

Michelle Washburn-Busk

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I. EDUCATION & SCHOLARSHIP

Education

DOCTOR OF PHILOSOPHY IN HUMAN ECOLOGY | EXPECTED GRADUATION: MAY 2020 | KANSAS STATE UNIVERSITY

Specialization in Couple and Family Therapy (4.0 GPA)

MASTER OF SCIENCE IN COUPLES AND FAMILY THERAPY | DECEMBER 2017 | KANSAS STATE UNIVERSITY

Couple and Family Therapy (4.0 GPA)

BACHELOR OF SCIENCE | APRIL 2014 | WEBER STATE UNIVERSITY

Major: Family Studies (3.94 GPA)

Minor: Psychology (3.90 GPA)

Scholarships & Awards

2017 | Robert Poresky Assistantship Award

2017 | Timothy R. Donoghue Graduate Scholarship

2016 | Fellow for AAMFT Minority Fellowship Youth Program

2012 | Recipient of the Aletheia Presidential Scholarship Award | Weber State University

2010 | Recipient of the Merit Scholarship Award | Utah State University

2010 – 2014 | High Honor Roll

Published Manuscripts

Clifford, C., Vennum, A., **Busk, M.**, Fincham, F. (2016) The impact of relationship uncertainty and sliding in emerging adult relationships. *Personal Relationships*.

Spencer, C., Morgan, P., Bridges, J. G., **Busk, M.** & Stith, S. M. (2017). The relationship between approval of violence and intimate partner violence in college students. *Journal of Interpersonal Violence*.

Professional Presentations

Scroggs, B., Vennum, A., **Busk, M.**, Bridges, J. (2017). Risk and resiliency factors predicting dyadic satisfaction trajectories of newlyweds with a history of premarital relationship cycling. Poster presented at the National Council on Family Relations in Orlando, FL.

Hubbard, A., **Busk, M.**, Anderson, J. R. (2017). Differentiation's association with sexual satisfaction via relationship attributions and sexual desire. Poster presented at the National Council on Family Relations in Orlando, FL.

Busk, M., Vennum, A., Jones, D., Torgerson, C., Goodcase, E., Taylor, L. (2017). Healing school systems through trauma-informed practices. Roundtable facilitated at the National Council on Family Relations in Orlando, FL.

Clifford, C., Vennum, A., **Busk, M.** (2015, November). The Impact of relationship uncertainty and sliding in emerging adult relationships. Poster presented at the National Council on Family Relations in Vancouver, British Columbia.

Busk P., Knapp D., Mallory A., Brown C., **Busk M.**, Sibley D. S., (2015, November). Technology's role in emerging adult romantic relationship formation. Poster presented at the National Council on Family Relations, Vancouver, Canada.

Hardy, N., Busk, P., **Busk, M.**, Conner, S., Dietz, S., Anderson, J., Vennum, A., Casteel, M, Peters, N. (2015, November). Self-development in marriage and relationship education. Poster presented at the National Council on Family Relations, Vancouver, Canada.

Busk, M., Miller, B. (2015, October). Extension's role in state adolescent health planning: What can we learn from Kansas teens? Presented findings of Kansas Adolescent Health Needs Assessment and conducted pilot focus group at 5th Annual "We're in this Together: Partnering for Health" Conference in Kansas City, MO.

Hardy, N., Busk, P., **Busk, M.** (2015, March – April). Strengthen yourself, strengthen your relationships: A self-development based marriage and relationship education program. Co-taught five 2-hour units of curriculum to emerging adults in committed relationships at Kansas State University during piloting phase of curriculum development.

Washburn-Busk, M., Johannes, E., Miller, B. (2015, February). Kansas adolescent health needs assessment and Kansas adolescent health plan: What have we learned from Kansas teens? Presented findings from Kansas Adolescent Health Needs Assessment focus groups and survey conducted Fall, 2014 to Extension and Research agents at the FCS Update Conference held at the Bluemont Hotel in Manhattan, KS.

Washburn, M. (2014, January – August). How to avoid falling in love with a jerk, Dr. John Van Epp. Presented 5-course curriculum to adolescents in juvenile detention centers, adults at Utah Job Corporations and students in the junior high YMCA afterschool program.

Washburn, M. (2013, November; 2014, January). Own your life: assertiveness dissected. Designed two-session workshop to assist victims of domestic violence. Presented workshop at Your Community Connection (YCC) and Quality Youth Services

Washburn, M., Schvaneveldt, P. (2013, November). Love related behaviors and marital satisfaction in the United States and Ecuador. Poster presented at the National Council on Family Relations in San Antonio, Texas.

Washburn, M., Morgan, P., Buck, D., Garrett, K., Baggs, K. (2012, April 6). The effects of employment on college students' academic performance. Poster presented at the Utah Council on Family Relations Annual Conference in Provo, Utah.

Washburn, M., Morgan, P., Buck, D., Garrett, K., Baggs, K. (2012). The effects of employment on college students' academic performance. Paper presented at the Office of Undergraduate Research Symposium in Ogden, Utah.

Washburn, M., Morgan, P. (2012, March 18). Four ways you can get dumped. Oral presentation presented at the Concurrent Enrollment Day (CE Day) for high school students in Ogden, UT.

Spencer, T., **Washburn, M.** (2012, October). How to increase leadership through increasing unity. Leadership training presented at the National Council on Family Relations in Phoenix, Arizona.

Research Experience

- 2017 – Present | Graduate Research Assistant | Relationship Goals Project | Dr. Amber Vennum**
Responsibilities: Code qualitative data; assist in relationship skills and sex education curriculum development and revision; assist as point of contact between university and school sites
- 2015 – Present | Research Team Member | Relationship Cycling | Vennum Cycling Research Team**
Responsibilities: Currently running factor analyses in SPSS and creating subscales related to constraint commitment.
- 2015 – Present | Research Assistant | “Relevate” Application Development | Vennum “My Relevate” Research Team | Scholar Recruitment and Promotion Committee**
Responsibilities: Assist in recruiting scholars as contributors and promoting the visibility of Relevate in the academic community. Assist in marketing, prototype development, and content review.
- 2015 – 2016 | Research Assistant | “The Impact of Relationship Uncertainty and Sliding in Emerging Adult Relationships” | Dr. Amber Vennum, Charity Clifford**
Responsibilities: Searched for and compiled extant research related to relationship transitions and cycling/churning in emerging adulthood; assisted in composing literature review, discussion and results.
- 2015 | Research Assistant | “Strengthen Yourself, Strengthen Your Relationships – A Self-Development Based Marriage and Relationship Education Program” | Dr. Jared Anderson, Dr. Amber Vennum, Dr. Nathan Hardy**
Responsibilities: Assisted in composing, reviewing and editing MRE Curriculum Units to be taught to emerging adults during initial pilot-testing phase of instruction; created and distributed flyers to recruit participants for pilot-testing phase; assisted in creation of poster for presentation as third author at NCFR 2015.
- 2014 | Research Assistant | “Just Talking” Exploratory Research | Scott Sibley Research Team**
Responsibilities: Transcription of focus groups; assisted in thematic analysis and revision of relationship survey; review of relevant literature; assisted in creation of poster for presentation at NCFR 2015
- 2014 | Project Assistant | Kansas Adolescent Health Project | Dr. Elaine Johannes, Bryant Miller**
Responsibilities: Conducted focus groups with adolescents, adult stakeholders and professionals; assisted in thematic analysis of online survey and focus groups
- 2013 | Undergraduate Research Assistant | “Love Related Behaviors and Marital Satisfaction in the United States and Ecuador,” Paul Schvaneveldt, mentor**
Responsibilities: Investigated current research related to Chapman’s “The Five Love Languages;” assisted in composing and revising literature review; data analyses; poster design; presentation of research at the National Council on Family Relations.
- 2013 | Undergraduate Research Facilitator | “The Effects of Employment on College Students’ Academic Performance,” Preston Morgan, Duke Buck, Kate Baggs, Kim Garrette, colleagues**
Responsibilities: Designated portions of project to group members; composed literature review; designed and presented poster; data analyses; data interpretation; assisted in composition of discussion and conclusion.

II. LEADERSHIP & EXPERIENCE

December 2017 – Present | Graduate Student Council (GSC) | Awards & Recognition Committee Member KSU | Manhattan, KS

Attend monthly GSC Meetings to discuss events and needs of graduate students

Plan and facilitate Awards & Recognition Ceremony in Spring.

September 2017 – Present | Graduate Student Advisory Board Member | KSU College of Human Ecology | Manhattan, KS

Attend monthly meetings with the dean of the college, assistant dean and representatives from programs within the College of Human Ecology.

Discuss issues pertaining to graduate students and advocate for voices of those not present

September 2017 – Present | Critical Conversations Committee Vice President | KSU CFT Program | Manhattan, KS

Attend monthly committee meetings to discuss topics for discussion at CCC luncheons (e.g. gender & power; gun control; privilege and intersectionality)

Facilitate critical conversations and foster safe space where current events and controversial topics can be discussed at monthly brown-bag luncheons

September 2017 – Present | Treasurer | Student Associate Organization (SAO) | Kansas State University

Direct bookkeeping and fundraising to provide services to graduate students in CFT Program.

January 2016 – Present | Couple and Family Therapist Intern | KSU Family Center | Manhattan, KS

Work with presenting issues of clientele including, but not limited to: Major Depressive Disorder; Generalized Anxiety Disorder; Borderline Personality Disorder; complex childhood trauma (sexual and physical); Bipolar II Disorder; ambiguous loss; traumatic bereavement.

I work with a variety of systems, including individuals, couples, families, children and adolescents.

August 2016 – May 2016 | Couple and Family Therapist Intern | Freshman Success Academy (FSA) | Junction City, KS.

Met with students during school hours for individual and family therapy

Worked with high-risk minority students who were military-connected, financially disadvantaged, and ethnically diverse on a variety of issues, including suicidality, self-harming behaviors, as well as unstable family systems.

September 2015 – Present | Vision Team Member | The Freshman Success Academy (FSA) | Junction City

Attend bi-monthly Vision Team meetings with FSA teachers, Communities in Schools representatives, community youth church leaders, school counselors and social workers

Collect and compile survey data to enhance parent engagement

Assist in planning and advertising for Family Appreciation Nights to engage student and parent involvement in school

Assist in fundraising monies for Working on What Works (WoWW) intervention to be implemented in FSA Fall of 2016

Coordinate with FSA teachers to implement trauma-informed practices in their classroom management

October 2017 – Present | Critical Conversations Committee Member | Kansas State University

Attend monthly meetings where recent societal events are discussed and committee members discuss ways to promote social justice as an organization.

September 2016 – Spring 2017 | Student Representative | Student Associate Organization (SAO) | Kansas State University

Served as liaison between Kansas State University and other universities during MS and PhD application and interview processes

Assisted with coordination of interviews and admissions events for incoming graduate students

September 2014 – Present | Extension Assistant of Kansas Adolescent Health Project | Kansas State University

Conducted state assessment of health needs of adolescents (ages 12 – 18)

Organized and moderated focus groups with adolescents and key stakeholders and professionals to assess and portray a representative perception of adolescent health needs

Assisted in thematic analysis of data to inform development of adolescent health plan for Kansas

Assisted in compiling and reporting findings to the Kansas Department of Health and Environment

Assisted in proposing and compiling strategies to implement into the revised Kansas adolescent state health plan

Assisted in application for and facilitation of Community Behavioral Health Early Warning Systems (CAPE) SAMHSA Grant

Assisted in finding knowledgeable local individuals to conduct biweekly community behavioral health surveys to establish barometer community in Riley County

Attended partnership meetings with Pawnee Mental Health and Kansas State Land Grant University composers to facilitate the completion of CAPE SAMHSA grant proposal

May 2014 – August 2014 | Intern, Workshop Instructor and 4-H Youth Leader | Utah State University Extension | Ogden, UT

Composed, facilitated and taught healthy relationship workshops to youth in juvenile detention holding centers

Planned, prepared and facilitated activities for elementary-aged youth to participate in at the Parks and Recreation Summer Program to enhance the individual knowledge of community service, kindness, respect and overall health and well-being of each child

Composed various 6-week curricula to provide public resources for out-of-school programs to further structure their time with youth

May 2013 – May 2014 | Chair | Child and Family Studies Student Association | Weber State University

Trained and mentored board members of the Child and Family Studies Student Association in the Education Department at Weber State University

Planned and facilitated weekly board meetings with members of the Child and Family Studies Student Association

Assisted in the organization and facilitation of two campus-wide service projects

Assisted in organizing and facilitating four networking open hours, two Career Roundtable networking luncheons, four campus-wide social events

Organized and facilitated two successful fundraisers for the Child and Family Studies Student Association to fund students to attend the National Council on Family Relations conference in Fall of 2013 and to assist the students of the Child and Family Studies Department in pursuing their studies and student involvement, which yielded \$1,150 in profit.

Coordinated and presented two professional funding request presentations resulting in \$1,260 donations from Clubs and Organizations for the facilitation of Child and Family Studies Student Association events during Fall of 2013 and Spring of 2014.

January 2013 - May 2014 | Workshop Presenter & Facilitator | Intern | Weber State University & Utah State University Extension

Designed and presented a two-session workshop entitled “Own Your Life: Assertiveness Dissected”

Facilitated and taught multiple five-session workshops and overview courses of the “How to Avoid Falling For a Jerk” curriculum

January 2012 – May 2014 | Team Coordinator & Program Leader | YMCA After School Summer Program | DaVinci Academy, Heritage Elementary and James Madison Elementary | Ogden, UT

Planned and facilitated clubs, activities, events and meetings for YMCA students, staff and parents of YMCA youth

Managed daily co-worker involvement and activities

Displayed importance of education, especially college, to youth, and provided educational opportunities to enhance students’ interests in higher education

Demonstrated and instilled core values of honesty, respect, responsibility and caring with an emphasis in enhancing home and family environment and the community as a whole by implementing my educational background in family studies

Assured confrontational parents of their child’s safety and positive experiences at the YMCA

Handled business and financial components of YMCA after-school sites, such as management and organization of program fees and monthly payments

Maintained a consistently organized, safe and structured environment for youth to thrive in academically, socially and emotionally

May 2012 – May 2013 | Social Coordinator | Child and Family Studies Student Association | Weber State University

Planned and facilitated two campus-wide social events to represent the Child and Family Studies Student Association

Assisted in group training meetings and fundraising coordination throughout school year

Recruited and welcomed new members from campus and within the community to the CFSSA and the department of Child and Family Studies

2012, 2013, 2014 | Student Group Leader | Family Studies and Psychology Group Projects | Weber State University

Managed and facilitated group meetings in undergraduate research projects and class presentations

Professionally presented oral class presentations on multiple occasions throughout coursework

Designated portions of coursework to class-mates for successful completion of assignments

III. COMMUNITY SERVICE

2017 - Present | Flint Hills Human Rights Project (FHHRP) | Board Member At-Large | Manhattan, KS

The mission of FHHRP is to “use the political process, education and advocacy to ensure and promote dignity safety, equality for the civil and human rights of LGBTTIQ individuals

Attend monthly board meetings and events hosted by FHHRP.

2014; 2015 | Coach | Girls on the Run | Manhattan, KS

Girls on the Run is a youth advocate program designed to enhance self-worth in girls grades 3rd - 8th

Organized and facilitated two weekly health and wellness activities, one hour each

Trained girls grades 3rd through 6th to run two 5K races

Tailored activities to foster self-esteem in young girls

Instructed girls on goal-setting and personal achievements

Instilled a sense of capability in girls by teaching about opportunities to better themselves, reach potential and improve gradually and consistently

2014 | Intern, Workshop Facilitator and Presenter | USU Extension | Ogden, UT

Assisted in publicity and recruitment of participants, registration and facilitation of workshops for the Annual Northern Utah Marriage Celebration

Planned and presented two five-session workshops of the “How to Avoid Falling in Love With a Jerk” curriculum at the Ogden Mill Creek Juvenile Justice Center.

Planned and presented multiple overviews of the “How to Avoid Falling in Love With a Jerk” curriculum at the Ogden Job Corporation.

Planned and facilitated a five-week Family Finance Camp taught to preschool and elementary-aged youth

Planned and taught two “Communication and Conflict Resolution” workshops during five-session Marriage Survival courses to adults

August 2013 - February 2014 | Collected and Assembled Items for Baby Layettes | Catholic Community Services | Ogden, UT

Fall 2013: Collected items for mothers in need in the community

Spring 2014: Assembled baby layettes to donate to Catholic Community Services with the donated items collected in Fall of 2013

2011 & 2014 | Tutor and Coursework Assistant | The Disability Center | University of Utah & Weber State University

Wrote detailed notes for students with disabilities for Business Philosophy and Diverse Families courses

Distributed hand-written and typed notes via email

Studied with disabled students and assisted with preparation for upcoming tests, assignments and other related coursework

2012 – 2013 | Peer Leader and Sports Coach | Your Community Connection | Ogden, UT

Supervised youth involvement in mind-games and creative thinking activities

Coached weekly indoor soccer games at YCC open gym night

Fostered a safe environment and discussed family and peer issues with youth

2011 | Student Tutor & Teacher Aide | English Language Center | Logan, UT

Tutored recent adult immigrants in English, financial literacy and math skills

Provided students with basic English skills to successfully participate in the American economy

Designed and distributed homework assignments to students to enhance English language and mathematical competency

2010 | Reading Tutor, Grades K-6th | Ellis Elementary | Logan, UT

Administered timed reading quizzes to students

Placed students in appropriate reading levels

Tutored students in respective reading levels and assisted in advancement of reading skills

2011 – 2013 | Peer Leader | Youth Impact, YMCA After School Program | Ogden, UT

Assisted in facilitating clubs and activities that enhance creativity, self-worth and literacy skills

Facilitated college-awareness clubs and activities to provide awareness regarding the importance of a college education to lower income youth and families

Participated in group activities that fostered health and well-being, physical fitness, creative thinking, self-awareness and confidence of youth

2007 – 2010 | Boys and Girls Club | Ogden, UT

Assisted in collecting donated items for Christmas presents

Shopped for Christmas presents with youth their family members

Wrapped Christmas presents for youth and their families

Skills & Abilities

COMPUTER

Competent in operating Microsoft Word, Excel, Power Point, Open Office, Gimp

Familiar with operating SPSS

Familiar with composition of state grant requests

METHODS AND STATISTICS COURSEWORK

Qualitative Research Methods (in progress)

Structural Equation Modeling

Graduate Level Research Methods

Statistics in Gerontology and Psychology

Statistics Laboratory, SPSS and Mplus Training

Memberships

American Association for Marriage and Family Therapy (AAMFT)

National Council on Family Relations (NCFR)

Utah Council on Family Relations (UCFR)

Child and Family Studies Student Association/ Weber State University Council on Family Relations (CFSSA)