

AMY SHELLMAN

WORK

Recreation, Parks, & Leisure Studies Department
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HOME

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FORMAL EDUCATION

Ph.D., Leisure Behavior, (2009)

Indiana University, Bloomington, Indiana.
Minor: Educational Psychology

Dissertation Title: *Empowerment and Resilience: A Multi-Method Approach to Understanding Processes and Outcomes of Adventure Education Program Experiences.*

Dr. Alan Ewert, Chair

M.S., Outdoor Recreation, Emphasis in outdoor leadership (2004)

Indiana University, Bloomington, Indiana

B.A., Biology, magna cum laude (1997)

SUNY-Binghamton, Binghamton, New York
Minor: Biological Anthropology

PROFESSIONAL EXPERIENCE

Assistant Professor, Recreation, Parks and Leisure Studies Department (August 2008 – Present)

SUNY College at Cortland, Cortland, NY

Duties: Advise and mentor undergraduate and graduate students in the RPLS department. Direct graduate student research. Direct the Cortland Outdoor Opportunities Program. Serve as faculty advisor for the Outdoor Adventure Club and faculty co-advisor for the SUNY Cortland Recreation Association.

Associate Instructor, Department of Recreation, Park, and Tourism Studies (2003-2008)

Indiana University, Bloomington, IN

Duties: Teach undergraduate students in the RPTS department. Assist with faculty research and teaching.

Coordinator, Conservation & Outdoor Recreation Education (CORE) Program (2000-2003)

Indiana University, Bloomington, IN, Department of Recreation, Park & Tourism Studies

Duties: Plan, organize, teach and facilitate a variety of classes, field experiences, and activities, including all trip logistics for a semester-long (17 credit hour) outdoor leadership program. Taught technical outdoor/leadership skills for a variety of activities including, winter camping, rock climbing, caving, canoeing, mountaineering, desert/canyon travel, and multi-week expedition travel

Lead Instructor & Course Director, *Outward Bound Wilderness* (2002-03, 2005-09)

Northwest Program, Mazama, WA; Minnesota Program, Ely, MN; Montana Program, Red Lodge, MT; OB Australia

Duties: Instruct multi-day wilderness courses in accordance with the Outward Bound philosophy. Responsible for course design and delivery, logistical needs, and upholding risk management policies.

Instructor, *Athenian Wilderness Experience* (2004)

Athenian School, Danville, CA

Duties: Field instructor for the Athenian Wilderness Experience (AWE). Facilitate a 26-day wilderness course in the High Sierra for 10 high school students.

Project Associate, *Eppley Institute for Parks and Public Lands* (2001-2003)

Indiana University, Bloomington, IN

Duties: Attend and evaluate National Park Service trainings in facility management, and resource protection. Assist with the development of an instructor manual for NPS training course.

A. COURSES TAUGHT

SUNY Cortland:

- REC 271 *Foundations of Recreation*, Fall, 2008, 2009, Spring 2009, 2010
- REC 370 *Outdoor Education Practicum* (Assistant Director), Spring 2010
- REC 375 *Wilderness First Responder*, Spring 2009
- REC 379 *Outdoor Recreation Activities*, Fall, 2008, 2009
- REC/EDU 462 *Environmental and Outdoor Education*, Spring 2009, 2010
- REC 474 *Outdoor Pursuits Education and Leadership*, Fall, 2008, 2009
- REC/EDU 475 *Internship in Recreation*, Spring 2010
- REC 574 *Outdoor Pursuits Education and Leadership*, Fall, 2008, 2009 (graduate-level)

Indiana University:

- R160 *Introduction to Recreation and Leisure*, Spring 2008
- R511 *Leadership in Challenge Education*, Fall 2007 (graduate-level)
- R490 *Research and Evaluation*, Fall 2006, Spring 2007
- R279 *Outdoor Adventure Education*, Spring 2006, Spring 2007
- R279 *Outdoor Adventure Education, CORE Intensive*, Spring 2006
- R272 *Recreation Leadership & Activity Methods*, Fall 2005
- R367 *Leisure Program Development*, Fall 2005
- R367 *Leisure Program Development CORE Intensive*, Spring 2005
- R110 *Rock Climbing* (5 Courses) 2001-2004, 2007
- *ACA Basic River Canoeing* (4 courses) 2003-2006
- *Leave No Trace: Train the Trainer* (4 courses) 2003-2006

B. OTHER INSTRUCTION

Coordinator, Cortland Outdoor Opportunities Program, which provides non-credit outdoor activities (e.g., canoeing, hiking, kayaking) for students, faculty, and the community.

Instructor and Course Director for Outward Bound, Pacific Region.

C. ADVISING

Theses:

- Lindsey Brown: *Engaging 5th and 6th Graders through Resiliency-Based Recreation* (Co-chair)
- Michael Anderson: *The Use of Benefits Movement" Techniques and Thriving College & University Non-Credit Outdoor Recreation Programs.*
- Brandi Crowe: *Developing a Community-based year-round Program Plan for Greek Peak Adaptive Snow Sports Program*

Independent Study Supervision:

- Daniel Sullivan – Development of an Administrative Resource Guide for the Outdoor Pursuits Specialist
- Jonathan Wetzel – Practicum in outdoor and environmental education

SCHOLARLY ACTIVITY

A. GRANTS

Internal:

- 2009 SUNY Cortland, Research and Sponsored Programs Office, Cortland, NY
Evidence-based after-school programming: Engaging 5th and 6th graders through resiliency-based recreation (Co-investigator, Funded, \$3,068.00)
- SUNY Cortland, Individual Development Award, Research and Sponsored Programs Office, (Funded, \$600)
- SUNY Cortland, Research Travel Grant (Funded, \$289.00)
- SUNY Cortland, Small Grants Program (Funded, \$500.00)
- 2007 Leisure Research Institute, Department of Recreation, Park, and Tourism Studies (RPTS), Indiana University, Bloomington, IN. Applied for dissertation funding (Principle Investigator, Funded, \$1,000)
- School of Health Physical Education and Recreation, Indiana University, Bloomington, IN Grant-in-Aid of Research (Principle Investigator, Funded, \$1,000)
- School of HPER, Indiana University, Travel Grant-in-Aid (Funded, \$200)
- 2006 School of HPER, Indiana University, Travel Grant-in-Aid (Funded, \$200)
- Leisure Research Institute, Department of RPTS, Indiana University, Bloomington, IN. *Motives for Participation in Risk Recreation* (Co-investigator, Funded, \$3,800)
- 2004 Leisure Research Institute, Department of RPTS, Indiana University, Bloomington, IN. Coordinator, Adventure Research Symposium (Funded, \$750)

B/ C. PUBLICATIONS

*Refereed

Bishop, C. F., Corning, S. E., Yoshino, A., & **Shellman, A.** (2009). Emerging attitudes: A preliminary analysis of environmental education programs at Bradford Woods Outdoor Center. *Camping Magazine*, 8, 62-63..

Ewert, A., & **Shellman, A.** (in press). Teaching in the outdoors: Challenges and issues. *The SPRE Professor*. National Recreation and Parks Association.

*Ballard, A., **Shellman, A.**, & Hayashi, A. (2006). Collective meanings of an outdoor leadership program experience as lived by participants. In Paisley, K., McAvoy, L., Young, A. B., Shooter, W., Bochniak, J.(Eds.). *Research in Outdoor Education*, 8, 1-21. Cortland, NY: Coalition for Education in the Outdoors.

Ewert, A., **Shellman, A.**, & Glenn, L. (2006). Instructor traps: What they are and how they impact our decision-making and judgment. *Proceedings 13th Annual Wilderness Risk Management Conference*, Killington, VT.

Galloway, S., Ewert, A., & **Shellman, A.** (2004) Instructor decision-making: An overview and application of simulation in training. In T.L. Stenger and R.A. Poff (Eds.), *Edited Papers of the 17th International Conference on Outdoor Recreation and Education*. (pp. 44-50). Bloomington, IL: Association of Outdoor Recreation and Education.

Shellman, A. (2004, Spring). Certification: More questions than answers. *Wilderness Education Association Legend*.

***Shellman, A.** & Ewert, A. (2004). Learning styles of college students enrolled in an experience-based outdoor leadership program [Abstract]. In Paisley, K., Bunting, C. J., Young, A. B., Bloom, K. (Eds.). *Research in Outdoor Education*, 7, 116-118. Cortland, NY: Coalition for Education in the Outdoors.

*Ewert, A., & **Shellman, A.** (2003). The role of higher education in wilderness for the 21st century. *Journal of Physical Education Recreation & Dance*, 74(2), 28-32.

D. PRESENTATIONS

*Refereed

***Shellman, A.** (under review). *Life in and after the 'lifeboat': A multi-method approach to understanding resilience in the Outward Bound context*. Coalition for Education in the Outdoors 10th Biennial Research Symposium, January 15-17, 2010, Martinsville, IN.

***Shellman, A.**, & Ewert, A. (accepted) *A Multi-Method Approach to Understanding Empowerment Processes and Outcomes of Adventure Education Program Experiences*. Symposium on Experiential Education Research. Annual Association for Experiential Education International Conference, October 29-November 1, 2009, Montreal, Quebec, Canada.

Shellman, A. (accepted) . *Understanding empowerment processes and outcomes: An examination of the adventure education program experience*. The 69th Annual Cortland Recreation Conference Research Symposium, November 5-6, 2009, Cortland, NY.

- Shellman, A.** (accepted). *Transformational qualities of wilderness experiences: A look at the Outward Bound process*. The 69th Annual Cortland Recreation Conference, November 5-6, 2009, Cortland, NY.
- Hill, E., **Shellman, A.**, Brown, L., & Wetzel, J. (under review). *Reconnecting 5th and 6th graders with nature*. New York State Recreation and Park Society 70th Annual Conference, March 20-24, 2010, Saratoga, NY.
- ***Shellman, A.**, & Ewert, A. (2009). *Re-examining the role of nature-based education in the empowerment of salutogenic human behaviors*. 5th World Environmental Education Congress, Montreal, Quebec, Canada.
- ***Shellman, A.**, & Ewert, A. (2009). *Decision-making in real time: Factors and training that impact the decision-making process*. Wilderness Education Association National Conference on Outdoor Leadership, Bloomington, IN.
- Bishop, C. F., Corning, S. E., Yoshino, A., & **Shellman, A.** (2009). *Emerging Attitudes: A Preliminary Analysis of Environmental Education Programs at Bradford Woods Outdoor Center*. Presented at the American Camping Association National Conference Research Symposium, Orlando, FL.
- Hill, E., **Shellman, A.**, Brown, L. (2009). *Evidence-based practice: The benefits of after-school programming*. Presented at the New York State Recreation and Park Society 69th Annual Conference, April 19-22, 2009, Hauppauge, NY.
- Anderson, L., Hill, E., & **Shellman, A.** (2009). *Evaluate [or perish] and flourish*. Presented at the New York State Recreation and Park Society 69th Annual Conference, April 19-22, 2009, Hauppauge, NY.
- Hill, E., **Shellman, A.**, & Brown, L. *From recess to recreation time: Engaging 5th & 6th graders through resiliency-based programming*. SUNY Cortland Scholar's Day, NY (2009).
- ***Shellman, A.**, Ewert, A., & Gilbertson, K. (2008). *Instructor traps: What they are and how they impact our judgment and decision-making*. Presented at the International Outdoor Recreation & Education Conference. Christchurch, New Zealand.
- *Ewert, A., **Shellman, A.**, Yoshino, A., & Gilbertson, K. (2008). *The development of a conceptual framework of motivations for participation in adventure recreation activities*. The 12th Canadian Congress on Leisure Research, Montreal, Quebec, Canada.
- ***Shellman, A.**, Ewert, A., & Glenn, L. (2007). *Instructor Traps: Theoretical and Practical Perspectives on Factors that Influence Our Decision-Making and Judgment*. Presented at the 35th International Association for Experiential Education Conference, Little Rock, AR.
- On Common Ground: Minding the Gap Between Research and Practice*. (2007). The 35th International Association for Experiential Education Conference, Little Rock, AR. **Invited Panelist**.
- *Hegarty, C. B., **Shellman, A.**, Farmer, J., & Ewert, A. (2006). *Establishing a research partnership between camp and gown: The genesis of a strategic alliance with academia*. American Camping Association (ACA) National Conference, Austin, TX.

- *Ewert, A., **Shellman, A.**, Glenn, L (2006). *Instructor traps: What they are and how they impact our decision-making and judgment*. Presented at the 13th Annual Wilderness Risk Management Conference, Killington, VT.
- ***Shellman, A.** & Ewert, A. (2006). *Motives for participation in adventure recreation: Moving beyond 'Because it is there.'* Accepted for presentation at 18th Annual Northeastern Recreation Research Symposium, Bolton Landing, NY.
- *Ballard, W., **Shellman, A.**, & Hayashi, A. (2006). *Collective meanings of an outdoor leadership program experience: relationships that matter*. Coalition for Education in the Outdoors 8th Biennial Research Symposium, Martinsville, IN.
- Kearns, K. & **Shellman, A.** (2006). *Grading Rubrics*. Workshop presented to the School of Health Physical Education and Recreation, Indiana University. Bloomington, IN.
- ***Shellman, A.** & Ewert, A. (2004, January). *Learning styles of college students enrolled in an experience-based outdoor leadership program*. Poster session presented at the Coalition for Education in the Outdoors 7th Biennial Research Symposium, Martinsville, IN.
- *Galloway, S.P. & **Shellman A.** (2004, November). *Instructor decision-making: A current assessment and overview of training and theoretical applications*. Annual International Conference on Outdoor Recreation Education, Orem, UT.
- *Ewert, A.W., Galloway, S.P., & **Shellman, A.** (2000, November). *Outdoor leadership decision-making simulator*. 28th Annual Association for Experiential Education International Conference. Tucson, Arizona.
- Ewert, A., & **Shellman, A.** (2000). *Out of the box and into the outdoors*. Faculty Colloquium on Excellence in Teaching (FACET), Bloomington, Indiana.

E. RESEARCH EXPERIENCE/ON-GOING PROJECTS

Collaborating with Dr. Eddie Hill on the following projects:

Spring 2009-Current: Implementing and evaluating League 56 Academy, an in-school and after-school recreation-based program aimed at promoting resilience in 5th and 6th grade students. Using the Benefits-Based Programming model, SUNY Cortland students and faculty will facilitate two eight-week [spring and fall], thematic programs based on resiliency theory. This recreation program will be intentionally and theoretically designed to parallel the seven resiliency traits.

Spring 2009-Current: Creating and validating a scale to measure the Promoting Environmental Awareness in Kids (PEAK) kits. Working collaboratively with the Center for Outdoor Ethics: Leave No Trace organization to promote environmental sustainability among youth.

Additional research in progress:

Spring 2009-Current: Developing and refining methods of measuring empowerment and resilience as outcomes of adventure education program experiences. Received approval from the Outward Bound research committee to further my research in this area on Outward Bound participants.

SERVICE

A. Recreation Parks and Leisure Studies Department, SUNY Cortland:

- Curriculum committee (on-going)
- Assessment Committee (on-going)
- Awards Committee (on-going)
- Outdoor Education Practicum Instructor

Coalition for Education in the Outdoors 10th Biennial Research Symposium, Review Coordinator, (2009), SUNY Cortland

Cortland Outdoor Opportunities Program, Coordinator, (2009), SUNY Cortland

Outdoor Adventure Club Advisor, (2008-Present), SUNY Cortland

Carbon Neutrality Committee, Member, (2009), SUNY Cortland

Bradford Woods Research Team, (2006-2008), Indiana University

President, Graduate Student Advisory Council, (2005-2008), Indiana University

Teaching and Learning Assessment Committee (2005-2006), Indiana University

Conservation & Outdoor Recreation/Education (CORE) Program Advisory Committee, Member, (2003-2008), Indiana University

Leisure Research Institute, (2006), Indiana University

Adventure Research Symposium, Symposium Coordinator, (2005), Indiana University

Leadership Corps (2002-2003), Indiana University

Instructional Development, Department of RPTS (2000-2002), Indiana University

EDITORIAL ACTIVITIES

- 2010 **Co-Editor**, *Research in Outdoor Education, Volume 10*
- 2009 **Review Coordinator**, Coalition for Education in the Outdoors 10th Biennial Research Symposium
- 2009 **Reviewer (Manuscripts)**, Journal of Experiential Education
- 2009 **Reviewer (Abstracts)**, *Symposium for Experiential Education Research*, held at the annual International Association for Experiential Education Conference
- 2008 **Reviewer (Abstracts)**, *New Zealand Journal of Outdoor Education*
- 2008, **Reviewer (Manuscripts)**, *Research in Outdoor Education*, Coalition for Education in the
2006 Outdoors
- 2004 **Reviewer (Manuscripts)**, *Illuminare*, student run, on-line journal in the Department of Recreation, Park, and Tourism Studies

- 2002-2003 **Reviewer and Editorial Consultant**, *Symposium for Experiential Education Research*, held at the annual International Association for Experiential Education Conference
- 2001 **Reviewer and Editorial Consultant**, *Research Connections*, a periodic research update in the fields of adventure programming, leadership training, camping education, and outdoor experiential therapy

PROFESSIONAL INVOLVEMENT

A. MEMBERSHIPS

National Recreation and Park Association, 2002 - present
Association for Experiential Education, 2000 - present
Wilderness Education Association, 2001 - present
Association for Outdoor Recreation and Education, 2001 - 2007
American Alpine Club, 2000 - present
American Canoe Association, 2001 - present
American Mountain Guides Association, 2003 - 2006
Access Fund, 2000 - 2006
National Association for Search and Rescue, 2002 – 2004

B. CONFERENCE AND WORKSHOP ATTENDANCE

See presentations under “scholarly Activity”

C. CERTIFICATIONS/TRAININGS

Top-Rope Site Manager, AMGA
Wilderness Education Association (WEA), Certified Outdoor Leader (NSP-Professional Short Course)
WEA Instructor Training Clinic, WEA
Wilderness First Responder, Wilderness Medical Associates
Moving Water Canoe Instructor, American Canoe Association
Leave No Trace Master Educator
PADI Open Water SCUBA Diver
Advanced Search and Rescue, National Association for Search and Rescue

D. AWARDS AND HONORS

- 2008 **Lebert H. Weir Outstanding Doctoral Student Award**, Indiana University
 Awarded to a distinguished graduate student in the Department of RPTS
- 2006 **Garrett Eppley Scholarship**, Indiana University
 Awarded to a distinguished graduate student in the Department of RPTS (\$5,000)
- 2006 **Doctoral Recreation Scholarship Award**, Indiana University
 For demonstrated excellence and leadership (\$200)
- 2003 **Chancellor’s Fellowship Scholar**, Indiana University
 Competitive graduate fellowship for outstanding new doctoral students (\$17,000/year)
- 1997 **Phi Beta Kappa**, Binghamton University
- 1995 **Golden Key Honor Society**, Binghamton University