

# Kathleen Phillips

Department of Health Studies  
Eastern Illinois University  
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## EDUCATION

BS **Slippery Rock University**, Slippery Rock, PA  
1977 School Health Education, Teacher Certification

MS **Western Illinois University**, Macomb, IL  
1978 Health Education

Ph.D. **Southern Illinois University**, Carbondale, IL  
1984 Education, Health Education

*Dissertation Title:* Senior Olympics: Profile of Selected Participants

## WORK EXPERIENCE

1978 – present

**Professor & Intern Coordinator**

Department of Health Studies  
Eastern Illinois University (EIU), Charleston, IL

Key Responsibilities:

Coordinate, place, and supervise undergraduate interns in community health settings Teach graduate and undergraduate classes

Courses Taught:

**Planning Health Programs-** This course is designed to provide the student with elements of program design and management. Each student will learn and experience the process of developing, planning, and evaluating a program in health education.

**Professions in School & Community Health** –This course is designed to explore the emerging profession of health education through an historical and philosophical perspective. It will expose the student to the major concepts and theories of health and characteristics of health education programs in schools and communities as well as examine the roles and responsibilities of the entry-level health educator.

**Health and Aging-** This course examines the biology of the aging process, considers normal aging versus disease, and investigates common health-related issues and concerns as they relate to the aging individual and society. (On-Line and Face to Face)

**Drugs and Society-** This course examines the psychological, pharmacological and legal aspect of drugs that are used, misused, and abused.(On-line and face to Face)

## PUBLICATIONS

Bhandari, M, Hunter, K, and Phillips, K. (2012). Practical application of entry-level Health Education skills (2<sup>nd</sup> Ed). Burlington, MA: Jones & Bartlet Learning

Rhoads, M. & Phillips, K. (2011). Eye on health: Giving students a voice through photography. *Journal of Health Education Teaching*, 2(1). 26-30.

Phillips, K., Dietz, J., Borzi, M. & Harrison, G. (2006). I Sing the Body Electric: Description of an Innovative Health Promotion and Fine Arts Program for Adolescents.

*International Electronic Journal of Health Education*, 9, 154-165.

Cavanaugh, R., Walker, B., Phillips, K., & Simons, S. (2006). Weighing in on Backpacks. *Illinois Journal for Health, Physical Education, Recreation, & Dance*, 58,17-21.

Phillips, K., Mattingly, R. & Simons, S. (2006). No-nit policies ARE leaving Children behind. *Illinois Journal for Health, Physical Education, Recreation, & Dance*, 9, 27-33.

Keyser, B., Morrow, M., Doyle, K., Ogletree, R., and Parsons, N. (1997). *Practicing the application of health education skills and competencies*. Boston: Jones & Bartlett.

Valois, R., Doyle, K., Kammerman, K., & Cox, S. (1986). *Wellness R.S.V.P.* (3<sup>rd</sup> ed.). California: Benjamin-Cummings Publishing Company.

**Guest Editor: Journal**

Doyle, K., & Ogletree, R. J. (Eds.). (2001). Health issues in aging: *The Eta Sigma Gamma Monograph Series*, 18 (2).

**Electronic Publications:** Editor – Internet Sites

**CourseLinks** <http://www.courselinks.com/> *Drugs and Society* (1998)

**CourseLinks** <http://www.courselinks.com/> *Aging and Health* (1999)

**PRESENTATIONS**

Phillips, K., Cavanaugh, R., Dietz, J., Magoc, D., and Simons, S. (2014). *Evaluation of the I Sing the Body Electric Program*. Poster presented at Society for Public Health Education Annual Conference, Baltimore, MD.

Simons, S., Phillips, K., Cavanaugh, R., & Segó, A. (October, 2012). *Personal Preparedness of EIU Employees*. Poster accepted for presentation at the 140th APHA Annual Meeting San Francisco, CA.

Phillips, K., Cavanaugh, R., Dietz, J., Magoc, D., and Simons, S. (March), 2012). *"I Sing the Body Electric" and At-Risk Youth*. Poster session accepted at the annual meeting of the annual conference of the American Association for Health Education, Boston, MA.

Phillips, K., Cavanaugh, R., Dietz, J., Magoc, D., and Simons, S. (October 2011). *Impact of I Sing the Body Electric Adolescent Health Program on Participants*. Poster Session made at the annual meeting of the American School Health Association Conference. Louisville, KY

Phillips, K., Cavanaugh, R., and Simons, S. (October 2010). *Coffee? Tea? Flu Shot? Why Students are going "Jabless"*. Poster Session presented at the annual meeting of the American School Health Association Conference, Kansas City, MO.

Rhoads, M., Phillips, K., and Walker, B. (October 2010). *Memory Sticks of Health*. Presentation made at the annual meeting of the American School Health Association Conference, Kansas City, MO

Rhoads, M., and Phillips, K. (March 2010). *Memory Sticks of Health*. Presentation made at the annual meeting of the American Association for Health Education, Indianapolis, IN.

Phillips, K., Simons, S., and Rhoads, M. (March 2010). *Alcohol Expectancies: What We Know, Don't Know, and Should Know*. WEBINAR presented for the Illinois Higher Education Center.

Phillips, K., Cavanaugh, R., Simons, S., and Hardy, N. (February 2010). *The Day After: Impact of Drug Hangover on Athletic Performance*. Presentation made at the Illinois Higher Education center Statewide Conference, Springfield, IL

Phillips, K., Cavanaugh, R., and Simons, S. (November, 2009). *Perceptions of Classroom Etiquette*. Presentation made at the annual meeting of the Illinois Association for Health, Physical Education, Recreation, and Dance, St. Charles, IL.

Cavanaugh, R. and Phillips, K. (April 2009). *Fostering Positive Humor Development*. Presentation made at the Illinois School Health Association State Convention, Bloomington, IL.

Phillips, K., Cavanaugh, R., Mattingly, R., and Simons, S. (November, 2008). *What are your hot buttons? Assessment of Anger Management Instruction for Alternative Education Students*. Presentation made at the 82<sup>nd</sup> Annual American School Health Association Conference, Tampa, FL

Cavanaugh, R., Phillips, K., and Simons, S. (March 2008). *The Good Humor teacher: Fostering humor in the Classroom*. Presentation made for the EIU Faculty Development Wholesome Professor Series, Eastern Illinois University, Charleston, IL

Borzi, M., Phillips, K., & Dietz, J. (November, 2007). *I Sing the Body Electric: health prevention and resiliency through engagement in the arts*. Presentation presented at the 2007 National Communication Association Annual Convention, Chicago, IL

Phillips, K. & Mattingly, R. (July, 2007). *ADHD and Alternative Education Students: Debunking the Myths with Health Literacy Strategies*. Poster Session presented at the 81<sup>th</sup> Annual American School Health Association Conference, Honolulu HA.

Cavanaugh, R. Phillips, K., & Simons, S. (May, 2007). *The "Good Humor" Teacher: Fostering Positive Humor Development*. Presentation made to the Teacher Annuitants, Charleston, IL.

Phillips, K., Cavanaugh, R., & Simons, S. (October, 2006). *Pharming: The misuse and abuse of prescription and OTC drugs by teens*. Poster Session presented at the 80<sup>th</sup> Annual American School Health Association Conference, St Louis, MO.

Cavanaugh, R., Phillips, K., & Simons, S. (October, 2006). *The "Good Humor" Teacher: Fostering Positive Humor Development*. Presentation made at the 80<sup>th</sup> Annual American School Health Association Conference, St Louis, MO.

Phillips, K. (November, 2005). *Butt Free! Campaign*. Paper presented at the annual meeting of the Illinois Association for Health, Physical Education, Recreation, and Dance, St. Charles, IL.

Phillips, K., & Mattingly, R. (April 2005). *Bullying: Incidence, Perceptions, and Solutions*. Program presented at the spring conference of the Illinois Council on Family Relations and The School of Family and Consumer Sciences Gerontology Program.

Phillips, K., & Dietz, J. (April, 2005). *I Sing the Body Electric Evaluation*. Poster Session presented at the Illinois Public Health Association Annual Meeting, Springfield, IL.

Phillips, K., Mattingly, R., and Simons, S. (2004, October). *No nit policies: Leaving children behind*. Session presented at the 78<sup>th</sup> Annual American School Health Association Conference, Pittsburgh, PA.

Cavanaugh, R., Walker, B., Phillips, K., & Simons, S. (2004, October). *Weighing in on Backpacks*. Poster session presented at the 78<sup>th</sup> Annual American School Health

Association Conference, Pittsburgh, PA.

Phillips, K., and Mattingly, R. (2004, April). *No-nit Policies: Leaving children behind*. Poster session presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, New Orleans, LA.

Phillips, K. (2004, April). *I Sing the Body Electric – Adolescent Health Program*. Paper presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, New Orleans, LA.

Mattingly, R., Phillips, K., and Simon, S. (2004, March). *No-nit Policies: Leaving children behind*. Paper presented at the annual meeting of the ICEARY, Springfield, IL.

Mattingly, R., and Phillips, K. (2003, December). *No-nit Policies: Leaving children Behind*. Presentation made to Hancock/McDonough Regional Office of Education #26, Galesburg, IL.

Phillips, K. (2003, November). *Are you anywhere: Current drugs of choice?* Paper presented at the annual meeting of the Illinois Association for Health, Physical Education, Recreation, and Dance, St. Charles, IL.

Cavanaugh, R., Phillips, K., and Simons, S. (2003, April). *Teaching: What's So Funny About It?* Paper presented at the 118<sup>th</sup> annual national convention of the American Alliance for Health, Physical Education, Recreation & Dance, Philadelphia, PA

Bates, R., Cavanaugh, R., Dietz, J., McCausland, J., Phillips, K., Simons, S., and Walker, B., (2003, April). *Body Electric Tobacco Refusal (BETR) evaluation plan*. Poster session presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, Philadelphia, PA.

Borzi, M., Dietz, J., and Phillips, K. (2003, April). *Evaluation of "I Sing The Body Electric"- Innovative adolescent health education program*. Poster session presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, Philadelphia, PA.

McKerrow, K., Simons, S., Phillips, K., and Rabak-Wagener, J. (2001, November). *Sounds of silence: Multiple perspectives on harassment*. Poster session presented at the annual meeting of the American School Health Association National Conference, Albuquerque, New Mexico.

Phillips, K. (2001, March). *Blotters, blunts, and buttons*. Paper presented at the annual joint meeting of the Illinois School Health Association/Illinois Society for Public Health Educators, Bloomington, IL.

Doyle, K. & Walker, B. (2000, October). *EIU Smoking Study*. Poster session presented at the annual meeting of the American School Health Association, New Orleans, LA.

Doyle, K. (2000, April). *I Sing the Body Electric*. Program presented at the Illinois annual meeting of the School Health Association, St Charles, IL.

Doyle, K. (2000, April). *Reality of aging interview*. Poster session presented at the annual meeting of the American Alliance for Health, Physical Education, Recreation & Dance, Orlando, FL.

## GRANTS

**Statewide Substance Abuse Prevention Services** – Illinois Higher Education Center for Alcohol, Other Drugs, and Violence Grant (Consultant)

**Eye on Health** – (2010-2011). \$554.00. College of Education and Professional Studies Development Grants (co-investigator).

## SERVICE ACTIVITIES

**College Students and Immunizations** - (2010-2011). \$854.00. College of Education and Professional Studies Development Grants (co-investigator).

**Personal Preparedness of EIU College Students** - (2010-2011). \$854.00. College of Education and Professional Studies Development Grants (co-investigator).

**Perceptions of Classroom Etiquette: Or "Don't Be That Student"** – (2008-2009). \$794.00. College of Education and Professional Studies Development Grants (co-investigator).

**Can You Spot the Odd Girl Out?** – (2008-2009). \$300.00. College of Education and Professional Studies Development Grants (co-investigator)

**Global Health: The Peace Project** – (2008-2009). \$800.00. College of Education and Professional Studies Development Grants (co-investigator)

**Quality Matters Peer Review Training** – (2007). \$300.00. EIU Faculty Development Support Grant

**Evaluation of the I Sing the Body Electric Program** (2005-2007). \$4800.00. Sarah Bush Lincoln Health Foundation, Charleston, IL. (co-investigator)

**Butt Free EIU** (2005-2006). \$750.00.  
College of Education and Professional Studies Research Grant, EIU

**Women's Health Curriculum Project** (2005). \$1350.00.  
Illinois Department of Public Health (IDPH)– Contributing Author

**Technology for Student Presentations** (2004-2005). \$3229.00  
Redden Grant for Improvement of Undergraduate Instruction, EIU.

**American Association for Health Education national Convention and Expo, Philadelphia, PA** (2004). \$300.00. EIU faculty Development Mini-Grant

Principal's Perception and Practices Regarding School Bullying (2004-2005). \$550.00. College of Education and Professional Studies Research Grant (CO-Investigator)

**Backpack Study** (2004-2005). \$550.00. College of Education and Professional Studies Research Grant, EIU. (co-investigator)

**First Aid and Safety/CPR Training Systems** (Fall 2003). \$1140.00. Redden Fund for Improvement of Undergraduate Education, EIU.

**Evaluation of the I Sing the Body Electric Program** (2003-2005). \$47,800.00. Sarah Bush Lincoln Health Foundation, Charleston, IL. (Co-recipient).

**Evaluation of the Body Electric Tobacco Refusal Program (BETR)**. (Spring 2002). \$7200.00. Sarah Bush Lincoln Health Foundation, Charleston, IL. (Co-recipient).

### Department:

Department Personnel Committee (1995-2001; 2002-2005; 2005-2008; **Chair** 1986-87, 1988-89, 2000-01, 2007-2008, 2009-2011)  
Department Assessment Committee (**Chair** 1990 – present)  
Faculty Co-Advisor, Eta Sigma Gamma (Professional Health Education Honorary (1982–present))

### College:

Assessment Committee (1994 to present)  
Tenured Faculty Research Pool Committee (2004 to present)

### University

Achievement & Contribution Selection Committee (2008)  
Alcohol and Other Drugs Coalition Committee (2002 –present)  
Academic Foundation Days (2000)  
Alcohol & Addictions Services Committee (1987 – 1995)  
College Assessment Resource Faculty (1994 – 1996)  
Council on Teacher Education (1987-88)  
EIU Incentives for Faculty Excellence Committee (1986 to 1988)  
Faculty Excellence Awards Committee (1990-91)  
Graduate Faculty (through 2008)  
Graduate Study Council (1987-88)  
Occupational Teacher Education Committee (1978 to 1990; **Chair** 1986-87)  
Pre-medical Studies Committee (1986 to 1996)  
North Central Accreditation Self-Study Committee - Committee on Assessment (1993-1995)

Study of Undergraduate Education Committee on Language Proficiency, General Education and the Major (1987-88)  
Tobacco Coalition (2006 to present)  
Task Force on Cooperative Education and Internships (1982-83)  
Total EIU Wellness Committee (2008-present)  
University Assessment Committee (1989-1994)  
University Personnel Committee(1984-87; 1991-1994; 2003-2006)

**Professional:**

Illinois Higher Education Center for Alcohol, Other Drug and Violence, Grant Evaluation Committee. (2009).  
National Association for Addiction Professionals, development of the NAADAC-National Certification Commission's Prevention Credential: (2009).  
Illinois Society for Public Health Education *Connecting to our Future* initiative (2009)  
Associate Editor – Washington State Journal of Public Health Practice (2008-2010)  
Coles County Public Health Department IPLAN Community Health Committee, (2000, 2005)  
*I Sing the Body Electric* Adolescent Health Program Evaluation Team (2002-present)  
*I Sing the Body Electric* Partner Board Member (1995- present)  
Regional Office of Education #12 – Professional Development provider (2005-present)  
Tenure Portfolio Reviewer, University of Michigan, 2013

**AWARDS**

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University-2012

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University-2009

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University- 2007

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University- 2004

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University- 2002

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University-1999

**Achievement and Contribution Award** – Balanced Category – Eastern Illinois University-1997

**Faculty Excellence Award** - Teaching, Eastern Illinois University - 1994

**Faculty Excellence Award** - Teaching, Eastern Illinois University - 1990

**Faculty Excellence Award** - Service, Eastern Illinois University – 1981

**Excellence in Use of Technology** – Eastern Illinois University, Center for Academic Technology and Support, 2003.

**PROFESSIONAL MEMBERSHIPS**

American Alliance for Health, Physical Education, Recreation, and Dance  
American School Health Association  
American Public Health Association  
Eta Sigma Gamma, National Health Education Honorary  
Illinois School Health Association  
Illinois Public Health Association  
Illinois Society for Public Health Education  
Society for Public health Education

**CERTIFICATIONS**

Master Certified Health Education Specialist (MCHES) - 2011

Certified Health Education Specialist (CHES) - 1989

Instructor-Trainer CPR/First Aid - American Red Cross - current

Instructor-Trainer Wilderness First Aid - American Red Cross - current

Basic Wilderness First Aid - Wilderness Medical Association - current

