

January 2015  
**Curriculum Vitae**

***Mary Eisenhauer Pagán***

Visiting Assistant Professor, SUNY Oswego, School of Education  
Adjunct Faculty, Exercise Science, School of Education

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**Education**

2013 Doctoral Student, Syracuse University, Maxwell School of Citizenship, Sociology Department; *Aging Studies and Poverty focus.*

1993 M.S., Health Education/Exercise Science, Syracuse University, Syracuse, NY  
Thesis: *Comparative Analysis of Body Fat Percentage and Weight Loss in Caloric Restriction Only, Caloric Restriction and Cardiovascular Prescription, and Caloric Restriction, Cardiovascular and Musculoskeletal Prescription in Clinically Obese Females Employed Full Time*

1982 B.A., Computer Science, Minor: Psychology, State University of New York at Potsdam

**Certifications**

2011 National Certification, Bridges Out Of Poverty Trainer, Aha Process, Inc.

2009 Certified Life Coach, International Coaches Federation

2004 Certificate of Advanced Study, Gerontology, The Maxwell School, Syracuse University

1993-present Professional Exercise Prescription Specialist, Yoga, Tai Chi, Pilates, Group Exercise Instructor, Personal Trainer

**Employment History**

2013-present Visiting Assistant Professor, SUNY Oswego, School of Education, Department of Health Promotion and Wellness Management

2007-2013 Advisor/Life Coach, University College, Syracuse University, Syracuse, NY

2002-2013 Research/Program Director, Fit for the Next Fifty, Onondaga County Parks and Recreation Department, Syracuse, NY

## Employment History continued

- 1993-present Adjunct Faculty, Department of Exercise Science, School of Education, Syracuse, University
- 2004-2006 Adjunct Faculty, Graduate Course-Aging and the Life Course, NYS Teacher Certification Mentor (Health and Physical Education), State University of New York at Cortland, Cortland, NY
- 2007-2009 Adjunct Faculty, Life Long Learning Institute, The Maxwell School, Syracuse University
- 1992-2005 Senior Exercise Physiologist, Partner-Corporate Wellness Enterprises, LLC, East Syracuse, NY
- 1990-1993 Executive Director, Wellness Council of CNY, Syracuse, NY
- 1990-1993 Wellness Director, Mutual of New York (MONY), Syracuse, NY
- 1982-1990 Senior Operations Analyst, COBOL Programming Instructor, Mutual of New York (MONY), Syracuse, NY

## Research and Grant Management History

- 2012** Research/Program Director, Senior Exercise Program Grant, Lerner Center/Healthy Monday Initiative, Syracuse University, Syracuse, NY  
*Participant knowledge and physical assessment improvement applying the Healthy Monday mile walk/run and formal learning module to existing daily exercise prescription*
- 2009-2011** Lead Investigator, *Life Coaching as an Advising Model for Increased Retention and Graduation Rates*, University College, Syracuse University. Initiated extensive research on life coaching approach to academic advising for high-risk and minority student populations resulting in funding for staff member certification and authored comprehensive, holistic student support services model, MAP (Master Academic Plan).
- 2002-2011** Research/Program Director, *Fit for the Next Fifty* Senior Exercise Programming Grant, Onondaga County Parks and Recreation/Health Department, corporate sponsor, Wegmans.

### Research area assigned annually by county and funding source:

**2009-2011:** *10 point physical assessment, pre and post testing results of participants attending 80% of fitness class offerings*

**2006-2008:** *Upper and Lower Body Muscular Endurance and Overall Balance Improvements applying Live WELL Tai Chi and Broomstick Ballet to senior fitness offerings. Received additional funding to develop a low impact, ballet centered program to improve balance, coordination, and routine memorization*

**2002-2005:** *Cardio-respiratory fitness increases in participants attending one, two and three times per week.*

## Research and Grant Management History continued

**1994-1998** Chairperson/Grant recipient: Onondaga County Tobacco Education Coalition  
Year 1&2 Program Funding: *Community Awareness, Youth Advertising Education and Coalition Building*  
Year 3&4 Program Funding: *Youth and Teen Education Campaign, Law Enforcement/Carding Initiative*

## Teaching Experience

### Undergraduate:

Wellness Skills and Assessment  
Exercise Science Leadership  
Worksite Health Promotion  
Physiology of Stress  
Stress Management  
Becoming a Personal Trainer  
Fit WELL  
Dance, varied styles

### Graduate:

Health and Aging  
Stress Management  
Health and Physical Education NYS Teacher Certification

## Service

### Professional

**2013-present** **Member**, Aging Studies Institute (ASI), Syracuse University  
**2013-14** **Member**, Faculty Assembly, SUNY Oswego  
**2013-present** **Member**, Diversity Committee, School of Education, SUNY Oswego  
**2013** **Member/Secretary**, Syracuse University Senate Budget Committee  
**2012a** **Organizer**, Syracuse University Advisors and Counselors Retreat  
**2011** **Co-Chair**, Syracuse University Senate Committee, Services to Faculty and Staff  
**2011** **Organizer**, Poverty Simulation, Bridges Out of Poverty CNY  
**2010** **Co-Chair**, Syracuse University, Wellness Affinity Group  
**2010-2013** **Board Member**, Bridges Out of Poverty Coalition  
**2010-2012** **Member**, Syracuse University Senate  
**2010-2012** **Member**, Chancellor's Task Force, Wellness Initiative  
**2005-2010** **Member**, Syracuse University, Site Wide Wellness and Ambassador Committee  
**1995-2000** **Board Member**, Occupational Nurses Association of CNY  
**1994-1998** **Chair**, Onondaga County Tobacco Education Coalition

## **Honors and Volunteer History:**

- 2015** SUNY Oswego Game Changer; recognized for course enhancements focusing on student awareness of poverty and health
- 2015** SUNY Oswego Game Changer; recognized for implementing Success Series for group advising at all academic levels
- 2011** MAP Model, University College, Syracuse University: *UPCEA Award for Excellence in Program Development*, Mid-Atlantic Conference, Princeton University
- 2010** Circle Ally Award, Getting Ahead Mentorship Program
- 2008** Business Ally Award, Make-A-Wish Foundation of CNY
- 2000** SHAPE NY (Safety Health Awareness Programs for Employers), Business Leader of the Year Award
- 1998** Syracuse 40 under 40 Business & Community Leadership Award

## **Invited Presentations/Professional Consulting**

- 2014 *"Why YOGA Doesn't Work in a Traffic Jam: Cognitive Approaches to Stress Management"*. Syracuse University Student Affairs Support Staff Annual Conference, Crowne Plaza, Syracuse NY, January 14, 2014.
- 2014 *"A New Normal in Higher Education: Assisting Under-Resourced Students in Academic and Career Counseling"*, Syracuse University, Career Services Network Retreat, SU Warehouse, January 9, 2014
- 2013-14 *"Bridges Out of Poverty" Framework Education"*. Awarded two year educational consulting grant to provide Project BLEND Scholars (future assistant principal/principals) extensive training and certification in Bridges Model, SUNY Oswego, New York State Project Blend Grant, May 2013 and May 2014.
- 2013 *"Bridges Out of Poverty through School Based Interventions"*, DeRuyter Schools Teacher Professional Development Day, March 11, 2013
- 2013 *"Get Your Wheel Rolling; Improving Six Dimensions of Wellness with Every Day Habits"*, The Maxwell School Staff Retreat, March 13, 2013
- 2012 *"Applying Strength Based Philosophy to Student Academic and Career Support"* Development Conference, Destiny USA, co-presenter with Dr. Irene Kehres, Falk College, July 2012
- 2012 *"Customizing a Strength Model to Your School or College"*, Syracuse University Career Services Network Annual Professional Development Conference, July 2012

2012            *"Focusing Your Strengths for Agency Growth"*, Meals on Wheels Regional Conference, October 18, 2012

### **Invited Presentations continued**

2012            *"Brain Rules and the New Senior-Better Than Bingo"*, Meals on Wheels Regional Conference, October 18, 2012

2012            *"Health, Wellness, Personal Choice"*, CNY Works Professional Development Series at South Side Innovation Center, March 15, 2012

2012            *"Going Beyond the GED and High School Diploma"*, CNY Works Professional Development Series at South Side Innovation Center, December 13, 2012

2011            *"Finding Your Inner Wellness Peace"*, Immaculate Heart of Mary, Liverpool, NY, Annual Senior Celebration, September, 2011

2011            *"Fit for the Next Fifty-Outcome of Outdoor Senior Fitness Program"*, 61<sup>st</sup> Annual Cortland Recreation Conference, November 4, 2011

2010            *"Cleaner Body=Higher Energy, You on Your Way"*, Syracuse University Staff 2 Staff Wellness Program Lecture Series, February, 2010

2010            *"Prescription for Wellness-The Six Forces"*, Syracuse University Staff 2 Staff Wellness Program Lecture Series, April, 2010

2010            *"Training for Results, Your First 5k or Personal Best Plan"*, Syracuse University Staff 2 Staff Wellness Program Lecture Series, May 2010

2010            *"Developing a Daily Meditation Practice"*, Syracuse University Human Resources Staff Development Day Speaker, June 28, 2010

2010            *"Welcome to AGEPOWER and the Possibilities of Active Aging"*, Unity in Our Diversity, New York State Chapter Conference of Meals on Wheels, Keynote Speaker, October 14, 2010

2010            *"The Live WELL Program: Wellness Approaches for the 50+ Population"*, Unity in Our Diversity, New York State Chapter Conference of Meals on Wheels, Breakout Session Presenter, October 14, 2010

2009            *"The Live WELL Program: Lessons from the Okinawa Study"*, Syracuse University, University College Community Education Series, February 13, 2009

2009            *"The Six Forces of Wellness-Mindful Living"*, Syracuse University, University College Community Education Series, March 26, 2009

2008

*“Ready, Set, Go-Women Who Run”*, Syracuse University Human Resources Staff  
Wellness Program Lecture Series, June 23, 2008