

Tammy S. Wynard, MS

Chairperson of the Department of Health Sciences

Assistant Professor of Health Sciences

Program Director, Graduate Certificate in Trauma Informed Educational Practices for Children & Adolescents

Interim Director, Graduate Leadership Programs

North Central College

30 N. Brainard St., Naperville, IL 60540

tswynard@noctrl.edu/630-637-5743

Degrees

- | | |
|------|---|
| 2001 | M.S., Applied Health Sciences, Indiana University, Bloomington, Indiana, United States
Concentration – School & College Health Education, Teaching Certificate
<i>Dissertation: Thesis: Efficacy of Normative Education in the Health Classroom</i> |
| 1997 | B.S., Illinois State University, Normal, Illinois, United States
Major: Community Health Education
Minor: Speech Communications
Concentration: Drug Education |

Professional Licensures & Certifications

- | | |
|--------------|---|
| 2002-Present | Teaching Certification, State of Illinois
Health Education/Middle School Endorsement |
| 1997-2006 | Certified Health Education Specialist, National Commission for Health Education Credentialing |

Academic Positions

2020 - 2021

Interim Program Director, Graduate Leadership Programs, North Central College, Naperville, Illinois

2020 - Ongoing

Department Chair of Health Sciences, Assistant Professor, North Central College, Naperville, Illinois

2019 - Ongoing

Program Director, Trauma Informed Educational Practices for Children & Adolescents Graduate Certificate, North Central College, Naperville, Illinois

2016 - 2020

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

2008 - 2011

Public Health Graduate Adjunct Faculty, Benedictine University, Lisle, Illinois

2006 - 2010

Health Education Undergraduate Adjunct Faculty, Aurora University, Aurora, Illinois

2005 - 2016

Public Health & Health Education Graduate and Undergraduate Adjunct Faculty, Northern Illinois University, DeKalb, Illinois

Professional Positions

2005 - 2007

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

2004 - 2005

Well at Work Health Promotion Coordinator, Part-Time, Edward Hospital, Naperville, Illinois

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, Part-Time, DuPage County Health Department, Wheaton, Illinois

Scholarship and Creative Work

Peer Reviewed Journal Publications

Wynard, T., Benes, S., & Lorson, K. (2020). Trauma-sensitive practices in health education. *Journal of Physical Education, Recreation & Dance*, 91(9), 22–29. DOI: [10.1080/07303084.2020.1811622](https://doi.org/10.1080/07303084.2020.1811622)

Ellison, D., Wynard, T., Walton-Fisette, J., & Benes, S. (2020). Preparing the next generation of health and physical educators through trauma-informed programs. *Journal of Physical Education, Recreation & Dance*, 91(9), 30–40. DOI: [10.1080/07303084.2020.1811623](https://doi.org/10.1080/07303084.2020.1811623)

Wynard, T. (2020). The quiver of the pandemic unknowns: Trauma-informed resources. *Journal of Physical Education, Recreation & Dance*, 91(7), 56–67. DOI: [10.1080/07303084.2020.1785774](https://doi.org/10.1080/07303084.2020.1785774)

Birch, D. A., Wynard, T.S., (2004). Preparing students to be consumers of health education. *American Journal of Health Education*, 35(2), 110-112. DOI: [10.1080/19325037.2004.10603619](https://doi.org/10.1080/19325037.2004.10603619)

Peer-Reviewed Presentations

Wynard, T. (2020, September). *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*. [Conference Session]. Society for Public Health Education Annual Conference, Virtual.

- Benes, S., Lorson, K., & Wynard, T. (2020, August). *Strategies on becoming a trauma-informed health education classroom*. [Conference Session]. Society of Health & Physical Educators (SHAPE) America Annual Conference, Virtual.
- Wynard, T. (2019, March). *Prioritizing adverse childhood experiences (ACES) and trauma informed practice education in professional preparation programs: identified gaps and essential action needed*. [Conference Session]. Society for Public Health Education Annual Conference, Salt Lake City, UT.
- Wynard, T. (2015, October). *All about TED: Ideas worth connecting to your curriculum*. [Conference Session]. American School Health Association Annual Conference, Orlando, FL.
- Wynard, T. (2014, October). *Class readiness assessment: Motivating students to come prepared by flipping the lesson expectations*. [Conference Session]. American School Health Association Annual Conference, Portland, OR.
- 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*. [Conference Session]. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Conference, St. Charles, IL.
- Wynard, T. (2013, October). *A buffet of teaching techniques for the higher education school health professional*. [Conference Session]. American School Health Association Annual Conference, Myrtle Beach, SC.
- Wynard, T. (2012, October). *Inoculating your mental-emotional health unit with happiness*. [Conference Session]. American School Health Association Annual Conference, San Antonio, TX.
- Wynard, T. (2012, October). *Google maps as an avenue of mapping and identifying connections for future school-community collaborations*. [Roundtable Session]. American School Health Association Annual Conference, San Antonio, TX.
- Wynard, T., & Tannura, T. (2011, November). *More practice, less lecture; Skills based health education*. [Conference Session]. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Conference, St. Charles, IL.
- Wynard, T. (2009, April). *Happiness: A lesson for your mental-emotional health unit*. [Conference Session]. Illinois School Health Association Annual Conference, Lisle, IL.
- Wynard, T., & Reynolds, T. (2007, November). *Teaching sex ed? We can help*. [Conference Session]. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Conference, St. Charles, IL.
- Wynard, T. (2002, November). *Following imaginary peers: How norm misperceptions influence behavior - Examples of classroom applications*. [Conference Session]. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Conference, 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*. [Roundtable Session]. American School Health Association Annual Conference, Albuquerque, NM.

Wynard, T. (2000, April). *Multiple intelligences: What it is and how to use it, a programming example*. [Conference Session]. Illinois School Health Association Annual Conference, St. Charles, IL.

Wynard, T. (1999, October). *AWARE: Adolescents with awareness, resources, and education*. [Poster Session]. American School Health Association Annual Conference, Kansas City, MO.

Wynard, T. (1999, October). *A collaborative approach to abstinence-based education*. [Conference Session]. Illinois Public Health Association Annual Conference, Oak Brook, IL.

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

Non Peer-Reviewed Publications

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. (2001). *Alcohol, tobacco, and other drug use by Indiana children and adolescents: The Indiana prevention resource center survey – 2001*. Indiana Prevention Resource Center, Bloomington, IN.

Non Peer-Reviewed Presentations

Wynard, T., & Walton-Fisette, J. (2021, January). *Preparing the next generation of health and physical educators through trauma informed programs*. [Webinar Session]. Society of Health & Physical Educators (SHAPE) America Bi-Weekly Live Webinar Series, Virtual.

Wynard, T. (2014, November). *New sexuality education requirements in Illinois: What it means for you and your students*. [Invited Session]. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Conference, St. Charles, IL.

Wynard, T. (2014, April). *New sexuality education requirements in Illinois: What it means for you and your students*. [Invited Session]. Illinois School Health Association Annual Conference, 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]. Phil Lawler DuPage County Health, Physical and Driver Education Annual Teacher Institute Day, Naperville, IL.

Wynard, T. (2013, March). *Best approaches in using the newly released national sexuality education standards*. [Invited Session]. Phil Lawler DuPage County Health, Physical and Driver Education Annual Teacher Institute Day, Naperville, IL.

Wynard, T., & Tannura, T. (2012, March). *More practice, less lecture; Skills based health education*. [Invited Session]. Phil Lawler DuPage County Health, Physical and Driver Education Annual Teacher Institute Day, Naperville, IL.

Wynard, T. (2012, January). *You are a key player in public health*. [Invited Session]. Blue Key Honor Society National Conference, Naperville, IL.

Wynard, T. (2008, November). *Social-Emotional learning – Connections for the early childhood learner*. [Invited Session]. Little Blessings Preschool Educator Training, Naperville, IL.

Wynard, T. (2008, January). *Incorporating health education into a preschool curriculum*. [Invited Session]. Little Blessings Preschool Educator Training, Naperville, IL.

Wynard, T. (2000, March). *Teaching sex education? How to become more comfortable with it*. [Conference Session]. DuPage County Health, Physical and Driver Education Annual Teacher Institute Day, Naperville, 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 (60%) with Undergraduate Researchers Shruti Amin (20%) and Francis Espedido (20%)

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, PI Tammy Wynard (80%) with Undergraduate Researcher Shruti Amin (20%)

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

Fall 2020 - Ongoing

Faculty Welfare Committee

Spring 2017 - Ongoing

Teacher Education Committee

Other Institutional Service

Fall 2020 - Ongoing

Nutrition Science Major Accreditation Internal Reviewer

Fall 2020

Faculty Presenter, Annual Center for the Advancement of Faculty Excellence (CAFÉ) Grant Funding Faculty Workshop

Presenter, Opening Department Chair Meeting AY 20-21, The Trauma Informed Department Chair

Search Committee Member, Physical Therapy Faculty

Summer 2020

Covid 19- Response Committee, Flexible Classroom Delivery - Non Traditional Learning Spaces

Search Committee Member, Nutrition Science Program Director

Spring 2020

Search Committee Member, School of Education & Health Sciences Dean's Administrative Assistant

Triton Community College - Transfer Fair Faculty Attendee

Fall 2019

Presenter, Personal & Family Wellness Course

Summer 2019 - Fall 2019

Chair, Exercise Science Faculty Search

Spring 2019

Honorary Doctorate Committee, President's Request

Winter 2019

Presenter, Intro to Health Science Course

Co-Presenter, Well-being General Education Requirement Presentation - Center for the Advancement of Faculty Excellence (CAFÉ)

Fall 2018 - Spring 2019

Faculty Advisor, Senior Independent Study Research Project on 'Postgraduate Collaboration between Athletic Training and Public Health'

Fall 2018 - Winter 2019

Chair, Exercise Science Program Director and Assistant Professor Faculty Search

Summer 2018 - Spring 2019

Chair, Masters in Occupational Faculty Search

Spring 2018

Honorary Doctorate Committee, President's Request

Committee Member, Dissinger Faculty Awards Selection Committee

Honors Senior Thesis Director - 'Hookups, Relationships and Marriage: The Effects of Hookup Culture'

Winter 2018

Presenter, Introduction to Secondary Education Course

Fall 2017

Chair, Masters in Occupational Faculty Search

Summer 2017 - Fall 2017

Athletic Training Major Accreditation Internal Reviewer

Spring 2017 - Spring 2019

Curriculum Redesign Chair for the Department of Kinesiology (Trimester-Semester Institutional Change)

Spring 2017 - Summer 2017

Chair, Half-Time Exercise Science Faculty Search

Chair, First Aid Coordinator Faculty Search

Winter 2017 - Spring 2017

Chair, Masters in Occupational Fieldwork Coordinator Faculty Search

Chair, Health Science Program Director Faculty Search

Winter 2017 - Summer 2017

Chair, Sport Management Clinical Coordinator Faculty Search

Fall 2016 - Spring 2020

Athletic Training Major Assessment Committee

Fall 2016 - Spring 2017

Chair, Exercise Science Clinical Coordinator Faculty Search

Fall 2016 - Winter 2017

Chair, Exercise Science Program Director Faculty Search

Task Forces**Fall 2018 - Spring 2019**

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

Summer 2018 - Summer 2019

Partnered with administration from the Illinois Education Association, University of St. Francis, and the Center for High Needs Schools to execute ongoing professional development opportunities for educators in PreK- Higher Education related to Adversity and Trauma Informed Practices.

Winter 2018 - Fall 2018

Assisted in the faculty governance curriculum sub-committee in determining the criteria for the Well-being requirements for the new General Education curriculum.

Professional Service**Spring 2020**

North Central College Center for the Advancement of Faculty Excellence (CAFÉ) Contributing Faculty Member for the 'Resource Guide for Departmental Conversation and Contingency Planning'
Media Interviewee on Trauma Informed Practices

Fall 2019

Resilience: The Biology of Stress and the Science of Hope – Designed and implemented a community wide event with seven other local organizations to host a viewing of the documentary Resilience followed by a question and answer session with the audience; approximately 140 people attended the event, Naperville, IL

Presentation - ACES: It is Not Rocket Science, It is Brain Science – Invited presentation on adversity in childhood and trauma informed faith communities to fifteen south suburban Evangelical Lutheran Church of America Pastors, Joliet, IL

Presentation, Symposium on Adversity & Healing, Good Shepard Lutheran Church - Co-presented with two community therapists and a Pastor on childhood trauma and the avenues of healing; approximately 50 people attended, Naperville, IL

Spring 2019

Presentation, ACES: It is Not Rocket Science, It is Brain Science, Metea Valley High School - Invited presentation for parent education night, Aurora, IL

Interviewee, North Central College - Provided the NCC Chronicle, the student news magazine, an interview for an alternative health article

Winter 2019

Interviewee, North Central College - Provided the NCC Chronicle, the student news magazine, an interview for their special Sexuality edition

Fall 2018

Presenter, North Central College, Education Department - Presented on Adverse Childhood Experiences in the Education setting to attendees at the annual NCC Education Homecoming dinner, Naperville, IL

Fall 2018 - Spring 2020

Online Module Creator, North Central College - Created an Online Learning Module on Adverse Childhood Experiences and Trauma Informed Practices for students enrolled in the introductory education course for teaching in K12 and the High School settings, Naperville, IL

Fall 2018 - Winter 2019

Presenter, Center for Success in High Needs Schools - Provide 60-90 minute on-going Professional Development webinars (two a term) for the members of the Center for Success in High Needs schools. Topics included the role of childhood trauma education in higher education, as well as in the current landscape of Pre-K-12th grade settings, Naperville, IL

Summer 2018

Co-Coordinator Conference Event, the Kinesiology Department and the Center for Success in High Needs Schools, planned and hosted an all-day live-stream event for sixty participants on Childhood Trauma and the impact in the school classroom, Naperville, IL.

Presenter at the Summer Institute, Center for Success in High Needs Schools – Presented a sixty-minute session on Adverse Childhood Experiences and the impact they have on learning, Naperville, IL.

Spring 2018

Presenter at Project LEAD Conference, Center for Success in High Needs Schools Conference. Presented a 60-minute session on Adverse Childhood Experiences and the impact they have on learning, Naperville, IL

Winter 2018

Masters in Occupational Therapy Applicant Faculty Interviewer, NCC Graduate and Professional Studies Office

Spring 2017

Health Education Curriculum Reviewer, Hinsdale Middle School, Hinsdale, IL

Winter 2017 - Ongoing

Member of New Professionals & Childhood Well-being Professional Groups, Society of Public Health Education

Fall 2014 - Summer 2016

Article Submission Reviewer, Journal of Health Education Teaching Techniques

Fall 2014 - Winter 2017

Professional Development Committee Member, American School Health Association

Fall 2013 - Spring 2015

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

Community Service**Spring 2013 - Ongoing**

Foster Parent, Youth Service Bureau of Illinois Valley

Fall 2012 - Spring 2016

Troop Leader, Girl Scouts of Northern Illinois

Fall 2012 - Fall 2019

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

Professional Development

Winter 2021

Participated in a Reading Roundtable discussion for North Central College faculty and staff on CASTE: The Origins of Our Discontents by Isabel Wilkerson, Naperville, IL.

Fall 2020

The Replanted Conference - Attended virtual sessions throughout the month of October on adversity and trauma informed strategies.

Spring 2020

Covid-19: Trauma, Complex Grief and How We Heal. Virtual Training

Trauma-Informed Pedagogy in Higher Education, Virtual Training

Online Safety Webinar, Virtual Training

Spring 2020

Society for Public Health Education Virtual Conference Attendee

Fall 2019

Bandwidth Recovery Presentation by Dr. Cia Verschelden, Vice President Academic & Student Affairs at City Colleges of Chicago-Malcolm X College, Naperville, IL

Crucial Conversations Training, Naperville, IL

Replanted Conference, Attended an eight-hour training on prenatal drug exposure effects, and an additional two day training on trauma informed strategies. Naperville, IL

Participation on Diversity Training, Attended the NCC Diversity Task Force opening year session, and the small group discussion on Microaggressions led by Dr. Paustin. Naperville, IL

Summer 2019

Participant - Diversity Discussion Series: bell hooks' Teaching Community: A Pedagogy of Hope, Naperville, IL

Spring 2019

Society for Public Health Education Conference Attendee, Salt Lake City, UT

Winter 2019

Workshop Attendee, Trauma is a Word, Not a Sentence, Hoffman Estates, IL

Fall 2018

Diversity & Inclusion: Supervisors as Change Agents Training, Naperville, IL

Summer 2018

Online Pedagogy Institute, Naperville, IL

Trust-Based Relational Intervention (TBRI) in the School Training, Naperville, IL

Spring 2018

Society for Public Health Education Conference, Columbus, OH

Empowered to Connect, Trauma Informed Practices Virtual Training, Oswego, IL

Fall 2017

ReFresh and Trust-Based Relational Intervention (TBRI) Conference, attended multiple day training on trauma informed practices, Naperville, IL

Spring 2017

Society for Public Health Education Conference Attendee, Denver, CO

Winter 2017

Minds Online: Teaching Effectively with Technology, Naperville, IL

Fall 2012 – Fall 2016

American School Health Association Conference Attendee, Various Locations

Fall 1996 - Spring 2016

Illinois School Health Association Conference Attendee, Various Locations

Consulting**Fall 2018 & Fall 2019**

Dominican University planned and provided a three-hour educational seminar on adversity and Trauma Informed Practices to current faculty, undergraduate, and graduate students, River Forest, IL.

Fall 2016 - Winter 2017

Robert Crown Center for Health Education - Acting as a key informant by providing assets and barriers related to the functionality of a community health education organization working within the school district setting. Providing direction related to funding source options other than just the regularly used 'per student' fees, Hinsdale, IL.

Spring 2013

Oswego School District 308 - Provided consultation with the district junior high Health and Physical Education teaching team in establishing priorities of how to best align their curricula to support the Common Core literacy and mathematics expectations, Oswego, IL.

Honors**Spring 2020**

Honor/Award Title: Inducted Faculty Member: Alpha Eta Society, Year Conferred: 2020, Conferring Organization: North Central College

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

Spring 2001

Honor/Award Title: Health Education Graduate Student Scholarship Recipient, Year Conferred: 2001, Conferring Organization: American School Health Association

Professional Memberships**Fall 2020 - Ongoing**

Organization Name: Society of Health & Physical Educators (SHAPE) America
Organization Name: Safe States Alliance

Fall 2016 - Ongoing

Organization Name: Society for Public Health Education

Fall 1997 - Fall 2017

Organization Name: American School Health Association

Spring 1997 - Fall 2017

Organization Name: Illinois School Health Association

Academic Teaching Experience

Undergraduate

Advanced Concepts of Health

Community Health
Curriculum Development and Evaluation Methods in Health Education
Drug Education
Health & Media
Human Sexuality
Planning School Health Programs
School Health and Methods of Physical Activity
Sexual Health Education
Social and Individual Patterns of Drug Use
Wellness

Graduate

Community Health Communications
Community Health Programs & Issues
Current Issues in Health Theories & Concepts
Curriculum Development in School Health Education
Drug Education
Planning Health Education Programs
Primary Prevention & Health Promotion
Trauma and Its Effects on Health and Learning
US Health Care System & Advocacy