LAURA WILLIAMS

PhD, Kinesiology

Curriculum Vitae

August 2025

ASSISTANT PROFESSOR, TEACHING STREAM
FACULTY OF HEALTH, UNIVERSITY OF WATERLOO
200 University Ave. West, Waterloo, ON, Canada, N2L 3G1
l4willia@uwaterloo.ca
1-226-668-5035

Table of Contents

1. **Skills & Qualifications Summary** 2
2. **Education** 2
3. **Awards** 3
4. **Grants & Funding** 3
5. **Employment** 3
6. **Teaching Experience** 5
7. **Peer Reviewed Journal Publications** 11
8. **Refereed Conference Proceedings** 11
9. **Non-Refereed Conference Proceedings** 13
10. **Professional Development & Continuing Education** 13
11. **Service Experience** 15
12. **Professional Memberships** 18
13. **Reference Contact Information** 19

1. SKILLS & QUALIFICATIONS SUMMARY

- 10+ years leading development, design, delivery, and evaluation of courses
- Excellent interpersonal skills and ability to liaise effectively with people from diverse backgrounds, campus departments, and academic support units
- Supervision and mentorship of instructors, administrators, and students as expressed within the strategic priorities of the institution and faculty
- Designed and disseminated original research at national and international conferences, for a range of technical and general audiences
- 5 educational & instructional development certificates for university teaching
- Average course evaluation score for teaching = 4.4/5

2. EDUCATION

Doctor of Philosophy in Kinesiology (Neuroscience) 2014 - 2021
University of Waterloo, Waterloo, ON
Advisor: Dr. William E. McIlroy
Title: *Dual-task effects of concurrently coupling aerobic exercise with virtual navigation*

Master of Science in Kinesiology (Neuroscience) 2010 - 2013
University of Waterloo, Waterloo, ON
Advisor: Dr. William E. McIlroy
Title: *The contribution of peripheral visual information to visuospatial mapping prior to movement initiation*

Advanced Certificate in Athletic Therapy 2007 - 2008
Mount Royal University, Calgary, AB

Honours Bachelor of Science, Kinesiology 2003 - 2007
Dean's Honours List
University of Waterloo, Waterloo, ON

3. AWARDS

Faculty of Health Teaching Award – Nominated February 2023

- Requires nomination(s) and recipient is chosen from an award selection committee
- University of Waterloo, Waterloo, ON

Applied Health Sciences Teaching Assistant Award - Recipient Winter 2018

- Recipient of the TA Award for the Kinesiology Department for the Winter 2018 semester
- Requires nomination(s) and recipient is chosen from an award selection committee

4. GRANTS & FUNDING

Learning Innovation and Teaching Enhancement Seed Grant - $7,500 Fall 2024
Primary Investigator

- LITE Seed Grants support small-scale teaching and learning investigations or activities to develop instructional skillsets
- Project timeline from November 2024 – October 2025
- Study Title: Comparison of GenAI use in the Health-Related Workforce and in Faculty of Health Classrooms at the University of Waterloo
- Internally funded from the Office of the Associate Vice President, Academic, and administered by the Centre for Teaching Excellence, University of Waterloo, Waterloo, ON

5. EMPLOYMENT

Assistant Professor, Teaching Stream Sep 5, 2023 – Present
University of Waterloo, Faculty of Health
Waterloo, Ontario, Canada (2-year contract)

- Facilitate a university-wide initiative led by the Faculty of Health to design and implement a program for graduate students to access interdisciplinary courses on Indigenous topics and receive academic recognition for completed courses in the form of a Type II Graduate Diploma; this program will be accessible to graduate students from all University of Waterloo Faculties
- Collaborate with the Centre for Extended Learning (CEL) to develop a fully online version of course HEALTH 100: Foundations of a Healthy Lifestyle
- Teach various courses, including HEALTH 100: Foundations of a Healthy Lifestyle, HEALTH 105: Mental Health Literacy, and HEALTH 150: Foundations of Human Anatomy & Physiology

Faculty Liaison – Faculty of Health July 25, 2022 – Aug 25, 2023
University of Waterloo, Centre for Teaching Excellence (CTE)
Waterloo, Ontario, Canada (1-year contract)

- Support faculty and instructors with implementation of active learning strategies and instructional design
- Provide teaching focused consultations, including teaching observations and course evaluation analyses
- Collaborate with other CTE, Faculty, and academic support unit staff to implement teaching and learning initiatives

Sessional Instructor 2020 – 2024
University of Waterloo, Department of Kinesiology & Health Sciences
Waterloo, Ontario, Canada

- Selected by the Faculty of Health to teach HEALTH 100, 105 and 107
- Selected by the Department of Kinesiology & Health Sciences to teach KIN 232
- Course delivery (blend of online (synchronous) and in-person) by implementing both previous course material and originally designed material

Sessional Instructor Winter (various)
University of Prince Edward Island, Department of Biology
Charlottetown, Prince Edward Island, Canada

- Selected by Chair of Biology Department to teach BIO 1020: Human Health in an online manner; asynchronous course delivery
- Sole ownership of course design, delivery, and course assessments

Sessional Instructor Spring 2021
University of Western Ontario, School of Kinesiology
London, Ontario, Canada

- Selected by hiring committee to teach KIN 2000A: Physical Activity & Health an online manner; asynchronous course delivery
- Sole ownership of course design, delivery, and course assessments based on previous syllabi

Graduate Instructional Developer (GID) Jan 2017 – Aug 2018 / Fall 2020
University of Waterloo, Centre for Teaching Excellence
Waterloo, Ontario, Canada

- Lead & moderate microteaching sessions for graduate students enrolled in the Fundamentals of University Teaching program at the University of Waterloo
- Microteaching facilitation provided for both in-person and virtual lesson delivery
- Conduct teaching observations for graduate students enrolled in the Certificate of University Teaching program at the University of Waterloo

Teaching Assistant Workshop Facilitator (TAWF) May 2016 – Dec 2016 / Spring 2019
University of Waterloo, Centre for Teaching Excellence
Waterloo, Ontario, Canada

- Facilitate workshops for graduate students aimed at developing and improving skills related to teaching and assessment
- Collaborated to promote the CTE's goal of supporting instructional development and promoting the importance of effective teaching and meaningful student learning
- Workshops facilitated:
  - CTE106: Giving Effective Feedback
  - CTE226: Classroom Delivery Skills
  - CTE234: Teaching with Confidence
  - CTE241: Student's Beliefs about Learning

6. TEACHING EXPERIENCE

6.1 Course Instructor

Summary Table:

Enrollment	TA Supervision	Delivery Method	Course Evaluation (Overall Instructor)	Term
HEALTH 100: Foundations of a Healthy Lifestyle, University of Waterloo				
~ 300	7	Online, asynchronous	4.4/5	W 2025
~ 210	5	In-person, flipped classroom	4.6/5	W 2024
~ 180	2	In-person, flipped classroom	4.2/5	W 2023
~ 180	3	Online synchronous & in-person	4.5/5	W 2022
HEALTH 105: Mental Health Literacy, University of Waterloo				
~ 400	8	Online, asynchronous	TBD	S 2025
~ 200	4	Online, asynchronous	4.3/5	W 2025
~ 300	6	Online, asynchronous	4.4/5	F 2024
~ 300	7	Online, asynchronous	4.0/5	S 2024
~ 150	3	Online, asynchronous	4.5/5	W 2024
~ 150	3	Online, asynchronous	4.6/5	F 2023
~ 150	4	Online, asynchronous	4.5/5	S 2023
HEALTH 107: Sociology of Physical Activity, Health, & Well-Being, University of Waterloo				
~ 750	16	Online, synchronous	4.6/5	F 2021
HEALTH 150: Foundations of Human Anatomy and Physiology				
~ 150	3	Online, asynchronous	4.0/5	W 2025
KIN 232: Research Design & Statistics in Kinesiology, University of Waterloo				
~ 70	2	Online synchronous & in-person	4.4/5	W 2022
~ 165	3	Online, asynchronous	4.2/5	S 2020
KIN 470: Senior Seminar in Kinesiology, University of Waterloo				
20	0	In-person	4.8/5	F 2015
BIO 1020: Human Health, University of Prince Edward Island				
~ 120	0	Online, asynchronous	4.6/5	W 2025
~ 160	0	Online, asynchronous	not conducted	W 2023

~ 115	0	Online, asynchronous	4.5/5	W 2022
KIN 2000: Physical Activity and Health, University of Western Ontario				
~ 100	0	Online, asynchronous	4.8/5	S 2021

HEALTH 100: Foundations of a Healthy Lifestyle

Key Points:

- University of Waterloo elective course for non-kinesiology & non-health students; includes students from all Faculties and all years of study
- Sole ownership of course design, delivery, and course assessments from 2023 onward
- In 20203 and 2024 I redesigned this course to follow a flipped classroom style of blended learning
- I was asked by the Associate Dean, Undergraduate, to work with the Center for Extended Learning to make this an online course to allow for increased enrolment and accessibility to students
- Winter 2025 is the first installment of offering the course in an online, asynchronous manner

Course Description:

This course will introduce the student to the basics of health, wellness, and disease, with an emphasis on assessing and evaluating the student's own lifestyle and health risk and committing to a plan to begin or maintain a healthy lifestyle across the life course.

HEALTH 105: Mental Health Literacy

Key Points:

- University of Waterloo elective course open to all University of Waterloo undergraduate students; includes students from all Faculties and all years of study
- The course content was designed and curated by another individual as were the assessments for the offerings from S2023-W2024
- Collaborated with course author and another regular instructor of the course to co-design updated assessments which began in the S2024 term and have been slightly altered since

Course Description:

This course will introduce students to mental health and wellness across the life span, with an emphasis on the post-secondary age group. HEALTH105 considers mental health within the broader spectrum of health in our changing world. Through this course, students will increase their ability to recognize, manage, and strengthen mental health. Students will develop greater awareness of their own mental health and wellness through the application of the knowledge and skills learned in this course. In addition to considering mental health at the individual level, this course will focus on how to foster a culture of support and caring in community. This course is not intended to be a substitute for counselling.

HEALTH 107: Sociology of Physical Activity, Health & Well-Being

Key Points:

- University of Waterloo mandatory course for 1st year students in the Faculty of Health
- Was recommended for the position of sessional instructor by the Administrative Officer in the Department of Kinesiology, final approval by the Associate Dean, Undergraduate
- Synchronous online course delivery during the Covid-19 pandemic by implementing previous course materials
- This course has lecture and tutorial components associated with it; the tutorials were redeveloped for remote delivery during the pandemic and were overseen by the graduate student Teaching Assistants

Course Description:

This course will focus on the social and cultural factors that influence leisure, activity, health, and well-being in different settings and among different populations. Sociological literature will be used to examine activity, health, and well-being in the lives of individuals, groups, and society.

HEALTH 150: Foundations of Human Anatomy and Physiology

Key Points:

- University of Waterloo course; mandatory for students enrolled in the Therapeutic Recreation program in the Faculty of Health; elective for other students; not open to students in kinesiology or health sciences
- Asynchronous online course delivery of previously designed content, midterm, and final exam materials
- Sole ownership for new, updated assignments which differ from previous course offerings

Course Description:

This course covers the anatomy and physiology of the human body systems, with an emphasis on the relationship between a body organ's structure and its function. Topics include organization of the human body, basic chemistry, the cell, tissues, bones and muscles, the nervous system, the blood, cardiovascular system, and the urinary system. It is designed for students who have little formal knowledge of the human body but who wish to learn about the human body, or train for a career in therapeutic recreation or other social and community services.

KIN 232: Research Design & Statistics in Kinesiology

Key Points:

- University of Waterloo, 2nd year mandatory course for kinesiology students
- Course includes both a lecture and tutorial component
- Winter 2022 term: Both online synchronous & in-person course delivery by implementing both previous course material and originally designed material
- Spring 2020 term: Reformatted course content and assessments for asynchronous online delivery due to COVID-19 outbreak

Course Description:
An introduction to research design, statistical analysis, and their application to kinesiology and clinical health practice. A primary focus is to provide students with the tools to critically evaluate sources of information pertinent to their chosen profession.

KIN 470: Seminar in Kinesiology
Key Points

- Was sought by the Administrative Officer in the Department of Kinesiology to lead a seminar course as a graduate student sessional instructor
- University of Waterloo, 4th year course (mandatory for honours requirement)
- Responsible for seminar topic selection: Current Controversies in Neuroscience
- Responsible for course design (within department guidelines), assignment & assessment design (sole ownership)

Course Description (from Academic Calendar)
An examination of current major issues and trends in Kinesiology. Students select areas of major interest from a series of faculty introduced topics.

Course Description for My Section:
Neuroscience is a very vast topic with numerous components. Neurological disorders, neurological injury, psychology/psychopathology, cognitive function, physical fitness & nutrition are all factors that can affect how we interact with the world, both physically and socially. The content of this course will focus on controversial issues within the field of neuroscience, including novel treatment(s) / diagnosis techniques, trendsetting new technology for research / therapeutic / personal use or prominent neuropsychological topics. This content will be delivered through weekly seminars by the students. In this context, the main objectives for this course are for students to acquire experience critically evaluating, presenting and discussing research alongside your peers.

BIO 1020: Human Health
Key Points

- University of Prince Edward Island elective course for Biology students in the Life Science specialization, but any student may take the course
- Sole ownership of course design, delivery, and course assessments

Course Description:
An introductory course dealing with the structure and function of the human body as the biological foundation of human health and disease. Course topics will include a survey of human organ systems and prevalent diseases of the adult human, introducing concepts of disease prevention and wellness.

KIN 2000A: Physical Activity & Health

Key Points:

- University of Western Ontario elective course for non-kinesiology students
- Sole ownership of course design, delivery, and course assessments based on previous syllabi

Course Description:

The course focuses on the significant impact that physical activity has on optimal health and well-being. Students will be introduced to, and their knowledge enhanced in, concepts in the area of physical activity and health by exploring the scientific evidence base for the relationships among physical activity, well-being, and disease.

6.2 Tutorial Coordinator:

KIN 232: Research Design & Statistics in Kinesiology Winter & Spring 2018

- Course evaluation: Overall Instructor = 4.8/5
- University of Waterloo, 2nd year mandatory course for kinesiology students
- Collaborated with course instructor to redesign tutorial content and assignments to increase student interactivity and collaborative learning
- Mentored teaching assistants regarding tutorial content; participated in and coordinated oversight of tutorial delivery and evaluation among 3-4 TAs per course offering

6.3 Laboratory / Tutorial Instructor – Graduate Teaching Assistantship:

HEALTH 107: Sociology of Physical Activity, Health & Well-Being Fall 2016

- University of Waterloo, 1st year mandatory course for Faculty of Health students
- N ~ 23 students / tutorial section

KIN 222: Statistical Techniques Applied to Kinesiology 4 Iterations 2011-2015

- University of Waterloo, 2nd year mandatory course for kinesiology & health students
- N ~ 20 students / lab section

KIN 155: Introduction to Neuroscience (Volunteer TA) Fall 2013

- University of Waterloo, 1st year mandatory course for kinesiology students
- N ~ 20 students / lab section

KIN 255: Introduction to Psychomotor Behaviour Fall 2011

- University of Waterloo, 1st year mandatory course for kinesiology students
- N ~ 20 students / lab section

6.4 Guest Lectures:

KIN 104: Introduction to Kinesiology (N ~ 330) Nov 2018
- Determinants of Behaviour & Exercise (**1 Lecture**)
- Adapted pre-designed content to suit personal delivery style
- University of Waterloo, 1st year mandatory course for kinesiology students

KIN 232: Research Design & Statistics in Kinesiology (N ~ 140) May 2018
- Descriptive vs. Analytic Research (**1 Lecture**)
- Adapted pre-designed content to suit personal delivery style
- University of Waterloo, 2nd year mandatory course for kinesiology students

KIN 242: Human Movement Disorders (N ~ 100) July 2017 & 2018
- Exercise & Brain Health (**1 Lecture**)
- Sole ownership for design and delivery of content
- University of Waterloo, 2nd year elective course for kinesiology & non-kinesiology students

KIN 775: Key Issues and Concerns in Kinesiology (N ~ 22) Mar 2017 & 2018
- An Introduction to Key Elements for Collegiate Teaching (**1 Lecture**)
- University of Waterloo, mandatory Graduate Seminar for kinesiology PhD students
- Lecture was co-designed and co-taught with the kinesiology liaison from the Centre for Teaching Excellence

KIN 222: Statistical Techniques Applied to Kinesiology (N ~ 150) Mar 2015
- 2 Way Chi Square Test & Midterm Review (**1 Lecture**)
- Delivery of pre-designed content
- University of Waterloo, 2nd year mandatory course for kinesiology & health students

KIN 222: Statistical Techniques Applied to Kinesiology (N ~ 215) June 2014
- Hypothesis Testing (**3 Lectures**)
- Delivery of pre-designed content
- University of Waterloo, 2nd year mandatory course for kinesiology & health students

KIN 255: Introduction to Psychomotor Behaviour (N ~ 250) Oct 2011
- Memories & Maps of the Environment (**1 Lecture**)
- Sole ownership for design and delivery of content
- University of Waterloo, 1st year mandatory course for kinesiology students

6.5 Kin Lab Days Instructor:

- Kinesiology Department hosts 'Kin Lab Days' for ~1500 high school students over 8 days in December to provide students the experience of a university lab
- Initiative to coordinate teaching other graduate & undergraduate students to run the labs and helping organize and direct high school students and teachers
- Participation in years: 2010, 2011, 2013 – 2016

6.6 Teaching Assistant Marking Responsibilities:

KIN 630: Research Design & Statistical Analysis Fall 2018
- University of Waterloo, Graduate level mandatory course for kinesiology students

AHS Work Report Marking Fall 2014
- University of Waterloo, Co-op Stream kinesiology students, co-op report evaluation

KIN 416: Neuromuscular Integration Fall 2010 & 2014
- University of Waterloo, 4th year elective course in kinesiology

KIN 242: Human Movement Disorders Fall 2010
- University of Waterloo, 3rd year elective course in kinesiology

7. PEER REVIEWED JOURNAL PUBLICATIONS

Williams, L., Miyasike-daSilva, V., Staines, R., Prentice, S., & McIlroy, W.E. (2022). Can we use peripheral vision to create a visuospatial map for compensatory reach-to-grasp reactions? *Experimental Brain Research*, 240(10): 1-8.

Parokaran Varghese, J., Beyer, K.B., **Williams, L.**, Miyasike-daSilva, V., & McIlroy, W.E. (2015). Standing still: Is there a role for the cortex? *Neuroscience Letters*, 590: 18-23.

Bolton, D.A.E., **Williams, L.**, Staines, W.R., & McIlroy, W.E. (2012) Contribution of primary motor cortex to compensatory balance reactions. *BMC Neuroscience*, 13: 102.

8. REFEREED CONFERENCE PROCEEDINGS

Williams, L., & Ogrodnik, M. (2025). Comparison of GenAI use in the Health-Related Workforce and in Faculty of Health Classrooms at the University of Waterloo. Oral Presentation. Teaching & Learning Conference, 16th Annual Meeting: Waterloo ON., National conference.

Neiterman, E., **Williams, L.,** Butt (A), Rafferty, Z., Subbiah, K., Yessis, J., Edmonstone, J., McBride (M), & Chow, N. (2023). Capturing student and instructor insights from the pandemic to develop guidelines on best teaching practices for post-pandemic course design and delivery in the Faculty of Health: A community-based approach. Annual Canadian Sociological Association Conference, Toronto ON., National conference.

Neiterman, E., **Williams, L.,** Butt (A), Rafferty, Z., Subbiah, K., Yessis, J., Edmonstone, J., McBride (M), & Chow, N. (2023). Capturing student and instructor insights from the pandemic to develop guidelines on best teaching practices for post-pandemic course design and delivery in the Faculty of Health: A community-based approach. Oral Presentation. Teaching & Learning Conference, 14th Annual Meeting: Waterloo ON., National conference.

Poch, J., Stapleton, J., & **Williams, L.** (2022). Partnerships between Academic Support Units and Faculty for Fostering Communication Skills for First Year Faculty of Health Students. Oral Presentation. Teaching & Learning Conference, 13th Annual Meeting: Waterloo ON., National conference.

Vigna, C. & **Williams, L.** (2019). Implementation of Self-Selected Grade Weighting in a Second Year Kinesiology Course. Oral Presentation, Teaching & Learning Conference, 11th Annual Meeting; Waterloo ON., National conference.

Williams, L., Schembri, A., & McIlroy, W.E. (2018). Determining Navigation Task Challenge to Couple with Exercise: A Pilot Study. Poster Presentation, Southern Ontario Neuroscience Association, 38th Annual Meeting; Guelph ON., Regional conference.

Williams, L., Trinh, A., Mansfield, A., Brooks, D., Anderson, N., & McIlroy, W.E. (2015). Testing the Feasibility of Way-finding Combined with Aerobic Activity after Stroke. Poster presented at Society for Neuroscience, 45th Annual Meeting; Chicago, I.L., International conference.

Varghese, J.P., Beyer, K.B., Miyasike-daSilva, V., **Williams, L.,** & McIlroy, W.E. (2014). Revealing the cortical control of balance reactions during spontaneously occurring instability. Poster presented at Society for Neuroscience, 44th Annual Meeting; Washington D.C., International conference.

Williams, L., Phillips, S., Beyer, K.B., Andersen, N., Mansfield, A., Brooks, D., & McIlroy, W.E. (2014). Combining aerobic exercise with executive tasks: A feasibility study coupling way-finding with cycle ergometry. Poster presented at Perform Centre Research Conference: Physical Activity & Brain Functions, 1st Annual Meeting. Montreal, QC; International Conference.

Williams, L., Thomson, S., Beyer, K., & McIlroy, W.E. (2012). Dual task interference in peripheral mapping for reach to target movements. Poster presented at Society for Neuroscience, 42nd Annual Meeting; New Orleans, L.A.., International conference.

Williams, L., Badiuk, B., Patel, R., & McIlroy, W.E. (2011). Can peripheral vision be used to create a visuospatial map for compensatory reach to grasp reactions? Poster presented at Society for Neuroscience, 41st Annual Meeting; Washington D.C., International conference.

Bolton, D.A.E., Patel, R., **Williams, L.**, Yam, T., McIlroy, W.E. (2011). Transient inhibition of primary motor cortex suppresses hand muscle responses during a reactive reach to grasp. Poster presented at Society for Neuroscience, 41st Annual Meeting; Washington D.C., International conference.

9. NON-REFEREED CONFERENCE PROCEEDINGS

Williams, L., Phillips, S., Beyer, K., & McIlroy, W.E. (2014). Behavioural changes to cycling performance when exercise is concurrently coupled with cognitive tasks. Oral presentation presented at the Applied Health Sciences Graduate Student Research Conference, University of Waterloo, Waterloo ON; Institution conference.

Williams, L., & McIlroy, W.E. (2013). Can we visuospatially map compensatory reach to grasp targets with peripheral vision? Oral presentation presented at the Applied Health Sciences Graduate Student Research Conference, University of Waterloo, Waterloo ON; Institution conference.

10. PROFESSIONAL DEVELOPMENT & CONTINUING EDUCATION

eLearning Development: Continuing Education Certificate Sep 2024 - present
Conestoga College, Kitchener ON

- Continuing education certificate designed to provide learners with pedagogical foundations and technical skills to develop quality online learning materials
- Learners design and develop multimedia content for e-learning using current and emerging technologies
- This is a self-paced, online certificate program consisting of 7 courses:
    - Multimedia for eLearning Developers
    - HTML Introduction (completed)
    - Instructional Design for Online Learning
    - Learning Management Systems Platforms
    - Managing an eLearning Project
    - eLearning Tools
    - UDL and Accessibility for Online Learning (completed)

Four Seasons of Indigenous Learning Oct 2023 – August 2024
The Outdoor Learning Store, A Charitable Non-Profit

- Season 1: Foundations of Knowledge (specific to Canada, but applicable across Turtle Island (North America))
- Program designed for participants to begin a personalized journey towards Truth and Reconciliation. The aim is to encourage educators to broaden and deepen their understanding and appreciation of Indigenous perspectives and to strengthen their connections with the land

Facilitator Development Workshop (FDW) Dec 2022

University of Waterloo, Centre for Teaching Excellence

- Prepares participants with the skillsets of delivery and facilitation of ISW programming to be a future ISW facilitator
- Engagement in three roles: learner, instructor (teacher) & facilitator
- Offered in-person over 5 days for a 40-hour time commitment

Mental Health Literacy Program Sep 2022 – Oct 2022

University of Waterloo, Campus Wellness

- Program designed to addresses mental health within the UW campus community
- 5-module program, with synchronous and asynchronous components, encouraging reflection and discussion of mental health through an equity-focused lens
- Assist employees to view themselves as helpers within a supportive community of care

Instructional Skills Workshop (ISW) Oct 2022

University of Waterloo, Centre for Teaching Excellence

- Peer-based workshop providing an environment for participants to gain practical skills related to instructional facilitation and learning assessment
- Requires the design and delivery of three 10 min lessons which receive verbal and written feedback from facilitators and peers
- Offered in-person over 3 days for a 24-hour time commitment

Online Instructional Skills Workshop (OISW) Oct 2021 – Nov 2021

University of Waterloo, Centre for Teaching Excellence

- Peer-based workshop providing an environment for participants to gain practical skills related to instructional facilitation and learning assessment
- Requires the design and delivery of three 20 min lessons which receive verbal and written feedback from facilitators and peers
- Offered in an online manner with both synchronous & asynchronous sessions for a 30-hour time commitment

Indigenous Canada Sep 2021 – Nov 2021

University of Alberta, Faculty of Native Studies

- 12-week Massive Open Online Course (MOOC) offered through Coursera
- Engages learners with Indigenous history and current issues facing Indigenous peoples in Canada

Student Leadership Program May 2017 – Mar 2018

University of Waterloo, Student Success Office

- Experiential workshops to enhance leadership capability, knowledge, and skill related to communication, team dynamics, global intelligence, and group sustainability

Certificate in University Teaching Sep 2014 – Aug 2016

University of Waterloo, Centre for Teaching Excellence

- PhD student program to develop self-awareness and critically reflective teaching skills
- Comprised of 3 courses:
  - Preparing for University Teaching (requires 4 workshops & 4 response papers)
  - Preparing for an Academic Career (research project & teaching dossier)
  - Teaching Practicum (requires 2 teaching observations)

Fundamentals of University of Teaching Jan – June 2014

University of Waterloo, Centre for Teaching Excellence

- Graduate Student program aimed to develop knowledge & skills for university teaching
- Comprised of 6 workshops & 3 micro-teaching sessions

11. SERVICE & VOLUNTEER EXPERIENCE

11.1 Leadership and Facilitation in Educational Communities:

Co-Facilitator: Teaching Discussions for Kinesiology Lab Instructors Jan – April 2025

- Invited by a colleague to be a co-facilitator for teaching discussions specific to kinesiology labs; topics include student engagement, student preparedness, and accommodations
- University of Waterloo, Waterloo, ON

UDL & Wellbeing Community of Practice Aug 2022 – Dec 2024

- Organizational member of the UDL & Wellbeing Community of Practice, including session planning, facilitation, and evaluation
- University of Waterloo, Waterloo, ON

Panelist: From TA to Course Instructor August 2024

- Invited by the Centre for Teaching Excellence to be a panelist for their session "From TA to Course Instructor" as part of a larger program, New Instructor Foundations
- As a panelist, I responded to questions about your experiences as a course instructor, and provided insights and mentoring to the graduate students & PDF participants who were preparing to teach a course for the first time
- University of Waterloo, Waterloo, ON

Instructors of 1st Year Students Community of Practice May – June 2024

- Co-facilitated four CoP Sessions for instructors of 1st year students focused on the specific challenges faced by instructors of 1st year students
- The topics for the four sessions included: i) assessment design, ii) grade inflation and perfectionism, iii) navigating GenAI, and iv) Attendance and in-class engagement
- University of Waterloo, Waterloo, ON

Instructional Skills Workshop Co-Facilitator Feb 2024
- Co-facilitated an offering of the ISW for 8 participants from within UW
- University of Waterloo, Waterloo, ON

Instructional Skills Workshop Co-Facilitator Feb 2023
- Co-facilitated an offering of the ISW for 5 participants from within UW
- University of Waterloo, Waterloo, ON

11.2 Contributions to Research, Conferences, and Academic Events:

Panelist: Teaching & Learning Conference May 2023
- Invited by the authors to be a panelist for their session at the annual Teaching & Learning Conference at the University of Waterloo
- Presentation title: My wellbeing matters to your wellbeing: How UDL fosters caring learning environments for instructors and students

Panel Moderator Apr 2017
- Tech Art-An Interdisciplinary Project Based Course for Engineers & Artists
- Annual Teaching and Learning Conference, University of Waterloo, Waterloo ON

11.3 Student and Faculty Events & Support:

Organizer: Faculty of Health Book Club – EDI Reads Sep 2024 – June 2026
- Spearheaded a Faculty of Health Book Club to build social engagement among graduate students, faculty and staff within the Faculty of Health
- Pre-planned a selection of books from a variety of equity, diversity and inclusion perspectives for the 2024-2025 and 2025-2026 offerings
- University of Waterloo, Waterloo, ON

Workshop Delivery: Catastrophizing and Trouble Shooting April & July 2024
- Designed and facilitated a workshop for faculty, staff and students within the Dean's Office, Faculty of Health, to discuss ways to view and respond to regular work stressors, avoid catastrophizing, and discuss troubleshooting tips as we respond to regular employment demands
- University of Waterloo, Waterloo, ON

Lunch & Learn: Zentangle Art April 2023 & Jan 2024
- Taught participants how to engage with what is called "Zentangle" art
- I was invited to lead this session for the Dean's Office in the Faculty of Health, and then later for the Dean's Office in the Faculty of Math
- University of Waterloo, Waterloo, ON

Assistant to the Associate Dean (Casual) Nov 2021 – April 2022
- Paid position to assist with administrative requirements related to academic integrity violations under Policy 71 within the Dean's Office in the Faculty of Health
- University of Waterloo, Waterloo, ON

Go – To – Grad 2012 - 2014
- Mentor for first year graduate students in Kinesiology
- University of Waterloo, Waterloo, ON

11.4 Committee Positions:

Amit & Meena Chakma Awards for Exceptional Teaching by a Student 2018
- Volunteer graduate student member of selection committee to assess teaching award nominations and collaborate with selection committee to determine recipients
- University of Waterloo, Waterloo ON

Conference Abstract Reviewer Feb 2018
- Reviewed & provided feedback on 6 abstracts submitted for conference presentation
- Annual Teaching and Learning Conference, University of Waterloo, Waterloo ON

Distinguished Teacher Awards Committee Member 2017
- Volunteered as a graduate student member of selection committee to assess teaching award nominations and collaborate with selection committee to determine recipients
- University of Waterloo, Waterloo ON

11.5 Community Involvement:

WellFit Exercise Program Volunteer Sep 2022 – Aug 2023
- WellFit is an exercise program for individuals who are currently or have previously undergone cancer treatment
- Assist participants with exercise program, cueing proper form, and providing motivation
- University of Waterloo, Waterloo, ON

Brain Bee Competition Volunteer 3 Iterations: 2011 – 2018
- Assisted with competition set-up and organization of other volunteers; provided direction to participants
- University of Waterloo, Waterloo, ON

Kinesiology Lab Demonstrations: March Break Open House Mar 2011
- Conducted demonstrations of neuroscience research to prospective students and families while touring the University
- University of Waterloo, Waterloo ON

12. PROFESSIONAL MEMBERSHIPS

Council of Ontario Educational Developers 2022 – Present
Member

Society for Neuroscience 2011 – Present
Member

13. REFERENCE CONTACT INFORMATION

Upon Request