

Curriculum Vitae

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BUSINESS CONTACT

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EDUCATION

- Ed.D** **SUNY Binghamton University**, Binghamton, NY
Educational Theory and Practice
Dissertation: *Support Systems Within Transformational Teaching and Relational Pedagogy*
- M.S.** **Texas A&M University**, College Station, Texas
Kinesiology
- B.S.** **Penn State University**, University Park, PA
Kinesiology

TEACHING & ACADEMIC EXPERIENCE

Assistant Teaching Professor, Biobehavioral Health, Pennsylvania State University, *August 2024*

Courses include teaching undergraduate sections in:

- BBH 146: Introduction to Health & Human Sexuality, *3 credits*
- BBH 316: Foundations and Principles of Health Promotion, *3 credits*
- BBH 446 : Human Sexuality as a Health Concern, *3 credits*

Lecturer, Decker School of Nursing and Health Sciences, Binghamton University, *2016 – July 2024*

Provided faculty and service roles to support and develop new courses in the undergraduate degree program within Decker School of Nursing and Health Sciences. *Denotes new course developed

- HWS 335: Theoretical & Research Foundations of Health Behavior, * *4 credits*
- HWS 341: Planning, Implementing & Evaluating Health Education Programs, * *4 credits*
- HWS 330/NURS 310: Human Sexuality, *4 credits*
- HWS 233/NURS 220; Stress Management. *2 credits*
- HWS 333: Health, Human Behavior & Society, *4 credits*

Mentor, Health Program Planning Project, *Fall 2019 – Spring, 2023*

Mentored student health promotion programs proposed for key stakeholders and partners in meeting population health needs. The following list of projects provides a sampling of programs developed:

- *Benign Congenital Hypotonia: A Program to Increase and Improve Diagnosis*
- *Reducing Concussion Frequency in High School Soccer*
- *Decreasing Risk for the Development of Heart Disease in Post-Menopausal Women*
- *Educational Program to Reduce Sleep Deprivation in Elementary School Children*
- *Preventing Sports-Related Injury Among Public School-Attending Children, Ages 5-14*
- *Improving Health Insurance Access Among Low SES Adults*

- *Improving Physical Activity and Nutrition to Improve Immune Function in Adults*
- *Food Additive Awareness and Education Program*
- *Suicide Awareness and Forward Education (SAFE)*
- *Mental Health for Senior Residents*
- *Physical Activity for Mental Health in Schools*
- *Body Positivity among Adolescent Females (PEARL)*
- *Education Program to Decrease Intimate Partner Violence in College*

Faculty Mentor, Student Innovation Communication Plan, Fall 2021 – Spring 2024

In this 4-credit course, I constructed a research and collaborative learning project that requires students to develop evidence-based, theory-informed innovations aimed at mitigating adverse health outcomes.

A sampling of student projects has included the development of:

- *Mobile applications related to sleep, nutrition, exercise, anxiety, procrastinating, reducing wait time in emergency rooms, and improving healthcare access for low-income populations.*
- *Product-based innovations to improve workforce safety and reduce waste within communities.*
- *Detection devices to assist people with diabetes through insulin patches and innovative tools to measure glycemic index levels.*
- *Education and service-based innovations aimed at educating at-risk populations with compromised cardiovascular and musculoskeletal health and developing urban planning and parks to improve living conditions.*
- *Blood Alcohol Concentration mobile tracking application to promote awareness and safety among young adult populations.*
- *Transition lens technology for ski goggles*
- *Food sustainable meal kits to improve access of healthy foods to college students.*
- *Bike technology with innovative fitness tracking*

Curriculum Development, Binghamton University, 2019

Developed new, four-credit courses to support health and wellness program within Decker School of Nursing and Health Sciences.

- Theoretical & Research Foundations of Health Behavior
Lead Instructor: Fall & Spring, 2019 - 2024
- Planning, Implementing & Evaluating Health Education Programs
Lead Instructor: Fall & Spring, 2019; 2020; Fall, 2021; 2022; 2023

Developer, Accreditation Matrix, Binghamton University, 2019

Developed an accreditation matrix for Health & Wellness Department to streamline alignment of student learning outcomes to track accreditation competencies.

Admissions Committee, Binghamton University, 2021-2023.

Served as Admissions Coordinator in reviewing student admission and transcript documents for entrance into minor program.

Community Engagement Learning Project, 2023

Developed community engagement learning project to introduce biophilic spaces within healthcare to promote well-being across campus community.

College of Health & Human Development, University of Scranton, 2012-2015

Supported the Health and Human Development by teaching courses supporting undergraduate students' Health Promotion degree program. In addition, I served as an internship faculty to facilitate community internships throughout Northeast PA. Course taught included the following:

- Introduction to Health Promotion & Disease Prevention
- Behavior Theory in Health Promotion & Practice
- Program Planning, Implementation, and Evaluation
- Multicultural Health
- Worksite Health Promotion
- Exercise, Nutrition, and Women's Health
- Health Communication
- Internship

Internship Faculty, University of Scranton, *2014-2015*.

Planned and facilitated successful community-based internships for 4th-year students. This role required securing and maintaining partnerships with local health and education-based organizations that included regional hospitals, universities, public schools, corporate and community centers that, included: Geisinger Hospital, Wright Center, Leahy Health Clinic, Jane Kopas Women's Center, Diabetes Foundation, Cancer Research Institute, Penn State Cooperative Extension, Ronald McDonald House, Met Life, Area K-12 and Colleges, JCC, YMCA.

Faculty Advisor, University of Scranton, *2012-2013*

Served as a faculty advisor to mentor students in the overall coordination and program development that provided outreach opportunities for the campus community and local regions throughout Northeast PA.

Service-Learning Sophomore Mentor, University of Scranton, *2013-2014*.

Served as a faculty mentor for students to ensure academic success throughout their curricular and professional internships within the department at the University of Scranton.

IPEC Facilitator, University of Scranton, *Spring 2014*.

Served as a faculty mentor to facilitate the dialogue on collaborative practice within healthcare as part of a regional Interprofessional Education Collaborative initiative.

Instructor; Field Supervisor, Marywood University, Scranton, PA, *2008 - 2012*

In this faculty role, I served in several academic roles to support the Health and Human Development degree program for undergraduate and graduate students. Course taught included:

- Admin & Organization in EXSC
- Intro to Sports Medicine
- Curriculum & Instruction
- Teaching Methods
- Foundations in Education
- Tests & Measurements
- Consumer Health Education
- Student Teaching Supervision

Faculty Mentor, Phi Epsilon Kappa, Marywood University, *2008-2012*

Served as the Faculty Mentor to assist in developing this department's honor society, including several fundraising and program development opportunities for the campus community.

College Representative, Education Certification, Marywood University, *2011-2012*

Served as a college representative at all regional meetings to ensure current and updated information on all educational certifications and procedures.

Excellence in Teaching Committee, Marywood University, *2010-2012*

Served on this faculty committee to plan and evaluate assessment and pedagogical efforts to ensure teaching practices aligned with a competency-based curriculum.

Academic Advisor, Marywood University, *2008-2012*.

Served as an academic advisor for students within the degree program to plan and guide their curriculum to degree completion.

Program Coordinator, Pennsylvania State University, Wilkes-Barre & Scranton Campuses, *1994 - 2006*
College of Health & Human Development

Served as an instructor for Biobehavioral Health and Kinesiology curriculum that included:

- Introduction to Biobehavioral Health
- Fitness Theory & Practice
- Alcohol Education
- Drugs in Society
- Careers and Observation
- Emergency Care
- History of Sport in American Society
- Leadership Practicum
- Field Experience

Academic Advisor, Pennsylvania State University, *Wilkes-Barre Campus, 1994-2004*

Academic Advisor within the campus' Advising Center to plan and monitor students' degree programs across all disciplines in science and non-science cognates.

First-Year Seminar Coordinator, Pennsylvania State University, *Wilkes-Barre Campus, 1994-2004*

As part of my central role at Penn State Wilkes-Barre campus, I provided a lead role in planning and implementing the development of a successful grant-funded First-Year Seminar program for the campus community to improve student retention. Within this role, I cultivated strong partnerships with academic and student affairs administration and faculty to ensure program goals and objectives were met in a timely manner.

Wellness & Grant Coordinator, Pennsylvania State University, *Wilkes-Barre Campus, 1995-2004*

Led in developing and implementing a successful grant-funded wellness program for the campus community that included a Health Matters program for employees that included lunch and learn programs and ongoing student wellness programs aimed at raising overall health awareness in nutrition and fitness.

Link Performance & Recovery Systems, *South Portland, Maine, 1991-1992*

Ergonomic Educator & Technician

Ergonomic educator to develop and train workforce in safety protocols in collaboration with a team of occupational physicians. This role allowed me to conduct environmental scans and develop safe procedures in compliance with OSHA and NIOSH regulations. In addition, I created a research library for the office to support current and future trends related to workforce development and training.

PROGRAM DEVELOPMENT INITIATIVES

Community Engagement Project, Binghamton University, 2023

Wrote a community engagement proposal to support the development of an upper-level four-credit program planning course that will serve community partners for more optimal health outcomes.

Pullias Center for Higher Education, Delphi Project, 2020 - Current

Committed to facilitating a multidisciplinary perspective to address core issues within teaching. My research supports the mission of the Pullias Center in partnership with the Association of American College and Universities (AAC&U) to promote equity and awareness related to current faculty and student trends within higher education.

Internship Program Development, University of Scranton, 2014-2015

As part of my role to facilitate quality capstone learning experiences for students, I collaborated with campus and community partners to develop community internship sites to facilitate the appropriate and congruent learning experiences for students enrolled in the Health Promotion degree program at the University of Scranton.

Service-Learning Sophomore Mentor, University of Scranton, 2013-2014

Mentored a service-learning project for sophomore students to provide appropriate communication messaging for the Leahy Clinic that identified current and emerging issues that influence the health of the clinic patient population.

Ignatian in Pedagogy Project, University of Scranton, Summer and Fall 2014

Participated in a summer conference to apply pedagogical practices to develop a course module infusing the Ignatian values within an undergraduate course at the University of Scranton.

Multicultural Health Fair, University of Scranton, Spring 2014

Collaborated to provide an experiential learning opportunity for the University of Scranton students to showcase their research and program strategies targeting health disparities among diverse and marginalized populations.

Communication Plan for Lackawanna College, University of Scranton, Fall 2013

Collaborated to provide an experiential learning project that included the application of content through conducting a needs assessment as preparatory for implementing and planning a health communication plan as part of a student wellness initiative for Lackawanna College.

Education for Justice: Sustainability Project, University of Scranton, Spring 2013

Developed and implemented a program addressing issues related to a sustainable environment. Students researched and implemented strategies that support the goals and objectives of this campus community initiative.

Worksite Health Promotion Program, University of Scranton, Spring 2013

Assisted in the planning and implementing of an experiential learning project for students to provide hands-on learning to plan and implement a health fair for Walmart Associates at Tobyhanna Distributing Center. This program allowed students to perform a needs assessment to identify high-risk behaviors and establish a program aligned to meet the needs of this population.

Alcohol Awareness Curriculum Project, University of Scranton, Spring 2013

Developed learning modules within Community Health Education courses that supported specific risk-reducing behaviors among college students.

Development of Academic Success and Student Retention Program, Penn State, 1998-2004

Developed academic learning programs and resources as part of a student retention initiative while serving as First Year Seminar Coordinator for Penn State Wilkes-Barre students.

Alcohol Education Infusion Project, *Penn State Wilkes-Barre Campus, 1995 – 2004*

Collaborating with University LCB grants, I developed successful alcohol education projects infused into several wellness courses targeting college students.

Partnership for Prevention, *Penn State Wilkes-Barre Campus, 1995-2004*

Participated in the overall planning and development of a campus-wide alcohol education program targeting education to reduce high-risk behaviors.

Employee Wellness & Grant Coordinator, *Penn State Wilkes-Barre Campus, 1995-2004*

Coordinated a successful grant-funded wellness program for the campus community through Health Matters and the Penn State Human Resources department that included the following programs: Lunch and Learn Programs, Weight Watchers, Fitness, Stress Management, and cardiovascular programs.

Community Outreach Projects, *Penn State Wilkes-Barre Campus, 1995-2004*

Coordinated programs to benefit community organizations, including a 5-K run and American Red Cross volunteer services to educate the community in emergency care and CPR.

RESEARCH

RESEARCH INTERESTS:

- Health promotion and equity
- Evidence-based design within health promotion
- Pedagogical practices that support student success

Justis, M. (2022). *Support Systems within Transformational Teaching and Relational Pedagogy*. [Doctoral dissertation, Binghamton University]. ProQuest Dissertations & Theses Global.

Justis, M. (2022). Faculty-student interactions: A systematic review. [Unpublished manuscript], Teaching, Learning & Educational Leadership, Binghamton University, Binghamton, NY.

Justis, M. (2021). Student perceptions of interactions with faculty: An exploratory pilot study. [Unpublished manuscript], Teaching, Learning & Educational Leadership, Binghamton University, Binghamton, NY.

GRANT-WRITING: AWARDS & FUNDED PROJECTS

First-Year Seminar, Pennsylvania State University, Wilkes-Barre Campus, 1994 – 2004

Received annual funding for development of First-Year Seminar programs for the campus community to improve student retention.

Health Matters, Pennsylvania State University, Wilkes-Barre Campus, 1994 – 2004

Received annual funding to support an employee wellness program.

LCB Alcohol Education, Pennsylvania State University, Wilkes-Barre Campus, 1994 – 2004

Received annual funding through the Liquor Control Board to support a campus-wide alcohol awareness initiative.

PROFESSIONAL CERTIFICATIONS

- Master Community Health Education Specialist (MCHES) National Commission of Health Education Credentialing (NCHEC)
- Ergonomics Certification, George Washington University
- Pennsylvania Teaching Certification
- American Heart Association, BLS Instructor

PROFESSIONAL MEMBERSHIPS / AFFILIATIONS

- National Commission for Health Education Credentialing (NCHEC)
- Society of Public Health Education
- Pullias Center for Higher Education
- Center for Health Design
- Eta Sigma Gamma, National Health Education Honor Society
- Kappa Delta Pi, International Honor Society in Education