

Jillisa R. Overholt

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Office

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Education

Doctor of Philosophy, Leisure Behavior, Indiana University School of Public Health

Minor: Sociology

Graduated June 2013

Master of Science, Outdoor Recreation, Indiana University School of Health, Physical Education and Recreation (HPER)

Graduated May 2009

Bachelor of Science with Highest Distinction, Outdoor Recreation, Indiana University School of HPER

Minor: Environmental Geography

Graduated December 2003

Ph.D. Dissertation

“Exploring the negotiation and growth of familial relationships: A case study of Outward Bound family courses”

This study utilizes role theory to examine parent-child participation in an extended wilderness experience. Specific attention is given to the ways in which the experience functions as a disruption to established roles and the ways in which mutually understood roles and obligations are renegotiated in response to the demands of the environment. The long-term impact on the relationship is examined using a variety of qualitative methods.

Chair: Dr. Alan W. Ewert

Defense: June 2013

Professional Experience

Assistant Professor, Outdoor Leadership Studies Department, Warren Wilson College (Fall 2013-present)

Duties: Teach courses within the outdoor leadership curriculum, including AIM 2 & 3 Writing Across the Curriculum courses, introductory and upper-level major courses, and field-based courses, including study abroad. Organize and lead field experiences with students, operate campus challenge course, create and implement new curriculum, and serve on campus-wide committees.

Graduate Student Mentor, Master of Arts in Adventure Education Program, Prescott College (Spring 2015-present)

Duties: Oversee a collaborative master’s-level independent study focusing on the intersections between human health and natural environments.

Instructor and Course Director, Colorado Outward Bound School (2011-present)

Duties: Instruct multi-day wilderness courses in the Colorado Rocky Mountain region.

Responsible for student health and well-being, risk management, course curriculum and delivery, staff mentorship, logistics, and implementation of Outward Bound philosophy.

Visiting Lecturer, Department of Recreation, Park and Tourism Studies, Indiana University (2012-2013)
Duties: Teach undergraduate and graduate classes within the department (9 credits/semester).

Associate Instructor, Department of Recreation, Park and Tourism Studies, Indiana University (2009-2012)

Duties: Teach undergraduate classes within the department, work with faculty members to conduct research, develop publications and presentations, and write grants.

Graduate Assistant, Indiana University Outdoor Adventures, Indiana University (2008-2009)

Duties: Communicate with student staff, design and maintain staff database using Microsoft Access, assist in staff development and training opportunities, assist in day-to-day operations, design and implement research projects.

Peace Corps Volunteer, Republic of Armenia (2005-2007)

Duties: Work as an environmental educator in a small town. Coordinate and implement ecology-themed day camps in communities across the country, using translated Project Wild curriculum. Write grants and assist in the implementation of local projects, including solid waste management, city clean-ups, diabetes clinics, sex education seminars, Habitat for Humanity, English lessons, and youth development workshops.

Coordinator, Conservation and Outdoor Recreation Education (CORE) Program, Indiana University Department of Recreation and Park Administration (2003-2005)

Duties: Plan, facilitate and implement a 17-credit, semester-long outdoor leadership program. Responsibilities include: teaching, both in and out of the classroom; recruiting, interviewing and selecting students and assistant instructors; managing the budget; planning and logistics for all field experiences; ordering, inventorying and maintaining equipment; and communicating with students, staff and faculty members.

Instructor, Indiana University Outdoor Adventures (2001-2005; 2008-2013)

Duties: Plan, organize and implement a variety of experiences, including spring break trips, freshman orientation trips, weekend adventure trips, 1-credit skills courses, and team-building.

Other Relevant Work Experience

Assistant Ropes Course Director, Culver Academies, Woodcraft Camp, Culver, IN (summer 2010)

Assistant Nature Director, Culver Academies, Woodcraft Camp, Culver, IN (summer 2009)

Head Counselor, Kid City Quest, Bloomington Parks and Recreation, Bloomington, IN (summer 2008)

Head Counselor, Teen Extreme, Bloomington Parks and Recreation, Bloomington, IN (summer 2004)

Assistant Instructor, CORE (Conservation and Outdoor Recreation Education) Program, Indiana University Department of Recreation and Park Administration (Spring 2003)

Team Adventure Pursuits/Wilderness Freshman Orientation Coordinator, Indiana University Outdoor Adventures (2002-2003)

Challenge Adventure Coordinator, YMCA Camp Campbell Gard, Hamilton, OH (2001-2002)

Research

Books

Ewert, A., Mitten, D., & **Overholt, J.** (2014). *Natural Environments and Human Health*. Wallingford: CABI.

Publications *Refereed

*Mitten, D., **Overholt, J.**, Haynes, F., D'Amore, C. & Ady, J. (2016). Hiking: A low-cost, accessible intervention to promote health benefits. *American Journal of Lifestyle Medicine*, Published online before print, July 9, 2016.

<http://ajl.sagepub.com/content/early/2016/07/08/1559827616658229.abstract>

***Overholt, J.** & Ewert, A. (2015). Gender matters: Exploring the process of developing resilience through outdoor adventure. *Journal of Experiential Education*, 38(1), 41-55.

*Duffy, L. & **Overholt, J.** (2013). Seeking authenticity: Reconceptualizing adventure tourism. *Illuminare*, 11(1), 45-59.

<http://scholarworks.iu.edu/journals/index.php/illuminare/article/view/3183>

***Overholt, J.** (2012). The role of the outdoor recreation discipline in public health: Nature as preventative medicine. *Illuminare*, 10(1), 1-14. <http://scholarworks.dlib.indiana.edu/journals/index.php/illuminare/article/view/1910>

*Ewert, A., **Overholt, J.**, Voight, A. & Wang, C.C. (2010) Understanding the transformative aspects of the wilderness and protected lands experience upon human health. In: *Proceedings of the Ninth World Wilderness Congress Symposium, Merida, Yucatan, Mexico*. Nov. 6-13, 2009. USDA Forest Service Proceedings RMRS-P-64, pp. 140-146.

***Overholt, J.** (2010). The nature and meaning of outdoor leisure activities for Armenian youth: a case study of skiing as leisure. *International Federation of Park and Recreation Administration World*. December.

*Ewert, A. & **Overholt, J.** (2010). Fostering leadership through a three-week experience: Does outdoor education make difference? *Research in Outdoor Education*, 10(1), 38-47.

Published Abstracts

***Overholt, J.** (2014) Adventures in parenting: Motivations for outward bound family course participation. 2014 Symposium on Experiential Education Research (SEER) Proceedings. Chattanooga, TN, October 23-26, 2014.

***Overholt, J.** (2014) Constructing a family adventure experience: Key elements, aspects and outcomes. In Paisley, Young & Blumenthal (Eds.) Abstracts from the Coalition for Education in the Outdoors, Bradford Woods, IN, January 2014.

***Overholt, J.** (2013). Role restructuring and equalizing experiences through family adventure. 2013 Symposium on Experiential Education Research (SEER) Proceedings. Denver, CO. Oct. 31-Nov. 3, 2013

***Overholt, J.** & Ewert A. (2012). Just Keep Swimming: Developing Resilience through Outdoor Adventure. In Paisley, Young & Blumenthal (Eds.) Abstracts from the Coalition for Education in the Outdoors, Bradford Woods, IN, January 13-14, 2012.

*Ewert, A., Davidson, C., **Overholt, J.**, Luo, Y., Billingham, R., & Bishop, C. (2011). Retying the knot: Enhancing Father/Son relationships through Adventure Education. 13th Canadian Congress on Leisure Research, Niagara, Ontario, Canada, May 18-21, 2011.

*Bishop, C., Ewert, A., Luo, Y., & **Overholt, J.** (2011). Residential Outdoor Education programs: A benefits and outcomes study. 13th Canadian Congress on Leisure Research, Niagara, Ontario, Canada, May 18-21, 2011.

*Ewert, A., Frankel, J., Van Puymbroek, M. & **Overholt, J.** (2010). Adventure Education and the redeploying military veteran: What do we know? 2010 Symposium on Experiential Education Research (SEER) Proceedings. Las Vegas, NV, November 4-7, 2010.

Presentations

Jonas, A. & **Overholt, J.** (2016). Experiential education in higher education: Challenges and opportunities in the college classroom. Workshop presented at the 44th Annual International Conference of the Association for Experiential Education. Minneapolis, MN, Oct. 26-30, 2016.

***Overholt, J.** (2014) Adventures in parenting: Motivations for outward bound family course participation. Paper presented at the Symposium for Experiential Education Research, 42nd Annual International Conference of the Association for Experiential Education. Chattanooga, TN, October 23-26, 2014.

***Overholt, J.** (2014). Constructing a family adventure experience: Key elements, aspects and outcomes. Paper presented at the 12th Biennial Research Symposium of the Coalition for Education in the Outdoors, Bradford Woods, Martinsville, IN.

***Overholt, J.** (2013). Role restructuring and equalizing experiences through family adventure. Paper presented at the Symposium for Experiential Education Research, 41st Annual International Conference of the Association for Experiential Education, Denver, CO.

***Overholt, J.** & Ewert, A. (2012) Just Keep Swimming: Developing Resilience through Outdoor Adventure. Paper presented at the 11th Biennial Research Symposium of the Coalition for Education in the Outdoors; Bradford Woods, Martinsville, IN.

***Overholt, J.** & Ewert, A. (2011). Resilience and Leadership through Adventure Education: Implications of Gender. Poster presented at the 39th Annual International Conference of the Association for Experiential Education, Jacksonville, FL. November 3-6, 2011.

Davidson, C. & **Overholt, J.** (2011). Retying the Knot: Using Adventure Education to Strengthen Bonds in Fathers and Sons. Paper presented at the Adventure Research Symposium, Bloomington, IN.

*Ewert, A., Frankel, J., Van Puymbroek, & **Overholt, J.** (2010). Adventure Education and the redeploying military veteran: What do we know? 2010 Symposium on Experiential Education Research (SEER), Presented at the 38th Annual International Conference of the Association for Experiential Education, Las Vegas, NV, November 4-7, 2010.

Ewert, A., Mitten, D., & **Overholt, J.** (2010). Health, nature, and experiential education: What is the connection? 38th Annual International Conference of the Association for Experiential Education, Las Vegas, NV., November 4-7, 2010.

***Overholt, J.** (2010). The nature and meaning of outdoor leisure activities for Armenian youth: A case study of skiing as leisure. Poster presented at the Coalition for Education in the Outdoors, Bradford Woods, IN.

*Ewert, A., **Overholt, J.**, & Kim, K. (2010). Fostering leadership through a three-week experience: Does outdoor education make a difference? Tenth Biennial Research Symposium of the Coalition for Education in the Outdoors. Bradford Woods, Martinsville, IN. January 15-17, 2010.

Ewert, A., Voight, A., Compton, D. & **Overholt, J.** (2010). Changing the academic course: moving from parks as a place, to parks as an experience. Poster presented at *The 1st Healthy Parks/Healthy People Congress*, Melbourne, Australia, April 11-16, 2010.

Teaching

Academic Courses

Warren Wilson College courses:

Program Planning (ODL 320; 4 cr.; Writing Across the Curriculum, AIM 3)

Average class size: 11 students

Spring 2014, 2015, 2016, 2017

History and Philosophy of Adventure Education (ODL 100; 2 cr.)

Average class size: 20 students

Fall 2013

Initiatives for Adventure Education (ODL 215; 4 cr.; service learning components)

Average class size: 15 students

Fall 2013, 2014

Backcountry Skills and Techniques (ODL 210; 4 cr.; includes two weekend field components)

Average class size: 9 students

Fall 2013; 2014; 2015; 2016

Leadership for Adventure Education (ODL 310; 4 cr.)

Average class size: 17 students

Fall 2013, 2014, 2015, 2016

Natural Environments and Health (ODL 290; 4 cr.; Writing Across the Curriculum, AIM 2)

Average class size: 15 students

Spring 2014, 2016; Fall 2016

Challenge Course Facilitation and Management (ODL 322; 4 cr.; service learning components)

Average class size: 12 students

Spring 2014, 2015, 2016

Environment, Adventure and Tourism in Armenia (ODL 377; 4 cr.; Faculty-led study abroad--semester course with two-week travel component)

Average class size: 9 students

Spring/Summer 2015, 2017

Indiana University courses (*all courses primary instructor, except where otherwise noted):

Introduction to Outdoor Recreation, Parks and Human Ecology (R210; 3 credits)

Average class size: 40 students

Fall 2012

Human Health, Quality of Life and Natural Environments (R506; 3 credit graduate seminar)
Average class size: 12 Masters/Doctoral Students
Fall 2012 (primary instructor); Fall 2009, 2010 (assistant instructor)

Event Planning and Program Development (R430; 3 credits; service learning designation)
Average class size: 65 students
Spring 2013

Living Well (T142; 3 credits)
Spring 2013; 174 students
Fall 2012; 76 students

Dynamics of Outdoor Recreation (R271; 3 credits)
Average class size: 40 students
Spring 2011, 2012

Leisure in Modern Society (R340; 3 credits)
Average class size: 45 students
Fall 2011

Adventure Education (R279; 2 credits)
Average class size: 22 students
Spring 2008, 2010

Wilderness and Protected Lands (R385; 3 credits; general section)
Average class size: 18 students
Fall 2009

Wilderness in the American Mind (R385; 3 credits; CORE intensive section)
Average class size: 18 students
Spring 2008, 2009, 2010

1-credit skills courses (Indiana University Outdoor Adventures)

<i>Flatwater Canoeing (R132)</i>	FA 2004	Lead Instructor
<i>Whitewater Canoeing (R133)</i>	SP 2010	Lead Instructor
<i>Whitewater Rafting (R134)</i>	SP 2008, SU 2008	Lead Instructor
<i>Coastal Kayaking (R136)</i>	FA 2002	Assistant Instructor
<i>Backpacking (R137)</i>	SP 2003, 2004, 2008, 2009	Lead Instructor
<i>Cross-country Skiing (R138)</i>	SP 2009, 2010, 2011, 2012	Lead Instructor

Graduate Student Mentorship

Fran Haynes, Masters-level mentored course, Prescott College

- Nature and Wellness (2cr)

Peter Nerothin, Masters-level mentored course, Prescott College

- Natural Environments and Human Health (2cr);

Walker Thompson, Masters Thesis Committee member, Clemson University

Curriculum Development

Warren Wilson College:

Natural Environments and Human Health

- Special topics course, Spring 2014
- Permanent course, major requirement, AIM 2 writing designation, Spring 2016

Study Abroad: Environment, Adventure and Tourism in Armenia

Indiana University:

Human Health, Quality of Life and Natural Environments (Graduate Seminar; R506)

Adopted Fall 2009

Introduction to Outdoor Recreation, Parks and Human Ecology (Undergraduate; R210)

Adopted Fall 2012

Human Health, Quality of Life and Natural Environments (Undergraduate Capstone Course; R4xx)

Adopted Spring 2013

Extramural Support

Exploring the negotiation and growth of familial relationships: A case study of Outward Bound family courses. Leisure Research Institute, Indiana University Department of Recreation, Park and Tourism Studies. \$750.00. (2012, Funded)

Strengthening the Bond: Investigating the Relationship between Father-Son Communication and Participation in Adventure Education. Leisure Research Institute, Indiana University Department of Recreation, Park and Tourism Studies. \$3,000. (2011, Funded)

Effects of Outward Bound Participation on Patterns of Substance Abuse of Redeployed Military Veterans. National Institutes of Health. \$275,000. Assistant Researcher. (2009, Unfunded).

Professional Development in Teaching

The Theory and Practice Of Service Learning Course Design (1-day workshop), UNC Asheville | **May 2016**

Writing Across the Curriculum Workshop: Building your Teaching Writing Toolkit, Warren Wilson College | **January 2016**

Writing Across the Curriculum Workshop: Teaching AIM 2 & AIM 3, Warren Wilson College | **August 2015**

Curriculum Training Course, Mindful Schools (online) | **Summer 2015**

Mindfulness Fundamentals, Mindful Schools (online) | **Spring 2015**

Warren Wilson College lunch seminars: regular participation | **Fall 2013-present**

Warren Wilson College New Faculty Seminar (monthly discussion sessions) | **Fall 2013-present**

Teaching Writing Workshop, Warren Wilson College | **Summer 2013**

Center for Innovative Student Learning (CITL) “Using Student Response Systems” | Spring 2013

Etext Webinar | Fall 2012

Center for Innovative Student Learning (CITL) “Grading Student Work More Efficiently” | Fall 2012

Preparing Future Faculty Conference (Indiana University) “Not a zero-sum game: Moving forward with research, service and teaching” | Spring, 2012

Center for Innovative Student Learning (CITL) “Creating and using grading rubrics” | Fall 2011

Society of Park and Recreation Educators (SPRE) Teaching Institute | Spring 2011

Professional Service and Involvement

Editorial Activities

Reviewer, AORE Research Symposium
Summer 2016

Reviewer, Journal of Outdoor Recreation, Education and Leadership
Fall 2016; Summer 2015; Spring 2015

Reviewer, Journal of Experiential Education
Fall 2013
State of Knowledge Papers

Reviewer, Journal of Leisure Research, Special Issue on Social and Environmental Justice
Fall 2013

Reviewer, Symposium for Experiential Education Research (SEER)
--Association for Experiential Education International Conference
--Spring 2011, 2012, 2013, 2014, 2015, 2016

Outdoor Topic Editor for Illuminare Student Journal

- Coordinated the distribution of manuscripts to reviewers, collated finished reviews, acted as intermediary between editors, reviewers, and authors
- 2010-11, 2011-12

Co-Coordinator, Adventure Research Symposium, Indiana University Bloomington

- Managed logistics for research symposium, call-out and review of presentation submissions, invitation and accommodations of keynote speaker (Michael Gass, UNH), and production of book of abstracts
- Spring 2011

Service to Warren Wilson College

Member, General Education Committee (Fall 2016-present)

- worked to college-wide revise general education curriculum

Developed and implemented Experiential Education training session for Winter 2016 Faculty Retreat

Member, Environmental Responsibility Aim Committee (2015-16)

- Served as social science division representative
- Revised environmental responsibility aim to better fit with college general education needs and current departmental offerings

Member, Conservation Biology Search committee (2014-15)

- Served as outside committee member to fill two faculty positions in the Biology/Environmental Studies departments.

Member, Service Program Advisory Committee (Fall 2014-present)

- Attend bi-monthly meetings designed to guide and advise the various components of the service program at Warren Wilson College.

Member, Social Work Advisory Board (Fall 2014-present)

- Attend bi-annual meetings designed to guide and advise the social work department around functions such as curriculum, community partnerships, and interaction with other aspects of the college.

Organizational Service and Membership

Session Presider, Coalition for Education in the Outdoors (CEO)

- Jan. 2014

Discussant, Symposium for Experiential Education Research (SEER)

- Fall, 2012

Treasurer, American Camp Association (ACA), Indiana Chapter

- Executive Board member (2009-2011)
- Finance committee member, ACA Indiana (2009-2011)

Coordinator, Bradford Woods Research Team, Indiana University (2009-2011)

Adventure Research Cache, Indiana University (2008-2010)

Research and development

Member, National Recreation and Park Association (2010-2013)

Keynote Speaker, Conservation and Outdoor Recreation Education (CORE) graduation, Spring 2009

Member, Friends of Armenia, National Peace Corps Association (2008-present)

President, IU Yoga Club (2009-present)

Member, Conservation and Outdoor Recreation Education (CORE) Program Advisory Committee (2008-present)

Guest Speaker, "Mother Nature's Child" HPER February Film Series, 2012

Emcee, Banff Mountain Film Festival, Bloomington, IN, Spring 2011

Awards and Academic Honors

Garrett G. Eppley Scholarship for Outstanding Graduate Student in RPTS (\$3,000)

Received 2010, 2011, 2012

Hronek Family Scholarship in Recreation, Park, and Tourism Studies (\$2,000)

Received 2011

Outdoor Recreation and Resource Management Graduate Award, April 2009

RPTS Research Fellowship 2009-10 (\$4,000)

W.W. Patty Scholarship, IU Department of Recreation and Park Administration, April 2003

Blue Key Honor Society member

Golden Key Honor Society member

National Society of Collegiate Scholars member

Indiana University Faculty Scholarship recipient

Indiana University Honors College member

Thomas F. Barton Geography Award recipient, IU Department of Geography

Phi Eta Sigma National Honorary member

Seminars and Trainings

Leave No Trace Master Educator Course (2015)

Course Director Training, Colorado Outward Bound School (2014)

Return Instructor Training, Rock Site Level I Training, Colorado Outward Bound School (2012)

New Instructor Training, Colorado Outward Bound School (2011)

Lead Facilitator Training, Experiential Systems (2010)

Level 1 and 2 Canoe Instructor, American Canoe Association (2005)

Swiftwater Rescue, American Canoe Association (2005)

Top Rope Site Manager Course, American Mountain Guides Association (2005)
Bradford Woods Adventure Program Staff Training (2002)
Columbus Youth Camp Facilitator Training (2002)
Fundamentals of Search and Rescue, National Association for Search and Rescue (2002)
Basic Facilitator Training; Experiential Resources Inc. (2001, 2002)

Current Certifications

Wilderness First Responder, SOLO, expires 12/2018
Epinephrine Administration, North Carolina State Certification, expires 09/2020
American Heart Association CPR, expires 01/2017
Leave No Trace Master Educator
SAR TECH III, National Association for Search and Rescue
Open Water SCUBA Diver/Adventure Diver, PADI

Languages

Eastern Armenian, Advanced Proficiency