

## *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 in Women's Health; 2000

Binghamton University - Bachelor of Arts, Biology; 1994

#### **CERTIFICATIONS**

ACSM Certified Exercise Physiologist; 2001-Present

#### **PROFESSIONAL EXPERIENCE**

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

##### Current Instruction

- **Nutrition:** An introductory course that focuses on incorporating all nutrients into one's diet in a healthy manner. This allows one to become an active, responsible, and educated participant in their own health and well-being.
- **Women's Wellness:** A course designed to encourage women to take personal responsibility for their health and well-being. Learning about one's body is empowering and will foster the mind, body, and spirit
- **Stress Management** – A course designed to explore stress management through practice and theory. Topics will include recognizing stressors, the physiological and mental effects of stress, and the health of the individual due to prolonged stress responses. This course takes a unique approach to managing stress as it encourages students to utilize stress in a positive way.
- **Contemporary Health Issues:** This course is designed to help students navigate complex and contradictory health information. Additionally, this course will allow students to develop their own opinions about today's most controversial health topics by allowing and encouraging them to explore research information on both sides of the issues. Finally, this course is going to provide students tools to help ensure their life is healthy and long. Regardless of their current health status, students can make positive changes for a healthier future and can become an agent for healthy change for their peers and in their community.
- **Physical Fitness and Wellness:** A course designed to introduce students to wellness by incorporating group exercise with wellness lectures. Components of wellness are explored in detail and fostered through exercise and stress management.

- **Women’s Wellness Online:** Promoting personal responsibility and the development of mind, body, and spirit in a different, more challenging format. The goals and outcomes are the same as the traditional Women’s Wellness course but the process is different.
- **Nutrition Online:** An introductory course that uses an online format to help individuals develop the ability to incorporate all nutrients into their diet in a healthy manner. This course places even more personal responsibility on the individual not only for their health and well-being but also for learning.

## CAMPUS INVOLVEMENT

Middle States Commission on Higher Education: Self Study; Spg 2019 – Ongoing

- 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; Spg 2019 - Ongoing

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

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

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 mission of education and outreach.
- Responsible for Nutrition and Body Image lecture series.

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 areas of life.
- Help in coordination of 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 that runs in conjunction with National Women and Sport Day.
- Responsible for developing the event and securing the keynote speaker.

Binghamton University Campus Programming: 1998-Present

- Participated in campus outreach by presenting in dormitories on topics including fitness, nutrition, and body image.
- Helped sororities deal with body image issues and eating disorders by presenting and developing workshops.

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 freshman 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.

## **PRESENTATIONS:**

Binghamton University Wellness Summit – Nov. 2018

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

Binghamton University Health and Wellness Studies Seminar Series 2014 – Present

- Body Dissatisfaction and the Destructive Behaviors it can Lead To - Oct. 2014
- Eating Disorders; The Facts – Dec. 2015
- The New Science of Stress- Nov. 2016
- The New Science of Stress - Oct. 2017
- Changing the Way You Think About Stress – Oct. 2018

Binghamton University, FYE Lecture Series;

- Fact, Fiction or Fantasy – Feb. 2016
- The New Science of Stress – Feb. 2017
- Stress 101 – Changing the Way You Think About Stress – Feb. 2018

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

Binghamton University's Eating Awareness Week- Media Literacy; 2012

- Individual Presentation; Fact, Fake or Fantasy

Binghamton University Seminar Series; 2010-2012

- Individual Presentations;
  - Fact, Fake or Fantasy

Binghamton University - Screening of Miss Representation; 2011

- Panel Presentation; Body Image and Media

American Public Health National Conference (APHA); 2010

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

Girls Take Charge; 2010-2011

- Parental Keynote; Body Image, Daughters and Decisions

APPHERD State Conference; 2009

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

Women's Wellness Institute Conference; 2009

- Keynote; The Fallout After the Onslaught
- Individual Presentation; Is the Way you Feel About Your Body Affecting Your Wellness?

Binghamton University – XCEL Leadership Conference; 2007- 2008

- Healthy Leaders are Effective Leaders.

Binghamton University & Sodexo Campus Services; 2008

- Wellness Approach to Weight Loss.

Broome County Superintendents Day; 2007

- Presentation: Your Students, Your Children: Body Dissatisfaction and the Destructive Behaviors it Leads to.

BOCES – Teacher Center; 2007- 2008

- Presentation: Your Students, Your Children: Body Dissatisfaction and the Destructive Behaviors it Leads to.
- Presentation: Eating Disorders.

Chenango Valley – Wellness Day; 2008 - 2009

- Presentation: Your Body, Your Actions: Dissatisfaction and the Destructive Behaviors it Leads to.

Windsor High School Day – Up With Health Day; 2007-Present

- Presentation: Your Body, Your Actions: Dissatisfaction and the Destructive Behaviors it Leads to.
- Presentation: Eating Disorders

Candor, Maine Endwell, Johnson City, Binghamton, Seaton Catholic, Vestal; 2003 – Present

Presentations included:

- Stress and Stress Mindset
- Nutrition and Health
- Nutrition and Athletes

- Your Body, Your Actions: Dissatisfaction and the Destructive Behaviors It Leads to.
- Eating Disorders

## RESEARCH and PUBLICATIONS:

### Dissertation

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

### Academic Publications

- 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

### 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

### Healthy Eating Patterns Research; 2007

- Funding provided by an Innovation Fund Grant

### “Ask the Scientist”- Binghamton *Press & Sun Bulletin* 2008 - Present

- “Body mass index best way to predict obesity?”
- “Why does our heart rate increase after exercise?”
- “How many carbohydrates do you gain and lose each day?”
- “How are fats transferred in the body?”
- “What percentages of kids are overweight?”
- “What is Xylitol?”
- “What Changes the Color of Urine and Why?”
- “How Many Apples Do We Eat a Year?”
- “Why does your stomach growl?”
- “Does Sugar Make You Crazy?”
- “Sugar Alcohols “

### Guest Viewpoints; Binghamton *Press and Sun Bulletin* 2008 - Present

- “A Mother’s Quest.”
- “You throw like a girl.”
- “Parents, others need to know warning signs of eating disorders.”
- “Paying attention to metabolism is key to weight loss.”

**HONORS:**

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

**RELATED EXPERIENCE**

Member of Who's Who's on College Campus's Selection Committee; 1998-1999

- Selected ten outstanding students on campus to be recognized nationally for their outstanding performance academically and as a community member.

Member of Athletic Department's Peer: Pride; 1997-1999

- Peers: Promoting- Responsibility-Involvement-Development and Education (Student Athlete Mentors)

Women's Assistant Basketball Coach; 1995-1998

- Binghamton University

