**PROFILE**

I am an artist. I like connecting with other people through art. I facilitate guided art meditations. I sit with individuals or couples/friends and talk through things and listen to them while working through an art journey.

**EDUCATION**

2021- 2023 M.A. Old Dominion University (Norfolk, Virginia, USA)

Humanities; GPA: 3.90

Classes taken for WG studies: HUM 595 (3 credits) Tpcs: Feminist Media & Cultural Studies

HUM 595 (3 credits) Tpcs: Prep for Feminist Career

HUM 696 (3 credits) Tpcs: Media Activism and Social Justice

WMST 570 (3 credits) Feminist Research Methods

WMST 795 (3 credits) Study Making Feminist Activist

2018-2021 B.A. Virginia Wesleyan University (Virginia Beach, Virginia, USA)

Psychology: Minor Women and Gender Studies; GPA: 3.757

Classes taken for minor: WGS 219 (4 credits) Women in Culture and Society

PSY 351 (4 credits) Psychology of Gender

HIST 352 (4 credits) U.S. Women’s History

WGS 430 (4 credits) The Gendered Body

2018 A.A.A. *Tidewater Community College (Virginia Beach, Virginia, USA)*

Studio Art: Pre-Art Therapy

1999 *F.W. Cox High School (Virginia Beach, Virginia, USA)* General Education

**EMPLOYMENT HISTORY**

ArtbyJessica.23 January 2024 – Current

**Owner**

* Artist
* Art leader/Group facilitator

757TransFamily.com, Norfolk, VA August 2023 – Current

**Chief Executive Officer**

* Created 757TransFamily.com
* Planning, marketing, and facilitation of 757TransFamily workshops
* Put out a newsletter with current and future events, past event highlights; responsible for creating and maintaining connections with the community for newsletter highlights

Institute for the Humanities, ODU, Norfolk, VA August 2022 – December 2023

**Graduate Assistant**

* Put out a monthly newsletter to inform the community of what is happening with the Institute for the Humanities, and to highlight a student, faculty member, and alumni member. I also created a section to highlight what staff and resources are available at ODU to Humanities students
* Locate and reach out to and interview 3-4 people for the highlight sections
* Gather any news and upcoming events to be included in the monthly newsletter
* Make connections with local businesses to be sponsors and make donations for a social media contest prize basket
* Maintain contact with the Institute for the Humanities social media chair in order to create corresponding newsletter and social media connections
* Planned Sexual Health event with other students and faculty for the ODU campus community

Strome Entrepreneurial Center, ODU, Norfolk, VA

**Graduate Assistant** August 2021 – May 2022, May 2023 - September 2023

* Built several components of the SEC Ambassador program by creating activities, tasks and presentations for undergraduate students to do in order to build their skills for the job market
* Oversaw the 7-10 ambassadors as they prepared and rehearsed their presentation about the SEC, contacted professors, scheduled, and presented to classes full of students
* Created presentations about the SEC and the Value Proposition Canvas that I and other students could give to high school students and other visitors, and presented to over 30 high school students
* Introduced the Instagram Ambassador Takeover where each ambassador spends a day on Instagram promoting and answering questions about the SEC and the Ambassador program
* Created the Jump Start program and scheduled all programs for the Fall 2023 semester
* Posted job positions, scheduled and completed interviews of ambassadors for the Fall 2023 semester

Artbyjessica.23, self-employed, Norfolk, VA November 2020 - May 2021

**Paint Instructor**

* Organized once-a-month paint night events for 2 separate venue locations, and several on-location private party events
* Created one new painting a month per venue and provided new customized painting options for private parties
* Created event posts, social media marketing, set up multiple payment options through EventBrite
* Scheduled assistants and made sure they were paid at the end of each event
* Ran a fun, relaxing paint party event with over 130 participants

Paradigm, Inc.

**Specialist II** January 2007 – June 2016

* Utilized computer programs to develop the script of over 200 universities and colleges
* Created and recreated procedures in processing for several departments as each department changed to meet industry standards
* Entrusted with company finances and knowledge of employee’s personal information to run a Rewards and Recognition program

**PUBLIC & PROFESSIONAL SERVICE**

2022 - 2023 Graduate Assistant - Institute for the Humanities (Old Dominion University)

2021 - 2022 Graduate Assistant - Strome Entrepreneurial Center (Old Dominion University)

2019 – 2021 Research Assistant – Body and Eating Concerns Lab (Virginia Wesleyan University)

2019 – 2020 Treasurer – *Psychology Club* (Virginia Wesleyan University)

2001 – 2003 Committee Member – ​*Chrysalis​* (Tidewater Emmaus)

1998 – 1999 President – ​*Chorus ​* (Cox High school)

1997 – 1998 Vice President – ​*Chorus​* (Cox High school)

**MEMBERSHIP IN PROFESSIONAL BODIES**

2023 Member, TAP VA, Transgender Assistance Program of Virginia

2023 Member, PFLAG, Hampton Roads Chapter

2020 Member, Psi Chi, International Honor Society of Psychology

2020 Member, Omicron Delta Kappa, The National Leadership Honor Society

2020 Member, Delta Sigma, National Women’s and Gender Studies Honor Society

2019 Member, Sigma Alpha Pi, National Society for Leadership and Success

2018 Member, National Alliance of Independent Artists

2018 Member, VAC Student Art League

**TEACHING RECORD**

# 2018 Craft Instructor

*VSCM.selfhelp (Flushing, New York, USA)*

Taught an online class to over 20 seniors that are home bound. The subject was Mandalas and the use of art as therapy.

# 2018 Craft Instructor

*Heritage Hall (Nassawadox, Virginia, USA)*

Work with Alzheimer’s patients and lead them in a craft project geared towards their abilities

**CERTIFICATIONS**

# 2017 Mental Health First Aid Certification

National Alliance on Mental Illness ​*(Exmore, Virginia, USA)*

**TECHNOLOGY**

Skilled in the use of several hardware and web-based systems as well as a number of software platforms used in the organization of data and private information. Skilled in the use of both Mac and Windows-based machines as well as Android mobile computing operating systems. Proficient in the utilization of Google Drive, Google Apps, and Microsoft Office. Experienced in the construction of networking tools.

**AWARDS & RECOGNITIONS**

**Dean’s List** Virginia Wesleyan University (2018, 2019, 2020, 2021)

**Dean’s List** Tidewater Community College (2016, 2017, 2018)

**COLLECTIONS**

Heritage Hall ​*(Exmore, Virginia, USA)*

**BIBLIOGRAPHY**

“**340 High Street”** Tidewater Community College (2018, 2019)

Micheletti, Rachel, et al. *Bloom: Small and Effective Ways to Find and Claim Your Best Self*. Live Body Brave, 2023.

**PRESENTATION**

McNeil, T.,\* De Los Reyes, R.,\* Gurley, J.,\* Frederich, K.,\* & Myers, T. A. (2020, November). The effects of a brief dissonance-based intervention on affect, self-objectification, and muscle dysmorphia in a pilot sample of men. Poster session presented at the virtual meeting of the Association for Behavioral and Cognitive Therapies. <https://www.abct.org/Conventions/>

**EXHIBITIONS**

2018 **“Canvas Project 2018”**

Brooklyn Art Library ​*(Brooklyn, New York, USA)*

# 2018 “47​th​ Annual TCC Student Art Exhibition”

# Tidewater Community College (​*Portsmouth, Virginia, USA​*)

2019 **“Curated: Night Market”**

Utopia Feni (*Virginia Beach, Virginia, USA)*

2020 **“Art With Heart Gallery”**

Working Class Karma *(Virginia Beach, Virginia, USA)*

2021 **“Utopia Feni: Grand re-opening”**

Utopia Feni *(Virginia Beach, Virginia, USA)*

**REFERENCES**

**Reference 1:**

Dr. Taryn Myers

Director of Academic Effectiveness  
Associate Professor of Psychology  
Virginia Wesleyan University  
5817 Wesleyan Drive   
Virginia Beach, Virginia 23455  
Phone: 757 233 8754  
Email: [tmyers@vwu.edu](mailto:tmyers@vwu.edu)

**Reference 2:**

Sharon R. Scannell

Program Manager

Strome Center for Entrepreneurship and Innovation

Old Dominion University  
Norfolk, VA 23529

757-683-6000

odu.edu/sec