

Tammy Wynard
Standard CV (Condensed)
Spring 2020
tswynard@noctrl.edu/630.637.5743

Current Position

Assistant Professor of Health Science
Chairperson, of the Department of Kinesiology

Degrees

2001 M.S., Applied Health Sciences, College and School Health Education, Indiana University, Bloomington, Indiana, United States
Thesis: Efficacy of Normative Education in the Health Classroom

1997 B.S., Community Health Education, Illinois State University, Normal, Illinois, United States

Professional Licensures & Certifications

2017 American Heart Association First Aid/CPR/AED Certified, American Heart Association

2002 Teaching Certificate: Health Education – Indiana & Illinois

1997 Certified Health Education Specialist, National Commission for Health Education Credentialing

Employment

2019 - Ongoing

Program Director, Trauma Informed Educational Practices Graduate Certificate, North Central College, Naperville, Illinois

2016 - Ongoing

Department Chair and Assistant Professor of Kinesiology, North Central College, Naperville, Illinois

2014 - 2018

Teaching Physical Education and Health Education Coordinator, North Central College, Naperville, Illinois

2011 - 2016

Visiting Instructor of Health & Physical Education, Full-Time, North Central College, Naperville, Illinois

2008 - 2011

Master in Public Health Adjunct Faculty, Benedictine University, Lisle, Illinois

2006 - 2010

Health Education Adjunct Faculty, Aurora University, Aurora, Illinois

2005 - 2016

Health Education Adjunct Faculty, Northern Illinois University, DeKalb, Illinois

2005 - 2007

Health Education Teacher, Half-Time, Roselle Middle School, Roselle, Illinois

2004 - 2005

Well at Work Coordinator, Half-Time, Edward Hospital, Naperville, Illinois

2004 - 2004

Smoking Cessation Facilitator, PRN, Rush Copley Hospital, Aurora, Illinois

2002 - 2004

Health Education Teacher, Full-Time, West Aurora High School, Aurora, Illinois

1998 - 2000

Sexual Health Educator, Full-Time, DuPage County Health Department, Wheaton, Illinois

1997 - 1997

Tobacco Health Educator, Half-Time, DuPage County Health Department, Wheaton, Illinois

Scholarship and Creative Work

Submitted

Wynard, T., Barnes, S., & Lorson, K. (2020). Trauma-Sensitive Practices in Health Education. *Journal of Physical Education, Recreation, and Dance*.

Ellison, D., Wynard, T., Walton-Fisette, J., & Barnes, S. (2020). Preparing PETE and HETE Programs on How to Be Trauma-Informed. *Journal of Physical Education, Recreation, and Dance*.

Published

Birch, D.A., & Wynard, T.S. (2004). Preparing students to be consumers of health education. *American Journal of Health Education, 35, 110-112*.

Bailey W.J., Jones, E.L., Wynard, T., Jun, M., Jackson, S., Lay, M.A., Bennett, G., Alter, J., Boas, J., Petty, S., & Kelly, M. Alcohol, Tobacco, and Other Drug Use By Indiana Children and Adolescents: The Indiana Prevention Resource Center Survey – 2001. Bloomington, IN: Indiana Prevention Resource Center, 2001.

Presentations

Canceled

Benes, S., Lorson, & Wynard, T. (2020, April). *Strategies on becoming a trauma-informed health education classroom*. Society of Health & Physical Educators (SHAPE) America, Annual Conference, Salt Lake City, UT.

Wynard, T. (2020, March). *Constructing evidence based teaching in higher education and professional development on adverse childhood experiences (aces) and trauma informed practices (tips): Influences from the literature and experience*. Society for Public Health Education Annual Conference. Atlanta, GA.

Completed

Wynard, T. (2019, March). *Prioritizing adverse childhood experiences (aces) and trauma informed practice education in professional preparation programs: Identified gaps and essential action needed*. Society for Public Health Education Annual Conference. Salt Lake City, UT.

Wynard, T. (2015, October). *All about TED: Ideas worth connecting to your curriculum*. American School Health Association, Orlando, FL.

Wynard, T. (2014, November). *New sexuality education requirements in Illinois: What it means for you and your students*. Invited session at the annual meeting of the Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL

Wynard, T. (2014, October). *Class readiness assessment: Motivating students to come prepared by flipping the lesson expectations*. American School Health Association, Portland, OR.

Wynard, T. (2014, April). *New sexuality education requirements in Illinois: What it means for you and your students*. Invited session at the annual meeting of the Illinois School Health Association, Lisle, IL.

Wynard, T., Kerr, C. & Walters, A. (2014, February). *Scary stories vs storytelling: Effectively using real life stories to connect health & wellness to decision-making and goal setting*. Invited session at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.

- Wynard, T., Kerr, C. & Walters, A. (2013, November). *Scary stories vs storytelling: Effectively using real life stories to connect health & wellness to decision-making and goal setting*. Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Wynard, T. (2013, October). *A buffet of teaching techniques for the higher education school health professional*. Session presented at the annual meeting of the American School Health Association, Myrtle Beach, SC.
- Wynard, T. (2013, March). *Best approaches in using the newly released national sexuality education standards*. Invited session at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.
- Wynard, T. (2012, October). *Inoculating your mental-emotional health unit with happiness*. American School Health Association, San Antonio, TX.
- Wynard, T. (2012, October). *Google maps as an avenue of mapping and identifying connections for future school-community collaborations*. American School Health Association, San Antonio, TX.
- Wynard, T., & Tannura, T. (2012, March). *More practice, less lecture; Skills based health education*. Invited session at the annual Phil Lawler DuPage County Health, Physical and Driver Education Teacher Institute Day, Naperville, IL.
- Wynard, T. (2012, January). *You are a key player in public health*. Invited session at the Blue Key Honor Society National Conference, Naperville, IL.
- Wynard, T., & Tannura, T. (2011, November). *More practice, less lecture; Skills based health education*. Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Wynard, T. (2009, April). *Happiness: A lesson for your mental-emotional health unit*. the Illinois School Health Association, Lisle, IL.
- Wynard, T., & Reynolds, T. (2007, November). *Teaching sex ed? We can help*. Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Wynard, T. (2002, November). *Following imaginary peers: How norm misperceptions influence behavior - Examples of classroom applications*. Illinois Association of Health, Physical Education, Recreation, and Dance, St. Charles, IL.
- Birch, D.A., & Wynard, T. (2001, November). *Making health history come alive in the classroom: Preparing students to be consumers of health education*. American School Health Association, Albuquerque, NM.
- Wynard, T. (2000, April). *Multiple intelligences: What it is and how to use it, a programming example*. Illinois School Health Association, St. Charles, IL.
- Wynard, T. (1999, October). *AWARE: Adolescents with awareness, resources, and education*. American School Health Association, Kansas City, MO.
- Wynard, T. (1999, October). *A collaborative approach to abstinence-based education*. Illinois Public Health Association, Oak Brook, IL.

Wynard, T. (1999, April). *AWARE: Adolescents with awareness, resources, and education*. National Maternal and Child Health Leadership Conference, Chicago, IL.

Grants

Completed

- The Continued Investigation of Identified Gaps in Preparing Future Education & Health Professionals in Trauma Informed Responsive Strategies and the Requirements of Teaching about ACEs and TIPs in Midwest Institutions of Higher Education Teacher Preparation Programs, Funded by North Central College (June 10, 2019 - July 31, 2019), awarded March 12, 2019 (\$5,880.00), Completed, Summer 2019, PI Tammy Wynard (100%)
- Examining the Gap of Teaching about Adverse Childhood Experiences and Trauma Informed Practices to Elementary Education Teacher Candidates, Funded by North Central College Summer Grant (June 11, 2018 - August 3, 2018), awarded March 26, 2018 (\$5,926.00), Completed, Summer 2018, Tammy Wynard (100%)
- Initial Development of IDS 125 Health and Media: An Interdisciplinary Journey of Messaging to Consumers, Funded by North Central College (June 16, 2014 - August 31, 2014), awarded May 1, 2014 (\$838.00), Completed, Summer 2014, Tammy Wynard (100%)
- Initial Development of HPE 355: Teaching Sexuality Education, Funded by North Central College (June 10, 2013 - August 31, 2013), awarded May 1, 2013 (\$1,572.50), Completed, Summer 2013, Tammy Wynard (100%)
- Initial Development of HPE 352: Advanced Concepts in Health, Funded by North Central College (June 11, 2012 - August 31, 2012), awarded May 1, 2012 (\$1,555.00), Completed, Summer 2012, Tammy Wynard (100%)

Institutional Committees & Service

Spring 2017 - Ongoing

Teacher Education Committee

Fall 2019

Presenter, Personal & Family Wellness

Summer 2019 - Fall 2019

Chair, Exercise Science Tenure Track Search

Spring 2019

Honorary Doctorate Committee

Winter 2019

Presenter, Well-being Gen Ed CAFE Session

Presenter, Intro to Health Science

Fall 2018 - Winter 2019

Chair, Exercise Science Program Director and Assistant Professor Search

Summer 2018 - Spring 2019

Chair, MOT Faculty Search

Spring 2018

Honorary Doctorate Committee

Committee Member, Dissinger Awards Selection Committee

Fall 2017

Chair, MOT Faculty Search

Summer 2017 - Fall 2017

Athletic Training CAATE Accreditation Internal Reviewer

Spring 2017 - Summer 2017

Chair, First Aid Coordinator Search

Chair, Half-Time Exercise Science Search

Spring 2017 - Spring 2019

Curriculum Redesign Chair

Winter 2017 - Spring 2017

Chair, Health Science Program Director Search

Chair, MOT Fieldwork Coordinator Search

Winter 2017 - Summer 2017

Chair, Sport Management Clinical Coordinator Search

Fall 2016 - Spring 2017

Chair, Exercise Science Clinical Coordinator Faculty Search

Fall 2016 - Winter 2017

Chair, Exercise Science Tenure Track Program Director Search

Fall 2014 - Summer 2018

Program Coordinator for Teaching Physical Education and Health Education

Task Forces

Fall 2018 - Spring 2019

- Co-chaired with the Department Chair of Education and the Director of the Center for High Needs Schools, the development of a North Central College Graduate Certificate in Childhood Trauma & Informed Practices.

Summer 2018 - Summer 2019

- Partnered with administration from the Illinois Education Association, University of St. Francis, and the Center for High Needs Schools to plan ongoing professional development opportunities for educators in PreK-12th grade and in higher education related to Adverse Childhood Experiences and Trauma Informed Practices.

Winter 2018 - Fall 2018

- Assisted in the sub-committee of GEIC/GEC in determining the criteria for the Well-being requirements for the new General Education curriculum.

Professional Service

Fall 2019

- Presenter, ACES: It is Not Rocket Science, It is Brain Science, Evangelical Lutheran Church in America
- Event Coordinator & Facilitator, Resilience: The Biology of Stress and the Science of Hope, North Central College
- Presenter, Symposium on Adversity & Healing, Good Shepard Lutheran Church, Naperville

Spring 2019

- Presenter, ACES: It is Not Rocket Science, It is Brain Science, Metea Valley High School

Fall 2018 - Winter 2019

- Presenter, Trauma Informed Practices in Education, Center for Success in High Needs Schools

Summer 2018

- Co-Coordinator Trauma Informed Practices Conference Event, Kinesiology Department and the Center for Success in High Needs Schools
- Presenter, Trauma Informed Practices, Summer Institute Center for Success in High Needs Schools

Spring 2018

- Presenter, Trauma Informed Practices, Project LEAD Conference, Center for Success in High Needs Schools

Winter 2018

- MOT Candidates Faculty Interviewer, NCC Graduate and Professional Studies Office

Spring 2017

- Health Education Curriculum Reviewer, Hinsdale Middle School

Winter 2017 - Ongoing

- Community Member - New Professionals & Childhood Well-being, Society of Public Health Education
- Presenter on Adverse Childhood Experiences (ACES), Local School Districts

Fall 2016 - Spring 2019

- Key Informant and Advisory Board Member, Robert Crown Center for Health Education

Fall 2014 - Winter 2017

- Professional Development Committee Member, American School Health Association

Fall 2014 - Summer 2016

- Reviewer, Journal of Health Education Teaching Techniques

Fall 2013 - Spring 2015

- Committee Member, Aurora-Naperville Substance Use and Abuse Prevention Coalition

Professional Development

Spring 2020

- Society for Public Health Education Conference, Atlanta, Georgia

Fall 2019

- CAFE Bandwidth Recovery Presentation, Naperville, Illinois
- Crucial Conversations Training, Naperville, Illinois
- Replanted Conference, Naperville, Illinois
- Participation on Diversity Training, Naperville, Illinois

Spring 2019

- Society for Public Health Education, Salt Lake City, Utah

Winter 2019

- Trauma is a Word, Not a Sentence, Hoffman Estates, Illinois

Fall 2018

- Diversity & Inclusion: Supervisors as Change Agents, Naperville, Illinois

Summer 2018

- TBRI in the School, Naperville, Illinois

Spring 2018

- Society for Public Health Education, Columbus, Ohio
- Empowered to Connect, Oswego, Illinois

Fall 2017

- ReFresh and Trust-Based Relational Intervention (TBRI) Conference, Naperville, Illinois

Spring 2017

- Society for Public Health Education Conference, Denver, Colorado

Fall 2012 - Fall 2016

- American School Health Association Conference Attendee

Fall 1996 - Spring 2016

- Illinois School Health Association Conference Attendee, Illinois

Consulting

Summer 2019 - Fall 2019

Dominican University, Trauma Informed Practices for Future Educators

Summer 2018 - Fall 2018

Dominican University, Trauma Informed Practices for Future Educators

Spring 2013

Oswego School District 308, School Health Education Strategies

Honors**Spring 2011**

Honor/Award Title: Honor Award, Year Conferred: 2011, Conferring Organization: Illinois School Health Association

Spring 2008

Honor/Award Title: Honor Award, Year Conferred: 2008, Conferring Organization: Illinois School Health Association

Memberships**Fall 2016 - Ongoing**

Society for Public Health Education

Fall 1997 - Fall 2017

American School Health Association

Spring 1997 - Fall 2017

Illinois School Health Association

Community Service**Spring 2013 - Ongoing**

- Foster Parent, Youth Service Bureau of Illinois Valley

Fall 2012 – Fall 2019

- Children's and Secondary School Ministry Volunteer, Good Shepard Lutheran Church, Naperville

Fall 2012 - Spring 2016

- Troop Leader, Girl Scouts of Northern Illinois