

Alicia C. Stapp, Ed.D.

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EDUCATION

Ed.D. Education (May, 2013) Nova Southeastern University, Ft. Lauderdale-Davie, FL 33314

Concentration: Instructional Leadership

Minor: Curriculum Development

M.S. Health and Physical Education (May, 2009) Florida State University, Tallahassee, FL, 32306

B.S. Social Science Education, (May, 2004) University of Central Florida, Orlando, FL, 32816

Current Florida Educator Certifications:

- ❖ Elementary Education K-5
- ❖ Physical Education K-12
- ❖ Social Science Education 6-12
- ❖ Educational Leadership (FELE)

Additional Courses/Certifications/Trainings:

- ❖ April 2024 – Mindful Schools Course – 201 Mindfulness in the Classroom
- ❖ August 2023 – Mindful Schools Course: 101 Mindfulness Foundations
- ❖ December 2022 – Conscious Discipline Course: Building Resilient Homes and Schools
- ❖ April 2022 - YogaEd – Teaching Children’s Yoga (ages 3-12) Certification
- ❖ June 2018 - YogaKids Teaching Certification
- ❖ June 2017 - Community-Engaged Obesity Research Institute Training Certification
 - University of Southern Mississippi
- ❖ August 2015 - Elearning Online Teaching Certification- University of Mississippi
- ❖ July 2015 - Action Based Learning: Certified Trainer

PROFESSIONAL EXPERIENCE

2020 – present University of Mississippi - Associate Professor of Health and Physical Education, Teacher Education

- Assistant Department Chair – Teacher Education (September 2022-present)
- Interim Assistant Department Chair – Teacher Education (May 2021 – August 2022)
- Wellness and Physical Activity Endorsement Coordinator (2015-present)

- B.A.Ed. Health and Physical Education Program Coordinator (2019-2024)
- 2014 – 2019 University of Mississippi - Assistant Professor of Health and Physical Education, Teacher Education
 - B.A.Ed. Health and Physical Education Program Coordinator (2019-present)
 - Wellness and Physical Activity Endorsement Coordinator (2015-present)
- 2013 – 2014 University of Central Florida - Adjunct Professor, Teacher Education
- 2012 – 2013 Osceola County School District (Kissimmee, FL)
 - East Lake Elementary
 - Extended Learning Mathematics Teacher-Fourth Grade
- 2011 – 2014 Osceola County School District (Kissimmee, FL)
 - East Lake Elementary
 - Extended Learning Reading Teacher- Second/Third Grade
- 2010 – 2014 Osceola County School District (Kissimmee, FL)
 - East Lake Elementary
 - Physical Education Teacher (K-5)
- 2005 – 2010 Osceola County School District (Kissimmee, FL)
 - Ventura Elementary School
 - Physical Education Teacher (PK-5)
- 2004 – 2005 Osceola County School District (Kissimmee, FL)
 - Horizon Middle School
 - Social Studies Teacher-Grades 6-8
- 2002 – 2005 Raskin Dance Studio (Kissimmee, FL)
 - Dance Instructor- Ballet, Tap, Musical Theatre, Jazz
- 2002 – 2003 Osceola County School District (Kissimmee, FL)
 - Pre-Kindergarten and Kindergarten Movement Lab Teacher
 - Teacher Assistant- First Grade

COURSES TAUGHT

2014 – present	University of Mississippi
EDCI 353	Planning and Teaching Strategies for Effective Classroom Practices
EDCI 361	Art for the Elementary Classroom
EDCI 419	Effective Classroom Management and Assessment Practices
EDEL 401	Social Studies in the Elementary School
EDWP 340	Music and Movement Integration for the Elementary Classroom
EDWP 341	Essential Concepts of Wellness Integration in the Elementary Classroom
EDWP 342	Methods for Integrated Wellness and Physical Activity in the Elementary Classroom
EDWP 343	Classroom Implementation of Wellness and Physical Activity
EDWP 440	Elementary Physical Education Methods
EDWP 444	Senior Practicum - Health and Physical Education
EDWP 446	Student Teaching – Health and Physical Education
HON 301	Honors Individual Basis Studies
HON 401	Honors Individual Basis Studies

2013 – 2014
EDE 4223

University of Central Florida
Integrating Arts and Movement into the Elementary Curriculum

COURSES DEVELOPED

2018 - 2019

- **Bachelor of Arts in Education (B.A. Ed.) in Health and Physical Education Framework and Course Development**
- Served as primary developer of degree framework and core syllabi for:
 - EDWP 240 - Introduction to Health and Physical Education
 - EDWP 241 - Movement Fundamentals and Applied Motor Learning in PE
 - EDWP 344 - Physical Literacy: Lifetime Fitness, Exercise, & Physical Activity
 - EDWP 345 - Educational Dance, Gymnastics, and Mindful Movement
 - EDWP 346 - Teaching Fitness, Outdoor, and Adventure Education
 - EDWP 347 - Inclusive Physical Education
 - EDWP 440 - Elementary PE Methods
 - EDWP 441 - Secondary PE Methods
 - EDWP 442 - Coordinated School Health and CSPAP
 - EDWP 444 - Practicum - Elementary and Secondary PE
 - EDWP 445 - Assessment and Evaluation in Health and PE
 - EDWP 446 - Student Teaching - Elementary/Secondary Health and PE

2018 - Honors Coursework Redesign for EDWP 343

- December 2018 – Primary developer/writer for a course that I redesigned (EDWP 343) to meet the criteria for a student obtaining her thesis in the Sally McDonnell Barksdale Honors College at the University of Mississippi

2017 - 2018: M.Ed. in Elementary Education Coursework: Developed, Proposed, and Approved

- August 2017- February 2018: Served as primary developer/writer for:
 - EDCI 606 - Comprehensive Wellness and Physical Activity Integration in the Elementary School
 - EDEL 605 – Exploration and Application of Trends and Curriculum in Elementary Social Studies Education

2014 - 2015: Bachelor of Arts in Education (B.A. Ed.) with Wellness and Physical Activity Endorsement

- Served as primary developer/writer for the following Wellness and Physical Activity Endorsement syllabi.
 - EDWP 340 - Integrated Music and Movement for the Elementary Classroom

- EDWP 341 - Essential Concepts of Wellness Integration for the Elementary Classroom
- EDWP 342 - Methods for Integrated Wellness and Physical Activity in the Elementary Classroom
- EDWP 343 - Classroom Implementation of Wellness and Physical Activity

PUBLICATIONS

Peer Reviewed

Stapp, A., Sills, K., Lambert, L., Mann, G., & Wolff, K., (2024; under review). Teachers' perceptions of an integrated nutrition education curriculum and the impact on preschoolers food liking. *Journal of Public Health in the Deep South*

Stapp, A., & Wolff, K. (2024; under review). Preschool teachers' perceptions of a curriculum-integrated yoga-based video program. *Early Years*.

Sills, K., **Stapp, A.,** Lambert, L. & Wolff, K. (2023). Teachers' perceptions of integrating tower gardens. *Recent Progress in Nutrition* 4(1), 1-21. <https://doi.org/10.21926/rpn.2401002>

Stapp, A., Lambert, L., & Wolff, K. (2023). Growing a healthy classroom from seed to harvest. *Early Years Texas AEYC*, 44(1), 6-10.

Stapp, A., & Shane, A. (2023). First-year teachers' perceptions of experiences with pre-service wellness and physical activity coursework and the first-year transition. *Journal of Teacher Education and Lifelong Learning*, 5(2), 710-722. <https://doi.org/10.51535/tell.1323302>

Karr, J. K., **Stapp, A.,** Lambert, L., & Wolff, K. (2023; in press) Meal kits as a strengths-based and equitable practice in the Mississippi Delta. *Young Children: NAEYC*

Miller, S., McCann, V., Wolff, K., & **Stapp, A.** (2023; revise and resubmit). Executive function improvements across a mindfulness-based preschool curriculum intervention: Preschoolers performance and teachers' perceptions of performance. *Merill-Palmer Quarterly: A Journal of Developmental Psychology*

Miller, S. E., **Stapp, A.,** & Wolff, K. E. (2023; special issue proposal; revise and resubmit). Examining the impact of a mindfulness-based intervention on contemplative practice and bias reduction in parents and preschoolers. *American Journal of Orthopsychiatry*.

Vardanyan, S., & **Stapp, A.** (2023; under review). Seven principles of teaching and learning: Lessons learned from first grade reading and writing sessions. *Southern Early Childhood Association*.

Stapp, A., & Shane, A. (2023; under review). The impact of a yoga curriculum intervention on pre-service teachers' self-efficacy, experience, and value. *Journal of Teacher Education and Educators*.

- Pearce, Z., Rajbhandari, B., **Stapp, A.**, Wolff, K. E., & Miller, S. E. (2023; under review). The effect of mindfulness interventions on preschoolers' executive function performance: A systematic review and call for future research. *Mindfulness*.
- Wolff, K., & **Stapp, A.** (2022). Yoga for social justice in early childhood education. *Encyclopedia of Social Justice in Education*.
- Thapa, S., Lambert, L., & **Stapp, A.** (2022). Investigating the transparency and accessibility of High Schools' School Wellness Policy Documents. *Journal of Child Nutrition & Management, 46*(2).
- Stapp, A.**, Falkenheiner, M., & Wolff, K. (2022). An exploration of teachers' perceptions and lived experiences of physically active lessons in a whole child preschool pilot curriculum. *Recent Progress in Nutrition, 2*(1), <https://doi.org/10.21926/rpn.2201001>
- Stapp, A.**, Prior, L., & Harmon, C. (2021). Moving across Mississippi: Young children's enjoyment and teachers' perceptions of standards-based physical activity videos. *Teaching and Teacher Education, 107*. <https://doi.org/10.1016/j.tate.2021.103472>.
- Stapp, A.**, Wolff, K., & Johnson, T. (2021). Factors affecting the implementation of a yoga and mindfulness preschool intervention: A qualitative study. *International Journal of Social Policy and Education, 3*(6), 31-53.
- Stapp, A.**, Lambert, L., Mann, G., & Wolff, K. (2021). Growing healthy minds, bodies, and communities: Early childhood teachers' perceptions of a nutrition-integrated pilot curriculum. *Public Health Nutrition, 24*(10), 3100-3109. <http://dx.doi.org/10.1017/S136898002100118X>.
- Stapp, A.**, Knight, K., & Valliant, M., (2021). *Fuel to Learn*: Elementary teachers perceptions and the impact of a nutrition-integrated curriculum. *World Journal of Educational Research, 8*(2), 48-68.
- Stapp, A.**, Lambert, A., (2020). The impact of mindfulness-based yoga interventions on fifth-grade students' perceived stress and anxiety. *International Elementary Education Journal, 12*(5), 471-480.
- Stapp, A.** & Harmon, C. (2020). Reconceptualizing the classroom learning space through flexible seating: A qualitative analysis of children's and teacher perceptions. *Research in the Schools: Mid-South Educational Research Association, 29*(2), 32-44.
- Stapp, A.**, & Hall, B. S. (2020). Examining music and movement integration in the elementary classroom to support transition times, engagement, and behavior. *Journal of Education and Social Policy 9*(1), 28-39.

- Stapp, A.,** Prior, L., & Harmon, C. (2019). A quantitative analysis of the relationship between wellness and physical activity integration coursework and pre-service teachers' self-efficacy. *Journal of Teacher Education and Educators* 8(3), 247-264.
- Stapp, A.,** (2019). The relationship between pedometer step counts and intermittent recess breaks for elementary students. *Education and Health* 37(2), 33-39.
- Stapp, A.,** Prior, L., & Harmon, C. (2019). The relationship between a university-based mentorship program and first-year teachers' performance. *Northwest Journal of Teacher Education*, 14(1), 1-19.
- Stapp, A.,** Valliant, M., Knight, K., & Goldthorpe, L. (2019). "Fuel to Learn" Teachers' perceptions of integrated teaching and learning: Development of a sustainable nutrition-integrated standards-based curriculum. *Research Journal of Food and Nutrition* (3)1,18-27.
- Wolff, K., & **Stapp, A.** (2019). Investigating preschool teachers' perceptions and experiences of a school yoga program. *SAGE Open*, 9(1), 1-9.
- Stapp, A.,** & Cunningham, P. R. (2018). Examining classroom physical activity integration. A mixed methods analysis. *Education and Health*, 36(3), 1-7.
- Stapp, A. &** Prior, L. (2018). The impact of physically active brain breaks on college students' physical activity levels and perceptions. *Journal of Physical Activity Research*, 3(1), 60-67.
- Stapp, A.,** & Smith, J. K. (2018). Implications of recess on fifth grade students time on-task in the classroom. *International Electronic Journal of Elementary Education*, 10(4), 449-456.
- Stapp, A.,** Chessin, D., & Deason, R. (2018). Dance like a butterfly: An integrated first-grade lesson. *Science & Children*, 55(6), 54-60.
- Stapp, A.** (2018) Alternative seating: Students' perceptions and implications for the learning environment. *Georgia Educational Researcher Journal*. 14(2), 36-50.
- Stapp, A.,** & Wolff, K. (2017) Young children's experiences with yoga in an early childhood setting. *Early Child Development and Care Journal*. 189(3) 1-14.
<https://doi.org/10.1080/03004430.2017.1385607>
- Stapp, A.,** Valliant, M., Wade, M. A., & Swain, K. (2017). A lens with multiple perspectives: The transformative power of higher education in health and wellness promotion. *Journal of Contemporary Research in Education*, 6(1), 57-65.

Stapp, A., & Parker, M. A. (2016). The wellness and writing connection. A firsthand focus for teacher preparation programs and secondary schools. *National Teacher Education Journal* 9(3), 17-30.

Stapp, A. (2015). The effect of a kinesthetic curriculum on the mathematics achievement of elementary English-language learners. *Delta Journal of Education*, 5(2), 46-58.

OTHER PUBLICATIONS

Stapp, A., & Wolff, K. (2018-present). *Growing Healthy Bodies, Minds, and Communities Pilot Curriculum*. The Growing Healthy Minds, Bodies, and Communities: An Integrated Preschool Model (Pre-K 4) is a new and innovative standards-based curriculum initiative that will emphasize social-emotional learning through the integration of yoga/mindfulness, gardening/nutrition, outdoor/dramatic play, and anti-bullying/anti-bias, and physical activity to support the wellbeing of all children. This model will address the major challenges that early childhood educators face communities across the nation; obesity, poverty, inequality, and behavioral issues through education and community-engaged research. [GHMBC Video](#)

Stapp, A. (2017-2019). *Fuel to Learn Pilot Curriculum*. The overarching goal of *Fuel to Learn* is to create a statewide, synergistic obesity childhood prevention nutrition platform for Mississippi while simultaneously building *academic knowledge and healthy behaviors* among Mississippi students. This will occur by piloting the online *Fuel to Learn* curriculum in fourth grade classrooms at three elementary schools. The integrated curriculum and videos align the MS CCRS English language arts and mathematics standards with five key nutrition messages derived from the state health standards. [Fuel to Learn Website](#).

Stapp, A. (2016). *Creating a Healthy Classroom and School: A Resource Guide for Educators*. Resource Guide developed for Oxford and Lafayette County School Districts in Mississippi. The resource guide was distributed to all K-8 schools in Lafayette County and is published on the [Oxford School District's website](#).

MEDIA

Video Production

Mulligan, E., Wolff, K., & **Stapp, A.** (2023-2024). Mindful Yoga Video Series for Growing Healthy Minds, Bodies, and Communities (GHMBC) curriculum. From August 2023-January 2024 the GHMBC developed a brand new series of mindful yoga videos. There are 36 new videos in this series that connect directly to the GHMBC curriculum. The series are bi-weekly and include 3 videos for each bi-weekly series. The videos were designed to be shown on Mondays (Mindful Monday), Wednesdays (Mindfulness in Action), and Fridays (Friday Flow). All of the videos in the series introduce a new

mindfulness concept to the children, while also reinforcing concepts and vocabulary learned in the GHMBC curriculum.

Stapp, A., Wolff, K., & Johnson, C. T. (2021-2022). *Promoting Equity in School Readiness.* Young children bring with them funds of knowledge from their homes and communities That can be used for concept and skill development in the classroom. The routines of daily home life can be used to create meaningful moments that add to the classroom curriculum. Within this project we partnered with educators and families to highlight families' funds of knowledge. This video-based program sent home a sequence of videos starring families and teachers teaching developmental and academic skills that they self-identified as their own family strengths. The videos also included community members reading books related to the concept families are sharing with each other and yoga videos developed and created by the University of Mississippi's Growing Healthy Bodies Minds and Communities (GHMBC) team. Finally, this project aimed to inspire, connect, empower and nourish the well-being of each child while recognizing the vast funds of knowledge that already exist in homes throughout the Mississippi Delta.

Stapp, A. & Prior, L. (2018-2020). *Moving Across Mississippi (MAM).* Moving Across Mississippi is an online video platform with 22 movement-integrated videos developed by the researchers. It was implemented by early childhood and elementary educators across Mississippi with 167 children to promote the overall health of school-aged children, while simultaneously increasing academic knowledge. The mission of MAM is Encouraging Educators Across Mississippi to Promote Children's Well-Being Through Health and Physical Activity *Integration*, Brain and Body *Activation*, and Whole Child *Education*. [MAM Website](#)

Stapp, A. (2016-2018). *Creating a Healthy Classroom and School: A Resource Guide for Educators.* Supplementary videos were created for the Healthy Classroom and School Resource Guide that I authored. The goal was to develop between 10-15 videos that aligned with the resource guide and act as supplementary professional development for K-8 teachers to utilize and implement in their classrooms to effectively increase health and physical activity in schools.

Stapp, A. (2017). *A Resource Guide for Brain Breaks.* A 30-minute [video](#) that I authored and produced for the University of Mississippi's World Class Teaching Program. This video will be utilized by pre-service, in-service and national board candidates.

Stapp, A., Knight, K., Wade, M.A., & Chessin, D. (2014). *The How To and Why of Integrating Physical Activity, Nutrition, and Arts Into the Elementary Classroom.* This [video](#) interviewed four professors across different departments on campus about how to and why of integrating physical activity, nutrition, and the arts. The intention of the video was for pre-service teacher professional development.

OTHER CREATIVE WORK

Stapp, A., Wolff, K., Miller, S. E., Lambert, L., & Mann, G. (2020-2022). We applied as a team and were selected as part of the first UM 2020 cohort for the **INterdiSciPIInary REsearch Development (INSPIRED) Program**. This 2-year program focuses on training and equipping faculty with the skills and resources they will need to effectively work in large, multi-disciplinary research teams, and with centers and research-centric administrative offices. As the lead of this interdisciplinary team we went through an intensive 2-day interdisciplinary and team science training last summer and have attended 10 bi-monthly lunch-n-learn sessions since September 2020, with 7 left to complete by May 2021. Our team also meets monthly to discuss and apply what we've learned from the sessions to our research. To date, our group has submitted 2 grants (UM-achieving equity and Spencer) so far this academic year, with a 3rd one (USDA) will be submitted May 1st, 2021.

Wolff, K., **Stapp, A.**, Miller, S., Lambert, S., & Mann, G. (2020-present). Phases II-V: *Growing Healthy*

Bodies, Minds, and Communities Pilot Curriculum. The Growing Healthy Minds, Bodies, and Communities: An Integrated Preschool Model (Pre-K 4) is a new and innovative standards-based curriculum initiative that emphasizes social-emotional learning through the integration of yoga/mindfulness, gardening/nutrition, outdoor/dramatic play, and anti-bullying/anti-bias, and physical activity to support the well-being of all children. This model addresses the major challenges that early childhood educators face communities across the nation; obesity, poverty, inequality, and behavioral issues through education and community-engaged research. During phases II-IV we wrote and piloted 8 units (32 lessons) and 16 corresponding yoga videos that span the course of the school year with 23 PreK4 teachers in 5 schools across North Mississippi. The units were developed to align with the common OWL Pre-K curriculum. During phase V (2023-2024) we have adjusted our curriculum to align with the new Mississippi curriculum entitled, New Beginnings. In addition, we added parental engagement during 2021-2023, where newsletter snippets are sent home each week regarding reinforcement of the pilot curriculum, a virtual cook at home event was provided for hundreds of GHMBC families, and students take a summer bag that includes a GHMBC kit with learning resources and activities for families to enjoy with their children and extend the learning from the GHMBC curriculum at home. During Phase IV we were able to provide additional family

engagement nights within the schools in both Greenwood and Sunflower County as well as add a garden at a school in Sunflower County.

- Link to GHMBC – growinghealthmbc.com
- Link to Virtual Cook and Learn Event Article
 - <http://edge.education.olemiss.edu/growing-healthy-minds-bodies-and-communities-program-hosts-at-home-virtual-cook-and-learn-event/>
- Link to GHMBC Program Video
 - <https://1drv.ms/v/s!Ao9dlwSmtRK8hgTOv5SeHQDP87od>

Stapp, A., Wolff, K., & Johnson, C. T. (2019-2020). Phase I: *Growing Healthy Bodies, Minds, and Communities Pilot Curriculum*. The Growing Healthy Minds, Bodies, and Communities: An Integrated Preschool Model (PK4) is a new and innovative standards-based curriculum initiative that will emphasize social-emotional learning through the integration of yoga/mindfulness, gardening/nutrition, outdoor/dramatic play, and anti-bullying/anti-bias, and physical activity to support the wellbeing of all children. This model will address the major challenges that early childhood educators face communities across the nation; obesity, poverty, inequality, and behavioral issues through education and community-engaged research. During phase I we developed and piloted 3 units from September 2019-January 2020 with 11 teachers across North Mississippi. The units encompassed anti-bias/anti-bullying, gardening and nutrition, and social-emotional development. All units were integrated with academic content.

PRESENTATIONS

Stapp, A., Sims, A., Miller, S., Mulligan, E., & Liberto, B. (June 2024; under review). *Growing Healthy Minds, Bodies, and Communities: A Whole Child Pre-K4 Curriculum*. Session submitted to the Mississippi Early Childhood Education Conference in Natchez, MS.

Sills, K., & Stapp, A. (April, 2024). *Utilizing Tower Gardens to Grow Nutrition Literacy and Hands-On Learning*. Lecture presentation for the National Health and Physical Literacy Summit in Baton Rouge, LA.

Brown, A., Rajbhandari, B., Harris, M., Esfandiari, F., Green, A., Wolff, K., **Stapp, A.,** & Miller, S. E. (March, 2024; under review). *Examining the Impact of a Mindfulness-Based Intervention on Contemplative Practice and Bias Reduction in Parents and Preschoolers*. Poster submitted to the Cognitive Development Society Conference, Pasadena, CA.

- Wolff, K., **Stapp, A.**, & Sims, A. (September, 2023). *Growing Healthy Minds, Bodies and Communities; A Mixed Methods Study of a Yoga and Mindfulness Curriculum in the Mississippi Delta*. Paper presentation for the 29th Annual Reconceptualizing Early Childhood Education Conference in Manchester, England.
- Stapp, A.**, Wolff, K., & Miller, S. (April, 2023). *Addressing School Readiness and Children's Well-being Through a Whole-Child Mixed Methods Study: Growing Healthy Minds, Bodies, and Communities, Phase 4*. Paper presentation for AERA in Chicago, IL.
- Pearce, R., **Stapp, A.**, Wolff, K., & Miller, S. (April 2023). *Mindfulness Interventions on Preschoolers' Executive Function Performance: A Systematic Review and Call for Future Research*. Paper presentation for AERA in Chicago, IL.
- Stapp, A.** (October, 2022). *Birds of a Feather "Flock" Together: Utilizing Flocking to Teach Skills and Concepts in Physical Education*. Submitted an activity session for the Mississippi Association of Health, Physical Education, Recreation, and Dance Convention. Delta State University, Cleveland, MS.
- Stapp, A.**, & Johnson, T. (April, 2022). *Mindful Yoga for Wellness: Let it Go and Feel the Flow*. Presentation session for the SHAPE America National Convention. New Orleans, LA.
- Wolff, K., Johnson, T., & **Stapp, A.** (March, 2022). *You Take Care of Everyone, But Who is Taking Care of You? Self-Care Tips and Strategies for Teachers*. Virtual Presentation for the MAHPERD convention.
- Stapp, A.** (March, 2022). *Increasing Family Engagement in Health Through a Funds of Knowledge Approach*. Virtual presentation for the Mississippi Association of Health, Physical Education, Recreation and Dance Annual Convention.
- Wolff, K., & **Stapp, A.** (April, 2021). *Growing Healthy Bodies, Minds and Communities; A Mixed Methods Study of a Whole-Child Approach to School Readiness*. Virtual paper presentation at the American Educational Research Association International Conference.
- Johnson, T., & **Stapp, A.** (February, 2021). *Being in the Moment: How to Utilize Yoga and Mindfulness in Your Teaching*. Virtual presentation for the Mississippi Association of Health, Physical Education, Recreation and Dance Annual Convention.
- Stapp, A.**, & Johnson, T. (February, 2021). *The Power of the Tower! Utilizing Aeroponic Gardening to Teach Nutrition and Health*. Virtual presentation for the Mississippi Association of Health, Physical Education, Recreation and Dance Annual Convention.

Stapp, A., & Prior, L. (April, 2020). *The Impact of Wellness and Physical Activity Integration Coursework on Pre-Service Teachers' Self-Efficacy*. Paper session at SHAPE America. Submitted online poster for presentation. Salt Lake City, Utah.

Wolff, K., & Stapp, A. (April, 2020). *Growing Healthy Minds, Bodies, and Communities: A Mixed Methods Study of A Whole-Child Approach to School Readiness*. Paper presentation at the American Educational Research Association Conference. San Francisco, CA.

Stapp, A., & Harmon, C. (November, 2019). *The Impact of Wellness and Physical Activity Integration Coursework on Pre-Service Teachers' Perceived Self-Efficacy*. Paper presentation at Mid-South Education Research Association Conference. New Orleans, LA.

Stapp, A., & Hardman, S. B. (2019). *Finding the Right Fit! Flexible Seating for the Early Childhood Classroom*. Invited to present at the Imagine Mississippi Early Childhood Association Conference. Jackson, MS.

Stapp, A., & Hardman, S. (August, 2019). *You've got to Move to Improve! Effective Strategies for Integrating Physical Activity into the Standards-Based Classroom*. Invited to present at the Northeast MS Early Childhood Association Annual Conference. Tupelo, MS.

Stapp, A. (June, 2019). *Visualizing Children's Voice: Experiences with Yoga in an Early Childhood Setting*. Paper presentation at the AIESEP International Conference. Garden City, NY (Adelphi University).

Stapp, A., & Prior, L. (June, 2019). *The Impact and Perceptions of Physically Active Brain Breaks on College Students' Physical Activity Levels*. Paper presentation at the AIESEP International Conference. Garden City, NY (Adelphi University).

Wolff, K. & Stapp, A. (April, 2019). *Young Yogis: A Qualitative Case Study on Children's Experiences with Yoga in a Preschool Setting*. Paper Presentation at the American Educational Research Association National Conference. Toronto, Canada.

Prior, L. & Stapp, A. (April, 2019). *From Mind Full to Mindful: Cultivating the Well-Being of Children Through Yoga Strategies and Techniques*. Activity session presentation at SHAPE America National Convention. Tampa, FL.

- Stapp, A.** & Prior, L. (April, 2019). *Investigating the Effects of Physically Active Brain Breaks on College Students' Perceived Experiences*. Paper presentation at SHAPE America National Convention. Tampa, FL.
- Stapp, A.,** & Smith, J. K. (March, 2018). *Effect of Recess on Fifth Grade Students' Time On-Task*. Paper presentation at SHAPE America National Convention. Nashville, TN.
- Stapp, A.,** & Wolff, K. (January, 2018). *Young Children's Experiences with Yoga in an Early Childhood Setting*. Invited to present at the Hawaii International Conference on Education. Honolulu, Hawaii.
- Stapp, A.** (June, 2017) *The "How To" of Promoting a Healthy Classroom and School*. Invited to present at the SHAPE America: Regional Conference. Albuquerque, NM.
- Stapp, A.,** Monroe, A., & Naron, K. (August, 2016). *Movement as a Means of Building Engagement, Social Skills, and Cognition in the Primary Classroom*. Invited to present at the Northeast Mississippi Early Childhood Association Conference. New Albany, MS
- Robinson, N., Sumrall, J., Moore, V., **Stapp, A.** & Prewitt, E. (September, 2015). *Discovering history with GPS technology*. Presentation at the MGA Pre-Service Geography Conference.
- Calhoun, L., Clements, S., **Stapp, A.,** & Travis, A. (June, 2015). *Move to Learn: The Brain Science Behind Moving to Learn*. Invited to present with Move to Learn at the Making the Connections Conference, "Celebrating Teachers." Biloxi, MS.
- Stapp, A.** (June, 2015). *Innovative Connections: Building Engagement, Social Skills, and Academics Through Movement*. Workshop presentation at the Making Connections Conference, "Celebrating Teachers." Biloxi, MS.
- Naron, K., Parker, M., Simpson, J., **Stapp, A.,** & Alef, A.C. (December, 2014). *Reading, Writing, and the Common Core: Thinking Outside of the Box*. Workshop presentation at the Mississippi Reading Association Conference. Literacy Construction Zone: Building Scaffolding and Landscaping Knowledge. Biloxi, MS.
- Stapp, A.,** & Harvey, E. (November, 2014). *A Cross Curricular Approach: Movement as a Means of Building Active Engagement, Core Academic Content, and Twenty-First Century Skills*. Workshop presentation at the National Dance Education Organization.: A Mosaic of Possibilities, Chicago, IL.

Calhoun, L, **Stapp, A.**, & Travis, A (October, 2014). *Move to Learn: The Brain Science Behind Moving to Learn*. Invited to present with Move to Learn at the Mississippi Early Childhood Association Conference. Imagine Conference. Hattiesburg, MS.

Local

Stapp, A., Wolff, K., & Sims, A. (July 2023). *GHMBC Curriculum Introduction*. Presented a session on the GHMBC curriculum to teachers who are part of the GHMBC program in Louisville, MS.

Stapp, A., Mayeux, A., & Sims, A. (October, 2022). *Tower Gardens in Early Childhood Education*. Presented a session to Head Start Greenwood early childhood teachers in Greenwood, MS.

Stapp, A., & Sims, A. (July, 2022). *Mindful Walking and Physical Activity: Adapting to the Outside Environment*. Presented a session to early childhood teachers at the Growing Healthy Minds, Bodies, and Communities Summer Retreat in Brandon, MS.

Stapp, A., Lambert, L., & Sims, A. (July, 2022). *Learning and Growing Through Nutrition and Gardening in the Early Childhood Setting*. Presented a session to early childhood teachers at the Growing Healthy Minds, Bodies, and Communities Summer Retreat in Brandon, MS.

Stapp, A. (January, 2022). *Early Childhood and the Importance of Physical Activity and Nutrition*. Invited workshop presented to early childhood teacher in the Greenwood School District.

Wolff, K., **Stapp, A.**, & Johnson, T. (September, 2021). *Parent Education and Engagement in the Early Childhood Setting*. Invited workshop presented to early childhood teachers in the Sunflower Consolidated School District.

Johnson, T., & **Stapp A.** (March, 2021). *Diving Into the Dimension of Wellness. Jumpstart to Wellness Workshop Series*. Virtual workshop presentation offered through the North Mississippi Education Consortium for teachers across the state of Mississippi.

Johnson, T., & **Stapp A.** (March, 2021). *Building Wellness Through Yoga. Jumpstart to Wellness Workshop Series*. Virtual workshop presentation offered through the North Mississippi Education Consortium for teachers across the state of Mississippi.

- Johnson, T., & **Stapp A.** (March, 2021). *Making Mindfulness Matter*. Jumpstart to Wellness Workshop Series. Virtual workshop presentation offered through the North Mississippi Education Consortium for teachers across the state of Mississippi.
- Stapp A.**, & Johnson, T. (March, 2021). *You Take Care of Everyone, But Who is Taking Care of You? Jumpstart to Wellness Workshop Series*. Virtual workshop presentation offered through the North Mississippi Education Consortium for teachers across the state of Mississippi.
- Stapp A.**, & Johnson, T. (March, 2021). *Digging Deep to Build a Stronger Classroom Community Through Gardening and Nutrition*. Jumpstart to Wellness Workshop Series. Virtual workshop presentation offered through the North Mississippi Education Consortium for teachers across the state of Mississippi.
- Stapp, A.**, Naron, K., Hall, B., & Johnson, T. (October, 2019). *Break-it-up. Brain Breaks for the Classroom*. Offered a workshop at the Focus Friday for Elementary Education Majors at the University of Mississippi. Oxford, MS.
- Stapp, A.**, Prior, L., Monroe, A., Hardman, S., Sims, A., Hall, B. (July, 2019). *Moving Across Mississippi*. Offered a workshop on wellness and physical integration that included 25 self-created videos that will be piloted in PreK and first-grade classrooms during Fall, 2019.
- Stapp, A.**, Valliant, M., Knight, K., & Howell, S. (July, 2018). *Fuel to Learn: An Integrated Curriculum Training*. Offered a workshop on the Fuel to Learn curriculum that will be piloted in four elementary schools across North Mississippi during Fall, 2018.
- Stapp, A.**, & Naron, K. (October, 2017). *Brain Breaks for the Elementary Classroom*. Invited to speak at the Focus Friday for Elementary Education Majors at the University of Mississippi. Oxford, MS.
- Stapp, A.**, Naron, K., & Howell, S. (September, 2017). *Brain Breaks for the College Classroom*. Offered a workshop on movement-based brain breaks for all Teacher Education faculty at the University of Mississippi. Oxford, MS.
- Stapp, A.**, Monroe, A., & Naron, K. (February, 2016). *Making Movement Matter: Building Effective Connections to the Curriculum*. Invited to present for the University of Mississippi School of Education Rebel Teachers in Tupelo, MS.

Stapp, A., Monroe, A., & Naron, K. (February, 2016). *Making Movement Matter: Building Effective Connections to the Curriculum*. Invited to present for the University of Mississippi School of Education Rebel Teachers in Oxford, MS.

Stapp, A., Monroe, A., & Naron, K. (February, 2016). *Making Movement Matter: Building Effective Connections to the Curriculum*. Invited to present for the University of Mississippi School of Education Rebel Teachers in Horn Lake, MS.

Stapp, A. (October, 2015). *Building Wellness in the Classroom Through Movement Integration*. Invited to present a workshop for the Teachers of Tomorrow student education organization in the School of Education at the University of Mississippi.

2013 – 2014 University of Central Florida (Orlando, FL)

Stapp, A. (February, 2014). *Instructional Strategies for the Integrated Classroom*. Invited to present at the University of Central Florida Happy Hour monthly workshops for teacher education students.

Stapp, A. (January, 2014). *Adapting to Meet the Needs of “All” Learners in the 21st Century Classroom*. Invited to present at the University of Central Florida Happy Hour monthly workshops for teacher education students.

Stapp, A. (November, 2013). *Developing Students Through Creative Leadership*. Invited to present at the University of Central Florida Happy Hour monthly workshops for teacher education students.

Stapp, A. (October, 2013). *Effectively Integrating the Brain-Body Connection*. Invited to present at the University of Central Florida Happy Hour monthly workshops for teacher education students.

2012 – 2013 School District of Osceola County (Kissimmee, FL)

Stapp, A., & Harvey, E. (July, 2013). *Marzano Evaluations in the Arts Classrooms*. Invited to present to the Osceola County School District’s arts teachers.

Stapp, A., Moul, E., & Harvey, E. (June, 2013). *Common Core Aligned: Arts Integration Lessons Utilizing Journeys and GO Math*. Invited to present to the Osceola County School District’s arts teachers.

Stapp, A. (October, 2012). *Arts and Movement Integration: Mathematics 3-5*. Invited to present at East Lake Elementary to mathematics teachers in Osceola County, FL.

GRANTS

Grants Awarded

Stapp, A., Wolff, K., Miller, S. (May 2023-2025)

An Equity-Based Approach to Mindful Yoga in the Preschool Classroom

Achieving Equity Grant – UM

Principal Investigator

\$10,000

Biando, L., & **Stapp, A.** (December 2023-May 2024)

Teachers of Tomorrow Spring Service Project

CREATE National Education Association Aspiring Educators Grant

\$1,465

Stapp, A. (May 2023-2024)

Quality Enhancement Plan - Critical Thinking Redesign Grant - UM

\$1,000

Cohn, C., & **Stapp, A.** (September 2022-2023)

Teachers of Tomorrow Fall and Spring Service Projects

CREATE National Education Association Aspiring Educators Grant

\$2,000

Stapp, A. (Aug. 2022-2024)

UM Community Partnership Development Fund Grant

A Family Yoga Engagement Event

\$1,000 (In progress)

Principal Investigator

Stapp, A. (Jan. 2022-May. 2023).

Movement Matters on the Mat: Mastering Children's Wellness in the College and Elementary Classroom

School of Education Board of Advisors Grant Making Initiative

\$1,486.87

Principal Investigator

Mayeux, A., & **Stapp, A.** (Jan. 2022-2023)

Yoga for You! A Mindfulness Based Yoga Implementation Plan for Oxford Intermediate School

School of Education Board of Advisors Grant Making Initiative

\$1,000

Co-Principal Investigator

Wolff, K., **Stapp, A.**, Miller, S., Lambert, L., & Mann, G. (Sept. 2021-2024).

Growing Healthy Minds, Bodies, and Communities.

Kellogg Foundation

\$1,025,492.00 (In progress)

Co-Principal Investigator

Rock, D., & **Stapp, A.** (2022-2024) *Wellness and Physical Activity Endorsement Grant*

Extension

Bower Foundation

\$179,885 (In progress)

Co-Principal Investigator

Stapp, A., Wolff, K., Miller, S. E., Lambert, L., Mann, G., Johnson, T. F. (April 2021-May 2023)

Promoting Equity in School Readiness: Integrating Accessible Parent Education to Leverage Inequities in a Whole Child Wellness Curriculum.

UM Grant: Office of Research and Sponsored Program.

\$9,478.67

Principal Investigator

Wolff, K., **Stapp, A.**, Miller, S., Lambert, L., Mann, G., Johnson, T. (2021, April). *Growing Healthy Minds, Bodies, and Communities: An Integrated Preschool Curriculum.*

Recipient of The University of Mississippi, Division of Diversity and Community Engagement's Excellence in Community Engagement Award,

\$5,000

Co-Principal Investigator

Wolff, K., **Stapp, A.**, Mann, G., Lambert, L., & Miller, S. (2020-2021). *Growing Healthy Minds, Bodies, and Communities: A Standards-Based Innovative Pre-K 4 Pilot Curriculum*

W.K. Kellogg Foundation

\$158,500

Co-Principal Investigator

Stapp, A., Wolff, K., Harker, J., Lambert, L., Mann, G., Grace, C., Miller, S., Compretta, C., Abernathy, L., & Johnson, T. (2019-2020, Jan-Jan). *Growing Healthy Minds, Bodies, and Communities*
UM Community Wellbeing Seed Grant
\$5,000
Principal Investigator.

Stapp, A. (2018, Nov). Office of Research and Sponsored Programs Travel Grant
University of Mississippi
\$1,000

Stapp, A. (2018-2019, Aug-May). The University of Mississippi Department of Writing and Rhetoric Faculty Level II Teaching Seed Grant
\$5,000
Principal Investigator

Rock, D., & **Stapp, A.** (2018-2022, Feb). *Wellness and Physical Activity Endorsement Grant Extension*
Bower Foundation
\$287,000
Co-Principal Investigator

Stapp, A. (2017, Nov). Office of Research and Sponsored Programs Travel Grant, University of Mississippi,
\$1,200

Valliant, M., Knight, K., & **Stapp, A.** (2017-2019). *Fuel to Learn: Healthy Eating Pilot Project*,
Mississippi Center for Obesity Research
\$49,723
Co-Principal Investigator

Teacher Education Summer Research Grants

Summer 2019 - University of Mississippi Summer Research Grant, **\$4,000**
Principal Investigator

- Moving Across Mississippi Research Project
- Wellness and Physical Activity Module Development

Summer 2018 - University of Mississippi Summer Research Grant, **\$4,000**
Principal Investigator

- First Year Endorsement Teacher Mentoring Research
- Recess/Physical Activity Levels in the Classroom Research

Grants (applied - not awarded)

Stapp, A., Wolff, K., & Miller, S. E. (May, 2022). *Enhancing Social Emotional and Executive Function Skills in Preschoolers Through Mindfulness-Based Interventions.*

Spencer Foundation

\$495,641

Principal Investigator

Stapp, A., Wolff, K., & Miller, S. E. (February, 2021). *Enhancing Social Emotional and Executive Function Skills in Preschoolers Through Mindful Yoga Practice.*

Spencer Foundation

\$374,285

Principal Investigator

Stapp, A., Wolff, K., Miller, S. E., Lambert, L., Mann, G. (June, 2020). *Promoting Social and Emotional Growth in Preschool Children by Leveraging Inequities Through and Emerging Parent Education Program During COVID-19.*

Spencer Foundation.

\$49,993

Principal Investigator

Stapp, A., Monroe, A., Wolff, K., Platt, S., Naron, K. Rock, D. (Feb., 2020). *Creating an Active Learning Environment Through Classroom Re-Design to Transform Students' Experiences.*

Active Learning Center

\$132,000

Principal Investigator

Stapp, A., Amidon, J., & Monroe, A., Rock, D. (Jan., 2019). *Creating Active Learning Environments Through Classroom Design to Transform Students' Experiences.*

Active Learning Center

\$132,000

Principal Investigator

Grants (in progress)

Stapp, A., Lambert, L., Mann, G., & Wolff, K. (2024; Concept Paper under review). *Family Meal Kits: A Community-Driven Approach to Strengthen Community Health and Local Mississippi Delta Food Systems*

Robert Wood Johnson Foundation

\$264,745

Principal Investigator

Stapp, A., Miller, S., & Wolff, K. (2023; application under review). *Developing a Comprehensive Multi-Level Physical Activity Intervention Through a Socioecological Approach to Increase Preschoolers Well-Being*
National Institutes of Health – NICHD
\$300,000
Principal Investigator

GUEST SPEAKER

Stapp, A. (2023). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Pinning Ceremony.

Stapp, A. (2022). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Pinning Ceremony.

Stapp, A. (2021). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Pinning Ceremony.

Stapp, A. (2020). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Senior Orientation.

Stapp, A. (2020). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Senior Orientation.

Stapp, A. (2019). *Educator Code of Ethics and Professional Dispositions*. Invited to speak at the University of Mississippi Teacher Education Senior Orientation.

Stapp, A., & Naron, K. (2017). *Brain Breaks for the Elementary Classroom*. Invited to speak at Focus Friday for Elementary Education majors at the University of Mississippi.

Stapp, A. (2017). *The Effective Journey of a Teacher: Transforming, Challenging, and Inspiring*. Keynote speaker at the University of Mississippi's National Board Ceremony.

Stapp, A. (2016). *Innovative Connections: Building Wellness in the Classroom Through Movement Integration*. Invited to speak to Teachers of Tomorrow student education organization.

Stapp, A. (2015). *Wellness and Physical Activity Integration: A Means for Interdisciplinary Collaborations*. Invited to speak to the University of Mississippi Research Board.

Stapp, A. (2015). *Let's Move: Effectively Using Movement in the Classroom*. Invited to speak

to in EDUC 339, Art and Music for Early Childhood Education.

Stapp, A. (2014). *The “Why” and “How To” of Wellness and Physical Activity in the Academic Classroom*. Invited to speak to the University of Mississippi, Principal Corps in the School of Education.

SERVICE

University Service

2023 – present	ORSP Travel Grants– University Research Board Subcommittee
2022-2023	Research Visioning Task Force Committee Member – University Research Board Provost Committee
2022	Reviewer – UM Ralph E. Powe Junior Faculty Achievement Award
2022	Search Committee Member – Assistant Provost
2022	Search Committee Member – Associate Provost
2021-2024	University of Mississippi - University Research Board Committee
2016 – present	Sally McDonnell Honors College Thesis Advisor
2015 – 2018	Accessibility Committee-Academic Accommodations Subcommittee
2015 – 2018	Rebel Well Committee-Physical Activity Subcommittee

College/Departmental Service

2023-present	Mississippi Excellence in Teaching Program Capstone Advisor
2023	Search Committee Member – Associate Dean for Academic Affairs – School of Education
2023	Search Committee Member – School of Education Program Coordinator
2022-2023	Search Committee Member – Instructor/Clinical Assistant Professor of Health and Physical Education
2022-present	At-Risk Committee Member – School of Education
2022	Search Committee Member – School of Education Program Manager
2021-present	Teacher Education - Education Program Council Committee (EPC)
2021	Search Committee Member – School of Education Program Manager
2021	Search Committee Member - Teacher Education Administrative Secretary
2021	Search Committee Member - School of Education Communication Specialist
2020 – 2021	Search Committee Chair - Instructor of Health and Physical Education
2019 – 2020	Ed.D. in Education Revision Committee Member
2019 – present	Program Coordinator – B.A. Ed. Health and Physical Education
2018 - 2019	Ed.D./Ph.D. Elementary Education Program Coordinator
2018 - 2019	Search Committee Member - Assistant/Associate Professor of Early Childhood
2018 - 2020	CAEP - Standard 4 Committee Co-Chair
2017 - 2019	Elementary Masters Graduate Revision Committee
2017 – 2019	Assessment Committee
2016 – 2019	Professional Expectations of Undergraduates Committee
2016 – 2018	Education Minor Committee
2016 – 2017	Search Committee Chair - Assistant/Associate Professor of Health and Physical Education

2016 – present Graduate Advisor
2015 – present Wellness and Physical Activity Endorsement Coordinator
2015 – 2016 Graduate Council Committee
2014 – present Faculty Performance and Development Committee
2014 – present Faculty Advisor for Teachers of Tomorrow Education Organization
2014 – 2016 Undergraduate Program Revision Committee

PROFESSIONAL SERVICE

National Service

2021-present CAEP SPA Program Reviewer for Society of Health and Physical Education (SHAPE America)

- Physical Education Teacher Education Reviewer

State Service

2023 – present [UpRoot](#) Mississippi – Obesity Taskforce Committee Member for Youth Mentorship
2022 – present [Inspire Health](#)
• 2022- present – Health Academic Advisory Board
2018 - present Mississippi Association of Health, Physical Education, Recreation, and Dance (MAHPERD)

Positions served

- 2023- present – President of MAHPERD
 - Executive Council Committee
- 2022-2023 – President-Elect
 - Future Professionals – SuperStars Committee Chair
 - Executive Council Committee
 - Chair – Advocacy Committee
 - Convention Planning Committee
- 2021-2022– Vice President – Health Division
- 2020-2021 – Vice President-Elect – Health Division
 - Chair – Strategic Planning Committee
 - Led revisions of MAHPERD governance structure
- 2017-2020 –Council Member

Community/Local Service

2019 – 2024 United Way of Oxford-Lafayette County Board Member

- Health Advisory Committee Member
- Co-Campaign Chair – University of Mississippi

Conference Proposal Reviewer

2016 – National Youth-At-Risk Conference, Savannah, GA
2015 – International Academic Forum (IAFOR) – European Education Conference

Ad-Hoc Journal Reviewer

2022- present International Journal of Environmental Research and Public Health

2021- present Public Health Nutrition
2019- present Journal of Teacher Educators and Education
2019- present Northwest Journal of Teacher Education
2018 - present Journal of Family Studies
2018 - present Mississippi Association of Health, PE, Recreation, & Dance Journal

ADVISING

Dissertation Committee Member

2024-present – Somya Gupta

University of Mississippi – Department of Nutrition and Hospitality Management
Dissertation Title: *School Nutrition and Increasing Liking of Fruits and Vegetables Amongst Young Children*

2023-present – Ave Mayeux

University of Mississippi – Department of Teacher Education
Dissertation Title: *The Relationship Between a Mindful Teacher and Math Intervention*

2023-present – Reagan Pearce

University of Mississippi – Department of Psychology
Dissertation Title: *Moving Minds: Examining the Potential Effects of Movement on Executive Function Among 3-Year-Olds*

2022-2023– LaShana Middleton

University of Mississippi – Department of Teacher Education
Dissertation Title: *Social Emotional Learning and Diverse Children's Literature*
Defended Successfully (June 2023)

2022- 2023 Erica Montgomery

University of Mississippi – Department of Counselor Education
Dissertation Title: *Evaluating the Effectiveness of Mindfulness-Based Group Interventions on Reducing Externalizing Behaviors in Adolescent Populations.*
Defended Successfully (November 2022)

2020-2022 – Jerry Parker

University of Mississippi – Department of Educational Leadership
Dissertation Title: *Lived Experiences of Administrators During the First Year of an Unprecedented Global Pandemic.* Defended Successfully (July 2022)

2020-2022 – Andrew Abernathy

University of Mississippi – Department of Higher Education
Dissertation Title: *Teaching in a Remediation Nation: Exploring Journalism and Mass Communication Faculty Perceptions of Remediation Policy.*
Defended Successfully (June 2022)

2020-2021 - Samantha Gilbert - University of Mississippi – Department of Teacher Education
Dissertation Title: *Thinking Outside the Cube: Instilling Motivation, Embracing Mistakes, and Fostering Grit*. Defended Successfully (July 2021)

2020-2021 – Michael Russo - University of Mississippi – Department of Counselor Education
Dissertation Title: *The Efficacy of Neurofeedback in the Treatment of Individuals with Anxiety-Spectrum Disorders: A Meta-Analysis*. Defended Successfully (April 2021)

Masters Capstone Advisor – UM School of Education/Teacher Education

2023-2024 – Annie McNutt

Topic: *Brain Breaks: An Effective Form of Classroom Management*

2022-2023 – Abbey Shane

Topic: *Integrating Physical Activity into the School Day: Outcomes and Benefits*

2022-2023 – Alexa Hillis

Topic: *Impact of Management Approaches on Active Student Engagement and Learning in Lower Elementary Classrooms*

2020-2021 – Bryanna Hall

Topic: *The Impacts of Food Insecurity on Students' Academic Outcomes*

2020-2021 – Juli Connell

Topic: *The Benefits of Effectively Integrating Mindfulness into the Elementary Classroom*

2019-2020 – Anne Carson

Topic: *What best practices encourage positive social and emotional interactions in the preschool classroom?*

2018-2019 - Katie Harrison

Topic: *Social Wellness Programs and Methods in the Elementary Classroom*

2018-2019 – Isabella Moak

Topic: *How do I implement the practice of yoga as a mindfulness intervention in the elementary classroom?*

Masters Broad Review Committee Member - UM Department of Psychology

2021-2023 – Reagan Pearce

Topic: *The Role of Movement in Existing Developmental Executive Function Frameworks*. Defended Successfully (January 2023).

Mississippi Excellent in Teaching Program (METP) Capstone Advisor

2023-present – Katie Pace

Topic: *Yoga and Mindfulness in the Pre-K Classroom*

2023-present – Maryhelen Dye

Topic: *The Perceived Impact of Growing Healthy Minds, Bodies, and Communities on Children's Social-Emotional Learning*

Honors College- Thesis Advisor

2015-2017 – Jenny Kate Smith (University of Mississippi).

Thesis: *The Effect of Recess on Students' Time on Task in the Elementary Classroom*. Defended Successfully (April, 2017)

2016-2018- Katie Harrison (University of Mississippi).

Thesis: *Impact of Social Wellness Integration on the Engagement of Fifth-Grade Students in an Elementary Classroom*. Defended Successfully (April 2018)

2017-2019- Ashley Berry (University of Mississippi).

Thesis: *The Impact of Mindfulness-Based Yoga Interventions on Elementary Students' Perceived Emotional Wellbeing and Classroom Routines*.
Defended Successfully (March, 2019)

2017-2019- Bryanna Hall (University of Mississippi).

Thesis: *The Relationship Between Music and Movement Interventions on Elementary Students and Classroom Engagement and Transitions*.
Defended Successfully (April, 2019)

2018-2020- Kameron Shook (University of Mississippi)

Thesis: *Utilizing Traditional Martial Arts to Improve Classroom Community and Behavior*.
Defended Successfully (April, 2020)

2020-2022 – Natallie Noel (University of Mississippi)

Thesis: *The Relationship Between Strategies, Methods, and Techniques Utilized in Physical Education and Adolescents' Body Image*
Defended Successfully (April, 2022)

2021-2023 – Kaitlyn Sills (University of Mississippi)

Thesis: *The Feasibility and Impact of Tower Gardens on Preschool Teachers' Curriculum and Children's Food Likeness*.
Defended Successfully (March, 2023)

Honors College – Undergraduate Thesis Committee Member

2017-2018- Sally McDonnell Barksdale Honors College Theses-Second Reader Tiffany Gerlinger, Department of Psychology (Successfully Defended -April, 2018)

2019-2020- Sally McDonnell Barksdale Honors College Theses-Second Reader^[SEP] Shamikshya Thapa - *Measuring the Accessibility of Mississippi High School Wellness Policies* – Department of Nutrition and Hospitality Management (Successfully Defended-April, 2020)

2019-2020- Sally McDonnell Barksdale Honors College Theses-Second Reader, Janiya Davis
Teacher Evaluation of a Nutrition Integrated Curriculum for Mississippi Schools –
Department of Nutrition and Hospitality Management (Successfully Defended-April
2020)

2020-2021 – Sally McDonnell Barksdale Honors College Theses- Second Reader Anna Hall
The Mind Matters: Mindfulness and Yoga in Preschool and K-12 Schools
Department of Public Policy and Leadership (Successfully Defended- April 2021)

2022-2023 – Sally McDonnell Barksdale Honors Theses – Second Reader, Shelby Philips
Teaching 21st Century Skills Through Morning Tubs
Department of Teacher Education (Successfully Defended-April 2023)

2022-2023 – Sally McDonnell Barksdale Honors Theses – Third Reader, Chandler Cohn,
Student Teachers' Perceptions of Nutrition Education
Department of Teacher Nutrition and Hospitality Management (Successfully Defended-
April 2023)

2023-present – Sally McDonnell Barksdale Honors Theses – Second Reader, Sophia Jaramillo,
Childhood Outdoor Education
Department of Journalism

First Year Teacher Mentor Program

August 2017-2019: Mentor to first year wellness and physical Activity
endorsement teachers in Mississippi

- Amber Sims- Kindergarten Teacher at West Amory Elementary School (Amory, MS)
- Sarabeth Cruse- Third Grade Teacher at Byhalia Elementary School (Byhalia, MS)
- Lyndsey Golden- Fourth Grade Teacher at Linwood Elementary (Vaughn, MS)
- Darby Starks- Fifth Grade Teacher at Marks Middle School (Marks, MS)

August 2018-2020:

- Kelsey Massey- Fifth Grade Teacher at Southaven Intermediate School (Southaven, MS)
- Courtney Sharp- Fifth/Sixth Grade Inclusion Specialist at Davidson Elementary (Water Valley, MS)

HONORS

2023	UM Grants Academy: NIH Cohort 2023-2024
2023	UM Community Engaged Fellows Cohort
2021	UM Excellence in Community Engagement Award
2020	UM Outstanding Student Organization of the Year – Teachers of Tomorrow (Faculty Advisor)
2020	UM School of Education – Outstanding Researcher Award - Finalist
2018	UM School of Education - Outstanding Teacher Award - Recipient
2018	UM School of Education - Outstanding Researcher Award - Finalist
2015	Phi Mu, Alpha Delta Chapter- Outstanding Professor Award
2014	Teacher of the Year – School District of Osceola County, FL

- 2013 Spotlighted in the National Dance Education Organization (NDEO)
Journal “News Blast” Member Contribution Section
- 2013 Teacher of the Year – First Runner Up – School District of Osceola
County, FL
- 2008 Superintendent Stellar Star Award – School District of Osceola County,
FL
- 2007 Wal-Mart/Sam’s Club Teacher of the Year – Osceola County, FL

PROFESSIONAL AFFILIATIONS

- 2016 – present Mississippi Association of Health, Physical Education, Recreation and
Dance (MAHPERD)
- 2015 – present Kappa Delta Pi
- 2014 – present American Association of Health, Physical Education, Recreation and
Dance (SHAPE America)
- 2013 – present Phi Gamma Sigma – International Honor Society for Doctoral Scholars