

**Lynnie Vessels**

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**Professional Preparation**

1981 B.A. Speech and Communications, Western Kentucky University, Bowling Green, KY.

1989 M.Ed. Secondary Education, George Mason University, Fairfax, VA.

**Professional Experience**

1996-2017 Seventh grade English Teacher, Robinson Secondary School, Fairfax, VA.

1995 Eighth grade English Teacher, Highland Middle School, Louisville, KY.

1991-92 Ninth and eleventh grades English Teacher, Baldwin High School, Wailuku, Maui, HI.

1990-91 Ninth-twelfth grades, Drama and English Teacher, Liberty High School, Colorado Springs, CO.

1989-90 Seventh grade English Teacher, Centreville Secondary, Centreville, VA.

1987-89 Tenth grade English Teacher, Fauquier High School, Warrenton, VA.

**Publications**

Vessels, L. (2019). *Shaving My Legs on the Dock*. Virginia Journal of Education.

Vessels, L. (2013). *Now I’m Just a Teacher That I Used to Know*. Virginia Journal of Education.

Vessels, L. (2012). *To Soften the Blow*. Alexandria, VA; Judybird Publishing.

**Audio Publication**

Vessels, L. (2014). *To Soften the Blow* on Audio Tape. Ramona, CA.; Cherry Hill Publishing.

**Television**

2013 WHAS News with Reporter Maggie Ruppert, Louisville, KY.

1994 “Oprah Winfrey Show,” *Witnessing Violence Between Parents*

1994 WHAS News, *Local Citizen on Oprah* Louisville, KY.

1994 “My Hometown,” WKPC/Louisville, KY. Seven episodes hosted and produced for public television by Lynnie Vessels.

**Radio Guest Speaker**

April 2016 Healthy University, Episode 15, *Overcoming Youth Abuse*, hosted by Alan Eisenberg of Bullying Recovery, LLC.

Feb. 2014 Blog Talk Radio, The Grammar of Grief, Creating Calm Network, hosted by Uma Girish, produced by Ann White.

April 2014 Blog Talk Radio, Nationally Syndicated, Wise Woman Radio, hosted Susan Weed, produced by Kim Rosen.

Feb. 2014 Cleveland WMJI, Columbia, Missouri KFRU, and Montana/Western North Dakota, KATQ.

Jan. 2014 WMKT-AM/N.MI Regional MI, The Vic McCarty Show, hosted by Vic McCarty and produced by Mel Majoros.

Jan. 2014 LA Talk Radio, Answers for the Family, Nationally Syndicated, hosted by Dr. Melody Foxx, produced by Allen Cardoza.

Nov. 2013 WMJI-FM Cleveland OH, Live with Lanigan and Malone Show, FM Morning Show, hosted by Lanigan and Malone, produced by Tracey Carroll.

Nov. 2013 KFRU-AM Columbia MO, with David Lile, AM/News Talk, hosted by David Lile, produced by David Lile.

Nov. 2013 KATQ-AM/FM Northeast MT & Western ND MT, with KATQ Morning Show, AM/FM Morning Show, hosted by Bonnie Simon, produced by Bonnie Simon.

Nov. 2013 WYRQ-AM/FM Little Falls-St. Cloud MN, The Morning Show with Al, hosted by Al Windsperger, produced by Al Windsperger.

Nov. 2013 WIP-AM&FM Philadelphia PA, 30 min, Live, with Conversations with Peter Solomon, AM/FM Sunday Morning Talk, hosted by Peter Solomon, produced by Peter Solomon.

Nov. 2013 KCMN-AM/Colorado Springs CO, 10 min, Live, with KCMN Morning Show, AM/Oldies, hosted by Tron Simpson, produced by Tron Simpson.

Nov. 2013 WBZ-AM Boston MA, Women’s Watch, hosted by Ellen Sherman, produced by Ellen Sherman.

Nov. 2013 Lifestyle Talk Radio, The Lifestyle Show, Nationally Syndicated, hosted by Frankie Boyer, producer Frankie Boyer.

Nov. 2013 WOCA-AM/FM (96.3 FM - 1370 AM)/Gainesville FL, live w/Larry & Robin in the Morning, AM/FM Morning Show, hosted by Larry Whitler, produced by Robin MacBlane.

Nov. 2013 Free America Radio National, The Steven Maggi Show, Nationally Syndicated, hosted by Steven Maggi, produced by Judy Cook.

March 2013 Joe Elliott Hour, The Answer, WGTKAM Intelligent Talk Radio, Louisville, Kentucky, hosted by Joe Elliott, produced by Joe Elliott.

**Professional Development Motivational Speaker**

Vessels, L. (2022). *Increasing Your Emotional Intelligence*. Summer interactive class presented to the graduating seniors of Robinson Secondary School and their parents, Fairfax County Public Schools, Fairfax, VA.

Vessels, L. (2022). *Finding Your Purpose in Life*. Presented to 2022 graduating class of Robinson Secondary School at the request of seniors, Fairfax County Public Schools, Fairfax, VA.

Vessels, L. (2019). *The Definition of Equity from a Wild Child.* In-service delivered to Thoreau Middle School Faculty, Fairfax County Public Schools, Fairfax, VA. Vessels, L. (2018).

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to the Western Kentucky University Psychology Club, Western Kentucky University, Bowling Green, KY.

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to CSN 596: CMHC/MCFC Internship, Western Kentucky University, Bowling Green, KY.

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to EDU 175: University Experience, Western Kentucky University, Bowling Green, KY.

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to MGE 475: Middle Grades Education – Teaching Language Arts, Western Kentucky University, Bowling Green, KY.

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to SPED 330: Intro to Exceptional Ed: Diversity in Learning, Western Kentucky University, Bowling Green, KY.

Vessels, L. (2018). *Trauma-informed Classroom Management*. Presentation delivered to PSY 445: Introduction to Clinical and School Psychology, Western Kentucky University, Bowling Green, KY.

Vessel, L. (2018). *Words I Never Heard.* Lecture presented to Western Kentucky University students, faculty, and local community for the Hensley Lecture Series, an annual Western Kentucky University event, Gary Ransdell Auditorium, Bowling Green, KY.

Vessels, L. (2018). *Words I Never Heard*. Presentation delivered to EDRS 621: Qualitative Inquiry in Education, George Mason University, Fairfax, VA.

Vessels, L (2017). *The Words I Never Heard from the Counselor I Never Had.* Closing Keynote Address delivered to Kentucky Counseling Association, Louisville, KY.

Vessels, L (2017). *Trauma-informed Strategies for the First Thirty Days*. Presentation delivered at The Behavior Institute, Louisville, KY.

Vessels, L (2017).  *The Words I Never Heard from the Teacher I Never Had.* Presentation delivered at The Behavior Institute, Louisville, KY.

Vessels, L (2017). *A Paradigm Shift:* *Kids Aren’t Bad; They’re Just in Pain.* Keynote Address delivered to The Behavior Institute, Louisville, KY.

Vessels, L. (2017). *A Paradigm Shift:* *Kids Aren’t Bad; They’re Just in Pain.* Presentation delivered to EDEP 653: Culture and Intelligence, George Mason University, Fairfax, VA.

Vessels, L. (2017). *A Paradigm Shift:* *Kids Aren’t Bad; They’re Just in Pain.* Presentation delivered to EDUC 672: Human Development, George Mason University, Fairfax, VA.

Vessels, L. (2016). *How to teach each of your 150 English Students to write a book in Google Classrooms.* Winter Institute presentation delivered to Middle School English Teachers of Fairfax County Public Schools, Fairfax, VA.

Guckert, M., & **Vessels, L.** (2015). *Orbiting Planets: The only way to team-teach.* Presentation delivered to EDSE 662: Consultation and Collaboration, George Mason University, Fairfax, VA.

Vessels, L. (2012). *Words that Win Students.* Presentation delivered to Annual Dinner of Principals and Librarians of Fairfax County Public Schools, Fairfax, VA.

Vessels, L. (2012). *Teenage Angst*. Seven visiting-author presentations delivered during teen Read Week to eleventh and twelfth grade English classes of Robinson Secondary School, Fairfax, VA.

Vessels, L. (2010). *Movement Medley*. Presentation delivered to faculty of Robinson Secondary School, Fairfax, VA.

Vessels, L. (2005). *Team-building and Conflict Resolution*. Presentation delivered to English Department faculty of Robinson Secondary School, Fairfax, VA.

Vessels, L. (1998). *Team-building and Resolving Conflicts*. Presentation delivered to faculty of South Eastern School District, Fawn Grove, PA.

Vessels, L. (1996). *Principal Appreciation Day*. Presentation delivered to Kentucky Principals, Lexington, KY.

Vessels, L. (1995). *How to Keep Your Whole Family Drug and Alcohol Free.* Presentation delivered to Head Start Conference, Louisville, KY.

Vessels, L. (1994). *Into the Mind of a Traumatized Child*. Presentation delivered to counselors and psychologists at Our Lady of Peace Hospital, Louisville, KY.

Vessels, L. (1994). *Just Say Know: An Educational Experience; Team-building; Words Kids Hear; Affirmations In!; The Care and Feeding of an Educator.* Three-day presentation delivered to faculty of Frost Middle School, Louisville, KY.

Vessels, L. (1994). *Just Say Know: An Educational Experience*. Presentation delivered to faculty of Knight Middle School, Louisville, KY.

Vessels, L. (1994). *Team-building.* Presentation delivered to Carroll County Head Start Program, Lexington, KY.

Vessels, L. (1994). *Community-building Tools.* Presentation delivered to Family and Children’s Agency, Louisville, KY.

Vessels, L. (994). *Just Say Know: An Educational Experience*. Presentation delivered to faculty of Jeffersonville High School, Jeffersonville, IN.

Vessels, L. (1994). *The Care and Feeding of an Educator*. Presentation delivered to faculty of Doss High School, Louisville, KY.

Vessels, L. (1994). *Just Say Know: An Educational Experience*. Presentation delivered to faculty of Doss High School, Louisville, KY.

Vessels, L. (1993). *Just Say Know: An Educational Experience.* Presentation delivered to the faculty of Stuart Middle School, Valley Station, KY.

**Book Talks**

Vessels, L. (2014). *To Soften the Blow* book talk presented to members of Sandbridge Book Club, Sandbridge, VA.

Vessels, L. (2013). *To Soften the Blow* book talk presented to audience at Crowne Hotel, Louisville KY.

Vessels, L. (2012). *To Soften the Blow* book talk presented to members of the Robinson Secondary School community,

Fairfax, VA.

Vessels, L. (2011). *To Soften the Blow* book talk presented to the community at Barnes and Noble, Fairfax, VA.

**Workshops for Women**

Vessels, L. (1996). *Self-esteem Leadership Workshop for Young Women*. Workshop delivered over one week to seventh and eighth grade girls at Knight Middle School, Louisville, KY.

Vessels, L. (1995).*Self-esteem Leadership Workshop for Young Women.* One-week summer camp workshop for young women ages 12-14 years old, Louisville, KY.

Vessels, L. (1995). *Self-esteem for Women*. One-day workshop for women ages 17-19 years old, Arlington, VA.

**Graduate Education Instructor for Teacher Education Institute, Winter Park, FL.**

May 2007 ED 619 *Preventing Gang Activity,* Harrisburg, PA, Carlow College

November 2006 ED­­ 600 *Teacher Effectiveness Training,* Armonk, NY, The College of Saint Rose

August 2006 ED­ 600 *Teacher Effectiveness Training,* Ronkonkoma, NY, The College of Saint Rose

July 2006 ED 623 *Personal Intelligence,* Armonk, NY, The College of Saint Rose

May 2006 ED 600 *Teacher Effectiveness Training,* Suffern, NY, The College of Saint Rose

January 2005 ED 534 *Teacher Effectiveness Training,* York, PA, Carlow College

October 2004 RD 624 *Stress Management for Teachers,* York, PA, Carlow College

August 2004 ED 693 *Stress Management for Teachers,* Plainview, NY, The College of Saint Rose

June 2004 ED 624 *Stress Management for Teachers,* Harrisburg, PA, Carlow College

January 2004 ED 689 *Resolving Conflicts in Classrooms and Schools,* Lancaster, PA, Carlow College

November 2003 ED 623 *Personal Intelligence,* York, PA, Carlow College

May 2003 ED 651 *Self-esteem for Educators,* Lancaster, PA, Carlow College

March 2003 ED 554D *Stress Management for Teachers,* Cleveland, OH, Notre Dame College

October 2002 ED 689 *Resolving Conflicts in Classrooms and Schools,* Lancaster, PA, Carlow College

March 2002 ED 620 *Bully Prevention in Schools, Lancaster,* PA, Carlow College

September 2001 ED 620 *Bully Prevention in Schools, Lancaster,* PA, Carlow College

May 2001 ED 651 *Self-esteem for Educators, Pittsburgh,* PA, Carlow College

January 2001 ED­­ 630 *Teacher Effectiveness Training II,* York, PA, Carlow College

July 2000 ED 534 *Teacher Effectiveness Training,* York, PA, Carlow College

May 2000 ED 689 *Resolving Conflicts in Classrooms and Schools*, Lancaster, PA, Carlow College

March 2000 ED­­ 630 *Teacher Effectiveness Training II,* York, PA, Carlow College

January 2000 ED 651 *Self-esteem for Educators,* Lancaster, PA, Carlow College

November 1999 ED 534 *Teacher Effectiveness Training,* Harrisburg, PA, Carlow College

July 1999 ED 651 *Self-esteem for Educators,* Harrisburg, PA, Carlow College

July 1999 ED 630 *Teacher Effectiveness Training II,* York, PA, Carlow College

February 1999 ED 651 *Self-esteem for Educators,* York, PA, Carlow College

November 1998 ED 534 *Teacher Effectiveness Training,* York, PA, Carlow College

March 1998 ED 651 *Self-esteem for Educators,* Harrisburg, PA, Carlow College

February 1998 ED 694 *Reaching Today’s Students,* York, PA, Carlow College

November 1997 ED 534 *Teacher Effectiveness Training,* Harrisburg, PA, Carlow College

July 1997 ED 689 *Resolving Conflicts in Classrooms and Schools,* Harrisburg, PA, Carlow College

April 1997 ED­­ *Resolving Conflicts in Classrooms and Schools,* Warren, MI, Madonna University

March 1997 ED 689 *Resolving Conflicts in Classrooms and Schools,* York, PA, Carlow College

October 1996 ED 689 *Resolving Conflicts in Classrooms and Schools,* Harrisburg, PA, Carlow College

July 1996 ED 651 *Self-esteem for Educators,* Harrisburg, PA, Carlow College

June 1996 ED­­ 662 *Self-esteem for Educators,* White Plains, NY, The College of Saint Rose

March 1996 ED 534 *Teacher Effectiveness Training,* York, PA, Carlow College

February 1996 ED 534 *Teacher Effectiveness Training,* Harrisburg, PA, Carlow College

January 1996 ED 651 *Self-esteem for Educators,* Harrisburg, PA, Carlow College

October 1995 ED 534 *Teacher Effectiveness Training,* Pittsburgh, PA, Carlow College

July 1995 ED 534 *Teacher Effectiveness Training,* Harrisburg, PA, Carlow College

**Certified Trainer**

1992*Values Clarification*, Values Realization Institute. University of Massachusetts with Professor Sid Simon and

Suzanne Simon.

**Certified English Teacher**

Virginia English teacher, grades 7-12, licensed through 2020

**Organizations**

Virginia Education Association, National Education Association

**Awards**

2017 People’s Choice Award from fellow faculty members, Robinson Secondary School, Fairfax, VA.

2006 People’s Choice Award from fellow faculty members, Robinson Secondary School, Fairfax, VA.

**Leadership and Extracurricular Positions in Secondary Schools**

2016-17 Relaxing reading sponsor

1996- 2002 Team leader of the seventh grade Stars team, Robinson Secondary School, Fairfax, VA.

1991-92 Assistant drama coach and musical choreographer, Baldwin High School, Wailuku, Maui, HI.

1989-90 Aerobics instructor, Centreville Secondary, Clifton, VA.

**Continuing Education Courses**

1996-2017 Fairfax County Public Schools Academy Courses: *Pyramid Vertical Articulation; Google Classrooms; Blended Learning: Hyperdocs; Making Readers out of our Kids through Impactful Independent Reading; Linking IB Philosophy and Portrait of a Graduate: Classroom Strategies; Sexual and Gender-Based Harassment; Launching the MYP; Exploring the New Digital Rubric; Learning Through Authentic Assessment; Safeguarding Student Information; First Aid, CPR, and AED; At-Risk for High School Educator; Brain Gym; Blackboard Training; Collaborative Teams; IB-MYP Planning, Instruction and Assessment; Fair Labor Standards Act; Integrating Technology in the Classroom; Bridging the Gap: Team Teaching; Discrimination & Harassment Awareness; Internet Safety; Honors PCM module; Apple Works: Making Neat Stuff; Best practices for managing and Understanding AD/HD Student*

2014 *Islands Ecology and Geography.* Five-day summer course, Chesapeake Bay Foundation, Crisfield, MD.

2003 *ED 688 Discipline with Dignity; ED 621 Teacher and Parent; ED 622 Teaching and Learning in Groups.* Carlow College, Pittsburgh, PA.

1989-1992 *Values Clarification.* Five, one-week graduate education courses, University of San Diego, CA; Westfield State College, MA; Mount Holyoke, MA.