

*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;

**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 M

(

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

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

**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

