

Tammy H. Cashwell, Ph.D., LPC, NCC

Address: email: cashweth@wfu.edu
Department of Counseling, Box 7406, WFU (O) 336-758-2493
Winston-Salem, NC 27109

Education

Mississippi State University, Starkville, MS, 1998-2000

Degree: Ph.D. June 2000

Program: Counselor Education, CACREP Accredited

Dissertation Title: *The effect of independent and interdependent group contingencies on prosocial behaviors*

Cognate: School Psychology

Graduation Date: August 2000

GPA: 4.0

Mississippi State University, Starkville, MS, 1994-1996

Degree: Master of Science in Counseling, CACREP Accredited

Track: School Counseling

Graduation Date: May 1996

GPA: 4.0

Appalachian State University, Boone, NC, 1984-1986

Degree: Bachelor of Science in Health Education

Graduation Date: December 1986

GPA: 3.94

Certification and Licensures

- Licensed Professional Counselor (#4410)
- National Certified Counselor (#44493)
- North Carolina Professional Educator's License (#00005/Counseling; #00095/Health Education)

Academic Positions

Assistant Teaching Professor, Department of Counseling, Wake Forest University, Winston-Salem, NC, 07/2014 – present

Tammy H. Cashwell

Curriculum Vita

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Visiting Assistant Professor, Department of Counseling, Wake Forest University, Winston-Salem, NC, 07/2013 - 06/2014

Visiting Assistant Professor, Department of Counseling and Educational Development, University of North Carolina at Greensboro, Greensboro, NC, 08/2011 – 06/2013

Adjunct Assistant Professor, Department of Counseling and Educational Development, University of North Carolina at Greensboro, Greensboro, NC, 01/2011 – 07/2011

Contributing Faculty, Department of Psychology and Counseling, Walden University, Minneapolis, MN, 02/2011 – 06/2011

Visiting Assistant Professor, Department of Counseling and Educational Development, University of North Carolina at Greensboro, Greensboro, NC, 05/2001 – 12/2006

Adjunct Assistant Professor, Department of Counseling, Wake Forest University, Winston-Salem, NC, 08/2003 – 12/2003

Graduate Teaching Assistant, Department of Counseling, Educational Psychology and Foundations, Mississippi State University, Starkville, MS, 08/1999 – 12/1999

Graduate Teaching Assistant, Department of Counseling, Educational Psychology and Foundations, Mississippi State University, Starkville, Mississippi, 08/1998 – 05/1999

Graduate Research Assistant, Department of Counseling, Educational Psychology and Foundations, Mississippi State University, Starkville, Mississippi, 01/1998 – 05/1998

Courses Taught

Doctoral Level

CED 779 Advanced Counseling Practicum (UNCG; Offered 1 time)

Master's Level (Campus)

CED 611 The Counselor As Scientist-Practitioner (UNCG; offered 3 times)

CED 612 Developmental Counseling (UNCG; offered 2 times)

CED 610 Helping Relationships (UNCG; offered 4 times)

CED 620 Counseling Theories and Practice (UNCG; offered 4 times)

CED 669 Career Development and Career Counseling (UNCG; offered 3 times)

CED 682 Application of Measurement and Clinical Appraisal Techniques (UNCG; offered 3 times)

CED 680A School Counseling Internship (UNCG; offered 9 times)

CED 680B School Counseling Internship (UNCG; offered 9 times)

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CED 688 Counseling Children and Adolescents (UNCG; offered 2 times/co-taught one of those)
CED 645 Mental Health Issues for Genetic Counselors (UNCG; offered 2 times)
CED Consultation & Collaboration (UNCG; offered 2 times)
CED Spirituality in Counseling (UNCG; offered 1 time/co-taught)
CED Wellness in Counseling (UNCG; offered 1 time/co-taught)
CNS 748 Lifespan Development: Implications for Counseling (WFU; offered 8 times)
CNS 744 School Counseling Internship I (WFU; offered 1 time)
CNS 745 School Counseling Internship II (WFU; offered 1 times)
CNS 738 School Counseling Practicum (WFU; offered 5 times)
CNS 749 School Guidance & Counseling (WFU; offered 2 times)

Master's Level (Online)

CNS 742 Group Procedures in Counseling (WFU; offered 1 time)
CNS 749 School Guidance and Counseling (WFU; offered 3 times)
CNS 746 Counseling Children (WFU; offered 3 times)
CNS 745 School Internship II (WFU; offered 2 times)
CNS 748 Lifespan Development: Implications for Counseling (WFU; offered 5 times)
CNS 753 Human Services Program Planning and Evaluation (WFU; offered 1 time)
CNS 738 School Counseling Practicum (WFU; offered 12 times)
CNS 738 Clinical Mental Health Counseling Practicum (WFU; offered 2 times)
CED Topics in School Counseling/Post-master's Certificate Program (UNCG; offered 3 times)
Counseling Internship (Walden; offered 1 time)

Undergraduate Level (On Campus)

CED 210 Career Development and Planning: Special Course for Students Considering a Medical Profession (UNCG; offered 1 time)
CED 310 Helping Relationships: Special Course for Students Considering a Teaching Profession (UNCG; offered 2 times)

Online Courses Developed/Co-developed/Major Revision

CNS 749 School Guidance and Counseling (WFU; major revision)
CNS 746 Counseling Children (WFU; major revision)
CNS 748 Lifespan Development: Implications for Counseling (WFU; major revision)
CNS 738 Clinical Mental Health/School Counseling Practicum (WFU; co-developed)
CED Topics in School Counseling/Post-master's Certificate Program (UNCG)

Counseling Experience

Private Practice, Winston-Salem, NC

Provide counseling services to adolescents and adults. This includes appropriate consultation with and referral to outside resources.

September 2018 – present; November 2016 - November 2017; July 2006 - July 2007

School Counselor, Ronald W. Reagan High School, Pfafftown, NC,

Responsible for services to 400 students in the 9th – 12th grades. Conduct individual, crisis, college, and career counseling. Plan and lead large psycho-educational groups and parent and teacher conferences. Responsible for scheduling classes, conducting orientations, registering new students, transposing transcripts, interpreting and following school board and state educational policies. Provide consultation and referral services and assist with end of course and advanced placement testing.

August 2007 – December 2010

Mental Health Counselor – Child and Adolescent, Daymark Recovery Services, Lexington, NC.

Provide individual, group, and family counseling to children, adolescents, and their families. Provide clinical evaluations, assessments, and consultation.

January 2007 – July 2007

Graduate Lab Assistant. Mississippi State University, Starkville, Mississippi.

Provide counseling for college students, adults, adolescents, children, couples, families, and supervision for master's level students.

August 1998 - May 2000

School Counselor. Overstreet/Sudduth Elementary School, Starkville, Mississippi.

Conducted individual and small group counseling sessions; developed and facilitated classroom guidance lessons; consulted with teachers, parents, and outside agencies; referred students, teachers, and parents to appropriate outside agencies.

August 1995 - October 1997

Supervision Experience

Practicum Supervisor, Wake Forest University, Winston-Salem, NC, 01/2014 – present

- Provided individual and group supervision to on campus 1st year master's students
- Evaluated students' development of counseling skills, case-conceptualization skills, personal awareness, and professional/ethical behavior
- Reviewed recordings of counseling sessions and provided students with oral and written feedback
- Interacted with and developed a working relationship with students' site supervisor

- Co-taught practicum-related topics to large group

Practicum Lead Instructor, Wake Forest University, Winston-Salem, NC, 08/2014 – present

- Developed working relationship with university supervisors, site supervisors and students
- Provided support and consultation for university supervisors
- Reviewed recordings as needed
- Managed difficulties that arose for student, site supervisor and university supervisor
- Met online or talked on phone with students, site supervisors and university supervisors

Internship Lead Instructor, Wake Forest University, Winston-Salem, NC, 08/2018 – present

- Developed working relationship with university supervisors, site supervisors and students
- Provided support and consultation for university supervisors
- Reviewed recordings as needed
- Managed difficulties that arose for student, site supervisor and university supervisor
- Met online or talked on phone with students, site supervisors and university supervisors

Internship Supervisor, Wake Forest University, Winston-Salem, NC, 08/2016 – 05/2017

- Provided group supervision to on campus 2nd year master's students
- Provided individual supervision to on campus 2nd year master's students as needed
- Evaluated students' development of counseling skills, case-conceptualization skills, personal awareness, and professional/ethical behavior
- Reviewed recordings of counseling sessions and provided students with oral and written feedback
- Interacted with and developed a working relationship with students' site supervisor

Internship Supervisor, UNCG, Greensboro, NC, 08/2001 – 12/2006; 01/2011 – 06/2013

- Provided individual and group supervision to on campus 2nd year master's students
- Evaluated students' development of counseling skills, case-conceptualization skills, personal awareness, and professional/ethical behavior
- Reviewed recordings of counseling sessions and provided students with oral and written feedback
- Interacted with and developed a working relationship with students' site supervisor

Advanced Practicum Supervisor, UNCG, Greensboro, NC, 08/2012 – 12/2012

- Provided individual supervision to 1st year doctoral student
- Evaluated student's development of counseling skills, case-conceptualization skills, personal awareness, and professional/ethical behavior
- Reviewed recordings of counseling sessions and provided student with oral and written feedback
- Interacted with and developed a working relationship with student's site supervisor

Research Experience

Graduate Research Assistant, Department of Counseling, Educational Psychology and Foundations, Mississippi State University, Starkville, Mississippi, 01/1998 – 05/1998

- Assisted Dr. Chris Skinner with research specific to interdependent group contingencies and prosocial behaviors
- Co-wrote IRB proposal
- Developed relationships with teachers and administrators in Mississippi public schools
- Helped design and implement experimental procedures with 3rd and 6th grade classes in rural Mississippi school
- Collected data
- Analyzed data
- Co-wrote articles accepted for publication
- This research became the pilot studies for my dissertation

Publications

Works in Press

Refereed Journal Articles

Crockett, J.E., Gill, D.L., Cashwell, T.H., & Myers, J.E. (2017). Integrating non-technological and technological peripheral biofeedback in counseling. *Journal of Mental Health Counseling*. 39, 163-179.

Cashwell, C. S., Shcherbakova, J., & Cashwell, T. H. (2003). Effect of client and counselor ethnicity on preference for counselor disclosure. *Journal of Counseling and Development*, 81, 196-201.

Cashwell, C. S., Skinner, A. L., Lewis, J. C., Young, J. S., & Cashwell, T. H. (2001). Absolute versus tentative interpretation: Mediating effects of client locus of control. *Journal of*

Contemporary Psychotherapy, 31, 141-149. NOTE: Released in 2002.

Cashwell, T. H., & Skinner, C. H., & Smith E. S. (2001). Increasing second-grade students' reports of peers' prosocial behaviors via direct instruction, group reinforcement, and progress feedback: A replication and extension. *Education and Treatment of Children*, 24, 161-176.

Cashwell, T. H., & Dooley, K. (2001). The impact of supervision on counselor self-efficacy. *The Clinical Supervisor*, 20, 39-47.

Cashwell, C. S., Young, J. S., Cashwell, T. H., & Belaire, C. (2001). The inclusion of spiritual process in counseling and perceived counselor effectiveness. *Counseling and Values*, 45, 145-153.

Skinner, C. H., Cashwell, T. H., & Skinner, A. L. (2000). Increasing tootling: The effects of a peer-monitored group contingency program on students' reports of peers' prosocial behaviors. *Psychology in the Schools*, 37, 1-8.

Skinner, C. H., Skinner C. F., Skinner A. L., & Cashwell, T. C. (1999). Using interdependent contingencies with groups of students: Why the principal kissed a pig at assembly. *Educational Administration Quarterly*, 35, 806-820.

Book Chapters and Other Publications

Cashwell, T. H. (2016). Yoga. In R. D. Foster & J. M. Holden (Ed.), *Connecting soul, spirit, mind, and body: A collection of spiritual and religious practices in counseling* (pp. 155-160). Retrieved from <http://www.aservic.org>

Giordano, A. L., Clarke, P. B., Fulton, C. L., & Cashwell, T. H. (2016). Emerging approaches. In Young, J. S. and Cashwell, C. S. (Eds.), *Clinical mental health counseling: Elements of effective practice*. Thousand Oaks, CA: Sage Publisher, Inc.

Cashwell, C. S. & Cashwell, T. H. (2015) Disputing unhealthy beliefs or imposing values: Spirituality in counseling. In B. Herlihy and G. Corey (Eds), *ACA Ethical Standards Casebook* (7th ed.), Alexandria, VA: American Counseling Association

Cashwell, T. H. (2014). Play Therapy. (A requested stand-alone chapter for Pearson Publishers sold as a book on Amazon).

Cashwell, C. S., Cashwell, T. H., & Skinner, A. L. (2001). Using group rewards to influence prosocial behavior and academic success: The school counselor as consultant and

coordinator. In D Sandhu (Ed.), *Elementary School Counseling in the New Millennium* (pp. 63-72). Alexandria, VA: American Counseling Association.

Cashwell, T.H. (2000). HIV and AIDS: The role of the school counselor. In P. Pederson & L. Tyson (Eds.), *Critical Incidents in School Counseling* (2nd ed.).

Cashwell, C. S., Cashwell, T. H., & Housley, W. (1995). HIV/AIDS and the school counselor. *The ASCA Counselor*, 33, 15,18.

Presentations at Professional Conference

Refereed National Conference Presentations

Tangen, J., Borders, D., Foreman, T., & Cashwell, T. H. (2017, October). *Stages of Motherhood*. Panel discussion at the bi-annual conference of the Association for Counselor Education and Supervision. Chicago, IL.

Cashwell, T. H., & Warden, S. P. (2015, October). *C4: A teaching model for counselor educators*. Roundtable discussion at the bi-annual conference of the Association for Counselor Education and Supervision. Philadelphia, PA.

Cashwell, C. S., Shcherbakova, J., & Cashwell, T. H. (2003, March). *The effect of counseling And client ethnicity on preference for counselor self-disclosure*. Invited presentation And recipient of ACA Best practices Research Award, American Counseling Association, Anaheim, CA

Cashwell, T. H., Cashwell, C. S., & Gibbons, M. (2002, March). *Introduction to functional assessment*. Presentation at the annual conference, American Counseling Association, New Orleans, LA.

Cashwell, C. S., Young, J. S., & Cashwell, T. H. (1999, April). *Spirituality in counseling: A universal process?* Presentation at the annual conference, American Counseling Association, San Diego, CA.

Cashwell, C. S., Young, J. S., & Cashwell, T. H. (1999, April). *Absolute versus tentative interpretations: Mediating effect of client locus of control*. Presentation at the annual conference, American Counseling Association, San Diego, CA.

Cashwell, T. H., & Skinner, C. H. (1999, April). *Interdependent group contingencies and peer monitoring of prosocial behaviors*. Presentation at the annual conference, American Counseling Association, San Diego, CA.

Cashwell, C. S., Cashwell, T. H., & Housley, W. F. (1995, June). *HIV/AIDS and the school*

counselor. Presentation at the annual conference, American School Counselor's Association, New Orleans, LA.

Refereed Regional Conference Presentations

Forti, A., Cashwell, T. H., & Carter, C. (2018, October). *Wait, I'm not perfect?: Applying self-compassion training to improve student outcomes*. Poster session at the bi-annual conference of the Southern Association for Counselor Education and Supervision. Myrtle Beach, SC.

Cashwell, T. H., & Warden, S. P. (2014). *Contemplative pedagogy in counselor education*. Presentation at the annual conference, Southern Association for Counselor Education and Supervision, Birmingham, AL.

Rogers, J., Warden, S. Emerson, C., Forti, A., & Cashwell, T. H. (2014). *Leaning in without losing balance*. Presentation at the annual conference, Southern Association for Counselor Education and Supervision, Birmingham, AL.

Cashwell, T. H., & Skinner, C. H. (1998, November). *Peer-monitoring and interdependent group contingencies: Increasing prosocial behavior in second-grade students*. Paper presented at the twenty-sixth annual meeting of the Mid-South Educational Research Association, New Orleans, LA.

Cashwell, C. S., Skinner, A. L., Lewis, J. C., Young, J. S., & Cashwell, T. H. (1998, November). *Absolute versus tentative interpretations: Mediating effects of locus of control*. Presentation at the annual conference, Mid-South Educational Research Association, New Orleans, LA.

Cashwell, T. H., & Skinner, C. H. (1998, November). *University and public school collaboration: Increasing prosocial behaviors in the classroom*. Paper presented at the annual conference of the Southern Association for the Advancement of Counselor Educators and Supervisors, Montgomery, AL

Skinner, A. L., Skinner, C. H., & Cashwell, T. H. (1998, November). *Increasing fourth-grade students' reports of peers' incidental prosocial behaviors using direct instruction, interdependent group contingencies, and public posting*. Paper presented at the twenty-sixth annual meeting of the Mid-South Educational Research Association, New Orleans, LA.

Skinner, C. H., Skinner, A. L., & Cashwell, T. H. (1998, November). *Tootling not tattling*. Paper presented at the twenty-sixth annual meeting of the Mid-South Educational Research

Association, New Orleans, LA.

Skinner, C. H., Skinner, A. L., & Cashwell, T. H. (1998, November). *Tootling: Using peer-monitoring and interdependent group contingencies to increase incidental prosocial behavior in elementary students*. Paper presented at the twenty-sixth annual meeting of the Mid-South Educational Research Association, New Orleans, LA.

Refereed State Conference Presentations

Cashwell, T. H., Forti, A., & Elston, N. (2019, February). *Highly sensitive people in a highly insensitive world*. North Carolina Counseling Association, Durham, NC.

Cashwell, T. H. (2017, February). *Wellness: Going beyond lip service*. North Carolina Counseling Association, Durham, NC.

Rogers, J., Binkley, E., Warden, S., Cashwell, T. H., Emerson, C., & Forti, A. (2016, February). *Rethinking clinical supervision: A fresh look at common challenges*. North Carolina Counseling Association, Greensboro, NC.

Cashwell, C. S., & Cashwell, T. H. (2013, October). *"It's not me, it's you": Working with escalated couples*. Licensed Professional Counselors Association of North Carolina, Greensboro, NC.

Cashwell, C. S., & Cashwell, T. H. (2012, October). *Mindfulness and acceptance in depression*. Licensed Professional Counselors Association of North Carolina, Greensboro, NC.

Cashwell, C. S., Gibbons, M. M., Cashwell, T. H., & Wiergacz, K. (2002, February). *Classroom Observation 101*. Presentation at the annual conference of the North Carolina Counseling Association, Greensboro, NC.

Cashwell, C. S., & Cashwell, T. H. (2001, February). *Sexual issues in couples counseling: A well-kept secret*. Presentation at the annual conference, North Carolina Counseling Association, Greensboro, NC.

Glosoff, H. L., & Cashwell, T. H. (1999, November). *Adolescents with anorexia: A systematic treatment approach*. Presentation at the annual conference, Mississippi Counseling Association, Biloxi, MS.

Other Presentations and Workshops

Cashwell, T. H. (2018, December). *Trauma as it related to Us/Them play*. Anthony Aston Players, WFU.

- Cashwell, T. H. (2018, November). *The Admissions Process for the Counseling Program*. Invited presentation for Professional Orientation course for Human Services program in Counseling Department. WFU.
- Cashwell, T. H. (2017, November). *The Admissions Process for the Counseling Program*. Invited presentation for Professional Orientation course for Human Services program in Counseling Department. WFU.
- Cashwell, T. H. (2016, August). *Mindfulness: What is it and how to incorporate it*. Freshman Orientation, WFU. (2 sessions).
- Cashwell, T. H. (2016, September). *How mindfulness can assist in academic success*. Academic Success Event for Freshmen, WFU. (2 sessions).
- Cashwell, T.H. (2015, December). *How letting go can foster connection*. An invited presentation for CSI Professional Development Committee for students, faculty, community.
- Cashwell, T. H., & Robinson, H. (2015, March). *Navigating changing relationships: Blended families, empty nest, aging parents* -. Connections and conversations (WFU Office of Alumni Engagement). Winston-Salem, NC.
- Cashwell, T. H. (2013, February), *A Career in School Counseling*, Invited presentation for Psychology Career class, University of North Carolina at Greensboro.
- Cashwell, T. H. (2013, November). *Creating a cooperative classroom environment*. Invited 1 day training for The Piedmont Triad Education Consortium, Greensboro, N.C.
- Cashwell, T. H. (2012, October), *A Career in School Counseling*, Invited presentation for Psychology Career class, University of North Carolina at Greensboro.
- Cashwell, T. H. (2012, February), *A Career in School Counseling*, Invited presentation for Psychology Career class, University of North Carolina at Greensboro.
- Cashwell, T. H. (2010, April), *Functional Behavioral Assessments*, Invited presentation for Counseling Children class. University of North Carolina at Greensboro.
- Cashwell, C. S., & Cashwell, T. H. (2003, February). *Integrating spirituality into the counseling process*. Invited 7-hour training for “Big Easy” series at the University of New Orleans, New Orleans, LA.
- Cashwell, T. H. (1999, November). *Psychopharmacology in the schools and the role of the school counselor*. Invited presentation for School Counseling Services class, Mississippi State University.
- Cashwell, T. H. (1999, April). *The role of the school counselor*. Invited presentation for

Introduction to Counseling class, Mississippi State University.

Cashwell, T. H. (1999, February). *HIV/AIDS: Issues for counselors*. Invited presentation for Internship class, Mississippi State University.

Cashwell, T. H. (1998, November). *Psychopharmacology in the schools and the role of the school counselor*. Invited presentation for School Counseling Services class, Mississippi State University.

Cashwell, T. H. (1998, October). *The role of the school counselor*. Invited presentation for Introduction to Counseling class, Mississippi State University.

Cashwell, T. H. (1998, March). *The role of the school counselor*. Invited presentation for Introduction to Counseling class, Mississippi State University.

Cashwell, T. H. (1998, March). *Psychopharmacology in the schools*. Invited presentation for School Counseling Services class, Mississippi State University.

Cashwell, T. H. (1997, March). *Psychopharmacology in the schools*. Invited presentation for Practicum class, Mississippi State University.

Cashwell, T. H. (1995, November). *HIV/AIDS: Issues for counselors*. Invited presentation for Mississippi State University, Ceiba, Puerto Rico.

Cashwell, T. H. & Hinton, J. C. (1993, December). *Stress management*. Two-day seminar for state employees of North Carolina, Chapel Hill, NC.

Cashwell, T. H. & Hinton, J. C. (1992, December). *Stress management*. Two-day seminar for state employees of North Carolina, Chapel Hill, NC

Current Professional Memberships

American Counseling Association (ACA)

Association for Counselor Education and Supervision (ACES)

Association for Child and Adolescent Counseling (ACAC)

American School Counselor Association (ASCA)

North Carolina Counseling Association (NCCA)

North Carolina Association for Counselor Education and Supervision (NCACAC)

Chi Sigma Iota

NBCC

Past Professional Memberships

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Mississippi Counseling Association (MSCA)

Professional Service

Ad Hoc Editorial Review Board, *Journal of Child and Adolescent Counseling*
2015-present

Ad Hoc Editorial Review Board, *Counseling and Values Journal*
2016-present

Departmental Service

School Counseling Coordinator, Department of Counseling, Wake Forest University
07/2020 - present

Member, Technology Task Force, Department of Counseling, Wake Forest University
05/2020- present

Meet & Greet/Pearson, Faculty Representative, Department of Counseling, Wake Forest University

Chair, Admissions Committee, Department of Counseling, Wake Forest University
01/2015 – 07/2020

Member, Clinical Committee, Department of Counseling, Wake Forest University
01/2014 - present

Member, Assessment Committee, Department of Counseling, Wake Forest University
01/2016 - present

Member, Search Committee, Department of Counseling, Wake Forest University
01/2016 – 06/2016

CSI Professional Development, Department of Counseling, Wake Forest University
12/2015

Library Liaison, Department of Counseling, Wake Forest University
08/2013 – 12/2015

College/University

Talkback Speaker, *Trauma as it related to Us/Them play*. Anthony Aston Players, Drama Department, WFU.
12/2018

Lower Division Advisor, Wake Forest College, Wake Forest University
08/2015 – 05/2017; 08/2018 – present

Lower Division Conduct Hearing Panelist
08/2017 – present

Freshman Orientation, Wake Forest College, Wake Forest University
08/2016 – 09/2016

Connections and Conversations, Office of Alumni Engagement, Wake Forest University
03/2015

Thesis Committee Member, Department of Psychology, Wake Forest University
01/2015 – 05/2015

Honor Societies

Chi Sigma Iota International, MSU, UNCG, WFU

- International Counseling Honor Society

Gamma Beta Phi, Appalachian State University

- National Honor Society

Alpha Chi, Appalachian State University

- National Honor Society

Kappa Delta Pi, Appalachian State University

- National Honor Society

Phi Delta Kappa, Appalachian State University

- National Honor Society

Awards

Award as one of top ten scholars in senior class, Appalachian State University

ACA Best Practices Award, 2003

Academic Scholarships

Eric DeGroat Scholarship, Appalachian State University

June Comola Scholarship, Mississippi Counseling Association

Computer/Technology

Learning Management Platforms

- Blackboard, Sakai, Canvas, Chalk & Wire

Online Meeting Programs

- WebEx, Adobe Connect, Skype, Google Hangout, Zoom

Word Processors

- Microsoft Word and WordPerfect

Statistics Programs

- SPSS and Microsoft Excel

Search Engines and Databases

- ProQuest, EbscoHost, PsychInfo, ERIC, and Google

Other Employment Experiences

Health Educator, Forsyth County Health Department, Winston-Salem, North Carolina.
05/1990 – 07/1994

- Developed and facilitated programs in the area of maternal and child health - infant mortality, injury prevention, pregnant and parenting teens, sexually transmitted diseases, contraception, day care policies and regulations, and discipline
- HIV/AIDS pre- and post-test education
- Grant writing (received grant to coordinate with local fire departments to provide and install smoke detectors for people in need)

Health Educator/Prevention Specialist, Girls Club of Winston-Salem, Winston-Salem, NC
04/1988 – 05/1990

- Coordinated and conducted programs in family life, drug and alcohol abuse prevention and education, pregnancy prevention, educational programming, physical education, leadership development, and personal adjustment services
- Co-coach Double Dutch