

**Jillisa R. Overholt**  
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**Home**

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**Education**

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*Doctor of Philosophy, Leisure Behavior*, Indiana University School of Public Health  
Minor: Sociology  
Anticipated Graduation May 2013

*Master of Science, Outdoor Recreation*, Indiana University School of 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**

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*"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*

**Expected Defense: April 2013**

**Professional Experience**

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*Visiting Lecturer*, Department of Recreation, Park and Tourism Studies, Indiana University (2012-present)

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.

*Instructor*, 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, and implementation of Outward Bound philosophy.

*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-present)*

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 (summer 2010)*

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

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

*Head Counselor, Teen Extreme, Bloomington Parks and Recreation (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 (2001-2002)*

### **Research**

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#### **Publications** \*Refereed

\***Overholt, J.** & Ewert, A. (under review). Gender matters: Exploring the process of developing resilience through outdoor adventure. *Journal of Experiential Education*.

\***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. (2011). *Understanding the transformative aspects of the wilderness and protected lands experience upon human health*. 9<sup>th</sup> World Wilderness Congress. USDA Forest Service Proceedings RMRS-P-64.

\***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, Vol. 10.

### **Books under Contract**

Ewert, A., Mitten, D., & **Overholt, J.** Natural Environments and Human Health. Wallingford: CABI. (estimated 2013)

### **Published Abstracts**

\***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. 13<sup>th</sup> 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. 13<sup>th</sup> 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**

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

\***Overholt, J.** & Ewert, A. (2011). Resilience and Leadership through Adventure Education: Implications of Gender. Poster presented at the 39<sup>th</sup> 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 38<sup>th</sup> 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? 38<sup>th</sup> 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 1<sup>st</sup> Healthy Parks/Healthy People Congress*, Melbourne, Australia, April 11-16, 2010.

### **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, Submitted)

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).

### **Teaching**

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#### **Academic Courses**

*Introduction to Outdoor Recreation, Parks and Human Ecology (R210; 3 credits)*  
Fall 2012; 40 students

*Human Health, Quality of Life and Natural Environments (R506; 3 credit graduate seminar)*  
Fall 2012; 9 students (grad); primary instructor  
Fall 2010; 14 students (grad); assistant instructor  
Fall 2009; 11 students (grad); assistant instructor

*Event Planning and Program Development*  
Spring 2013; cap 65 students; service learning course

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

*Dynamics of Outdoor Recreation (R271; 3 credits)*  
Spring 2012; 42 students  
Spring 2011; 40 students

*Leisure in Modern Society (R340; 3 credits)*  
Fall 2011; 45 students

*Adventure Education (R279; 2 credits)*  
Spring 2010; 20 students  
Spring 2008; 24 students

*Wilderness and Protected Lands (R385; 3 credits)*  
General Section  
Fall 2009; 18 students

*Wilderness in the American Mind (R385; 3 credits)*  
CORE Intensive Section  
Spring 2008, 2009, 2010; 18 students/year

### **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

### **Other Teaching Experience**

*Guest Lecture, R240 International Tourism, Fall 2012*  
"Armenia and the Caucasus Region"

*Community Living in the Wellness Center (U211)*  
Undergraduate Peer Teaching Position  
Fall 2001; Briscoe Wellness Center (Indiana University Dormitory)

### **Curriculum Development**

*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)  
Anticipated Adoption Spring 2013

### **Professional Development in Teaching**

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**

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#### **Editorial Activities**

*Reviewer, Symposium for Experiential Education Research (SEER)*  
--Association for Experiential Education International Conference  
--Spring 2011, 2012

*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

#### **Organizational Service and Membership**

*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-present)*

*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**

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 11/2013  
SAR TECH III, National Association for Search and Rescue  
American Heart Association CPR, expires 5/2013  
Open Water SCUBA Diver/Adventure Diver, PADI

### **Languages**

Eastern Armenian, Advanced Proficiency