

CURRICULUM VITAE

JENNIFER WEGMANN, PhD

EDUCATION

Binghamton University, School of Community and Public Affairs
Doctor of Philosophy; 2018

Binghamton University, School of Education and Human Development
Master of Arts in Social Science, Focus on Women's Health; 2000

Binghamton University - Bachelor of Arts, Biology; 1994

CERTIFICATIONS

CRR Certified

PROFESSIONAL EXPERIENCE

Lecturer, Health and Wellness Studies, Binghamton University- 1998-Present

Courses:

- **Nutrition:** This course introduces human nutrition, emphasizing the scientific principles addressing biochemical, physiological, and psychological mechanisms. Students will develop the analytical and critical thinking skills necessary to implement behavioral change and promote a healthy lifestyle. By taking this course, students will be able to differentiate between nutrition facts and fiction using scientific methods.
- **Stress Management** – This course explores stress management through practice and theory. Topics will include recognizing stressors, the physiological and mental effects of stress, and the impact on an individual's health from prolonged stress responses. Various stress management techniques will be discussed and practiced, including exercise, nutrition, breathing, progressive muscle relaxation, visualization, meditation, and cognitive strategies like goal setting and time management.
- **Contemporary Health Issues:** In a rapidly changing world, understanding the multifaceted landscape of current health challenges is essential for fostering individual well-being and maintaining the health of communities. This course will focus on the interplay between personal choices, societal factors, the environment, healthcare systems, and health policies to promote a holistic understanding of the determinants of health. Students will embrace learning through a combination of lectures, discussions, and practical exercises. This course challenges students to analyze and evaluate complex

health issues, including mental health, physical activity/built environment, sleep, immunizations, sex, sexuality, reproductive health, and substance use disorders.

- **Women's Wellness:** This course provides an introduction to women's health and wellness. Historical and contemporary perspectives are used to explore issues such as menstruation, menopause, childbirth, eating disorders, and body image. Holistic health options are discussed as alternatives to allopathic treatments for many common health conditions. This course enhances a woman's health and wellness by focusing on proactive health and increasing one's knowledge of a woman's body.

CAMPUS INVOLVEMENT

Faculty in Residence, Old Digman (HaWC) Residence Hall- Fall 2021- Present

Old Digman (HaWC) – Advisory Committee- Fall 2021- Present

Decker College of Health Sciences – Committee on Committees; Fall 2023 - Present

Health and Wellness Studies – Discretionary Committee; Fall 2024

Eating Awareness Committee; 2002- Present

- Chair – 2003 - 2005
- A cross-divisional committee that coordinates resources, education, and outreach services to students and staff in the areas of eating disorders, nutrition, and fitness.
- Faculty supervisor for the Eating Awareness Student Sub-Committee.
- Collaborated on the development and implementation of *You Are Greater Than Your Reflection*
- Conducted “Healthy Eating Patterns” research
- Brought nationally recognized speakers to campus to promote the committee’s education and outreach mission.
- Responsible for Nutrition and Body Image lecture series.

Health and Wellness Studies Educational Policies Committee – Fall 2019 – Fall 2021

Middle States Commission on Higher Education: Self Study; Spring 2019 – Spring 2020

- A cross-divisional campus committee charged with writing a self-study that maps evidence of meeting criteria for MSCHE standard IV.

Decker School of Nursing – By-Laws Committee; Spring 2019 – Spring 2020

Health and Wellness Studies Curriculum Committee – Fall- 2015 – SPG 2018

- Chair: 2002-2005
- The committee is responsible for evaluating and approving new course proposals.
- Developed and proposed HWS Minor

Decker School of Nursing Strategic Planning Committee; 2014

Women and Athletics Committee; 2007- 2013

- Mission to raise money to provide a yearly scholarship to a female athlete at Binghamton University who shows outstanding achievement in all life areas.
- Help coordinate the annual Women in Athletics Luncheon, the committee’s major fundraiser.

Girls Night Out Committee Organizer; 2008 –2013

- A community outreach endeavor sponsored by the Athletics Department runs in conjunction with National Women and Sports Day.
- Responsible for developing the event and securing the keynote speaker.

Newing College Fellow; 2002-2015

- Mentoring Newing College residents. Providing resources and education in many areas.

Emerging Leaders Program Mentor, Binghamton University 2010- 2011

- Mentoring freshmen who had a strong interest in the area of health and wellness.

Delta Kappa Delta Sorority Advisor: 2011

- Delta Kappa Delta is a United States-based sorority for young women who have dedicated their hearts and souls to service and sisterhood.

COMMUNITY INVOLVEMENT:

- Broome Women Lead; September 2024- Present
- Youth Group Volunteer; Spring 2019 - Present

RECENT PRESENTATIONS:

SHAPE America – National Convention – April 2025

- Changing Minds About Stress: Stress Mindset, Resilience, & Well-being.

Broome Tioga BOCES – April 2025

- Changing Minds About Stress: Stress Mindset, Resilience, & Well-being.

Kresge Foundation BHealthy Panel – February 2025

- Focus on Stress, Resiliency, and Well-being.

Chenango Forks School District – May 2024

- Changing Caregiver's Minds About Stress: Stress Mindset, Resilience, and Well-being.

Philanthropic Educational Organization of Broome County – May 2024

- The New Science of Mastering Stress and Living Well

Broome County Family Violence Prevention Council- October 2022

- Changing Minds About Stress; Stress Mindset, Resilience, and Well-being.

NYSPPH Conference – August 2021

- Mindset Mentors: How Peer Educators Help Students Reveal Resilience and Stress Smarter

United Way – May 2021

- Workplace Wellness: Home, Office, and In Between

SHAPE National Convention- April 2021

- Students, Stress Mindset, and Well-being

Broome-Tioga Workplace Wellness Summit – Nov. 2019

- Stop Stressing About Being Stressed: Workplace Stress and Your Health

Binghamton University Wellness Summit – Nov. 2018

- Changing the Way You Think About Stress: Stress, Stress Mindset, and Well-being

Cortland College – Education Club Seminar – March 2019

- Changing the Way You Think About Stress: Stress, Stress Mindset, and Well-being

New York State Women Inc: May 2016

- Keynote Speaker; The History of Seventeen Magazine

New York State Women Inc: Oct. 2015

- Keynote Speaker; The History of Seventeen Magazine

New York State Women Inc.- State Meeting:2014

- Keynote Speaker; It's Time to Mobilize: Girls, Body Image and the Need for Real-Life Role Models

The Women's Fund Annual Breakfast: 2013

- Keynote Speaker; It's Time to Mobilize: Girls, Body Image and the Need for Real-Life Role Models

APPHERD State Conference; 2012

- Individual Presentation; Health Promotion and Wellness Programs for Higher Education

American Public Health National Conference (APHA); 2010

- Individual Presentation; Pathological Behaviors Associated with the Desire to be Thin Among College Students.

APPHERD State Conference; 2009

- Individual Presentation; Body Dissatisfaction and the Destructive Behaviors it Leads To.

RESEARCH, PUBLICATIONS, and MEDIA:

Academic Publications

- Brenman, A. M., Wegmann, J., Zale, E. L., Mattson, R. E., & Mastroleo, N. R. (2024). The Moderating Role of Stress Mindset on the Relationship between Drinking to Cope and Alcohol Consumption among Undergraduate College Student Drinkers. *Substance Use & Misuse*, 59(5), 665-672.
- Wegmann, Marshall, Tsai, Dionne (2020). Health Education and Changing Stress Mindsets: The Moderating Role of Personality. *Journal of American Health Education*.
- Wegmann, J. (2013). It must be true—I read it in Seventeen magazine: US popular culture and sexual messages in an era of abstinence-only education. *Sex education*, 13(5), 494-508. DOI:10.1080/14681811.2013.765358

Recent Media Interviews

- 2024
 - Huffington Post; 8 Holiday Habits That Are Secretly Making You Anxious
 - Vox; Resilience is invaluable in tough times. Here's how to build it

- The New York Times; 5 Books to Help You Manage Stress and Anxiety
- Yahoo! Lifestyle; Ever Feel So Stressed It Seems Like The World Is Spinning? Why It Happens and 6 Ways To
- Instantly Feel Calmer; First for Women
 - <https://www.firstforwomen.com/posts/health/can-stress-cause-vertigo>
- US News
 - <https://www.usnews.com/news/health-news/articles/2023-07-09/aim-to-live-happier-this-summer-heres-how>
- November 2021; *How to practice self-care during the frantic holiday season*. Martha Stewart Living.
- October 2021; *Stress Enhancing Mindsets*. Academic Minute
- February 2020; *5 Lifestyle Tweaks That Will Dramatically Improve One's Well-being*", with Dr. Jennifer Wegmann. Dr. William Seeds, Thrive Global
- March 2020; *How to Manage Stress Eating (or Not Eating)*. Jen Miller, New York Times
- September 2020; *Health education classes help anxious college students handle stress, study finds*. Kristen Dalli, Consumer Affairs.
- September 2020; *Enrolling in health education courses may help change student's beliefs about stress*. Science Daily
- September 2020; *Neurotic College Students Could Benefit From Health Education*. Newswise
- November 2020; *How to Embrace a Low-Key Holiday Season*. Fitbit

Audio Book – Produced by Learn 25 – January 2019

- *Resilience: The New Science of Mastering Stress and Living Well*

Dissertation

- Wegmann, J. S. (2018). *The Moderating Effects of Stress Mindset on Well-Being* (Doctoral dissertation, State University of New York at Binghamton).

Podcast Interviews

- May 2025- *Shifting Our Mindset*. SWIFTT Milwaukee Public Schools.
- October 2021: *Stress is Enhancing Mindset*. Academic Minute
 - <https://www.aacu.org/podcasts/academicminute/2021-10-jennifer-wegmann-binghamton-university-stress-enhancing-mindset>
- April 2021: *Revealing Resilience and Stressing Smarter*. Pursuit of Wellness Podcast
- March 2021: *Finding Happiness in a Socially Distanced World*. Live Happy Now Podcast
- December 2020: *Happy Holidays in a Time of COVID*. Live Happy Now Podcast
- April 2020: *Build Resilience During COVID-19 and Beyond*. HER Podcast with Dr. Pamela Peeke. MD. Radio.

Poster Publications

- American Public Health Association; October 2008
 - Pathological Behaviors Associated with the Desire for Thinness Among College Students.
- World Congress of International Public Health; May 2009
 - Pathological Eating Behaviors and Associated Factors: A Study of College Students.
- Health in Transition: Researching for the Future; August 2009

- Pathological Eating Behaviors, Desire to be Thin, and Associated Factors: A Study of College Students.

Published Children's Book; 2011

- Lilly Anne and the Magic Mirror; Author House 2011

HONORS:

Chancellors Award for Excellence in Teaching: 2022

- The Chancellor's Award for Excellence in Teaching recognizes consistently superior teaching, providing its students with instruction of the highest quality

Princeton Review; 2012

- Best 300 Professors

FACES of the Southern Tier, Portraits and Profiles of 50 Fascinating People; 2007

- One of fifty people chosen from the Southern Tier