

# VITA

## Michael Olpin, PhD

### Current Professional Position

Professor of Health Promotion

Department of Health Promotion and Human Performance, Weber State University, Ogden, UT., 84408 (801) 626-6485 E-mail: [molpin@weber.edu](mailto:molpin@weber.edu)

### Education

Ph.D. Health Education. May, 1996, Southern Illinois University at Carbondale, Carbondale, Illinois, 62901.

M.S. Health Sciences (Emphasis: Health Promotion). May 1993, Brigham Young University, Provo, UT, 84606.

B.S. Psychology. May 1988, Brigham Young University, Provo, UT, 84606. A.A. Business Management. May, 1985, Utah Valley Community College, Orem, Utah, 84057.

### Director of WSU Stress Relief Center

[Click here to see the WSU SRC](#)

### Professional Certification

Certified Health Education Specialist (CHES) Awarded December 1995. # 4521 (No longer active)

### Teaching Experience

#### Weber State University

- Health 4990 • Senior Seminar in Health Education
- Health 4860 • Field Experience (Internships/Field Experience)
- Health 4700 • Wellness Coaching
- Health 4013 • Research & Evaluation in Health Promotion • Online Course
- Health 4013 • Research & Evaluation in Health Promotion • Distance Learning
- Health 4013 • Research & Evaluation in Health Promotion
- Health 4300 • Health Education in the Elementary Schools
- Health 3200 • Methods in Health Promotion and Lifestyle Management
- Health 3100 • Applications of Technology in Health Promotion
- Health 3000 • Foundations in Health Promotion

Health 2400 • Mind/Body Wellness (formerly The Art of Emotional Wellness)  
Health 1110 • Stress Management  
Health 1110 • Stress Management • Online Course  
Health 1110 • Stress Management • Distance Learning Course  
Health 1030 • Healthy Lifestyles • Online Course  
PE 2200 • Foundations of Lifestyle Management Professions

### **West Virginia University, Community Health Promotion Master's Degree Program**

CHPR 291 • Stress Management  
CHPR 291 • Computers and Technology in Health Promotion  
CHPR 334 • Research Methods in Health Promotion  
CHPR 348 • Health Promotion Planning & Programming  
CHPR 338 • Applied Health Education Program  
CHPR 291 • Competencies for Health Promotion Specialists

### **Virginia Tech Health & PE Master's Degree Program**

EDHL 5774 • Problems in Education: Teaching Health and Wellness

### **Concord University, Department of Health & PE**

HED 415 • Community Health and Health Promotion  
HED 400 • Methods & Materials in Health Education  
HED 305 • Human Disease HED 304 • Human Nutrition  
HED 303 • Mental/Emotional Health (Stress Management)  
HED 303 • Mental/Emotional Health (Stress Management) Online version  
HED 300 • Measurement and Evaluation in Health Fields  
HED 208 • School Health Education  
HED 203 • Personal Health  
HED 200 • Foundations of Health Education  
PED 101M • Fitness/Wellness For Life  
PED 101J • Beginning Tennis/Racquetball

### **Princeton Health & Fitness Center**

Yoga Instructor

### **Southern Illinois University, Department of Health & Recreation**

HED 515 • Review of Current Literature in Health-Related Fields  
HED 461 • Stress Management GEE 201 • Healthful Living

### **Brigham Young University, Department of Health Sciences**

PE 185 • Advanced Racquetball  
Health 130 • Principles Of Health And Wellness  
Health 129 • Health And Lifestyle Management

## Scholarly Works

### Doctoral Dissertation

Olpin, M. (1996). Perceived stress levels and sources of stress among college students: Methods, frequency, and effectiveness of managing stress by college students. Unpublished doctoral dissertation, Southern Illinois University, Carbondale, IL.

### Master's Thesis

Olpin, M. (1993). The relationship of subliminal relaxation affirmations and the degree of relaxation achieved. Unpublished master's thesis, Brigham Young University, Provo, UT.

### Books Published

Olpin, M. & Bracken, S. (2018). GEVŞEYİN! Stressiz Bir Yaşam İçin 7 Kural (Unwind!: 7 Principles for a Stress-Free Life) (Turkish Edition). Park Yayinlari, Tüm hakları saklıdır.

Olpin, M. & Hesson, M. (2016). Stress management for life: A research-based experiential approach. Fourth Edition. Belmont, CA: Wadsworth/Cengage Learning.

Olpin, M. & Bracken, S. (2015). ¡Respira! Los 7 principios de la gente altamente efectiva para vivir sin estrés (Unwind!: 7 Principles for a Stress-Free Life) (Spanish Edition). Grijalbo. Mexico.

Olpin, M. & Bracken, S. (2014). Unwind!: 7 Principles for a Stress-Free Life, Gran Harbor Press.

Olpin, M. & Bracken, S. (2014). Mindfulness Met Covey - 7 gewoonten voor een stressvrij leven (Unwind!: 7 Principles for a Stress-Free Life) Hoogst bereikte positie:. Netherlands. (Dutch Edition)

Olpin, M. & Bracken, S. (2014). Relájese. Los 7 paradigmas para liberarse del estrés de la gente altamente efectiva (Unwind!: 7 Principles for a Stress-Free Life) (Spanish Edition).

Olpin, M. & Hesson, M. (2013). Stress management for life: A research-based experiential approach. Third Edition. Belmont, CA: Wadsworth/Cengage Learning.

Olpin, M. (2013) Just the facts 101 - Textbook key facts. Studyguide for Stress Management for Life: A research-based experiential approach. Belmont, CA: Wadsworth/Cengage Learning.

Olpin, M. (2010). The World is NOT a Stressful Place: Stress Relief for Everyone. New York: Eloquent Books.

Olpin, M. & Hesson, M. (2010). Stress management for life: A research-based experiential approach. Second Edition. Belmont, CA: Wadsworth/Cengage Learning.

Olpin, M. & Hesson, M. (2007). Stress management for life: A research-based experiential approach. Belmont, CA: Thomson Learning.

Olpin, M. & Hesson, M. (2006). Stress management for life: A research-based experiential approach. Student Activities Manual. Belmont, CA: Thomson Learning.

Olpin, M. & Hesson, M. (2006). Stress management for life: A research-based experiential approach. Instructor's Manual. Belmont, CA: Thomson Learning.

Olpin, M., & Gotthoffer, G. (2002). Health on the Net 2002. Needham Heights, MA: Allyn & Bacon.

Olpin, M., & Gotthoffer, G. (2001). Health on the Net 2001. Needham Heights, MA: Allyn & Bacon.

Olpin, M., & Gotthoffer, G. (2000). Allyn and Bacon quick guide to the Internet for health educators: 2000 Edition. Needham Heights, MA: Allyn and Bacon.

The Best of Health Lesson Ideas: Volume 1. (1999). Managing Editor. PE Central.

Olpin, M., & Gotthoffer, G. (1999). Allyn and Bacon quick guide to the internet for health educators: 1999 Edition. Needham Heights, MA: Allyn and Bacon.

Olpin, M. (1998). Allyn and Bacon quick guide to the internet for health educators: 1998 Edition. Needham Heights, MA: Allyn and Bacon.

Rivard, J. D., & Olpin, M. (1997). Allyn and Bacon quick guide to the internet for health educators. Needham Heights, MA: Allyn and Bacon.

### **Digital Media Produced and Published**

Olpin, M. & Bracken, S. (2014) Unwind!: 7 Principles for a Stress-Free Life, (Audiobook) Brilliance Audio.

Olpin, M. (2011-2018) Online Educational Website focusing on all things related to stress management and wellness. World Wide Web site [On-line serial]. Available www site: <http://stressmanagementplace.com>

Olpin, M. {Producer}. (2015). Stress Relief: Deep Relaxation Exercises [MP3].

Olpin, M. {Producer}. (2005). Stress Relief: Deep Relaxation Exercises [CD].

Olpin, M. {Producer}. (2005). Stress Relief: Deep Relaxation Exercises [DVD].

healthpromo Listserv moderator • Listserv for all students, faculty, and advisors in the Health Promotion Program

Health 1110 • Stress Management • Online Course, Weber State University

Health 1030 • Healthy Lifestyles • Online Course, Weber State University

Health 4013 • Health Promotion Research & Evaluation • Online Course, Weber State University

EDHL 5774 • Problems in Education: Teaching Health and Wellness • Online Course, Virginia Tech University (Fall, 2001)

HED 303 • Mental/Emotional Health (Stress Management) • Online Course, Concord University (Fall, 2000).

Weber State University Health Promotion Major's Website. World Wide Web site. Available www site: <http://weber.edu/hpstudents/>

Health Lesson Ideas. Managing Editor for PE Central Health Lesson Ideas. World Wide Web site (1997-2005). Available www site: <http://www.pecentral.org/lessonideas/health/healthlp.asp>

Olpin, M. {Producer}. (1998). Stress Relief: Seven Simple Relaxation Techniques to Powerfully Reduce Stress [Video].

Olpin, M. Managing Editor for the Health Promotion Website: Your Business, Your Health. World Wide Web site. Available www site: <http://weber.edu/hp/faculty/molpin/bushea/index.html>

### **Peer Reviewed Publications**

Erica Bennion, Michael Olpin, Mark DeBeliso, (2018) "A comparison of four stress reduction modalities on measures of stress among university students", International Journal of Workplace Health Management, Vol. 11 Issue: 1, pp.45-55, <https://doi.org/10.1108/IJWHM-11-2017-0090>

Dawson, M., Hamson-Utley, J.J., Hansen, R., & **Olpin, M.** (2014). Examining the Effectiveness of Psychological Strategies on Physiological Markers: Evidence-based suggestions for holistic care of the athlete. *Journal of Athletic Training*, 49(1).

Hamson-Utley, J.J., Hansen, R. A., Dawson, M., **Olpin, M.** (2011). Validating the effectiveness of psychological interventions through physiological markers. Association for Applied Sports Psychology Conference proceedings, September 2011.

Eisenbarth, C.A., & **Olpin, M.** (2010). Stress buffering effects of perceived social support in college students. *Annals of Behavioral Medicine*, 39, S25.

**Olpin, M.**, & Johnson, K. (2005). Creating a still mind to access intuition through mantra meditation. *National Social Science Journal*, 23(2) 104-108.

Johnson, K. L. & **Olpin, M.** (2002). Improving spiritual health and resiliency among adolescents. *National Social Science Perspectives Journal*, 19(1), 69-78.

Ritzel, D. O., Kittleson, M. J., **Olpin, M.** (1998). Providing health information to businesses via the World Wide Web. *American Journal of Health Behavior*, 22(4), 314-315.

### **Academic & Scholarly Presentations**

**Olpin, M.** & Bingham A. (2018, November). The Impact of a College-Level Stress Management Course on Self-Efficacy Among Undergraduate Students. Poster Presentation at the annual meeting of the Utah Society of Public Health Educators (USOPHE) . Provo, UT.

Moore, T. & **Olpin, M.** (2018, March). The Perceptions of Mental Training among college athletes to Athletic Performance. Presentation at the Fourteenth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Teusher, S. & **Olpin, M.** (2013, March). Weber State University Students' Knowledge, Attitudes, and Intended Behaviors Associated with the H1N1 Flu Virus. *Ergo: WSU Undergraduate Research Journal*, Ogden, Utah.

Burgin, S. & **Olpin, M.** (2013, March). Meditation and its effects on stress, anxiety, and depression. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Acedo, A. & **Olpin, M.** (2013, March). The appropriate stretching for volleyball and basketball athletes. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Carr, A. & **Olpin, M.** (2013, March). A brief study looking at the exercise habits and attitudes of college students on the campus of Weber State University. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Dickison, D. & **Olpin, M.** (2013, March). Hypertension and stress in WSU college students. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Halls, M. & **Olpin, M.** (2013, March). A brief study of soda pop vs. water intake of Weber State University students. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Hurst, A. & **Olpin, M.** (2013, March). Reported depression among college students at Weber State University. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Jones, A. & **Olpin, M.** (2013, March). Attitudes and behaviors of college students in regard to their own weight perceptions and dieting practices. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Keith, S. & **Olpin, M.** (2013, March). Attitudes and behaviors of college students regarding music and mood. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Kemp, M. & **Olpin, M.** (2013, March). Knowledge of genetically modified food products among Weber State University students. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Myers, A. & **Olpin, M.** (2013, March). A brief study looking at the effects that positive affirmations can have on the quality of life. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Nichols, R. & **Olpin, M.** (2013, March). Television's unhealthy advertising of food and the impact on childhood obesity. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Orr, A. & **Olpin, M.** (2013, March). Attitudes toward complementary and alternative medicines and its relation to health status among Weber State University students. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Perkins, B. & **Olpin, M.** (2013, March). A brief study looking at the behaviors and knowledge of pregnant women. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Rackham, H. & **Olpin, M.** (2013, March). Attitudes and behaviors of college students regarding body size and perceived body image in relation to personal health practices. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Skinner, C. & **Olpin, M.** (2013, March). Stress management among Weber State University students. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Tanner, C. & **Olpin, M.** (2013, March). Knowledge, attitudes, and behaviors of women regarding folic acid supplementation during pregnancy. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Thorpe, J. & **Olpin, M.** (2013, March). A study of the effects of music on stress. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Varga, A. & **Olpin, M.** (2013, March). A brief study of the attitudes and behaviors of healthy adults regarding the flu shot. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Warner, V. & **Olpin, M.** (2013, March). The beliefs, and attitudes of Weber State University students regarding the effects of stress on academic success. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

Stuart, J. & **Olpin, M.** (2013, March). Are women's eating habits affected by stress? Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

White, M. & **Olpin, M.** (2013, March). Attitudes and behaviors of expectant mothers regarding fluoride in drinking water. Presentation at the Ninth Annual Undergraduate Research Symposium & Celebration. Ogden, UT.

**Olpin, M.** (2012, September). Stress! The real reason it happens, why you should never experience it, and the real solution to preventing it. Presentation at the Utah Conference on Integrative Health and Complementary Medicine: The Evidence, The Experience, The Application. University of Utah, SLC, UT.

Ottley, A. & **Olpin, M.** (2012, March). Protein supplementation in relation to physical activity. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Carlson, C. & **Olpin, M.** (2012, March). Attitudes and Behaviors of College Students Regarding Cell Phone Use While Driving and Drunk Driving. Presentation at the National Conference on Undergraduate Research. Ogden, UT.



Larsen, E. & **Olpin, M.** (2012, March). Delayed Prenatal Care. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Simmons, C. & **Olpin, M.** (2012, March). Knowledge, Attitudes, and Behaviors Regarding Hydration. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Larsen, E. & **Olpin, M.** (2012, March). Delayed Prenatal Care. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Vogl, C. & **Olpin, M.** (2012, March). Women and Limitation of Activity Due to Body Image. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Gardiner, A. & **Olpin, M.** (2012, March). Eating Behaviors Among Women. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Murphy, J. & **Olpin, M.** (2012, March). Relationship: LGTB and God. Presentation at the National Conference on Undergraduate Research.

Ogden, UT. Murray, T. & **Olpin, M.** (2012, March). Opti-Stretch versus Recurrent Back Pain. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Anger, H. & **Olpin, M.** (2012, March). Athletes perceptions of fatigue on ACL injury. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Lindeman, S. & **Olpin, M.** (2012, March). Perceptions and Behaviors of College Students Relating to Sexual Activity, STD's and Unintended Pregnancy. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Riley, W. & **Olpin, M.** (2012, March). Reported Sexual Activity and Physical Activity. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Johnson, J. & **Olpin, M.** (2012, March). Nutrition Knowledge, Attitudes, and Habits of College Students. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Davis, D. & **Olpin, M.** (2012, March). The Media's Effect on Body Image. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Whale, J. & **Olpin, M.** (2012, March). The Relationship Between High Fast Food Consumption and the Distaste of Vegetables Among College Students. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Studebaker, K. & **Olpin, M.** (2012, March). Stress Among Utah Attorneys. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Siddoway, R. & **Olpin, M.** (2012, March). Supplement Use Among College Students. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Carbine, H. & **Olpin, M.** (2012, March). Stress Among Adults. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Clarke, L. & **Olpin, M.** (2012, March). Relationship Between Gender in Receiving Vaccinations. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Adams, T. & **Olpin, M.** (2012, March). The effects of music on exercise. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Johnson, K. & **Olpin, M.** (2012, March). Student-athletes' attitudes of alcohol consumption during their season. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Portillo, R. & **Olpin, M.** (2012, March). Levels of Sexuality Education, Education, and Reported Levels of Sexual Activity Among College Students. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Barrows, B. & **Olpin, M.** (2012, March). Parent's Beliefs on Children's Behaviors Associated with TV. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Cooke, S. & **Olpin, M.** (2012, March). Gender Roles and Sexual Behavior Among Utah's Young Adults. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Kunz, M. & **Olpin, M.** (2012, March). Diet Soda Pop A Healthy Choice? Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Barker, J. & **Olpin, M.** (2012, March). Attitudes Regarding Annual Influenza Vaccinations. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

Darley, J. & **Olpin, M.** (2012, March). The Use of Meal Replacements Among College Students. Presentation at the National Conference on Undergraduate Research. Ogden, UT.

**Olpin, M.** (2011, October). Learning how to meditate: It's not what you think, but you'll feel a lot better. Presentation at the Utah State Worksite Health Promotion Conference. SLC, UT.

**Olpin, M.** (2011, October). Quick and simple stress-reducing exercises. Presentation at the Utah State Worksite Health Promotion Conference. SLC, UT.

Dawson, M., Hamson-Utley, J.J., Hansen, R., & **Olpin, M.** (2010, April). Effects of Psychological Interventions to Reduce Stress: does the mind influence the body. Rocky Mountain Athletic Trainers' Association (RMATA) Annual Clinical Symposium, Denver, Colorado.

Bell, M., & **Olpin, M.** (2010 March). Depression: A comparative look at the prevalence of depression among dental hygiene undergraduates vs. non-dental hygiene undergraduates. Presentation at the 7th Annual Undergraduate Research Symposium. Weber State University. Ogden, UT.

**Olpin, M.** (2010, March). Keynote Speaker: Stress Management for Health Educators. Presentation at the annual Health Education Association of Utah (HEAU) Conference. Salt Lake City, UT.

**Olpin, M.** (2008, September). Managing stress through mindfulness. Presentation at the annual Families Alive Conference hosted by the Department of Child and Family Studies at Weber State University. Ogden, UT.

**Olpin, M.** (2008, June). Introducing a Little Known yet Powerful Relaxation Technique: Autogenics. Presentation at the annual meeting of the Southwest District for Health, Physical Education, Recreation, and Dance (SWD), Kona, HI.

**Olpin, M.** (2007, June). Sports Psychology: Hands-on ideas. Presentation at the 2007 Health Science and Technology (HST) Education Summer Conference, Ogden, UT.

**Olpin, M.** (2007, February). The Art of Emotional Wellness. Keynote Speaker at the annual meeting of the Rural Water Association of Utah, St. George, UT.

**Olpin, M.** (2007, February). The Art of Emotional Wellness. Presentation at the annual meeting of the Rural Water Association of Utah, St. George, UT.

**Olpin, M.** (2006, April). Be Here Now: Preventing and Reducing Stress through Present Moment Mindfulness. Presentation at the annual meeting of the American Associations for Health, Physical Education, Recreation, and Dance (AAHPERD), SLC, UT.

Johnson, K., **Olpin, M.**, & James, G. (2006, April). Retention: A Response to the Shortage of Allied Health Workers. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

**Olpin, M.** (2005, October). Stress Management in the Workplace. Presentation at the Utah State Worksite Health Promotion Conference, Layton, UT.

**Olpin, M.** (2005, October). A PowerNap Class (deep relaxation exercise). Presentation at the Utah State Worksite Health Promotion Conference. Layton, UT.

**Olpin, M.** (2005, April). Is Public Health Policy in Conflict with a Conservative Political Agenda. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

**Olpin, M.** (2005, March). Stress Relief: How to relax and stay calm in a frenzied world. Presentation at the annual meeting of the Utah State Associations for Health, Physical Education, Recreation, and Dance (UAHPERD), Provo, UT.

**Olpin, M.** (2004, October). A PowerNap Class (deep relaxation exercise). Presentation at the Utah State Worksite Health Promotion Conference. Salt Lake City, UT. James, G.,

**Olpin, M.** & Johnson, K., (2004, April). Childhood and Adolescent Obesity – An Interdisciplinary Public Health Issue. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

**Olpin, M.** (2003, October). A PowerNap Class (deep relaxation exercise). Presentation at the Utah State Worksite Health Promotion Conference. Salt Lake City, UT.

**Olpin, M.** & Johnson, K., (2003, April). Using meditation to connect with and make better use of our intuition. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

Hyatt, K., James, G., & **Olpin, M.** (2002, April). The role of health educators in the aftermath of a traumatic event and Post Traumatic Stress Disorder. Presentation at the annual meeting of the Utah Public Health Association (UPHA), Park City, UT.

**Olpin, M.** & Johnson, K., (2002, April). Enhancing Emotional Intelligence through Mindfulness. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

Johnson, K., & **Olpin, M.** (2002, April). Self-Motivation: A key to Emotional Intelligence and Resiliency. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

**Olpin, M.** (2002, April). Recharging our batteries so we don't burn out. Presentation at the annual meeting of the Health Education Association of Utah (HEAU), Salt Lake City, UT.

**Olpin, M.** (2001, June). Using Non-Judgmental Focusing to Promote Mindfulness in a Stress Management or Wellness Class. Presentation at the annual meeting of the Southwest District and Utah State Associations for Health, Physical Education, Recreation, and Dance (SWD/UAHPERD), Park City, UT.

**Olpin, M.** (2001, June). Using Play to Promote Mindfulness in a Stress Management or Personal Wellness Class. Presentation at the annual meeting of the Southwest District and Utah State Associations for Health, Physical Education, Recreation, and Dance (SWD/UAHPERD), Park City, UT.

**Olpin, M.** (2001, June). Using Mantra Meditation to Promote Deep and Immediate Relaxation to Reduce the Stress Response. Presentation at the annual meeting of the Southwest District and Utah State Associations for Health, Physical Education, Recreation, and Dance (SWD/UHPERD), Park City, UT.

Johnson, K., James, G., **Olpin, M.** (2001, April). Improving Spiritual Health and Resiliency Among Adolescents: Strategies for Educator. Presentation at the annual meeting of the National Social Science Association (NSSA), Las Vegas, NV.

James, G., **Olpin, M.**, Cost, P., Johnson, K. (2001, April). Enabling and Optimizing Sexual Self-Acceptance of Patients with Body changes based on Resiliency Theory. Presentation at the annual meeting of the Society for the Scientific Study of Sexuality. (SSSS), Newport Beach, CA.

**Olpin, M.** & Olpin, S. (2001, March). The Mental Game: Stress management skills for players and their fans. Presentation at the conference on Health, Wellness, Outdoor Adventure Recreation and Success in Sports and Life. Weber State University, Ogden, UT.

**Olpin, M.** (2001, March). Determining the Reliability of Magazines and Journals that Provide Health Content. Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), Cincinnati, OH.

**Olpin, M.** (2001, March). PE Central's Health Lessons. Electronic Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), Cincinnati, OH.

**Olpin, M.**, James, G., Hyatt, K., Johnson, K., & Souva, W. Adolescent Health Issues - Understanding Determinants for creating action. Presentation at the 18th Annual Conference of the Northern Rocky Mountain Educational Research Association, October 2000. Park City, UT.

**Olpin, M.** (1999, March). Methods and Effectiveness of Relaxation Techniques Employed by College Students. Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), Boston, MA. Mills, T. &

**Olpin, M.** (1999, March). Perceptions and Attitudes of Future Educators of Health and Physical Education. Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), Boston, MA.

Lilly, T. & **Olpin, M.** (1999, March). Perceptions and Attitudes of Educators of Health and Physical Education. Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), Boston, MA.

Garretson, M. & **Olpin, M.** (1998, August). Quality of life and life satisfaction benefits in women over 40 due to regular physical activity in rural West Virginia. Oral Presentation at the annual Penn State Ronald E. McNair Summer Research Conference, University Park, PA.

**Olpin, M.** (1998, July). Experiential training Seminar on Stress Management Using Effective Relaxation Techniques at the annual conference of the National Wellness Association (NWA), Stevens Point, WI.

**Olpin, M.** (1998, April). Experiential training seminar on stress management using effective relaxation techniques at the annual meeting of the State Health Educators Conference (SHEC), Canaan Valley, WV.

**Olpin, M.** (1997, November). Experiential training in effective stress management techniques at the annual meeting of the West Virginia AAHPERD (WVAHPERD) conference, Wheeling, WV.

**Olpin, M.,** Ritzel, D., & Kittleson, M. (1997, October). Perceived Stress Levels Among College Students. Selected as the award-winning poster presentation for the National Safety Council (NSC) Annual Conference, Chicago, IL.

**Olpin, M.** (1997, July). Developing Web Pages for the Internet. Showcase Wellness Program: Program Demonstration at the annual meeting of the National Wellness Association (NWA), Stevens Point, WI.

**Olpin, M.** (1997, April). Perceived Stress levels and Sources of Stress among College Students. Accepted for the Poster session, at the annual meeting of the Association for the Advancement of Health Education (AAHE), St. Louis, MO.

**Olpin, M.** (1996, April). The relationship of subliminal relaxation affirmations and the degree of relaxation achieved. Poster session presented at the annual meeting of the Association for the Advancement of Health Education (AAHE), Atlanta, GA.

**Olpin, M.** (1995, October). The Powernap: A powerful combination of stress management techniques to increase energy and reduce stress. Poster session presented at the annual meeting of the American School Health Association (ASHA), Milwaukee, WI.

**Olpin, M.,** Glenn, J., Favale, H., Russell, P., & Link-Mullison, M. (1995, March). A survey of dietary fat content in lunches prepared at rural public elementary schools in Southern Illinois. Poster session presented at the annual meeting of the Association for the Advancement of Health Education (AAHE), Portland, OR.

**Olpin, M.** (1992, May). Psychoneuroimmunology and health. Paper presented at the Utah State Health Professionals Conference, Provo, UT.

### **Corporate & Business Presentations and Workshops**

Managing Pre-holiday Stress. (November 2018) Workshop on stress management for members of Ogden Regional Medical Center. Ogden, UT.

Corporate Stress Management. (October 2018) Workshop on stress management for members of Autoliv. Brigham City, UT.

Stress Management Presentation (June 2018). Guest speaker for VASA corporate leadership. Presentation on how stress happens and what to do about it. Layton, UT.

Unwind! (June 2016) Day-long workshop presentation on stress management for members of NCUA — a federal government agency. Indianapolis, IN.

Corporate Stress Management. (April 2016) Workshop on stress management for members of Peterson, Inc — Industrial Services company. Ogden, UT.

Corporate Stress Management. (October 2015) Workshop presentation on stress management for members of Peterson, Inc — Industrial Services company. Ogden, UT.

Stress Relief using Mindfulness. (May 2015) Lunch-and-Learn workshop presentation on stress management through mindfulness for members of Nicholas & Company— Food Services company. SLC, UT.

Rethinking Stress. (April 2015) Day-long workshop presentation on stress management for members of USAID — a federal government agency. Washington DC.

Stress Management in Business (April 2015). Guest Speaker for World Financial Group (WFG) partners at one of their weekly meetings. Layton, UT.

Stress: How It Happens; What You Can Do About it. (October 2014) Speaker for the Utah Bankers Association Annual Fall Compliance Conference. Midway, UT.

Stress Management Class (August 2013). Guest speaker for Zions Bancorp - Zions Management Services Company. Lunch and Learn presentation on stress, how it happens, how to prevent and reduce it, including a deep relaxation exercise. SLC, UT.

Stress Management Class (August 2013). Guest speaker for Zions Bancorp - West Valley Corporate Offices. Lunch and Learn presentation on stress, how it happens, how to prevent and reduce it, including a deep relaxation exercise. SLC, UT.

Stress Management Class (April 2012). Guest speaker for the American Express company. Lunch and Learn presentation on stress, how it happens, how to prevent and reduce it, including a deep relaxation exercise. SLC, UT.

Stress Management using Meditation (April 2010). Guest speaker for ARUP Laboratories. A brief presentation on the benefits of meditation and how to meditate. Salt Lake City, UT.

Learn to Meditate (March 2010). Guest speaker for the Mental Health Workers at Hill Air Force Base. A brief presentation on how to meditate. Hill Air Force Base, Ogden, UT.

Stress Management class (March 2010). Guest speaker for Hill Air Force Base. Presented a brief class on stress, how it happens, and what to do about it to a group at Hill Air Force Base.

Stress Management in the Workplace (November 2009). Guest speaker for Parker Aerospace Technologies Company. Presented a brief class on stress, how it happens, and what to do about it to several workgroups.

Stress Relief through Mindfulness (September 2008). Guest speaker at Zion's Securities Corporation (DMBA). Workshop to teach attendees ways to manage stress through mindfulness. Salt Lake City, UT.

Stress Management Presentation. (June 2007). Guest speaker at Deseret Mutual Benefits Administrators for DMBA employees. Workshop to teach attendees relaxation techniques and coping strategies. Salt Lake City, UT.

Stress Management Presentation. (May 2006). Guest speaker at Deseret Mutual Benefits Administrators for Church Office Building employees. Workshop to teach attendees relaxation techniques and coping strategies. Salt Lake City, UT.

Stress Relief Presentation (December 2005). Guest speaker at Zion's Securities Corporation. Workshop to teach attendees relaxation techniques and coping strategies. Salt Lake City, UT.

Goodbye to Stress. (March 2005). Guest speaker at Hill Air Force Base Federal Women's Program. Workshop to teach attendees relaxation techniques and coping strategies. Hill Air Force Base, UT.

Sharpening Your Health Saw. (September 17, 2004). Guest Speaker at PacifiCorp corporate offices. Presented basic principles of health and wellness including exercise, nutrition, and stress management. Salt Lake City, Utah.

Sharpening your Health Saw. (September 13, 2004). Guest Speaker at PacifiCorp corporate offices. Presented basic principles of health and wellness including exercise, nutrition, and stress management. Salt Lake City, Utah.

### **Weber State University Presentations & Service**

Stress Management Presentation (November 2018). Stress Management presentation for Tara Paris First Year Experience (FYE) class. Weber State University, Ogden, UT.



Empathy: The listening skill that creates understanding. (September 2018). Presentation at the annual Families Alive Conference hosted by the Department of Child and Family Studies at Weber State University. Ogden UT.

Stress Management Skills for WSU Ambassadors (April 2018). Stress Management presentation for the professional meeting of the Weber State University Ambassadors. Weber State University, Ogden, UT.

“Keep Your Cool Clinic: Skills for Pre-Finals (and life) Stress Management and Relaxation (April 2018). Stress Management presentation for Weber State Chapter of the honors society of Phi Kappa Phi. Weber State University, Ogden, UT.

Stress Management Presentation (April 2018). Stress Management presentation for Tara Paris First Year Experience (FYE) class. Weber State University, Ogden, UT.

Improving Wellbeing through EFT/Tapping (March 2018). Presentation on the Emotional Freedom Technique--EFT for the Weber State University Continuing Education Department, Weber State University, Ogden, UT.

Stress Management Presentation (November 2017). Stress Management presentation for Tara Paris First Year Experience (FYE) class. Weber State University, Ogden, UT.

Focus on Stress (November 2017). Stress Management presentation for a meeting of Creating Achievement Through Transition (CATT). Weber State University, Ogden, UT.

Stress Management Presentation (November 2017). Stress Management presentation for Student Affairs monthly directors meeting. Weber State University, Ogden, UT.

Stress Relief Using Meditation. (October 2017). First wives of the Presidents of colleges and universities in Utah. Experiential training on stress management featuring meditation. Weber State University.

"Bridging Health Equity Across Communities." (April 7, 2017) Guest speaker for a roundtable discussion for the Minority Health Month observance program. Weber State University.

The 4-step Method to Experience the Joy Inherent in Mindfulness. (September 2016). Presentation at the annual Families Alive Conference hosted by the Department of Child and Family Studies at Weber State University. Ogden, UT.

Finals week is on the horizon; WSU helps you stress less; contributor to Weber State University signpost article on the value of being grateful (November 23, 2016). Weber State University.

“Year-round gratitude can change your life”; contributor to Weber State University signpost article on the value of being grateful (November 18, 2016). Weber State University.

Introduction to the SRC and Team building (November 2016). Presenter at WSU Community Engaged Leaders Research Team Fall retreat. Weber State University.

Introduction to the SRC. (March 2016). Presenter for WSU Learning Week. Introduced WSU faculty and staff to the Stress Relief Center. Weber State University.

The Power of Power Napping. (March 2016). Presenter for WSU Learning Week. Taught a class to WSU faculty and staff on how to reduce stress and recharge by power napping. Weber State University.

Stress Prevention Class. (December 2015). Guest Speaker in UNIV 1105, Foundations of College Success--Tara Peris' class. Discussed effective ways to prevent and reduce stress. Weber State University.

Happy! (October 2015). Panel Discussion Member following the public viewing of the film "Happy." Sponsored by the WSU Counseling and Psychological Services Center. Weber State University, Ogden, UT.

WSU Purple & White Day (August 2015). SRC hosted visitors who participated in the FSA activity. Weber State University, Ogden, UT.

Developing Trust and a Present Moment Orientation through an Experiential Activity (June 2015). Led members of the WSU Admissions Ambassador Program through an activity designed to develop interpersonal trust and mindfulness. Weber State University, Davis, UT.

Using the Subconscious Mind to Stay Motivated and Reach our Goals (March 2015). Presented a class on the subconscious mind, self-talk, and affirmations to the WSU Women in Motion group. Weber State University, Ogden, UT.

Sports Psychology in Golf (Spring 2015). Weekly classes on many aspects of sports psychology to help the WSU golf teams improve their games--7 sessions. Weber State University, Ogden, UT.

Getting the Upper Hand on Stress (October 2014). Workshop presentation for Project Lead, an annual two-day leadership conference. Weber State University, Ogden, UT.

Getting the Upper Hand on Stress (October 2014). Workshop presentation for WSUSA. Weber State University, Ogden, UT.

The Inner Game of Peak Performance (October 2014). Workshop with WSU Track & Field and Golf athletes designed to help them reduce stress and perform better. Weber State University, Ogden, UT.

The Wisdom of Listening. (February 2013). Workshop on Communication/Listening Sponsored by the WSU Non-traditional Student Center. Weber State University, Ogden, UT.

Stress awareness & relaxation techniques to mitigate the impact of stress. (November 2012). Continuing Education Wellness Fair. Weber State University, Ogden, UT.

Stress Management – A Hands-on Approach. (March 2011). WSU Spring Break Training 2011. Weber State University, Ogden, UT.

How to Do What You Do, Joyfully, Productively, Peacefully. (November 2010) Student Services Division Meeting. Training on Mindfulness as it relates to busy professionals on a college campus. Weber State University, Ogden, UT.

Stress Management for the Busy Campus Secretary. (November 2010). Weber State University Campus Secretaries Meeting. Weber State University, Ogden, Utah.

Stress Relief through Deep Relaxation. (November 2009). Weber State University chapter of the National Association of Teachers of Singing. Experiential training on stress management featuring the power nap. Weber State University.

Introduction to Health Promotion (September 2009). Guest Speaker for PEP 2200 Foundations of Human Performance class. Weber State University.

Stress Management for the single mom (February 2009). A Student Services sponsored stress management class focusing on the single mom. Weber State University.

Stress Management lunch and learn (February 2009). WSU's Honors Program Food for Thought Forum. Weber State University.

Stress Management class (January 2009). College of Education Emphasis Week. Weber State University.

Stress Management Class (October 2008). Presentation to WSU Instructional Technology Personnel. Taught a brief class on the effects of stress and the Power Nap. Weber State University

Stress Management (October 2008). Two-Day Stress Management Training for Campus Training Tracker. Campus-wide course on management of stress. Taught about stress, its effects, and ways to manage it. Weber State University.

Managing stress through mindfulness. (September 2008). Presentation at the annual Families Alive Conference hosted by the Department of Child and Family Studies at Weber State University. Ogden UT.

Stress Awareness Fair. (April 2008). Campus-wide stress awareness day co-sponsored by the Weber State University Counseling and Psychological Services Center (CPSC) and the Health Education/Drug and Alcohol (HEDA) program. Demonstrated methods of relaxation currently available in our Stress Management Lab. Weber State University.

Stress Management for the single mom (March 2008). A Student Services sponsored stress management class focusing on the single mom. Weber State University.

Stress Management Seminar. (November 2007). Secretarial Clerical Training and Enrichment (SCTE). Discussed levels of and reasons for stress and effective means for managing it. Weber State University.

Stress Relief Using the Power Nap. (Oct. 2007). Weber State University Hispanic Area Council. Experiential training on stress management featuring the power nap. Weber State University.

Stress Management. (Aug. 2007). Academy of Leadership conference for Weber State University. One hour experiential training on stress management featuring seated partner massage and the power nap. Davis Campus, Clearfield, UT.

Enhancing Volleyball Performance through the use of EFT (Emotional Freedom Technique). (April 2007). Guest speaker for the Weber State University volleyball team. Taught concepts of sports psychology to all team members of the Weber State University Women's volleyball team. Weber State University.

"Organize to Reduce Stress"; contributor to Weber State University signpost article on planning and organizing toward stress management (March 5, 2007). Weber State University.

Effectively Dealing with Stress. (January 2007). Guest Speaker for Health 4220, Women's Health Issues. Discussed effective and ineffective ways to deal with stress. Weber State University.

Playing Your Best Volleyball Game Every Time. (October 2006). Guest speaker for the Weber State University volleyball team. Taught concepts of sports psychology to all team members of the Weber State University Women's volleyball team. Weber State University.

Stress Management for teachers. (August 2006). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University Department of Education.

Managing and Preventing Stress. (March 2006). Workshop presentation at the monthly Weber State University Secretarial/Clerical training meeting. Weber State University.

Successfully managing test anxiety. (February 2006). Workshop presentation hosted by the Student Support Services at Weber State University. Yoga Instruction. (January 2005). Guest Instructor Health communication HAS 3230, Demonstrated and assisted participants in an afternoon of yoga and deep relaxation. Weber State University.

Successfully Managing Test Anxiety. (October 2005). Workshop presentation hosted by the Student Support Services at Weber State University.

Managing Stress and Successfully, Joyfully Doing Everything On Your Plate. (September 2005). Presentation at the annual Families Alive Conference hosted by the Department of Child and Family Studies at Weber State University.

“Too much school, too little time”; co-contributor to Weber State University signpost article on time and life management (September 9, 2005). Weber State University.

Stress Management. (Aug. 2005). Academy of Leadership conference for Weber State University. One hour experiential training on stress management featuring seated partner massage and the power nap. Wolf Creek, UT.

Getting the Upper Hand on Stress. (June 2005). Guest speaker at the Weber State University Advisor’s Conference. Workshop to teach attendees relaxation techniques and coping strategies. Weber State University Davis Campus, Clearfield, UT.

Yoga Instruction. (April 2005). Guest Instructor Stress Management – Health 1110 (Susan Hadley’s class). Demonstrated and assisted participants in an afternoon of yoga and deep relaxation. Weber State University.

Stress Management for secretaries. (March 2005). Guest Speaker at the monthly Secretarial/Clerical Training and Enrichment Meeting. Discussed Stress and effective ways to manage it. Weber State University.

Yoga Instruction. (January 2005). Guest Instructor Health communication HAS 3230, Demonstrated and assisted participants in an afternoon of yoga and deep relaxation. Weber State University.

Stress Management for teachers. (June 2004). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Weber State University department of Education. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Stress Management. (May 2004). Weber State University Instructional Technology Division Faculty Retreat. Session 1. Workshop to teach attendees relaxation techniques and coping strategies. Jeremiah’s Restaurant/Hotel. Ogden, UT.

Stress Management. (May 2004). Weber State University Instructional Technology Division Faculty Retreat. Session 2. Workshop to teach attendees relaxation techniques and coping strategies. Jeremiah’s Restaurant/Hotel. Ogden, UT.

Stress Management. (February 2004). Weber State University Faculty/Staff Training. A two-hour workshop for Weber State University faculty and staff on stress management. Weber State University.

Effectively Dealing with Stress. (February 2004). Guest Speaker in Health 4220, Women's Health Issues. Discussed effective and ineffective ways to deal with stress. Led class through a deep relaxation exercise. Weber State University.

Yoga Instruction. (January 2004). Guest Instructor Health communication HAS 3230, Demonstrated and assisted participants in an afternoon of yoga and deep relaxation. Weber State University.

Stress Management for Parents and Families (November 2003). Workshop presenter for "Konnecting with Kids:" Parenting Workshops. Sponsored by Weber State University Nontraditional Student Programs. Gave tips, suggestions, and ideas for helping attendees (non-traditional students) maintain peace and calmness in the home and reduce stress levels. Weber State University.

Stress Management. (August 2003). Emerging Leaders seminar for Weber State University students, Alumni Center. One hour experiential training on stress management featuring massage and the power nap. Weber State University.

Stress Management. (August 2003). Academy of Leadership conference for Weber State University, One-hour experiential training on stress management featuring massage and the power nap. Wolf Creek, UT.

Stress Management for Teachers. (June 2003). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Yoga Instruction. (May-June, 2003). Instructed Classes on Yoga at Peery's Egyptian Theater during their Summer Workshops Demonstrated and assisted participants in weekly classes of yoga and deep relaxation. Ogden, UT.

Stress Management. (March 2003). Weber State University Spring Training: Staff Education and Training Week. Three-hour workshop for Weber State University faculty and staff on stress management. Weber State University.

Creating Web Pages Using Microsoft FrontPage. (February 2003). Guest Speaker in Health 3150, Community and Worksite Health Promotion. Showed students how to create, design and structure web pages toward the creation of a community health resources website. Weber State University.

Effectively Dealing with Stress. (February 2003). Guest Speaker in Health 4220, Women's Health Issues. Discussed effective and ineffective ways to deal with stress. Led class through a deep relaxation exercise. Weber State University.

Yoga Instruction. (January 2003). Guest Instructor Health communication HAS 3230, Demonstrated and assisted participants in an afternoon of yoga and deep relaxation. Weber State University.

Stress Management Seminar. (November 2002). Secretarial Clerical Training and Enrichment (SCTE). Discussed levels of and reasons for stress and effective means for managing it. Weber State University.

Stress Management Seminar. (November 2002). University Relations Division, and the Continuing Education Department, afternoon session. Discussed levels of and reasons for stress and effective means for managing it. Weber State University.

Stress Management Seminar. (November 2002). University Relations Division, and the Continuing Education Department, morning session. Discussed levels of and reasons for stress and effective means for managing it. Weber State University.

Stress Management and Relaxation for Coaches and Athletes. (September 2002). Guest Speaker in Psychosocial Aspects of Human Performance, PE 3550 course. Discussed strategies for attaining optimum performance and reducing stress before and during competition. Weber State University.

Stress Management for Teachers. (August 2002). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Effectively dealing with Stress. (March 2002). Guest Speaker for Health 4220, Women's Health Issues. Discussed effective and ineffective ways to deal with stress. Experienced deep relaxation. Weber State University. Enhancing

Emotional Intelligence through Mindfulness. (March 2002). Guest Speaker in HAS 391 Patient Education. Discussed aspects of mindfulness as they relate to emotional well-being. Weber State University.

Stress Management. (February 2002). "Go for the Gold: Staff Education and Training Month. Weber State University. Four-hour workshop for faculty and staff on stress management. Weber State University.

Stress Management for Teachers (November 2001). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Stress Management for Teachers. (August 2001). Workshop speaker for Special Education teachers in the department of education. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Stress Management for teachers. (May 2001). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Flexibility Training Program. (April 2001). Guest Speaker in PE 2300: Exercise, Conditioning, and Nutrition. Discussed aspects of flexibility training as it relates to Fitness and Wellness. Weber State University.

Effectively Managing Stress. (February 2001). Guest Speaker in Career Development CHFAM 2900 class. Treated the nature of stress and effective means for managing stress. Weber State University.

Learning About Stress Management. (November 2000). Speaker for Campus Wellness Program. Treated the nature of stress and effective means for managing stress. Weber State University.

Stress, Illness and Maintaining Health. (November 2000). Guest Speaker in Families in Stress CHFAM 4400 course. Discussed stress as it relates to disease and disorders in the family environment. Weber State University.

Stress Management for Teachers. (November 2000). Workshop speaker for Teacher Assistants Path to Teaching (TAPT) teachers. Discussed stress, why we experience it, how it affects our health, and some effective ways to manage it. Weber State University.

Heart Disease and Your Health. (October 2000). Guest Speaker in Healthy Lifestyles, Health 1030 course, Discussed aspects of heart disease, risk factors, and strategies for heart health. Weber State University.

Stress Management in Sport. (October 2000). Guest Speaker in Psychosocial Aspects of Human Performance, PE 3550 course, Discussed strategies for attaining optimum performance and reducing stress before and during competition. Weber State University.

### **Community Presentations**

Stress Management Workshop. (October 2018). Keynote speaker for North Ogden Utah Mini Women's Conference. Presentation on foundational components of stress management and mindfulness. North Ogden, UT.

Stress Management Presentation (October 2018). Guest speaker for Utah Association for Public Treasurers. Presentation on how stress happens and what to do about it. Farmington, UT.



Stress Management Skills for USU Ambassadors (October 2018). Stress Management presentation for the professional meeting of the Utah State University Ambassadors. Weber State University, Logan, UT.

Stress Management through Mindfulness. (August 2018). Keynote Speaker for the Utah Health Information Management Association ((UHIMA). Salt Lake Community College Convention Center, Sandy, UT.

Stress Management Workshop. (May 2018). Guest speaker for Clinton City Utah church group (LDS church). Presentation on stress management to improve one's health and well-being. Clinton, UT.

Stress Management Presentation (April 2018). Guest speaker for Northern Wasatch Oasis Community Group. Presentation on cause, effects, and ways to manage stress. Layton, UT.

Meditation Workshop. (January 2018). Guest speaker for North Ogden Utah Young Women church group (LDS church). Presentation on meditation as a way to dramatically reduce stress and improve one's health and well-being. North Ogden, UT.

Stress Management Workshop. (October 2017). Guest speaker for Plain City Utah church group (LDS church). Presentation on stress management to improve one's health and well-being. Plain City, UT.

Mindfulness! (September 2017). Guest Speaker for Davis County Health Department employees. Presented basic principles of stress and stress management. Clearfield, UT.

How to Turn Off Your Stress (June 2017). Guest Speaker for Davis County Health Department employees. Presented basic principles of stress and how to turn off the stress response. Clearfield, UT.

Recognizing and Managing Stress. (January 2017). Guest Speaker for Davis County Health Department employees. Presented basic principles of stress and stress management. Kaysville, UT.

Stress Management through Meditation. (November 2016). Guest speaker for Layton Utah church group (LDS church). Presentation on meditation as a way to reduce stress. Layton, UT.

Mindfulness Seminar. (July 2016). Guest Speaker for Box Elder County employees. Presented basic principles of mindfulness including the essence of mindfulness and how to be mindful. Brigham City, UT.

Stress Management. (April 2016). Guest Speaker at a Salem church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Salem, UT.

Stress Management. (April 2016). Guest Speaker at a Plain City church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Plain City, UT.

Stress Management. (January 2016). Guest Speaker at a North Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. North Ogden, UT.

Pre-competition Stress Management (December 2015). Guest speaker -- Weber High School Cheerleaders, Pleasant View, Utah.

Weber High Meditates (November 2015). Guest speaker -- Weber High School Jaime Stireman's Yoga classes - all sections, Pleasant View, Utah.

Meditation/Stress Management Workshop (October 2015). Guest Speaker for the Annual Ogden Yoga Fest. Ogden, UT.

Unwind: 7 Principles for a Stress-Free Life in the World of Advocacy. (2014, October) Speaker for the National Fibromyalgia & Chronic Pain Association Leaders Against Pain Scholarship Training Conference. SLC, UT.

How to Really Relax in a Really Stressed-Out World. (2014, June) Speaker for the Utah Association of Elementary School Principals Conference. Midway, UT.

Stress Relief--Two Simple Solutions. (2014, May). Speaker for the Utah Hoby Scholarship/Leadership Annual Meeting. Aspen Grove, UT.

Managing stress and maintaining an appropriate work-life balance. (2014, April). Speaker for the Utah State Respiratory Therapy Society. Ogden, UT.

Strategies and Techniques for Coping with Stress in the Workplace. (2013, July). Keynote Speaker for the Mountain States College Stores Association. Park City, UT.

Stress Management. (January 2014). Guest Speaker at a North Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. North Ogden, UT.

Stress Management using Meditation (March 2012). Guest speaker for Box Elder School District. A brief presentation on the benefits of meditation as a way to reduce hypertension. Brigham City, UT.

Stress Management using Meditation (March 2012). Guest speaker for Weber School District. A brief presentation on the benefits of meditation as a way to reduce hypertension. Pleasant View, UT.

Stress Management for School Counselors (October 2011). Guest speaker for the Davis School District School Counselors. Treated ways for counselors to help their students who are highly stressed or having other emotional problems. Farmington, UT.

Stress Management Class (July 2010). Guest speaker for the Northern Utah Division of Child and Family Services. Presentation on stress, how it happens, how to prevent and reduce it. Ogden, UT.

Stress Management for Women (April 2010). Guest speaker for LDS Women's Area Conference. Presentation on Spiritual/Emotional well-being. North Ogden, UT.

Finding Wellness for Recovering Addicts (December 2008). Guest speaker for participants in addiction recovery at the Women's Recovery Center (WRC). Presented ways to help addicts think differently about their addictions and find better ways to feel good. Layton, Utah.

Stress Management. (April 2008). Guest Speaker at an Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. WSU Singles Ward, Ogden, UT.

Stress Relief: Getting the Upper Hand on Stress. (April 2008). Guest Speaker at the annual Spring Seminar ASCLS-Utah Chapter and Utah Chapter – CLMA. Presented ways to prevent stress through mindfulness. Salt Lake Convention Center. Salt Lake City, Utah.

Stress Management. (January 2008). Guest Speaker at a North Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. North Ogden, UT.

Six Weeks to Stress Relief. (August-September 2007). Speaker for a North Ogden community group. The weekly workshop included a comprehensive look at stress, its effects, and how to reduce and prevent it. North Ogden City Center. North Ogden, UT.

Stress Management Presentation. (June 2007). Guest speaker at the Utah State County Treasurers Annual Workshop. Workshop to teach attendees relaxation techniques and coping strategies. Midvale (The Homestead), UT.

Stress Management. (June 2007). Guest Speaker at a South Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. South Ogden, UT.

Stress Management. (April 2007). Guest Speaker at a Roy church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Roy, UT.

Stress Management. (January 2007). Guest Speaker at a Hooper church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Hooper, UT.

Stress Management Workshop. (January 2007). Guest speaker at the Utah School for the Deaf and Blind. A workshop dealing with managing stress for parents of kids with disabilities. Ogden, Utah.

Yoga Instruction (September 2006). Guest Instructor at a North Ogden church youth group (LDS Church). Taught principles and methods of optimum health through yoga to participants. North Ogden, UT.

Stress Management. (August 2006). Guest Speaker at a North Ogden church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. North Ogden, UT.

Stress Management Workshop. (April 2006). Guest speaker at the Family Connection Center (FCC). Three-hour workshop dealing with managing stress in a high-stress workplace. Clearfield, Utah.

Test Taking Strategies. (February 2006). Workshop presentation hosted by the Weber High School PTA at Weber High School. A class designed to help high school students improve their test-taking skills through appropriate stress management. Pleasant View, UT.

Managing Stress through Meditation. (July 2005). Guest Speaker at an Ogden Valley church group (LDS Church). Taught participants about stress reduction through meditation and taught attendees how to meditate. Eden, UT.

Stress Management Part II. (July 2005). Guest Speaker at an Ogden church group (Community United Methodist Church). Discussed principles of relaxation and then taught a class on meditation. Ogden, UT.

Stress Management Part I. (July 2005). Guest Speaker at an Ogden church group (Community United Methodist Church). Presented basic principles of stress, and methods of stress prevention and reduction. Ogden, UT,

Stress Management. (June 2005). Guest Speaker at a Sandy church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Sandy, UT.

Stress Management. (April 2005). Guest Speaker at a South Weber church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. South Weber, UT.

Managing Stress through Meditation. (February 2005). Guest Speaker at a North Ogden church group (LDS Church). Taught participants about stress reduction through meditation and taught attendees how to meditate. North Ogden, UT.

Improving Wellness through Nutrition. (February 2005). Guest Speaker at an Ogden church group (LDS Church). Presented basic principles of nutrition and weight control. Ogden, UT.

“Being Your Best Self.” (January 2005). Guest Speaker for 2 sessions at the Weber High School Lifeskills conference titled “Wellness and Healthy Lifeskills. Taught students various aspects of wellness including stress management, exercise, and wellness. Pleasant View, UT.

Stress Management. (October 2004). Guest Speaker at a Hooper church group (LDS Church). Presented basic principles of stress, and methods of stress prevention and reduction. Hooper, UT.

Stress Management. (August 2004). Guest Speaker at a Plain City church group (LDS Church). Presented basic principles of stress management along with techniques for increasing personal relaxation. Plain City, UT,

Yoga Instruction (January 2004). Guest Instructor at a North Ogden church group (LDS Church). Taught principles and methods of stress management including deep relaxation to participants. North Ogden, UT.

Yoga and Relaxation Instruction. (January 2004). Guest Instructor at a North Ogden church group (LDS Church). Demonstrated and assisted participants in an evening of yoga and deep relaxation. North Ogden, UT.

Drug Use Prevention. (2004 January). Guest Instructor at a North Ogden church group (LDS Church). Focused on the dangers of drug use and methods for drug use prevention. North Ogden, UT.

Improving Our Health through Good Nutrition and Exercise. (2003 March). Guest Instructor at a North Ogden church group (LDS Church). This class focused on improving our health by enhancing our understanding of sound nutrition principles and exercising aerobically. North Ogden, UT.

Stress Management. (February 2003). Guest Speaker at a Roy church group (LDS Church), Presented basic principles of stress management along with techniques for increasing personal relaxation. Roy, UT.

Yoga Instruction. (January 2003). Guest Instructor at a North Ogden church group (LDS Church). Demonstrated and assisted participants in an evening of yoga and deep relaxation. North Ogden, UT.

Yoga Instructor. (Fall 2002); Instructed yoga classes taught at the home office of Olpin Stress Management Consulting. North Ogden, UT. Getting Ourselves Trek Fit. (2002, March).

Guest speaker at a North Ogden church group (LDS Church). Presented class on how to get physically fit through nutrition and exercise. North Ogden, UT.

Yoga Instruction. (February 2002). Guest Speaker at a Roy church group (LDS Church). Demonstrated and assisted participants in an evening of yoga and deep relaxation. Roy, UT.

Stress Management. (June 2001). Guest Speaker at an Ogden church group (LDS Church). Presented basic principles of stress management along with techniques for increasing personal relaxation. North Ogden, UT.

Developing Web pages Using Adobe PageMill. (September 1999). Seminar Speaker; Concord College. Athens, WV.

Stress Management. (March 1999). Workshop Speaker; Bonner Scholars, Athens, WV.

Stress Management Using Effective Relaxation Techniques; (January 1999). Seminar Speaker; Princeton Health and Fitness Center, Princeton, WV.

Stress Management Using Effective Relaxation Techniques; (July 1998). Seminar Speaker; Princeton Health and Fitness Center, Princeton, WV.

Eight Graders Health Fair. (March 1998). Organized and coordinated health booths designed to give health information to eighth graders at Athens Elementary School. Athens, WV.

Fitness or fatness: It's Your Call. (March 1998). Residential Life Guest Speaker. Concord College. Athens, WV.

What's Health Education All About? (December 1997). Residential Life Guest Speaker. Concord College. Athens, WV.

Fear and anger as key emotions toward stress. (December 1997). Residential Life Guest Speaker. Concord College. Athens, WV.

Stress Management. (November 1997). Bonner Scholars Program Seminar. Concord College. Athens, WV.

Stress Management. (August 1997). Guest speaker for the McNair Program. Presented Information on managing stress, relaxation, and time management. Concord College. Athens, WV.

Meditation Class. (July 1997). Instructed students from health classes on meditation. Concord College. Athens, WV.

Stress Management Class. (May 1997). Instructed basic principles of stress management. West Virginia University Community Health Promotion Master's Degree Program. Charleston, WV.

Stress Management. (April 1997). Guest speaker for the Honors Program. Presented Information on managing stress, relaxation, and seated partner massage. Concord College. Athens, WV.

Eight Graders Health Fair. (March 1997). Organized and coordinated health booths designed to give health information to eighth graders at Athens Elementary School. Athens, WV.

Together through Diversity. (February 1997). Guest Speaker for yearly series on religions around the world. Concord College. Athens, WV.

Stress Management. (November 1996). Guest speaker in the Honors Program. Presented Information on managing stress, relaxation, and time management skills. Concord College, Athens, WV.

Time, Life, and Stress Management. (June 1996). Guest speaker in Women's Health, HED 441 course. Discussed strategies for optimum time and life management along with techniques for decreasing stress levels and inducing a relaxation response. Southern Illinois University, Carbondale, IL.

Using the Internet as a Health Professional. (1996, May). Guest speaker in using the Microcomputer to Enhance Health Education. Taught students how to access good health information using the internet and how to create their own home pages on the internet. Presentations/Materials--HED 461 course. Southern Illinois University. Carbondale, IL.

"Tobacco, Smoking, and Your Health." (April 1996). Guest speaker in the Healthful Living--GEE 201 course. Presented Information on the effects of smoking and tobacco use on health including heart and lung disease to undergraduates. Southern Illinois University. Carbondale, IL.

Stress Management; (1996, April). Guest speaker in the Healthful Living--GEE 201 course. Presented Information on managing stress, relaxation, and time management skills. Southern Illinois University. Carbondale, IL.

Stress Management. (February 1996). Guest speaker in the Healthful Living--GEE 201 course. Presented Information on managing stress. Southern Illinois University. Carbondale, IL.

Stress Management. (February 1996). Guest speaker for a Carbondale church group (RLDS Church). Presented basic principles of stress management along with techniques for reducing stress. Carbondale, Illinois.

Stress Management. (October and November 1995). Guest speaker in the Emotional Health, HED 312 course. Presented basic principles of stress management along with techniques for increasing individual relaxation. Southern Illinois University. Carbondale, IL.

Research Methods. (October 1995). Guest speaker in the Emotional Health course--HED 312, Instructed health education students on principles of research methods for health educators. Southern Illinois University. Carbondale, IL.

Stress Management. (September 1995). Guest speaker in the Healthful Living--GEE 201 course. Presented basic principles of stress management along with techniques for increasing individual relaxation. Southern Illinois University. Carbondale, IL.

Stress Management. (September 1995). Guest speaker in the Healthful Living--GEE 201 course. Presented basic principles of stress management along with techniques for increasing individual relaxation Southern Illinois University, Carbondale, IL.

Stress Management. (September 1995). Guest speaker in the Healthful Living--GEE 201 course. Presented basic principles of stress management along with techniques for increasing individual relaxation Southern Illinois University, Carbondale, IL.

"Operation Safe Kids." (1994, October). Guest speaker on basic nutritional objectives for fourth graders of Caruthers Elementary School. Murphysboro, IL.

"Operation Safe Kids." (1994, October). Guest speaker on basic nutritional objectives for fourth graders of Caruthers Elementary School. Murphysboro, IL.

"Managing Your Weight through Correct Nutrition and Physical Activity." (July 1994). Presented two 90-minute discussions to young adults at a Carbondale church group (LDS Church). Carbondale, IL.

Stress Management. (June 1994). Guest Speaker at a Carbondale church group (LDS Church). Presented basic principles of stress management along with techniques for increasing personal relaxation. Carbondale, IL.

Stress Management. (March 1994). Guest speaker in the Fitness-Relaxation--GEE 102B course. Presented basic principles of stress management along with techniques for increasing personal relaxation. Southern Illinois University, Carbondale, IL.

Stress Management. (February 1994). Guest speaker at the Southern Illinois Hospital Services. Presented basic principles of stress management along with techniques for increasing personal relaxation. Carbondale, IL.



Stress Management. (June 1993). Guest Speaker for the Provo City Employees. Presented basic principles of stress management along with techniques for increasing personal relaxation. Provo Public Library. Provo, UT.

Stress Management; (September-May 1992-1993). Presented basic principles of stress management along with techniques for increasing personal relaxation, including yoga, meditation, imagery breathing exercises, and other methods for reducing stress. Brigham Young University. Provo, UT.

Stress Management. (April 1993). Guest Presenter for the Utah State Prison Employees. Presented basic principles of stress management along with techniques for increasing personal relaxation. Salt Lake City, UT.

Stress Management. (January 1993). Guest Speaker for a Brigham Young University women's group (LDS Church). Presented basic principles of stress management along with techniques for increasing personal relaxation. Provo, UT.

## **TV/Podcasts/Audio Interviews/Video Interviews/Magazine Articles/Newspaper Articles**

### **Good4Utah (Channel 4)**

- [Good Things Utah Avoiding Back-to-School Stress. August 20, 2018](#)
- [Midday - How to deal with increased stress in society, August 17, 2018](#)
- [Afternoon News Spot - Knowledge and practice of coping skills offers hope for stress management, August 14, 2018](#)

### **Ogden Utah Standard Examiner interviews:**

- [Health benefits of mineral spas like Crystal Hos Springs still unclear, March 24, 2017](#)
- Poll: Utah worst in the nation for emotional burnout. Tuesday, February 17, 2015
- Relax with these tips Monday, February 16, 2015
- What's a day at Lagoon without a funnel cake? Friday, June 06, 2014
- Thrill rides may scare up stress relief, other health perks Friday, June 06, 2014
- Want to relax? Try the WSU Stress Relief Center Monday, April 28, 2014
- Top of Utah people reveal secrets of lower-stress holidays Wednesday, November 27, 2013

### **Weber State University Signpost Interviews**

- Year-round gratitude can change your life, NOVEMBER 18, 2016
- Take breaks to avoid burning out. DECEMBER 3, 2015
- A documentary explores what it means to be happy. OCTOBER 9, 2015
- Weber State students learn to relax. MARCH 29, 2015
- Stress Relief Center works to ease finals prep. MARCH 30, 2014

- WSU's experts give tips to prevent stress during finals. DECEMBER 1, 2013
- Author teaches classes to help relieve stress. OCTOBER 29, 2013
- Students find ways to deal with midterm stress. NOVEMBER 6, 2012
- WSU students' stress level higher than national average. OCTOBER 27, 2012
- Resources for stressed Wildcats. AUGUST 4, 2012
- Forum helps single mothers manage stress. SEPTEMBER 24, 2011

### **Magazine Articles**

- The illusion of Stress (May 2015). [Body, Mind, & Beyond: Complete Wellbeing.](#)

### **Worldwide Web Podcasts**

- [How to live a Stress-Free Life - ManTalks Podcast.](#) (September 2016) MANTALKS Podcasts: Inspiring men. Inspiring conversations.
- Stress Less (January 2016) [Podcast on Stress Management with BFM 89.9.](#) Selengor, Malaysia
- How to Really Relax in a Really Stressed-Out World (May 2015). Guest Speaker for World-Wide Webinar: Stress-Free Living Summit. (no longer available online)

### **Special Honors or Awards**

Nominated for Outstanding Undergraduate Research Mentor for the College of Education, WSU 2018

Nominated for the H. Aldous Dixon Award, WSU, 2014

Nominated for the Crystal Crest Award for outstanding achievements as a teacher, WSU -- 2004, 2006, 2007, 2010, 2012, 2013, 2016.

Nominated to speak at WSU's Last Lecture symposium, 2004.

Nominated for Inclusion in Who's Who Among America's Teachers, 2002.

Nominated for West Virginia Teacher of the Year, 1998.

Eta Sigma Gamma, National Health Science Honorary, Alpha Alpha Chapter, Southern Illinois University, October 1994.

Phi Kappa Phi, National Honor Society, Degree with Honors, Brigham Young University, June 1993.

### **Committees & Leadership**

[WSU Stress Relief Center Director](#) (2006-present)

[Health Promotion Program Director](#) (Spring 2008 – Spring 2010, 2012-2014) I developed and maintain current the Health Promotion Website: (<http://weber.edu/healthpromotion>) and our Health Promotion Facebook website

(<https://www.facebook.com/groups/150299180762/?fref=ts>)

HPPH Department Ranking Tenure Evaluation Committee Chair (2013-2014)

Graduate Degree Committee Member

- Curtis Carlisle, Weber State University, Education Master's Degree 2017-2018
- Ryan Davis, Weber State University, Education Master's Degree. 2015-2016
- Brittney Hicken, Weber State University, Education Master's Degree. 2013-2014
- Lana Garrett, Weber State University, Education Master's Degree. 2012-2013
- Shelli Gough, Weber State University, Communication Master's Degree. 2012-13;
- Chad Myler, University of Utah, Health Promotion Master's degree 2012-2013
- Kim Rew, University of Utah Health Promotion Master's Degree. 2002-03

Moyes College of Education Ranking Tenure Evaluation Committee (2009-10, 2012-13, 2014-15, 2017-18, 2018-19)

Education College Dean's Search Committee Member (2018-19).

College of Education Search Committee member - Recruitment and Marketing Coordinator. (2018)

BIS Supervisor for Health Promotion Emphasis Students (2008-13)

Performance Review Committee for the College Dean (2014)

University Ranking Tenure Evaluation Committee (2010-11)

Search Committee – HPPH Department, Health Promotion Program Professor, (2012-13 - chair, 2014-15)

Search Committee – Student Wellness Director (Fall 2012)

Interim Department Co-chair (Summer & Fall Semesters, 2008)

BASICS Research Fund Committee Campus

Student Wellness Committee – Weber State University

Chair-Search Committee–HPPH Department, 2 Health Promotion Program Professors, (Spring 2008, 2009)

HEDIR National Technology Award Selection Committee 2005-2008

Faculty Senate – Weber State University

Presidential Outstanding Staff Award Committee – Weber State University

Research Service & Professional Growth (RSPG) Committee - Weber State University

Academic Resource and Computing Committee (ARCC) – Weber State University

College of Education Curriculum Committee (COECC) – Weber State University

Educational Technology Committee - College of Education, Weber State University

Council of Linkages – Utah State committee on internships in Health Promotion

Search Committee – HPHP Department, Health Promotion Program Search Committee – HPHP Department, (Spring 2006)

Chair - Search Committee - HPHP Dept. Student Advisor/Internship Director (Summer 2001)

Search Committee - HPHP Dept. Instructor in Physical Education, (Spring 2001)

Search Committee - New Faculty in the department of HAS (Spring 2001)

West Virginia State Strategic Planning Committee for Specific Criteria related to Health Education

Curriculum Concord College Academic Policy Committee

Department of Education Computer Committee – Concord College

### **Advising/Mentoring/Supervising**

Student Advisor for Health Promotion Majors & Minors

**Internship Supervisor for students who do internships in the WSU Stress Relief Center**

#### **Fall 2018**

Cade Hyde

Owen Staples

Kendra Harrison

Michelle Boshard

Jen Schade

#### **Summer2018**

Kaitlyn Radl

Owen Staples

**Spring 2018**

Logan George  
Holly Price  
Miranda Smith  
Meghan Skidmore  
Ashley Gustafson  
Brittany Shattuck

**Fall 2017**

Garrett Packer  
Erin Duff  
Megan Stanger

**Summer 2017**

Kayla Budge  
Hebah Hemdi  
Kahlee Moore  
Spencer Cieslak

**Spring 2017**

Megan Jensen  
Cas Weston  
Chantel Brown  
Marisa Chamberlain  
Laura Richards  
Kelsie Buchanan

**Fall 2016**

Samantha Nicholes  
Paige Pratt

**Summer 2016**

Brianna Kirkbride  
Emily Uharriet  
Carolyn Sciarini  
Taylee Williams

**Spring 2016**

Sarah Orgill  
Tanner Ethington  
Jordon Boren  
Carolyn Sciarini  
Danielle Bosserman  
Annette Johnson

**Fall 2015**

Hannah Hoover  
Desiree Woodfield  
Chantal Strandgard  
Killupintu Garrison  
Wendy Johnson  
Hollie Campbell  
Ashley Ragland

**Summer 2015**

Jenna Shaner

**Spring 2015**

Savana Stevenson  
Emily Hairgrove  
Brittin Merback  
Blake Tolman  
Brenda Banks  
Kristi Dingman

**Fall 2014**

Sarah Abing  
Chelsie Guild  
Jen Caldwell  
Bailey Caton  
Blake Tolman  
Clarissa Renda

**Summer 2014**

Brenda Smith  
Christina Whetstone

**Spring 2014**

Cheryl Payne  
Julia Crookston  
Carson Dahl  
Britlie Silvester  
Blake Tolman  
Sarah Nelson  
Maria Wuthridge  
Stacie Hancock

**Fall 2013**

Chelsea Wallis

Britlie Silvester  
Stephanie Saffel Wilkinson  
Blake Tolman  
Sarah Nelson

**Summer 2013**

Lexi Hurst  
Shantele Hawkins

**Spring 2013**

Cait Miller  
Ava Acedo

**Spring 2013**

Michelle Arave  
Marie Kemp  
Sarah Nelson  
Katherine Kantwell  
Shanae Burgin  
Mary White  
Ava Acedo

**Fall 2012**

Marie Kemp  
Ben Thomas  
Sarah Nelson  
Katherine Kantwell  
Allyse Carr

**Spring 2012**

Maggie Kunz  
Sarah Nelson  
Mandy Palmer  
Fatimah Alshakiss  
Tyson Schwabb

**Fall 2012**

Hana Orr  
Rebecca Nichols

**Spring 2012**

Carla Vogl  
Rosa Portillo

Stacy Cooke  
Cami Johnson

**Fall 2011**

Jason Thornton  
Julie Madsen  
Susan Parker  
Melissa Woods  
MajorFest Advisor;

Assisted at the HPHP booth and helped potential majors learn about the Health Promotion & Human Performance Department and programs, (November 3, 2004)

MajorFest Advisor; Assisted at the HPHP booth and helped potential majors learn about the Health Promotion & Human Performance Department and programs, (October 27, 2003)

Ph.D. Advisory Committee. Maureen Johnson, Southern Illinois University Health Education. Gave feedback on her Dissertation Project - Chill Out University Website. 2002-03

**BIS Student Advisor:**

- Madison Hodson
- Sadie Stahura
- Taiesha Manalastas
- Andrew Torgersen
- Adam Nance
- Alicia Kitchen
- Amanda Olpin
- Anya Clemens
- Andrew Torgeson
- Angel Garza
- Anna Beckstrom
- Ashlee Shurtleff
- Ashley Hayes
- Autumn Hawkins
- Ben Baker
- Jaime Taylor
- Brindi Hansen
- Brittney Hauser
- Cameron Kawa
- Carin Mann
- Cathy Barlow
- Chad Allen
- Charlotte Ferguson
- Daniel Faulk
- David Owen



- Debbie Gentry
- Deborah Jones
- Emilee Albright
- Esther Vazquez
- Greg Ashby
- Hannah Maher
- Heidi Alatorre
- JaicayEwing
- Jenna Trovato
- Jason Thornton
- Jessica Muhlstein
- Jody Parkins
- Jordan West
- Josh Bybee
- Justin Favaro
- Karen Spangler
- Karen Ward
- Katelyn Webb
- Kayla Borrego
- Kelsee Grow
- Kendra Fowler
- Kimberly Tippits
- Lacey Lloyd
- Laurel Lemon
- Linday Beck
- Lisa Stephens
- Mario Westbrook
- Marsha Latham
- Neggen Hodson
- Michael Chamberlain
- Michael Dawson
- Michelle Snow
- Moana Blietschau
- Nate Tuatagaloa
- Nikole Ring
- Randi Anderson
- Ruth Stagg
- Sara Southwick
- Sarah Falah
- Sarryn Priest
- Scott Higley
- Stacie Baker
- Stacie Roberts
- Stephanie Chugg

- Susan Davis
- Tara Whitaker
- Tiffany Larsen
- Tyley Call
- Valerie Wheeler
- Wendy Parrish

McNair Scholar Mentor for Gil Catron, McNair Scholar. (Spring, 2002) Research Study: Stress: Origins and Management Techniques Used Among College Students.

McNair Scholar Mentor for Melissa Garretson, McNair Scholar. (Summer, 1998) Research Study: The relationship between exercise and feelings of well-being among women over 40 in rural West Virginia.

## **Reviewer**

### **Professional Journals**

#### Applied Research in Quality of Life

"Information-Seeking and Communication in a University Work Stoppage: Addressing Students' Psychological Distress and Academic Activity" (2018)

#### International Journal of Stress Management

Reviewer Mind/Body Health: The effects of attitudes, emotions, and relationships, 2nd Edition by Karren, Hafen, Smith, and Frandsen.

Reviewer of an additional chapter on nutrition prior to publication of 3rd Edition. (November 2004).

Managing Performance Stress. Sage Publications asked me to review this text to assess for possible publication. (May 2004).

Mind/Body Health: The effects of attitudes, emotions, and relationships, 2nd Edition by Karren, Hafen, Smith, and Frandsen. Reviewer prior to revisions for 3rd Edition. (April 2004).

AAHPERD Research Consortium Reviewer (Summer, 2007)

AAHPERD Research Consortium Reviewer (Summer, 2003)

Comprehensive Stress Management. Eighth Edition. By Jerrold S. Greenberg. Published by McGraw Hill.

Practical Stress Management: A comprehensive workbook for managing change and promoting health. By Romas & Sharma. Published by Allyn & Bacon.

Health of the Human Spirit: Spiritual Dimensions for Personal Health, By B. L. Seaward (2001). Published by Allyn & Bacon.

Access to Health 7th Edition, by Donatelle & Davis. Published by Allyn & Bacon.

Health on the Horizon, by Teague, Mackenzie, & Rosenthal. Published by McGraw Hill.

Research Consortium Reviewer for Health. 1998 National AAHPERD Conference.

Contemporary Nutrition, 5th edition by Gordon M. Wardlaw. Published by Brown & Benchmark. Reviewer for final revisions before publication.

### **Coaching Experience**

#### **Concord College**

Men's Tennis Team

### **Other Service**

Coach: Youth baseball – boys age 5, 6, 7, 8, 9 Youth basketball – boys age 6-16 Youth soccer – boys age 7, 8 Youth basketball – girls age 10-17

### **Skills**

Extensive experience using and teaching computer skills, including the internet, Macintosh, IBM, word processing, PowerPoint, spreadsheets, databases, statistical packages, graphics, and newsletters.

Fluent in Spanish.

Experience coaching, playing and refereeing most sports. Athletically inclined.

Skilled on the piano and organ.

### **Other Professional Experience**

Installment Loan Officer, Zion's First National Bank, Regional Office, Provo, UT.

Installment Loans Collections Supervisor, Regional Office, Collections Department, Zion's First National Bank, Regional Office, Provo, UT.

Debt Collections Officer, First Security Bank, Regional Office, Provo, UT.

Library Research Assistant, Provo Public Library, Provo, UT

### **Professional Memberships**

Utah Health Education Association (UHEA)

National Wellness Association (NWA)

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

Association for the Advancement of Health Education (AAHE)