Committee, 2018-present (Chair, 2018-2020)
- Human Services and Community Leadership, Eastern Illinois University, Student Ambassadors Advisor, 2018-2020
- Human Services and Community Leadership Ad-Hoc Curriculum Committee Member, Eastern Illinois University, 2018 - present
- Leadership Coach, University of Illinois Illinois Leadership Center, 2016- 2018
- Mentor for Eastern Illinois University Graduate School Alumni Mentorship Program, 2015 - 2016
- Advisor for The Human Development and Family Studies Ambassador registered student organization, UIUC, 2013-2015
- Human Development and Family Studies Recruitment and Retention Committee, UIUC, 2013-2015
- Created videos and research briefs for 4H Extension faculty and staff, *Today's Youth* series, 2012
- Rural health study search committee member for research coordinator and research recruitment coordinator positions, Department of Human and Community Development, University of Illinois, 2011-2012
- Presentation for the ExplorACES recruitment event for The College of ACES, University of Illinois at Urbana-Champaign, [Presentation Title: *Gender and Families*], March 2011
- Member of the Human and Community Development General Student Organization, 2009-present
- Quality Counts Grant Reviewer, Child Care Resource Service, Champaign, IL, 2008
- Faculty Advisor for the Business and Professional Women's Student Organization at Eastern Illinois University, 2007-2008
- Interim Faculty Advisor for the Student Association of Family and Consumer Sciences, Eastern Illinois University, 2006

## **COMMUNITY SERVICE**

- Illinois Coalition for Community Service/Teen Reach Advisory Board Secretary, 2020 - present
- Urbana High School Arts Boosters, Theatre Marketing Coordinator, 2018 - 2020
- Little Theatre on the Square, Board of Directors, 2017 - 2019
- Coles County 4H Parent volunteer, 2010-2013
- Board of Directors for *HOPE* Domestic Violence Agency, 2007-2011
  - Housing Advisory Committee Chair, 2009-2011
- Regional Alliance for Youth (RAY) Board Member, 2009-2010
  - Helped organize RAY Summit and participated in RAY mini-grant reviews, 2010
- Board of Directors for the Charleston Community Day Care Center, 2004-2007
  - Assisted with accreditation process, policy additions, and other tasks as needed

## **ADDITIONAL PROFESSIONAL EXPERIENCE**

- Project Director, *Coparenting Alliance*, divorce education program, 2017 – present
- Project Director, Human Services and Pre-Social Work Professional Development blog spot, an online program designed to help undergraduate college students with career skills, 2013 - present
- Project Director, *Binge Thinking*, an online program designed to promote health and safety on college campuses, 2015-2016
- Completed Illinois Council on Sexual Assault 40 hour, Volunteer Training program, 2014
- Just in Time Parenting Evaluation Team committee member, eXtension Just in Time Parenting Community of Practice, 2011-present
- *Bridges out of Poverty*, Trainer, 2008-present
- Authored PowerPoint presentations for Goodheart-Wilcox Publisher, 2009-2010
- Completed *CHARACTER COUNTS!* Training Program, 2006
- Completed Domestic Violence 40-hour Training Program, 2005

## **AD-HOC REVIEWER AND EDITORIAL ASSISTANCE**

- Ad-hoc Reviewer, *Journal of Leisure Research*, 2021 - present
- Ad-hoc Reviewer, *Journal of Adolescent Research*, 2015 - present
- Ad-hoc Reviewer, *Journal of Interpersonal Violence*, 2014- present
- Ad-hoc Reviewer, *Emerging Adulthood*, 2014- present
- Ad-hoc Reviewer, *Personal Relationships*, 2006-present
- Ad-hoc Reviewer, *Journal of Human Sciences and Extension*, 2013-present
- Editorial assistant to Angela Wiley, Associate Editor, *Journal of Social and Personal Relationships*, 2012-2013

## **PROFESSIONAL AFFILIATIONS**

- National Council on Family Relations, 2006 - present
  - Certified Family Life Educator (CFLE), 2006-2020
  - CV/Resume Reviewer, 2019 - present
  - High School Outreach Task Force, 2015
  - CFLE Online Education Committee, 2011-2014
  - Illinois Council on Family Relations Board Member; 2006-2013; President, 2011 – 2012
- American Association of Family and Consumer Sciences, 2005-2015; 2020
  - Certified by the American Association of Family and Consumer Sciences with an emphasis in Human Development and Families Studies, 2006-2015
  - Illinois Association of Family and Consumer Sciences Board, 2006-2010