

SONJA K. LUND
sonja.lund@scranton.edu

EDUCATION

Doctorate of Philosophy in Counselor Education August 2019
Old Dominion University, Norfolk, VA

Master of Science in Education May 2015
Concentration: Clinical Mental Health Counseling
Old Dominion University, Norfolk, VA

Bachelor of Science in Psychology Dec 2011
Old Dominion University, Norfolk, VA
Magna Cum Laude

UNIVERSITY TEACHING EXPERIENCE

Assistant Professor | University of Scranton, Scranton, PA
Department of Counseling and Human Services (August 2019—Present)

- Educates undergraduate students in Human Services courses by way of experiential learning techniques and traditional lecture
- Encourages student self-reflection for professional and personal development
- Prepares course syllabi
- Curates course content, assignments, and learning assessments
- Ensures students are meeting departmental and university requirements
- Evaluates students based on objective learning outcomes
- Conducts one-on-one meetings with at-risk students and forms active plans for future academic success
- Participates in departmental and university meetings
- Maintains educational standards set forth by the Council For Standards In Human Service Education (CSHSE)
- Maintains on-campus office hours
- Participates in university assessments
- Participates in service initiatives at departmental, university, and community levels

Undergraduate Courses Taught as Primary Instructor

- Case Management and Interviewing FA 2019
- Multicultural Counseling FA 2019
- Counseling Theories FA 2019

Graduate Teaching Assistant | Old Dominion University, Norfolk, VA
Department of Counseling and Human Services (August 2019—Present)

- Educates undergraduate students in Human Services courses by way of experiential learning techniques and traditional lecture
- Encourages student self-reflection for professional and personal development
- Prepares course syllabi
- Curates course content, assignments, and learning assessments
- Ensures students are meeting departmental and university requirements
- Evaluates students based on objective learning outcomes
- Maintains educational standards set forth by the Council For Standards In Human Service Education (CSHSE)

Graduate Courses Co-Taught

- Mental Health Counseling SU 2018
- Family Systems and Family Development SP 2018

Graduate Courses Co-Taught Online

Family Systems and Family Development SU 2018

Undergraduate Courses Taught as Primary Instructor

- Interpersonal Relationships SP 2019
- Career Development and Appraisal SP 2018, FA 2017
- Psychoeducational Groups FA 2018, SP 2017

Undergraduate Courses Co-Taught

- Substance Abuse and Treatment FA 2016
- Substance Abuse Treatment and Research FA 2016

Undergraduate Courses Co-Taught Online

- Interpersonal Relations SU 2018
- Introduction to Human Services SU 2017
- Substance Abuse and Treatment FA 2016

Undergraduate Courses Co-Developed

- Crisis Intervention, Prevention, & Ethics FA 2016

CLINICAL AND RELATED EXPERIENCE

Licensed Professional Counselor Resident (VA) | Old Dominion University, Norfolk, VA

Department of Athletics—Student-Athlete Academic Services (August 2016—August 2018)

- Provided weekly individual counseling sessions for approximately 20-30 student-athletes using a time limited model of care
- Developed and wrote treatment plans for each client; documented and maintained case notes
- Created an emergency protocol and de-escalation plans, an operations manual, informed consent documentation, and other standard forms
- Created and implemented an in-house counseling office specifically for student-athletes
- Provided psychoeducation about mental health to staff and conducted suicide risk assessment training to staff bi-annually

- Conducted baseline assessments for all incoming freshman and transfer students
- Recruited master's and doctoral level interns to work at the student-athlete counseling office
- Participated in weekly supervision and provided supervision to one doctoral level intern and two master's level interns
- Consulted with teams and coaches and provided psychoeducational groups for various sports teams
- Collaborated with other offices on campus to advocate for student-athlete issues

Process Group Leader | Old Dominion University, Norfolk, VA

Counseling and Human Services (August 2017—November 2017)

- Served as the group leader for five human services undergraduate students for approximately 10 weeks
- Wrote in-depth process notes to discuss group themes, empathic failures and repairs, and patterns of communication
- Facilitated discussions on communication and other topics as deemed necessary by the group
- Focused group on “here and now” processing

Counseling Intern | Old Dominion University, Norfolk, VA

Office of Educational Accessibility & Department of Athletics (August 2014—May 2015)

- Assisted students in obtaining and using their accommodations and observed and administered psychological tests
- Provided individual counseling to students and student-athletes registered with the Office of Educational Accessibility
- Organized/lead a monthly Autism in the Movies discussion group
- Completed intakes for the office of Educational Accessibility which includes assigning accommodations for students based on their disability
- Assisted students with organization, time management, and other skills for academic success
- Taught students how to create simple, obtainable, and achievable goals and assisted with students with scribing

Support Staff | Hope House Foundation Norfolk, VA | (January 2012—March 2016)

- Assisted and taught adults with developmental disabilities activities of daily living
- Implemented behavioral support plans
- Administered medications and provided routine medical care
- Engaged clients within the community in which they resided

Counseling Intern | Sentara Careplex Hospital Hampton, VA | (May 2014—August 2014)

- Provided individual counseling to individuals in the chemo, radiology, and infusion areas
- Participated in pet therapy sessions
- Provided group counseling for Lung Cancer Support Groups
- Participated in weekly supervision

Psychology Intern | Mediation Center of Hampton Roads | (May 2010—August 2010)

- Participated in mediation sessions between parties
- Reviewed and drafted mediation agreements and assembled company newsletters
- Supervised visitation between parents and children
- Lead cooperative co-parenting and anger management groups

UNIVERSITY WORK EXPERIENCE

Academic Advisor & Co-Director | Old Dominion University, Norfolk, VA

Career and Academic Resource Center (August 2016—August 2019)

- Provided academic and career advising to a caseload of approximately 100 human services undergraduate students
- Meet with students at least once a semester to discuss and develop academic and career plans
- Ensured students are meeting departmental and university requirements and develop academic plans for students who failed to meet academic requirements
- Coordinated with various campus offices, such as educational accessibility, to ensure advisees are receiving the appropriate accommodations in class
- Assisted in the training of 1-2 new advisors each semester and facilitate advising sessions for new student and transfer student orientations
- Maintained up-to-date advising records through an online database, create work schedule for approximately 7 advisors, and participate in monthly meetings

Graduate Assistant | Old Dominion University, Norfolk, VA

Office of Educational Accessibility (August 2013—May 2015)

- Managed note sharing, electronic textbook, and golf cart transportation programs.
- Conducted intakes and assisted with the provision of accommodations to students.
- Organized and led workshops for freshmen

Graduate Assistant | Old Dominion University, Norfolk, VA

Customer Relations (June 2014—September 2014)

- Answered general financial aid and account related questions from college students and parents during Freshman Preview
- Advised students and parents about tuition payment options and submitted financial aid documents on behalf of students
- Set up and broke down rooms for Freshman Preview

SUPERVISION EXPERIENCE

Supervisor | Old Dominion University, Norfolk, VA

Department of Athletics (January 2017—May 2018)

- Provided training to all incoming masters' and doctoral level practicum and internship students.
- Provided as needed supervision for all masters' and doctoral level practicum and internship students, ranging from one to two students a semester.

Supervisor | Old Dominion University, Norfolk, VA

Department of Counseling and Human Services (January 2017—May 2017, September 2018-May 2019)

- Provided weekly individual and triadic clinical supervision for three masters' level students.
- Reviewed counseling tapes, case conceptualizations, and case presentations and provided feedback on counseling skills
- Utilized the discrimination model of supervision to facilitate professional and personal growth of supervisees
- Provided midterm and end of semester evaluations for each supervisee
- Consulted with faculty supervisors concerning supervisee progress and areas for growth

PRESENTATIONS & WORKSHOPS

1. **Lund, S. K.** (2020, February). *A comparison of college student-athletes with attention-deficit hyperactivity disorder (ADHD) and nonathletes with ADHD: Academic adjustment, severity of mental health concerns, and complexity of life concerns*. Poster presentation accepted at the American College Counseling Association Conference, Washington, D.C.
2. **Lund, S. K.** (2019, November). *The Significance of the Coping Self in the College Student-Athlete*. 60-minute presentation at the Pennsylvania Counseling Association Conference, State College, PA.
3. **Lund, S. K.** (2019, September). *College Student-Athletes: Mental Health Needs, Attitudes, Diversity, and Interventions Among the Population*. 50-minute presentation at the European Branch of the American Counseling Association Conference, Vienna, Austria.
4. **Lund, S. K.** (2019, February). *The Impact of the Coach-Athlete Relationship: Implications for Student-Athlete Well-Being and Therapeutic Practice*. 90-minute presentation at the American College Counseling Association Conference, San Diego, CA.
5. Belcher, T. C., **Lund, S. K.**, Borden, N. J. (2019, February). *Trans, Black, and in College*. 90-minute presentation at the American College Counseling Association Conference, San Diego, CA.
6. **Lund, S. K.** (2018, October). *This is Different: Supervising Counselors Working with College Student-Athletes*. 50-minute poster presentation at the Southern Association for Counselor Education and Supervision Conference, Myrtle Beach, SC.
7. **Lund, S. K.**, Belcher, T. C. (2018, February). *Meeting the Unique Mental Health Needs of College Student-Athletes: Integrating Our Services*. 90-minute presentation at the American College Counseling Association Conference, Charlotte, NC.
8. **Lund, S. K.**, Belcher, T. C. (2018, February). *It's Different for Me: Mental Health Disorders and College Student-Athletes*. Educational Session at the Virginia Association of Counselor Education and Supervision Graduate Student Conference, Lynchburg, VA.
9. Belcher, T. C., **Lund, S. K.** (2018, February). *Empathy 101: You Don't Know What You Don't Know*. Educational Session at the Virginia Association of Counselor Education and Supervision Graduate Student Conference, Lynchburg, VA.
10. Belcher, T. C., **Lund, S. K.** (2017, October). *Forging a Path to Empathy in a Divided America*. Roundtable session, Association for Counselor Education and Supervision Conference, Chicago, IL.
11. **Lund, S. K.** (2017, February). *Development of an In-house Mental Health Program for Student-Athletes That Utilizes LPC Residents and Interns*. Educational Session at the Virginia Association of Counselor Education and Supervision Graduate Student Conference, Norfolk, VA.
12. **Lund, S. K.** (2017, November) *Mental Health Warning Signs in Athletes*. Athletic All-Staff Meeting. Old Dominion University, Norfolk, VA.
13. **Lund, S. K.** (2017, September). *Mental Health & Student-Athletes*. Athletic Internship Training. Old Dominion University, Norfolk, VA.
14. **Lund, S. K.** (2017, August). *Mental Health First Aid*. Athletic Academic Staff Retreat. Old Dominion University, Norfolk, VA.
15. **Lund, S. K.** (2017, August). *Athletic Academic Advisor Burnout and Self-Care*. Athletic Academic Staff Retreat. Old Dominion University, Virginia.
16. **Lund, S. K.** (2015, February). *Stress Management*. Office of Educational Accessibility Freshman Workshop Series. Old Dominion University, Norfolk, Virginia.
17. **Lund, S. K.** (2014, October). *Managing Test Anxiety*. Office of Educational Accessibility Honors College Workshop Series. Old Dominion University, Norfolk, Virginia.
18. **Lund, S. K.** (2014, October). *Effectively Dealing with Roommates*. Office of Educational Accessibility Freshman Workshop Series. Old Dominion University, Norfolk, Virginia

RESEARCH & PUBLICATIONS

Dissertation; A comparison of college student-athletes with attention-deficit hyperactivity disorder (ADHD) and nonathletes with ADHD: Academic adjustment, severity of mental health concerns, and complexity of life concerns. (August 2019)

Online Professional Postings

1. Schwitzer, A. M., Burnett, D., Butler-Moss, C., St. John, D., Bertolett, C., Kalkbrenner, M. K., Jolley, A. L., and **Lund, S. L.** (2018). *College counseling and psychological services database*. Retrieved from: <http://www.myacpa.org/ccaps-knowledge-base>

GRANTS

RECEIVED:

University of Scranton Center for Teaching and Learning Excellence (CTLE); \$1,003 Teaching Enhancement Grant; 2019

APPLIED FOR:

National Collegiate Athletic Association (NCAA); \$25,000 Innovations in Research and Practice Grant; 2018

PROFESSIONAL AFFILIATIONS

Member; Northeast Pennsylvania Counseling Association; (2019-Present)

Member; Pennsylvania Counseling Association; (2019-Present)

Member; European Branch of the American Counseling Association; (2019-Present)

Member; American Counseling Association; (2017-Present)

Member; American College Counseling Association; (2017-Present)

Member; American College Health Association; (2019-Present)

Member; Association for Counselor Education and Supervision; (2017-Present)

Member; Association for Lesbian, Gay, Bisexual & Transgender Issues in Counseling; (2018-Present)

Member; Association of Counseling Sexology and Sexual Wellness; (2019-Present)

Member; National Center for Faculty Development & Diversity; (2017-Present)

Member; Southern Association for Counselor Education and Supervision; (2017-2020)

Member; Chi Sigma Iota International, Counseling Honor Society; (2013-2019)

Member; Chi Sigma Iota—Omega Delta Chapter; (2013-2019)

Member; National Association of Academic and Student-Athlete Development Professionals; (2017-2019)

Member; Virginia Counselors Association; (2017-2019)

COMMITTEES

Member & Leader; American College Counseling Association (ACCA) Diversity/Inclusion Committee Creative/Marketing Leader; 2019 Emerging Leader Grant Selection Committee (September 2018—Present)

Member; Old Dominion University Athletic Department Title IX Ad Hoc Committee for Sexual Assault/Violence Prevention; (January 2018—January 2019)

Member; National Association of Academic and Student-Athlete Development Professionals Research

Committee; (June 2017—Present)

UNIVERSITY ENGAGEMENT

Faculty Mentor; Swimming & Diving; University of Scranton Athletics (March 2020-Present)

Participant; Faculty Mentorship; Old Dominion University; (August 2017—May 2019)

Facilitator; T.A.P.E.S.T.R.Y. Freshman Seminar Discussion for PCPS (September 2019)

Member; College of Arts and Sciences Dean's Conference (September 2019 – Present)

Representative; Fall Open House (November 2019)

STUDENT ENGAGEMENT

Events Chair; Chi Sigma Iota Honors Society; Old Dominion University; (August 2017—May 2019)

Professional Development Co-Chair; Chi Sigma Iota Honors Society; Old Dominion University; (August 2014—May 2015)

Awards Committee Member; Chi Sigma Iota Honors Society; Old Dominion University; (August 2013—May 2014)

Student Ally Certification; Safe Space (LGBTQ); Old Dominion University; (Completed Spring 2015)

Master Advisor Certification; Old Dominion University; (Completed Spring 2015)

AWARDS

2019 Outstanding Practitioner; Omega Delta Chapter of Chi Sigma Iota; (May 2019)

2018 Outstanding Service to Chapter; Omega Delta Chapter of Chi Sigma Iota; (May 2018)

2018 Emerging Leader; American College Counseling Association; (February 2018)

2015 Student Engagement and Enrollment Services Champion; Old Dominion University; (May 2015)

COMMUNITY INVOLVEMENT

Volunteer; Dress for Success Lackawanna; Scranton, PA (October 2019-Present)

Volunteer; Association for Counselor Education and Supervision Conference; Chicago, IL; (2017)

Volunteer; The Saint Bernard Project (SBP)—House Rebuild Project; New Orleans, LA; (2017)

Volunteer; Vacation Bible School—Wesley Grace United Methodist Church; Norfolk, VA; (2017)

COMPUTER SKILLS

- **Microsoft Office Professional-** Excel, OneNote, Outlook, PowerPoint, Publisher, Word
- **Blackboard-**resource and student access software
- **Dropbox-**file storing and sharing software
- **Google Drive-**file storing and sharing software
- **Leonline-** student and faculty information system
- **SPSS-**statistical analysis program
- **Banner** – student information system
- **My Advisor** – advising interface

- **Desire2Learn (D2L)** – resource and student access software