



CAROL BRUESS, PHD

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Professor Emeritus

Communication & Journalism/Family Studies
University of St. Thomas, Minnesota

Author, Speaker, Relationship Social Scientist, Theorist

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Primary Areas of Pedagogical Expertise

Family and Couple Communication, Marriage and Communication, Relationship Communication, Interpersonal Communication, Intercultural Communication, Family Studies/Family Social Science, Gender and Communication, Communication Theory, Family Theory, Qualitative Research Methods, and Public Communication/Speaking and Writing.

Primary Areas of Research

Couple and family communication, relational rituals, Wefulness Theory (co-founder), families and couples in the digital age, healthy relationships, positive communication, micro-communication in healthy relationships, marriage over the life span, family rituals, relational cultures, and gender and communication.

Trainings/Certifications

University of Washington, Gottman Relationship Institute: *Seven Principles for Making Marriage Work* Certified Educator

Academic Preparation

Ph.D. Interpersonal Communication, Ohio University, Athens, Ohio. June 1994

Major Advisor: Judy C. Pearson

Graduate Certificate: Women's Studies

Dissertation: *"Bare-Chested Hugs" and "Tough-Guy's Night": An inductive examination of the form and function of interpersonal rituals in marriage and adult friendship*

M.A. Interpersonal Communication, Ohio University, Athens, Ohio. November 1991

Major Advisor: Judy C. Pearson

Thesis: *The idiosyncratic communication of married couples and marital satisfaction over the family life cycle* (C. J. Sessler)

B.A. Art and Graphic Design (Magna Cum Laude), St. Norbert College, De Pere, WI. 1990

Academic Positions

- 2018 **Professor Emeritus**, Communication and Journalism, Family Studies, University of St. Thomas
- 2018-2021 **Resident Scholar**, Cassandra Voss Center for equity, inclusion, and dialogue across difference, St. Norbert College, Wisconsin. Served as 3rd CVC Resident Scholar, succeeding bell hooks, Harry Brod.
- 2009-2017 **Director**, Family Studies, University of St. Thomas
- 2012-2017 **Fellow**, Family Business Institute, Opus College of Business, University of St. Thomas
- 2015-2017 **Co-Chair**, Strategic Planning Task Force, University of St. Thomas
- 2011-2017 **Professor**, Department of Communication and Journalism, University of St. Thomas
- 2002-2011 **Tenured Associate Professor**, Department of Communication and Journalism
University of St. Thomas
- 1998-2001 **Assistant Professor**, Department of Communication, University of St. Thomas
- 1995-1998 **Assistant Professor**, Department of Theatre Arts and Communication Studies, Hamline University
- 1994-1995 **Adjunct Faculty Member**, School of Interpersonal Communication, Ohio University
- 1990-1994 **Teaching Associate**, School of Interpersonal Communication, Ohio University
- 1989 -1990 **Teaching Assistant**, Department of Art, St. Norbert College, De Pere, WI.

Academic Honors

- 2016 **Engaged Scholar**, University of St. Thomas, Office of Global & Local Engagement. For advancing community engagement on equity in educational access
- 2015 **Professor of the Year (finalist)**, University of St. Thomas (faculty elected)
- 2009-12 **University Scholar**, University of St. Thomas. Three-year, nine-course release to support development of a relationship theory.
- 2013 **Sabbatical** (full year) to study families and communication in the digital age
- 2006 **Sabbatical** (full year) to study family communication and ritual
- 2000 **Faculty Service-Learning Award**, University of St. Thomas
- 2000 **National Thomas Ehrlich Faculty Award for Service Learning**
- 1999 **Omicron Delta Kappa**, National Leadership Honor Society

- 1999 **New Faculty Teaching Award**, Central States Communication Association
- 1997 **Faculty Member of the Year**, Hamline University (student elected)
- 1995 **Spotlight on Scholarship**, annual program highlighting the research of a scholar in the speech discipline, Speech Communication Association's annual conference, San Antonio, TX
- 1995 **Top Paper Award** in the Family Commission of the Speech Communication Association at the annual conference, San Antonio, TX
- 1994 **Speech Communication Association Dissertation Award**. Dissertation selected as best in the field of communication, 1994
- 1994 **Judy C. Pearson Graduate Award** for research in the area of Gender and Family Communication
- 1994 **Kantner Fellowship Award** (full-year graduate fellowship). Selected as one of four doctoral students to receive a university-wide fellowship
- 1990-94 **Full-tuition scholarship**, School of Interpersonal Communication, Ohio University

RESEARCH AND SCHOLARSHIP

Books

Nuru, A. & Bruess, C. (under contract). *Foundations of Wefulness Theory*. Lexington Books/Roman & Littlefield.

Bruess, C., (author/editor) & Voss, K (author/editor) (in development, expected fall 2022). *Dear Cassie: Lessons for Living the Good Life*.

Bruess, C. (author) & Woodman-Middlecamp, K. (illustrator/author) (forthcoming). *You are HERE: The Happy Couple's Life Journey*.

Bruess, C. (author) & Saul, D. (designer/photographer) (forthcoming). *Stubborn: The Art and Science of Long-Lasting Couples*.

Bruess, C. (ed.) (2015). *Family Communication in the Age of Digital and Social Media*. New York/London: Peter Lang International.

Bruess, C., & Kudak, A. (2010, June). *What Happy Women Do: A Salute to Sisterhood and the Rituals that Sustain Us*. Minneapolis, Fairview Press.

Bruess, C., & Kudak, A (2008, September). *What Happy Parents Do: The Loving Little Rituals*

of *A Childproof Marriage*. Minneapolis, Fairview Press.

Awards:

- Relationship Improvement Bronze Medal, 2009 Living Now Book Awards.
- Gift Books/Specialty, 2009 Independent Book Publishing Professionals Group/Next Generation Indie Book Awards.

Bruess, C. & Kudak, A (2008, January). *What Happy Couples Do: The Loving Little Rituals of Romance*. Minneapolis, Fairview Press

Award: Self-Help: Relationships, 2008 National Best Books Awards.

Bruess, C. & Kudak, A. (2009). Turkish Translation, *What Happy Couples Do*. Istanbul, Turkey: Pozitif Tur. Dis. Tic. Ltd. Sti. Marti Yayincilik publishers.

Orbe, M. & Bruess, C. (2005). *Contemporary Issues in Interpersonal Communication*. Roxbury/Oxford University Press.

Peer-Reviewed Journal Articles and Book Chapters

Nuru, A.K., & Bruess, C.J. (2021). Exploring how couples navigate the COVID-19 pandemic using Wefulness Theory. *Journal of Social and Personal Relationships*, 38 (10), pp 2838-2862.

Doty, J., L., Fenton, M., & Bruess, C. (under review). Teaching translational research to family science students through an infographic assignment.

Bruess, C. (forthcoming). Family Rituals and Narrative: At the *Helm* of Strong Kin(*ship*), in the Family Business and Beyond. In Sorenson, R., Goodpaster, K., & Naughton, M. (eds). *Faith Based Values in the Family Business*.

Bruess, C., Li, X., & Polingo, T. (2015). Facebook Family Rituals: An Investigation. In C. Bruess (ed.). *Family Communication in the Age of Digital and Social Media*. New York/London: Peter Lang International.

Bruess, C. (2015). The Internet. In M. J. Coleman & L. H. Ganong (eds). *The Social History of the American Family*. Sage.

Bruess, C. (2015). Personal Computers. In M. J. Coleman & L. H. Ganong (eds). *The Social History of the American Family*. Sage.

Bruess, C. (2014). Yard Sales and Yellow Roses: Rituals in Enduring Relationships (2nd ed). In D. Braithwaite and J. Wood (eds.), *Casing Interpersonal Communication: Case Studies in Personal and Social Relationships*. Kendall-Hunt.

Bruess, C. (2011). Family Rituals and Communication: The Construction of Family Identity and Social Capital. In R. Sorenson (ed), *Social Capital in Family Business*. Edward Elgar Press.

- Bruess, C. (2010). Yard Sales and Yellow Roses: Rituals in Enduring Relationships. In D. Braithwaite and J. Wood (eds), *Casing Interpersonal Communication: Case Studies in Personal and Social Relationships*. Kendall-Hunt.
- Bruess, C. (2010). Rituals In Our Relationships. In K. Galvin (ed) *Making Connections: Readings in Relational Communication (fifth edition)*. Oxford University Press.
- Bruess, C., Petersen, D. & Sauter, K. (2010). Service-Learning in the Study Abroad/Away From-Campus Communication Context: Lessons, Experiences, and Practical Wisdoms from the Hawaiian Ke Kula Ni'ihau O Kekaha School Projects. In D. Worley (Ed.) *Best Practices in Experiential and Service-learning in Communication*. Kendall/Hunt.
- Pawlowski, D., Bruess, C. & Dickmeyer, L. (2010). A Case for Doing Oral and Family Histories with Elders: Service-Learning in Family Communication. In D. Worley (Ed.) *Best Practices in Experiential and Service-learning in Communication*. Kendall/Hunt.
- Bruess, C. & Hoefs, A. (2005). The Cat Puzzle Revealed: Composing Relationships Through Family Ritual. In J. Wood and S. Duck (eds), *Composing Relationships: Communication in Everyday Life* (chapter 7). Belmont, CA: Wadsworth.
- Bruess, C., & Pearson, J. C. (2002). The Function of Mundane Ritualizing in Adult Friendship and Marriage. *Communication Research Reports*, 19 (4), 314-326.
- Bruess, C. (2000). Belly button fuzz and A wicky-wacky cake: Rituals in our personal relationships. In K. Galvin and P. Coopers (Eds.) *Making Connections: Readings in Relational Communication (2nd edition)*. Los Angeles, CA: Roxbury.
- Bruess, C. (2000). A single rose on your birthday: Relational rituals in enduring relationships. In D. Braithwaite and J. Wood (Eds.) *Case Studies in Interpersonal Communication: Processes and Problems*. Belmont, CA: ITP/Wadsworth.
- Bruess, C., & Pearson, J. (1999). Gendered Patterns in Family Communication. In L. McIntyre (ed.), *The Practical Skeptic: Readings in Sociology*. Mountain View, CA: Mayfield.
- Bruess, C., & Pearson, J. (1997). Rituals in marriage and adult friendship. *Communication Monographs*, 64, 25-46.
- Bruess, C., & Pearson, J. (1996). Gendered patterns in family communication. In J. Wood (Ed.) *Gendered Relationships*. Mountain View, CA: Mayfield.
- Bruess, C. (1996). Annotations for Annotated Instructor's Edition, *Confidence in Public Speaking* (Nelson, P., & Pearson, J.C.). Dubuque, IA: Brown & Benchmark.
- Bruess, C. (1995). Instructor's Manual. *Gender and Communication* (Pearson, J., West, R., & Turner, L.). Dubuque, IA: Brown & Benchmark.

Cooks, L., Orbe, M., & Bruess, C. J. S. (1994). The resurgence of the fairy tale theme in popular culture: A semiotic analysis of *Pretty Woman*. *Women's Studies in Communication*, 86-104.

Bruess, C. J. S., & Pearson, J.C. (1993). "Sweet Pea" and "Pussy Cat"? An examination of idiom use marital satisfaction over the life cycle. *Journal of Social and Personal Relationships*, 10, 609-615.

Conference Papers and Academic Conference Presentations

Nuru, A.K., & Bruess, C.J. (2021, November). *Wefulness: Exploring how couples navigate the COVID-19 pandemic through ritual and relational consciousness*. Paper presented to the Family Communication Division at the annual meeting of the National Communication Association, Seattle, WA.

Doty, J., Bruess, C., Fenton, M., Buelow, M. (2018). Teaching Translational Research and Dissemination to Family Science Students through an Infographic Assignment. Presentation at the Presentation at the Annual Meeting of the National Council on Family Relations, San Diego, CA.

Bruess, C., & Zimmerman, K. (2017). Together Possible: First Generation College Students and Families, Results of a Youth Participatory Action Research (YPAR) project. Presentation to Minnesota Campus Compact, St. Paul, MN.

Karraker, M. & Bruess, C. (2016, November). (Outstanding Paper Award from the Religion, Spirituality, and Family Section). Religion, Spirituality, and Social Values Among Mid-Western Middle-Class Families. Poster presentation at the annual meeting of the National Council on Family Relations, Minneapolis, MN.

Heneghan, M. & Bruess, C (2016, November). Healthy Grandparent-Grandchild Relationships and Rituals of Connections: Honoring Elders' Voices. Presentation at the Annual Meeting of the National Council on Family Relations, Minneapolis, MN.

Bruess, C., McDaniel, B., Drouin, M., & Youngvorst, L. (2016, July). Couples' Texting Rituals: Associations with Relationship Satisfaction, Frequency of Conflict, and Frequency of Sex. Poster Presentation at the annual meeting of the International Association of Relationship Researchers (IARR), Toronto, Canada.

Bruess, C. (2014, May 3). Women as Builder of Ritual and Relationship: Family, Friendship, and Beyond. Presented at the Siena Symposium for Women, Family, and Culture: "Woman as Prophet and Servant of Truth." University of St. Thomas, St. Paul, MN.

Bruess, C. (2013, December). Family Communication: Savvy, Positive Approaches in an Age of Incivility. Presentation at the fall conference of the Minnesota Council on Family Relations conference. St. Paul, MN.

Bruess, C. (2013, December). *E-merging issues for Digital Age Families: Thriving (not just*

surviving). Presentation at the fall conference of the Minnesota Council on Family Relations conference. St. Paul, MN.

Bruess, C., Li, X., & Polingo, T. (2013, November). Facebook Family Rituals: An Investigation. Presentation at the annual meeting of the National Council on Family Relations, San Antonio, TX.

Bruess, C. (April, 2013). *Intentional Family Values: Enacting Family Reality through Ritual*. International Conference "Faith and Values in Family Business" of Family Business Institute, University of St Thomas, St. Paul, MN.

Sauter, K. & Bruess, C. (2011, November). *Voices from Communication Departments: Institutionalized Service-learning Programs—Approaches, Practices and Techniques*. Panel presentation at the Annual Meeting of the National Communication Association, New Orleans, LA.

Bruess, C. & Sauter, K. (2011, November). *Large-Scale Community Based Learning in an Innovative Introductory Communication course*. Presentation as part of 12th annual Service-Learning Discussion Circles: Giving Voice to Students, the Community and to Scholarship. Annual Meeting of the National Communication Association, New Orleans, LA.

Sauter, K., & Bruess, C. (2011, June). *Advanced Technologies in Communication Pedagogies*. Presentation at the ACTC Learning Forum, Hamline University, St. Paul, MN.

Bruess, C. (2010, November). *Building Strong Bridges Between the Chasm of Communication Studies and the Popular Press: Publishing for Multiple Audiences*. Presentation at the National Communication Association conference, San Francisco, CA.

Bruess, C. (2010, November). *Large-Group Service-Learning in Communication – Service-Learning Discussion Circles: Building Bridges with our Students in the Community*. Presentation at the National Communication Association conference, San Francisco, CA.

Campbell, K. & Bruess, C. (2010, September). *Negative Couple Rituals: How Dysfunctional Relational Patterns Associate with Love and Commitment*. Presentation at the 72nd National Council on Family Relations Conference. Minneapolis, MN.

Bruess, C. (July, 2010). *Marital Communication and Rituals of Connection*. Presentation at the National Marriage Encounter Conference. Duluth, MN.

Bruess, C., & Wyatt, W. (2010, July). *What do social and citizen responsibility "look like" on our campus? Becoming engaged citizen communicators through an integrated, large-group service-learning project in our introductory hybrid course "Communication and Citizenship."* Presented at the Vatican Pontifical Council for Social Communication conference: Power to Transform the World -- Media and Communication Programs in Catholic Higher Education. Marquette University, Milwaukee, WI.

Bruess, C., Sauter, K., & Petersen D. (2010, April). *Service-Learning in the Study Abroad/Away-From-Campus Communication Context: Lessons, Experiences, and Practical Wisdoms from the Hawaiian Ke Kula Ni'ihau O Kekaha School Projects*. Panel: Engaging Students in Experiential and Service Learning. Accepted for presentation, although I did not make it to conference due to family obligations, at the Central States Communication Association Conference, Cincinnati, OH.

Bruess, C. (2009, November). *Sustaining the service-learning partnership: Service-Learning in family communication across generations*. Presentation at the National Communication Association Conference, Chicago, IL.

Bruess, C., Bunton, K., Connery, T., Wyatt, W., Baker, B., & Barretta-Herman, A. (2009, September). *Growing Students' Responsibilities as Engaged Citizen Communicators: A Model for Integrated, Large-Group Community-Based Learning*. Presentation at American Association of Colleges and Universities National Conference, Educating for Personal and Social Responsibility. Minneapolis, MN.

Bruess, C., & Cooley, E. (2009, February). *Excellence in Practice, Service-Learning Programs: A Creative Partnership*. Presentation at the Aging Services of Minnesota Conference (co-presented with volunteer coordinator and long-time community partner, Rosewood Estate Senior Living, Eric Cooley). Note: Rosewood Estate was awarded the Excellence in Practice Award for their work in service-learning partnerships (ours being the most significant and sustained).

Bruess, C. (2008, November, presented by colleague in my absence). *Service-Learning in the Family Communication Course: Building and Sustaining Partnerships for Oral History Collection*. National Communication Association Conference, Chicago, IL.

Bruess, C. (November, 2007). *Service-Learning Discussion Circles: Strengthening Intellect, Faith, and Ethics While Experiencing Community Worldviews*. Engage Your Students in the Study of Family Communication with a Service-Learning Project. Paper presented at the annual meeting of the National Communication Association, Chicago, IL.

Kudak, A., Pearson, J.C., & Bruess, C. (November, 2007). *Couple Ritual Changes Across the Lifespan*. Paper presented at the annual meeting of the National Communication Association, Chicago, IL.

Bruess, C. (2006, November). *Service-Learning in the Intercultural Communication Course*. Presentation at the National Communication Association Conference. San Antonio, TX.

Bruess, C. (2005, April). *Hmong, Somali, and Latino Education*. Panel presentation as part of "Changing Faces of Minnesota: Models for Increasing Local Capacity and Civic Engagement," at the Midwest Sociological Society Annual Meeting, Minneapolis, MN.

Sauter, K., & Bruess, C. (January, 2005). *The Rhetorical Marriage: Five Principles to Guide Marital Communication*. Hawaii International Conference on Arts and Humanities. Honolulu, HI.

Bruess, C. (2004, November). *Experiential Learning in Communication, Service-Learning Nuts and Bolts*. Panel presentation at National Communication Association Conference, Chicago, IL.

Bruess, C. (2003, November). *Beyond Service-Learning Basics: Models and Examples of Building Sustainable Campus-Community Partnerships*. Panel presentation at the National Communication Association Conference, Miami, FL.

Bruess, C. (2003, November). *Reaching the Community: Service-Learning Nuts and Bolts*. Panel presentation at the National Communication Association Conference, Miami, FL.

Bruess, C., & Daughters, K. (2003, September). *Beyond service-learning basics: Two models for building sustainable campus-community partnerships*. Presentation at the meeting of the National Society for Experiential Education. Minneapolis, MN.

Bruess, C. (2002, November). *Experience and Action: Service-Learning Nuts and Bolts*. Panel presentation at the National Communication Association Conference, New Orleans, LA.

Bruess, C. (2002, November). *Family Communication Courses and Service-Learning in Action: Is Service-Learning Right for your Family Course?* Panel presentation at the National Communication Association Conference, New Orleans, LA.

Bruess, C. (2001, November). *Institutionalizing Service-Learning: The Service-Learning Advisory Board on Campus*. Panel presentation at the annual conference of the National Communication Association, Atlanta, GA.

Bruess, C. (2001, November). *Radicals at work and Play: Service-Learning nuts and bolts*. Panel presentation at the annual conference of the National Communication Association, Atlanta, GA.

Bruess, C. & Conville, R. (2001, March). *Using Service-Learning in the Interpersonal and Family Communication Courses*. Presentation at the national Service-Learning in Communication Conference, University of St. Thomas, Minneapolis campus.

Bruess, C. & Conville, R. (2001, March). *Course Revision: A How-To Session on Revising a Course to Include Service-Learning*. Presentation at the national Service-Learning in Communication Conference, University of St. Thomas, Minneapolis campus.

Bruess, C. (2000, November). *Engaging the Community through the Service-Learning Pedagogy*. Panel presentation at the annual conference of the National Communication Association, Seattle, WA.

Bruess, C. (2000, November). Service-Learning: Engagement in the Communication Classroom. Panel presentation at the annual conference of the National Communication Association, Seattle, WA.

Bruess, C. (2000, November). Engaging Students through Experiential Learning Activities in the Communication Classroom: Activities for the Family Communication Course. Panel presentation at the annual conference of the National Communication Association, Seattle, WA.

Bruess, C. (2000, September). Experiential Learning in Family and Intercultural Communication. Presentation at the annual conference of the Communication and Theater of Association of Minnesota. Minneapolis, MN.

Bruess, C. (1999, November). Challenging Boundaries by redefining the traditional communication classroom. Panel presentation at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C., Karmon, K., Lowery-Hart, R., Byers, L., & Shue, L. (1999, November). Short Course Instructor: Beyond the University, Into the Community: Service-Learning in the Communication Course. Co-taught short course at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C. (1999, November). Extending Our Creative Boundaries: Integrating Service-Learning in Communication Courses – A Discussion Circles Approach. Panel participant at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C. (1999, November). Experiential Learning Activities for Classes in Family Communication. Presentation at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C. (1998, November). Mentoring Across the Gender Line: Lessons Learned, New Visions. Panel presentation at the annual conference of the National Communication Association, NY, NY.

Bruess, C. (1998, November). Service Learning in the Communication Course: Learning Beyond the Classroom Walls. Panel presentation at the annual conference of the National Communication Association, NY, NY.

Bruess, C. (1998, November). Experiential Learning Activities for Classes in Gender/Interpersonal Communication. Poster presentation at the Annual meeting of the National Communication Association, NY, NY.

Bruess, C. (1998, September). Service Learning in Communication Courses. Presentation at the Annual conference of the Communication and Theater Association of Minnesota. Brooklyn Center, MN.

Bruess, C. (1997, October). Service Learning in the Intercultural Communication Classroom. Paper presented on the panel "Powerful Examples of the Service-Learning Pedagogy: An interactive discussion for transforming your own courses" at the annual conference of the National Communication Association (formerly Speech Communication Association), Chicago, IL.

Bruess, C. (1997, October). Mentorship, Friendship: Women's Experiences and Expectations of the Student-Teacher Relationship. Panel presentation at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C. (1997, October). Service-Learning Pedagogy: Experiential Learning in the Gender and Communication Classroom. Panel presentation at the annual conference of the National Communication Association, Chicago, IL.

Bruess, C., Smidzik, L., & Vogel, K. (1997, February). Hamline University's LEAD Program: Connecting Academic Objectives and Authentic Experience. Showcase presentation at the conference "Teaching in Context: Connecting Instruction to Authentic Experience" sponsored by the Collaboration for the Advancement of College Teaching and Learning, Bloomington, MN.

Bruess, C. (1996, November). "May I Check Your Belly Button?": Rituals as Relational Cultural Expression and Maintenance in Marriage. Paper presented at the annual conference of the Speech Communication Association, San Diego, CA.

Bruess, C. (1996, April). Finding Jobs on the Small College Campus. Presentation at the meeting of the Central States Communication Association, St. Paul, MN.

Bruess, C. (1996, April). The Summary-Report Assignment: Integrating student discussion and the communication literature into the gender and communication course. Paper presented at the meeting of the Central States Communication Association, St. Paul, MN.

Bruess, C. (1996, April). "Life on the Farm": A Narrative Assignment in the Family Communication Course. Paper presented at the meeting of the Central State Communication Association, St. Paul, MN.

Bruess, C. (1995, November). Might the Grass Be Greener? Rethinking Relationships via the Study of Ritual. Paper presented at the annual conference of the Speech Communication Association, San Antonio, TX.

Bruess, C., & Pearson, J. C. (1995, November). Like Sands Through the Hour Glass: Rituals in Day-to-Day Marriage. Paper presented at the annual conference of the Speech Communication Association, San Antonio, TX.

Bruess, C., & Pearson, J. C. (1995, November). "Outrageous Underwear" and "Tough-Guys' Night": The form and function of interpersonal rituals in adult friendship. Paper

presented at the annual conference of the Speech Communication Association, San Antonio, TX.

Bruess, C., & Pearson, J. C. (1995, June). Rituals: Heuristically and Relationally Valuable. Paper presented at the bi-annual conference of the International Network on Personal Relationships, Williamsburg, VA.

Bruess, C. (1995, April). "The Game of Elephants" and "A Wicky-Wacky Cake": The Importance of Rituals in Relationships. Paper presented at the joint meeting of the Southern States Communication Association and Central States Communication Association, Indianapolis, Indiana.

Bruess, C., & Pearson, J.C. (1994, November). Rituals in Marriage. Paper presented at the annual conference of the Speech Communication Association, New Orleans, LA.

Bruess, C. (1994, May). Women's Work, Women's Worth: Exploring Women's Role in the Family. Presentation at the third annual Ohio University Women's Conference.

Bruess, C., Dellinger, C., & Sahlman, J. (1993, June). Task-sharing in marriage: Engaged couples' reports of their expectations. Paper presented at the bi-annual conference of the International Network on Personal Relationships, Milwaukee, WI.

Pearson, J.C., Bruess, C., & Krishna, V. (1993, June). Communication apprehension: How does it affect the initiation, maintenance, and termination of relationships? Paper presented at the bi-annual conference of the International Network on Personal Relationships, Milwaukee, WI.

Pearson, J.C., Cooks, L., & Bruess, C. (1993, April). The influence of gender, age, and importance of religion on relational characteristics. Presented at the joint meeting of the Southern States Communication Association and the Central States Communication Association, Lexington, KY.

Bruess, C., & Pearson, J.C. (1992). Do couples really call each other "Schnookums" and "Kouklaki"? An examination of idiom use and marital satisfaction over the life cycle. Paper presented at the annual conference of the Speech Communication Association, Chicago, IL.

Cooks, L., Orbe, M., & Sessler (Bruess), C. (1991, November). The resurgence of the fairy tale theme in popular culture: A semiotic analysis of *Pretty Woman*. Paper presented at the annual conference of the Speech Communication Association, Atlanta, GA.

Pearson, J.C., & Sessler (Bruess), C. (1991, November). Should I stay or should I go? Relationship initiation and termination of high and low communication apprehensives. Paper presented at the annual conference of the Speech Communication Association, Atlanta, GA

Pearson, J.C., & Sessler (Bruess), C. (1991, May). Family communication and health:

Maintaining marital satisfaction and quality of life. Paper presented at the annual conference of the International Communication Association, Chicago, IL.

PROFESSIONAL SERVICE ACTIVITIES

Board of Directors (2021-present). Greater Green Bay Community Foundation. (GGBCF) is a non-profit providing smart and effective giving tools for donors, impactful grants for nonprofit organizations and collaborative leadership around critical community initiatives.

Task Force Member (2020-present). Council of Independent Colleges, Presidential Partners & Spouses Advisory Group.

Advisory Group (2019-present). Association of Catholic Colleges and Universities, Presidential Spouse Track.

Author & Co-Creator (2018-2020). *Parent Pathways*, an evidence-based monthly newsletter for family and parents of college students addressing contemporary issues to support college success and transitions. St. Norbert College, De Pere, WI.

Co-founder/Task Force Member (2017-present). *Proud to Be First*. St. Norbert College advisory group designed to support first generation college students from acceptance through graduation and beyond.

Team Lead (June 20-22, 2016). *Place-Based Community Engagement Institute* at Seattle University, co-sponsored by the Annie E. Casey Foundation. Led/coordinated five-member team from University of St. Thomas.

External Reviewer/Tenure & Promotion (fall 2015). External reviewer on tenure/promotion application of a communication professor seeking tenure and promotion, Augsburg College, Minneapolis Minnesota.

External Reviewer of Promotion to Full Professor (fall 2015). Served as invited reviewer/letter writer for Dr. Anne Fletcher, Department of Human Development and Family Studies, University of North Carolina at Greensboro.

Book Reviewer (August, 2015). Rowman & Littlefield. Comprehensive review of *Marriages & Families in the 21st Century: A Bioecological Approach* by Tasha R. Howe.

Journal Reviewer (2015-present). Completed multiple journal article reviews for *Communication Teacher*.

Journal Reviewer and Editorial Board Member (2015-present). Completed multiple journal article reviews for *Journal of Family Communication*.

Journal Reviewer (2015-present). *Journal of Marital and Family Therapy*.

Journal Reviewer (2015-present). *Journal of Child and Family Studies*.

Journal Reviewer (2015-present). *Journal Communication Theory*.

Journal Reviewer (2015-present). *Journal of Marriage and Family Therapy*.

Journal Reviewer (2014-present). *Communication Teacher*.

Journal Reviewer (2014-15). *Mobile Media and Communication*.

Conference Paper Reviewer (2015). National Council on Family Relations.

Member (2010-17). MCFR (Minnesota Council on Family Relations) and NCFR (National Council on Family Relations).

Search Committee (2014). Editor, *Journal of Family Communication*. Member of four-person committee to solicit applications, review, and hire new editor.

Chair, (2013-14), Bernard J. Brommel Award of the National Communication Association. The Bernard J. Brommel Award for Outstanding Scholarship or Distinguished Service recognizes outstanding scholarship or distinguished service in family communication. Scope of the award: Contribution to the area of family communication may include research published in scholarly publications or leadership in instructional areas. Scholarship is broadly defined to include the spectrum of scholarly writing found in articles published in any NCA journal or by NCA members publishing in major research journals sponsored by other associations or organizations, or in book or monograph form. This award can also be given to someone who has made an outstanding contribution over a period of years to family communication through leadership, teaching, or promoting the area of family communication at the local, regional, or national level. The award could also be given to someone who combines both scholarly contributions and instructional leadership.

Conference Paper Reviewer (2014) for National Council on Family Relations. Competitive paper submissions for annual conference.

Book Proposal Reviewer (2014, spring). Left Coast Press. Provided review of new textbook on social justice approach to teaching interpersonal and relational communication.

Planning Committee (2013), MCFR, Minnesota Council on Family Relations, fall conference committee.

Member (2012-13). Council on Contemporary Families.

Member (2012-13). National Communication Association.

Member (2011-2012), one of three elected Bernard J. Brommel Award committee members of the

National Communication Association. The **Bernard J. Brommel Award for Outstanding Scholarship or Distinguished Service** recognizes outstanding scholarship or distinguished service in family communication. Scope of the award: *Contribution to the area of family communication may include research published in scholarly publications or leadership in instructional areas. Scholarship is broadly defined to include the spectrum of scholarly writing found in articles published in any NCA journal or by NCA members publishing in major research journals sponsored by other associations or organizations, or in book or monograph form. This award can also be given to someone who has made an outstanding contribution over a period of years to family communication through leadership, teaching, or promoting the area of family communication at the local, regional, or national level. The award could also be given to someone who combines both scholarly contributions and instructional leadership.*

Reviewer (2011-2012). *Journal Communication Teacher*.

Reviewer (2011-2012). *Journal, Communication Theory*.

Advisory Board Member (2011-2012), Minnesota Council on Family Relations.

Member (2011-2012), MCFR (Minnesota Council on Family Relations) and NCFR (National Council on Family Relations).

Competitive appointment to the 2011 Bernard J. Brommel Award Committee of the Family Communication Division of the National Communication Association.

Panel Chair (2010, November). National Communication Association Conference, San Francisco, CA.

Panel participant (2010, September). Speed Mentoring: The Family Professions. National Council on Family Relations Conference, Minneapolis, MN.

Paper/program reviewer for 2011 National Communication Association Conference, Experiential Learning in Communication Division.

Reviewer and editorial board member, *Journal of Family Communication* (approximately 3-4 MS per year).

Reviewer, *Communication Teacher*, publication of the National Communication Association (approximately 1-3 MS per year).

University of St. Thomas, Grants

2015-16 **\$30K Grant** from **Minnesota Campus Compact, Youthprise**, and the **McKnight Foundation**. Youth Participatory Action Research project of 14 Cristo Rey and UST students/Cristo Rey alums studying college access and success for first generation

students: **“Together Possible: First Generation College Students and Families.”**

- 2013-14 **Sabbatical Assistance Grant** to support year-long research sabbatical.
- 2009-12 **University Scholar Grant**, funding nine-course release over three years.
- 2008 \$8400 **Research Grant** to fund two-course release in support of writing and research.
- 2007 \$3900 **Sabbatical Assistance Grant** to support research and writing during year-long sabbatical.
- 2005 \$2000 **New Program Development Grant** to support site visit to Japan for course development of *Japan: A Communication Perspective*. Grant provided by University of St. Thomas’ International Education program.
- 2005 \$3000 **Bush Grant** for the Department of Communication Studies to support the department’s annual *Undergraduate Communication Research Conference*.
- 2005 \$1500 **Collaborative Inquiry Grant** for faculty-undergraduate student research.
- 2004 \$3000 **Bush Grant** for the Department of Communication Studies to support the continued planning and improvement of the department’s annual *Undergraduate Communication Research Conference*.
- 2003 \$4000 **Bush Grant** for the Department of Communication Studies to support the continued planning and improvement of the department’s annual *Undergraduate Communication Research Conference*.
- 2003 \$750 **Bush Grant** to support “Family Studies Capstone: Engaged Learning Through Service-Learning.” Grant supports work on integrating service-learning into the Family Studies Capstone Course.
- 2002 \$1500 **Bush Grant** to support “*Service-learning in Family Communication: Engaged teaching, Learning, and Inquiry.*” Grant supports work on integrating service-learning into the Family Communication course and to coordinate course as part of 12-course interdisciplinary service-learning project at the University of St. Thomas.
- 2002 \$5000 **Bush Grant** for the Department of Communication Studies to support the planning and improvement of the department’s annual *Undergraduate Communication Research Conference*.
- 2001 **Luann Dummer Center for Women** at University of St. Thomas to purchase materials for incorporating information related to Native American Issues into

intercultural communication course.

TRANSLATION OF SCHOLARSHIP for MEDIA

TED.com, author (2019-present). Invited articles published at ideas.TED.com on evidence-based relationship communication topics. <https://ideas.ted.com/tag/carol-bruess/>

Bruess, C. (Dec 2021). Six relationship resolutions to make this year.
<https://ideas.ted.com/6-relationship-resolutions-to-make-this-year/>

Bruess, C. (Feb 2021). Do you know the 5 love languages? Here's what they are—and how to use them. <https://ideas.ted.com/whats-your-favorite-persons-love-language-heres-how-to-tell-and-how-to-use-it/>

Bruess, C. (April 2020). How to keep the pandemic from ruining your marriage.
<https://ideas.ted.com/how-to-keep-quarantine-from-ruining-your-marriage/>

Bruess, C. (Jan 2020). Are you lonely in your partnership or marriage?
<https://ideas.ted.com/are-you-lonely-in-your-partnership-or-marriage/>

Bruess, C. (Dec 2019). A marriage researcher's favorite books and podcasts for better relationships. <https://ideas.ted.com/a-marriage-researchers-favorite-books-and-podcasts-for-better-relationships/>

Wit&Delight lifestyle blog, author (2018-present). www.WitandDelight.com is a national blog with more than a million unique readers annually. I publish invited, evidence-based articles on relationships, marriage, family, communication in digital age, ritual, and creating healthy human connection.

Bruess, C. (Dec 2021). When to leave a relationship and how to do it.
<https://witanddelight.com/2021/12/when-to-leave-a-relationship-and-how-to-do-it/>

Bruess, C. (Jan 2021) How to develop a healthy relationship with regret.
<https://witanddelight.com/2021/01/how-to-develop-a-healthy-relationship-with-regret/>

Bruess, C. (Dec 2020). How to adapt your rituals in times of uncertainty.
<https://witanddelight.com/2020/12/how-to-adapt-your-rituals-in-times-of-uncertainty/>

Bruess, C. (Nov 2020). How to advocate for your needs in a relationship.
<https://witanddelight.com/2020/11/how-to-advocate-for-your-needs-in-a-relationship/>

Bruess, C. (Sept 2020). A case for becoming more gentle in your life.
<https://witanddelight.com/2020/09/a-case-for-becoming-more-gentle-in-your-life/>

Bruess, C. (July 2020). How to cultivate a relationship that lasts.
<https://witanddelight.com/2020/07/how-to-cultivate-a-relationship-that-lasts/>

Bruess, C. (June 2020). Three simple ways to hack your relationship without therapy.
<https://witanddelight.com/2020/06/3-simple-ways-to-hack-your-relationship-without-therapy/>

Bruess, C. (May 2020). 5 questions you need to ask before getting married.
<https://witanddelight.com/2020/05/5-questions-you-need-to-ask-before-getting-married/>

Bruess, C. (April 2020). How to nurture your relationships when in close quarters.
<https://witanddelight.com/2020/04/how-to-nurture-your-relationships-when-youre-in-close-quarters/>

Bruess, C. (Jan 2020). What a simple mantra can do for you.
<https://witanddelight.com/2020/01/what-a-simple-mantra-can-do-for-you/>

Bruess, C. (Aug 2019). Marriage is too important to take it too seriously.
<https://witanddelight.com/2019/08/marriage-is-too-important-to-take-it-too-seriously/>

Bruess, C. (Aug 2018). My favorite books and podcasts for making and keeping better relationships. <https://witanddelight.com/2018/08/my-favorite-books-podcasts-making-keeping-better-relationships/>

Bruess, C. (April 2018). Is our unhealthy obsession with smartphones affecting our relationships? <https://witanddelight.com/2018/04/unhealthy-obsession-beloved-smartphones-affecting-relationships/>

CBS-WCCO/TV, Relationship Reboot Series (2015 – 2018). Weekly relationship co-expert on CBS/WCCO's **Relationship Reboot, WCCO-TV Midmorning show with** anchors Jason DeRusha and Kylie Bearse (co-expert, Dr. Kirsten Lind Seal, Licensed Marriage and Family Therapist). Our Relationship Reboot Mission Statement reflects the professional practice and research-applications we bring to the greater twin cities community weekly:

In Relationship Reboot, we discuss contemporary topics essential for healthy, diverse relationships and respond to viewer relationship dilemmas. We offer accessible, research-based perspectives and clinical expertise to help individuals have intentional and happy relationships, and translate theory and research to support healthy human interactions because we believe strong and positive relationships create a more peaceful, desirable world.

Professional Commentary in Media (2006-present), in multiple media venues, on communication in relationships, family, and marriage, including but not limited to topics of language, relationship ritual, relationship cultures, and gender communication. Including:

National Magazines

Guest Expert/Scholar-Feature (Feb, 2015). *Scientific American*. "Terms of Endearment: Why Do We Use Pet Names in Relationships?"

Expert Interview for *Men's Health* Magazine (July, 2014).

Women's Health, April 2009

Library Bookwatch, October, 2008

Cosmopolitan, multiple interviews, including:

Cosmopolitan.com (2013) - "Cosmo for Guys: Smalls Moves that Score Big."

Cosmopolitan.com (2013) - "7 Signs You're Ready to Get Married"

Cosmopolitan Magazine. "The Little Rituals Couples Celebrate Together," July 2000

Cosmopolitan Magazine - Spanish Language Edition. "de cosmo para tu chico." February, 2009.

Cosmopolitan Magazine. "Cosmo for Guys: 4 small moves that score big." April 2010

Cosmopolitan, February 2008

Cosmopolitan en Español, March 2008

Cosmopolitan, January, 2009

National Television

CBS Saturday Early Show, July 7, 2007

CBS Saturday Early Show, September 29, 2007

CBS Saturday Early Show, October 6, 2007

CBS Saturday Early Show, November 10, 2007

CBS Saturday Early Show, May 2007

National Radio

"Michael Smerconish Program", 04/07/2009

"Jack Roberts Show" Cable Radio Networks

"Insider Magazine" KPRO-AM, syndicated

"Mornings with Lorri & Friends", FamilyNet Radio and TV, 10/20/2008

"Something You Should Know", Strand Media Group, 10/08/2008

"Close couples speak language of love" MSNBC 03/2009

"Jeanne Chatzky Show", Oprah and Friends, XM Satellite Radio, 02/14/2008

"Jack Roberts Show", Cable Radio Networks

"Insider Magazine", KPRO-AM, syndicated

Regional Cable

"Art Fennel Show", cable show syndicated to New York/New Jersey, Philadelphia, Boston, Baltimore, Hartford, Providence, Harrisburg, & Springfield markets. 02/11/2008.

Regional Magazines

MN Monthly, spring 2012

<http://www.minnesotamonthly.com/media/MinnesotaMonthly/May-2012/All-Talk/>

Mpls./St. Paul, 01/2009

Minnesota Parent (winter 2009)

Local Television

Multiple appearances, NBC, CBS, FOX and ABC affiliates, 2006-current, including:

WCCO, Channel 4/CBS affiliate: (May 5, 2013) How Often Are Women Taking Their Husbands' Names?: <http://minnesota.cbslocal.com/2013/05/15/good-question-how-often-are-women-taking-their-husbands-names/>

WCCO, Channel 4/CBS affiliate: 'What Happy Couples Do' To Stay Happy: Get Away February 5, 2013 <http://minnesota.cbslocal.com/2013/02/05/what-happy-couples-do-to-stay-happy-get-away/>

KARE 11, NBC affiliate: "Creating a balance between life and work." May 16, 2012.

KARE 11, NBC affiliate: "Sleep texting is a growing problem." Feb 9, 201

KARE 11, NBC affiliate: "When Bad News Is Good." May 4, 2009

ABC twin cities affiliate KSTP Channel 5 in 2011-12 e.g., <http://summit-macgroveland-highland.kstp.com/news/news/112953-ust-student-urges-people-log-facebook-cause>

NBC twin cities affiliate KARE Channel 11, in 2011-12 e.g., http://www.kare11.com/news/news_article.aspx?storyid=976420 and http://www.kare11.com/news/news_article.aspx?storyid=961205

FOX News twin cities Fox 9 e.g., <http://www.myfoxtwincities.com/story/18609644/family-communication-expert-talks-relationship-contracts>

KARE 11, NBC Showcase Minnesota, 12/01/08

WCCO, CBS Channel 4, Special Report: Marriage and Sex. 07/14/2008

WCCO, CBS Channel 4, Good Question: Who Cheats More, Men or Women? 10/29/2008

WCCO, CBS Channel 4, Good Question: Do Opposites Really Attract? 02/12/2009

WCCO CBS Channel 4, Special Report: Opposite-Sex Friendship in Marriage, 04/27/2009

WCCO-TV, Minneapolis, 01/24/2008, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 03/06/2008, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 06/21/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 07/05/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 09/07/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 10/04/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 11/05/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 12/12/2007, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 06/2007 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 05/2007 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 01/2007 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 11/2006, 10 p.m. "Good Question"

WCCO-TV, Minneapolis, 09/2006, 10 p.m. "Good Question"

KARE11-TV, Minneapolis, 02/13/2008, "Showcase Minnesota" show

KARE11-TV, Minneapolis, 02/14/2008, KARE 11 OnLive
KRQE-TV, Albuquerque, 02/11/2008 "News 12 This Morning"
WCCB-TV, Charlotte, 02/11/2008, "News Rising"
KVEW-TV, Yakima, WA, 02/11/2008 "Good Morning Northwest"
WNEM-TV, Saginaw/Flint, "TV 5 Wake-Up"
KWTX-TV, Waco, TX, "News 10 This Morning"
KDKA-TV, Pittsburgh, PA, 02/11/2008 "Pittsburgh Today Live"
WJXT-TV, Jacksonville, 02/11/2008 "Eyewitness News AM"
KMPH-TV, Fresno, 02/11/2008 "Great Day"
KHGI-TV, Kearney, Nebraska, 02/11/2008 "Good Morning Nebraska"
WGHP-TV, Greensboro, 02/11/2008 "Fox 8 Morning News"
KMAX-TV, Sacramento, 02/11/2008 "Good Day Sacramento"
KIMT-TV, Mason City, IA, 02/11/2008 "News Daybreak"
WEAU-TV, Eau Claire, WI, 02/11/2008 "Newscenter 13 Sunrise"
KTVE-TV, W. Monroe, LA, 02/11/2008 "Region 10 Today"
WCJB-TV, Gainesville, FL, 02/11/2008 "Morning Edition"
WACH-TV, Columbia, SC, 02/11/2008 "Good Day"
WPTY-TV, Memphis, TN, 02/11/2008 "Eyewitness News Midday"
WTVR-TV, Richmond, VA 02/11/2008 "Virginia This Morning"
KMIR-TV, Palm Springs, CA 02/11/2008 "KMIR 6 News Today"

Local Newspapers

Star Tribune (5/10/13). Time to Celebrate Other "Mothers," Too.
Star Tribune (4/29/13). List Rage Makes the Rankings of What Irks Us.
The Staten Island Advance (NY) 02/2012
Birmingham News (AL), 07/20/2008
Pittsburgh Tribune-Review (PA), 03/23/2008
Florida Today (FL), 08/31/08
Worcester Telegram and Gazette (MA), 10/21/2008
St. Paul Pioneer Press (MN) 01/11/2009
Sioux Falls Argus Leader (SD) 11/09/2008
Poughkeepsie Journal (NY) 11/09/08
Alexandria: The Town Talk (LA) 11/09/08
Palm Springs Desert Sun (CA) 11/09/08
Wilmington News Journal (DE) 11/10/08
Lansing State Journal (MI) 11/11/08
Clarksville Leaf-Chronicle (TN) 11/11/08
Newark Advocate (NJ) 11/12/08
Springfield Sunday News-Leader (MO) 11/16/08
Lafayette Journal and Courier (IN) 11/09/08
Montgomery Advertiser (AL) 11/09/08
Burlington Free Press (VT) 11/09/08
Carroll County Times (MD) 11/09/08
St. Cloud Times (MN) 11/09/08
Jackson Clarion-Ledger (MO) 11/10/08
Rochester Democrat and Chronicle (NY) 11/13/08

Indianapolis Star (IN) 11/10/08
Palm Springs Desert Sun (CA) 11/09/08
Pensacola News Journal (FL) 11/13/08
Lafayette Daily Advertiser (LA) 11/24/08
The [Nashville] Tennessean (TN) 11/30/08
Greenville News (SC) 11/17/08
Sunday Register Star (IL) 11/16/08
Courier-Post (NJ) 11/23/08
Baxter Bulletin (AR) 12/19/08
Albany Times-Union (NY) 12/24/08
Pittsburgh Tribune (PA) 03/23/2009
Milwaukee Journal Sentinel (WI), 1/03/2008
Milwaukee Journal Sentinel (WI), 2/11/2008
Lexington Herald-Leader (KY), 01/15/2008
New Jersey Herald News, 1/18/2008
Fort Wayne News-Sentinel (IN), 1/14/2008
Wichita Eagle (KS), 1/18/2008
Wisconsin State Journal (WI), 1/20/2008
St. Paul Pioneer Press (MN), 02/13/2008
Janesville Gazette (WI), 02/11/2008.
The Buffalo News (NY), 02/01/2008
The Buffalo News (NY), 02/14/2008
Jacksonville Times Union (FL), 02/11/2008
State Journal Register (OH), 2/07/2008
State Journal Register (OH), 2/10/2008
Springfield News-Sun (OH), 2/12/2008
Newark Star-Ledger (NJ), 01/30/2008
Villager (St. Paul, MN), 02/05/2008
Chicago Tribune (IL), 02/10/2008
Chicago Tribune (IL), 02/26/2008
Tampa Tribune (FL), 02/10/2008
Cherry Hill Courier Post (NJ), 02/11/2008
Deseret Morning News (UT), 02/11/2008
Lincoln Journal-Star (NE), 02/09/2008
Dayton Daily News (OH), 02/12/2008
Northwest Indiana & Illinois Times, 02/11/2008
The State (SC), 01/19/2008
Lakeland Ledger (FL), 02/13/2008
Canton Repository (OH), 02/14/2008
Chronicle-Telegram (OH), 02/15/2008
St. Cloud Times (MN), 02/24/2008
St. Cloud Times (MN), 02/26/2008
La Opinion (CA), 02/13/2008
Georgia Times Union, 02/10/2008
Norman Transcript (OK), 02/17/2008

Modesto Bee (CA), 03/17/2008
Richmond Times-Dispatch (VA), 03/09/2008
Anniston Star (AL), 03/06/2008

Local Radio

Northridge, CA, KCSN-FM, "Full Circle", 09/25/2008
St. Cloud, MN, WJON-AM, "Jay Caldwell Show", 09/26/2008
Minneapolis, MN, WCCO-AM, "Mondale and Jones", 09/29/2008
Washington, DC, WMET-AM, "Lunchtime Talk", 09/29/2008
Oxford, NC, WCBQ-AM/WHNC-AM, "Alvin Augustus Jones Show", 10/01/2008
Mankato, MN, KMSU-FM, "Minnesota Morning", 10/01/2008
Morehead City, NC, WTKF-FM/WJNC-AM, "Coastal Daybreak", 10/03/2008
Osage Beach, MO, KRMS-AM/KOZQ-AM, "The 411", 10/08/2008
Philadelphia, PA, WWDB-AM, "Wellness, Wholeness and Wisdom", 10/10/2008
St. Louis, MO, KLPW-AM, "Diane Jones Show", 10/13/2008
Shreveport, LA, KEEL-AM, "Strategies for Living", 10/16/2008
Brockton, MA, WXBR-AM, "Ron Van Dam Show", 10/20/2008
Moberly, MO, KIRK-FM, "Morning Show with Stephanie", 10/20/2008
Colorado Springs, CO, KCMN-AM, "Tron Talk", 10/29/2008
Denver, CO, KOA-AM, "Your Kids", 11/06/2008
Seattle, WA, KKNW-AM, "Chat with Women", 11/07/2008
Rolla, MO, KMST-FM "Life Skills", 11/10/2008
Bridgeport, CT, WICC-AM, "Coffee Break Chat", 11/12/2008
Burlington, IA, KBUR-AM "Steve Huxom Show", 12/09/08
Newport, RI, WPRO-AM "Talkzone", 12/15/08
Amherst, VA, WAMV-AM "Bob Langstaff Show" 11/17/08
Ocala, FL, WOCA-AM / AM "Ocala Live With Larry Whitler" 11/24/08
Boston, MA, WNTN-AM / 1550 Today 12/08/08
Newport, RI, WPRO-AM "TalkZone" 12/15/08
Minneapolis, MN, WCCO-AM, "Fairview OnCall", 02/03/2008
Minneapolis, MN, WCCO-AM, "Mondale and Jones", 02/07/2008
Minneapolis, MN, WFMP-FM, "The Lori and Julia Show", 02/14/2008
Baltimore, MD, WLIF-FM, "The Lite FM Morning Show Baltimore"
Tulsa, OK, KBEZ-FM, Show: "Steve Smith and Carly Rush"
Grand Rapids, MI, WOOD-AM, "West Michigan's Morning News", 02/07/2008
Gainesville/Ocala, FL, WOCA-AM, "AM Ocala Live with Larry Whitler", 02/07/2008
Colorado Springs, CO, KCMN-FM, "Tron Simpson Show", 02/07/2008
Roanoke, VA, WAMV-AM, "Bob Langstaff", 02/07/2008
Norfolk, VA, WAFX-FM, "WAFX Morning Show"
St. Louis, MO, KLOU-FM, "Smash Morning Show", 02/07/2008
Providence, RI, WFHN-FM, "JR and Sharon in the Morning", 02/07/2008
Nashville, TN, WLAC-AM, "Dan Eidem Show", 02/07/2008
Sarasota, FL, WSRQ-AM, "Health Beat of America", 02/07/2008
Salisbury, MD, WICO-AM, "Bill Reddish Show"
Chicago, IL, WSBC-AM, "The Morning Break", 02/07/2008
Milwaukee, WI, WBEV-AM, "Idea Exchange", 02/07/2008
New Orleans, LA, KMEZ-FM, "Hometeam Morning Show", 02/07/2008

Parkersburg, WV, WLTP-AM, "Doug Hess Show"
Columbia, MO, KWIX-AM, "Stephanie Ross Show"
Burlington, IA, KBUR-AM, "Steve Hexem Show", 02/07/2008
Cincinnati, OH, WLW-AM, "Jim Scott Show"
Santa Fe, NM, KSFR-FM, Santa Fe Public Radio, "The Journey Home"
Fresno, CA, KTIP-AM, "Hopper", 02/09/2008
New York, NY, WAWZ-FM, "Johnny Stone in the Morning", 02/14/2008
Johnstown, PA: WKYE-FM, WFGI-FM, WRKW-FM, WJHT-FM, WNTJ-AM, WNTW-AM,
"The Helen Mall Show", 2/07/08

Web/blogs

Inc.com

Care.com (parenting website)

Healthmad.com

Tommie Media (example: <http://www.toggiemedia.com/multimedia/long-distance-relationships-working-due-to-technology/>)

CNN.com: How to save a relationship from holiday hell. December 2009

Truly Engaging.com: What Happy Couples Do.

Womenshealth.com: The Secret Language of Great Couples.

Side2.com: Swedish Relationships Forum article 2598410.

Psychlinks.com: Psychology and self-help forum. "Cutesy nicknames strengthen couples bonds."

Hainsworth.com: "No, you're schmoopie."

Pittsburghlive.com: How to Remain a Happy Couple. By William Loeffler, Tribune-Review.

Loansexy.com: Love talk playfulness is at the core of marriage happiness.

Modern Mom.com: Be a better Parent.

Lovellogic.com: The Secret Language of Great Couples.

The Creative Homemaker.com: Books to have in your collection!

Mamalit.com

HomeSchooledTwins.blogspot.com

parenting.glam.com

DallasBookDiva.com

busy-moms-online.com

TheMangoTimes.com

laurawilliamsmusings.blogspot.com

5minutesformom.com

5MinutesForBooks.com

wsRadio.com

Talkshoe.com

generationsandwich.blogspot.com

pkmeco.com/familyblog

intent.com

goodlifefetworks.com

virtualwordsmith.blogspot.com

diaryofanecentric.blogspot.com

Professional Blogging

2009 – 2015. Official blogger, University of St. Thomas, *The Scroll*.

2015 – 2017. Creator of/writer for “Humans of St. Thomas” series.

2007 – present. Creator and primary blogger: *What Happy Couples Do Blog* Whathappycouplesdo.com. A blog committed to subtly translating research and theory toward improving daily living for individuals and couples; advances mindful communication choice-making in the context of relationship *ritual*, an ongoing and central feature in humans’ relational lives.

Trainings, Panels, Emcee, Keynote Presentations

Keynote speaker (May, 2016). St. Paul Public Schools, ECFE (Early Childhood Family Education) program, spring parent event, “The essentials of healthy, happy marriage – Especially in the Digital Age.”

Keynote speaker (Aug 4, 2016). National Marriage Encounter Annual Meeting. “Turning Toward Each Other: Seeing the Biggest Gifts in the Littlest Moments of Marriage.” Stevens Point, WI.

Bruess, C. (Dec 1, 2015). Public lecture for University of St. Thomas faculty, staff, students, and community members: “How Digital and Social Media are Changing Families.”

Trainer/Presenter (March, 2015). St. Paul Public Schools, Early Childhood Family Education. Making Marriage Work: Strong Couples Make Stronger Kids.

Keynoter (April, 2015). Academy of Holy Angels Father-Son Banquet. “The Triple Threat Position on Communication and Relationships.” Created and delivered an all new 1.25 hour keynote on research/application of digital age relationship dilemmas, communication competence for 14-64 year olds, and gender communication frameworks.

Panelist (2013, Oct 22): “Preparing Future Faculty: Teaching & Learning Topics in Higher Education.” Panel sponsored/hosted by University of Minnesota, Twin Cities for future teachers in higher education across disciplines.

Coordinator and Steering Committee (October, 2013). Everything in its Place: Mind-Body Dialogues – a multi-disciplinary conversation broadcast on MPR and TPT with Bruce Kramer (for UST dean, living with ALS), Matthew Sanford (author and founder of nationally recognized mind-body innovations), and Cathy Wurzer (of MPR). Over 1000 attended. University of St. Thomas, St. Paul, MN.

Emcee (October, 2013). Aim Higher Gala – Supporting and Innovating K-12 Catholic Education in Twin Cities.

Community Advisory Committee Member (2012-present), Prodeo Academy: a new k-8 charter school with a mission of significantly bridging MN's achievement gap. Worked to secure multiple UST student interns/volunteers, organize library holdings, create/write uniform policies, external relations/website/content, consulting, other tasks as requested.

External Relations Task Force (Spring 2013 – current/ongoing). Prodeo Academy. Invited member of a 6-member task force charged with targeted development of relationships, funding and volunteer resources in twin cities community and beyond.

Presenter/Trainer (March, 2013). "Happy, Healthy Communication: In Relationships and Life." Target Corporation, Minneapolis, MN.

Keynoter (June 21, 2013) St. Catherine University – Alumnae Relations Reunion 2013: "What Happy Women Do: Friendship, Rituals, Sisterhood and Health." St. Paul, MN.

Presenter/Panelist (March 1, 2013). "Family Spirituality: The Power of the Symbolic -- How Spirituality in Your Family Strengthens Your Business." Family Business Institute Series, University of St Thomas.

Keynoter (April, 2013). Cristo Rey Jesuit High School, National Network Meeting. Speech: "Finding Grace *in* the Partnership." Minneapolis, MN.

Bruess, C. (2012, May). *Excellent Advising in a Relationship Context: What Happy Advisors Do*. Keynote Address at the Region 6 National Academic Advising Association, Minneapolis, MN.

Bruess, C. (2012, March). Women's Health and Friendship: Making the Connection. Presentation and workshop for women attendees and health providers at wholistic health organization *Fitness Focus*, Mahtomedi, MN.

Bruess, C. (2012, February). *What Happy Couples Do: Making Relationships Better Through Rituals of Connection*. Keynote at "Learning For Life" Evening Series, co-Sponsored by the Selim Center for Senior Citizen Education, the Alumni Association and the Family Studies Program, University of St. Thomas, St. Paul, MN.

Bruess, C. (2012, January). *Happy Couples, Great Communication*. Keynoter at the Celebrate Marriage Event, St. Mary of the Lake Parish, White Bear Lake, MN.

Bruess, C. (2012, January). *Communication Best-Practices: What Happy Couples Do*. Keynote presentation at St. Bridget Church, River Falls, WI.

Bruess, C., (2011, January - June). Consultant on Family, Marriage, Gender, Parenting and Relationship Research for National Corporation *Hot Mama*. Served as research and messaging advisor with executive team curing company re-branding/marketing/mission re-evaluation.

Bruess, C. & Kudak, A (2011, November). *What Happy Women Do: Friendship, Sisterhood, Ritual and Health*. Keynote at "Learning For Life" Evening Series, co-Sponsored by the Selim Center for

Senior Citizen Education, the Alumni Association and the Family Studies Program, University of St. Thomas, St. Paul, MN.

Bruess, C. (2011, September). *What Happy Parents, Grandparents and Adults Do: Interpersonal Communication Solutions for Relationships at Multiple Stages*. Keynote at "Learning For Life" Evening Series, co-Sponsored by the Selim Center for Senior Citizen Education, the Alumni Association and the Family Studies Program, University of St. Thomas, St. Paul, MN.

Bruess, C. (2011, July 23). *The Art and Science of Happy Couple Communication*. Presentation and workshop at the National Marriage Encounter Conference "Connect, Communicate, Celebrate," University of Wisconsin - Stevens Point, WI.

Advisory Board and communication consultant for *Prodeo Academy*, a new pre-K through 8 charter school in development (a public/grade school version of Cristo Rey). Prodeo, which means "To advance, go forth" will open in 2013 in North Minneapolis, serving many of the areas most under-resourced families.

Regular contributor on relationship/communication topics, *Cosmopolitan Magazine* (2010-2011). (Fun fact: my research and commentary on relationship cultures/creative ritual was featured in the Cosmo story "The 5 smartest tips we've heard this year.")

Keynote (2011, May). *What Happy Couples Do*. St. Norbert College, DePere, WI.

Guest expert, Podcast, (2010, November) *Good Enough Moms* – a weekly talk show produced in partnership with the Minnesota Department of Education and the Working Family Resource Center.

Presentation (January, 2011). *What Happy Women Do: Social Support, Communication and Parenting*. Pax Christi Catholic Community, Eden Prairie, MN.

Keynote address (April, 2010). *What Happy Couples Do: Using Communication Studies to Improve our Relationships*. For the 5th annual Communication Jubilee of the School of Communication, University of Northern Colorado.

Keynote address (February, 2010). *What Happy Women Do*. A launch event for Women Connect, a group of St. Thomas alumnae working to support the professional and personal/spiritual lives of women.

Presenter (2010, April). *Family Communication: The Hardest of the Easiest Tasks*. Workshop and presentation to 200 youth and parents. All Saints Catholic Church, Lakeville, MN.

Presentation: Buri, J. and Bruess, C. (Feb 17, 2009). *You and Your Soul Mate: Made in Heaven? Or Made on Earth?* Presentation on applied relationship theory and practice, O'Shaughnessey-Frey Library, University of St. Thomas.

Keynote/workshop: Bruess, C., (March 13, 2009). *What's Love Got to Do With It? Happy Couples in a Contemporary World*. Workshop for couples, Lumen Christi Catholic Church.

Presenters: Bruess, C., & Kudak, A. (Oct 17, 2009). Healthy Relationships, Healthy Lives. Keynote presentation, Violence Awareness Week, Anna Marie Advocacy Center, St. Cloud, MN.

Reviewer, *Communication Teacher* (2008 - current). Serve as peer reviewer for articles under review for publication.

Reviewer, *Journal of Social and Personal Relationships* (2007 - current). Serve as peer reviewer for articles under review for publication.

Presenter/Trainer, PREPARE program for engaged/newly married catholic couples (Summer, 2008). Workshop on marital communication and satisfaction over the marital lifespan.

Facilitator/Discussion Leader (2002). The National Communication Association Conference, New Orleans, LA. Event entitled: *Celebrating Community: Discussions about Service-Learning*. Served as one of 18 round-table facilitators with others from around the country on the topic: "Service-Learning Opportunities for Communicating Common Ground."

Featured Facilitator/Coordinator (2001). Service-Learning in Communication Conference. Served as one of a team of six faculty and service-learning professionals from around the country planning, coordinating, and facilitating the first-ever nationally recognized service-learning conference to faculty in Communication. The conference was nationally co-sponsored by NCA, and locally by Minnesota Campus Compact, AAHE, Collaboration for the Advancement of Teaching & Learning, and CTAM.

Guest Expert/Speaker (February, 2001). WCCO Channel 4 stage at the Annual Women's Expo, Minneapolis Convention Center. Spoke to an audience of 200+ about Gender, Communication, and Relationships.

Respondent (2000, November). Family Narratives: Multiple Perspectives. Family Communication Division Panel at the annual conference of the National Communication Association, Seattle, WA.

Invited Chair (2000, November). Communication Educators and Students Engaged in Service-Learning. Annual conference of the National Communication Association, Seattle, WA.

Reviewer (2000- 2003). Strata Publishing, State College, PA. Provide reviews of books in areas of expertise.

Respondent (1999, November). Issues Facing Contemporary Family Life. Family Communication Division Panel at the annual conference of the National Communication Association, Chicago, IL.

Elected Member (1999-2001), Dissertation Awards Committee of the National Communication Association. Nominated and elected to serve a 2-year term. Tasks include reviewing, ranking and selecting the annual dissertation award given to the outstanding dissertation(s) completed in the

communication discipline each year.

Speech Judge (April, 1999), Hamline University, annual E. W. Randall Speech Competition. Judged public speakers participating in this annual competition recognizing the oral presentation of scholarly work, first awarded in 1941

Participant (1998, November). Short course "Teaching the College Course in Family Communication." Attended course at the annual conference of the National Communication Association, NY, NY.

Panel Chair, (1998, November). Can You Help Me? Can You Help Us? The Study of Applied Dialogues. Invited panel chair at annual conference of the National Communication Association, NY, NY.

Respondent and Chair (1998, April). Variables Affecting the Individual in Interpersonal and Family Relationships. University of St. Thomas Undergraduate Communication Research Conference. Minneapolis Campus, UST, MN

Manuscript Reviewer (1998-). *Communication Studies*. Provide critical reviews of manuscripts in area of expertise for publication.

Participant, Faculty Development Conference (1998, February). Teaching key concepts within and across disciplines. Conference sponsored by the Collaboration for the Advancement of Teaching and Learning, Bloomington, MN.

Trainer/Presenter (1998, January). College of St. Catherine's Resident Assistant Training. Provided program on communication effectiveness.

Panel Co-Chair (1997, October). Powerful Examples of the Service-Learning Pedagogy: An Interactive Discussion for transforming your Own Courses." National Communication Association (formerly Speech Communication Association) Conference, Chicago, IL.

Participant (1997, July). Eleventh Annual National Conference on Student Retention, convened by USAGroup Noel-Levitz. Washington, D.C.

Manuscript Reviewer (1997 - 2001). *Journal of Social and Personal Relationships*. Provide critical reviews of manuscripts in area of expertise for publication. Review 2-3 manuscripts per year.

Invited Lecturer/Guest Appearance (1997, April). Delivered guest lecture on ritual research for taping segment of a Family Communication Teleclass, distance learning package, at Governor's State University (University Park, Illinois). Course designed and taught by Prof. Kathleen Galvin, author, professor, and family communication scholar, Northwestern University.

Respondent and Chair (1997, April). Variables Affecting the Relationship Lifespan. University of St. Thomas Undergraduate Communication Research Conference. Minneapolis Campus, UST,

MN

Participant, Faculty Development Conference (1997, February). Who's in Control? Evaluating and Improving Teaching in the Age of Accountability. Conference sponsored by the Collaboration for the Advancement of Teaching and Learning, Bloomington, MN.

Guest (1996, December). Family communication expert, "Family Focus", TV program produced And broadcast by Channel 8 Public Television, Duluth, MN.

Panel Chair (1996, April). How Do They Do That? Teaching the Course in Gender and Communication. Central States Communication Association Conference, St. Paul, MN.

Panel Chair (1996, April). Issues and Ideas for teaching the Family Communication Course. Central States Communication Association Conference, St. Paul, MN.

Respondent and Chair (1996, April). Husbands and Wives, Parents and Children: Studies of Family Communication. University of St. Thomas Undergraduate Communication Research Conference. Chaska, MN.

Participant, Faculty Development Conference (1996, February). Who's in Control? Evaluating and Improving Teaching in the Age of Accountability. Conference sponsored by the Collaboration for the Advancement of Teaching and Learning, Bloomington, MN.

Participant, (1995, November). Faculty Development Workshop, "Constructing a Communication Internship Program: Concept to Blueprint to Reality." At the Speech Communication Association Annual Meeting, San Antonio, TX.

Volunteer Presenter (1994). Hocking Valley Community Residential Center, Nelsonville, Ohio. Provided training and workshops on developing and maintaining healthy family relationships for adolescents.

Presenter (1994), Southeastern Ohio Chapter, American Society of Training and Development. Provided program on gender issues in organizations.

Trainer (1994), Classified Staff and Employees, Ohio University, Zanesville Campus. Provided training in organizational communication, problem solving, and small group dynamics.

Presenter (1994), Department of Health and Wellness, Ohio University. Provided program on gender and communication for Sexual Assault Awareness Week.

Presenter (1994), Ohio University's Women's Wellness Series. Provided program on women's personal and relational health: "Are there 13 months in your year? Women, Tasks, and Relational Health."

Trainer (1993), Department of International Student Services, Ohio University. Provided

communication training for international student peer advisors.

Trainer (1993), Department of Campus Safety, Ohio University. Provided communication training for escort service officers.

Volunteer Program Facilitator (1993-1995). Marriage-preparation program, Catholic Diocesan. Provided communication training and workshops for engaged couples.

Faculty Associate (1993-1995). Martzof Residence Complex, Ohio University. Provided programming and served as a liaison between residence and academic life.

Trainer (1993-94), Department of Counseling and Psychological Services, Ohio University. Provided public speaking training for Student Developmental Assistants.

Volunteer Counselor/Helper (1993-1994). My Sister's Place (shelter for battered women). Completed training and fulfilled various shelter needs, such as answering hotline calls, advising and informing victims, and managing house.

Panel Co-facilitator (1993, October). Graduate student round table at the Speech Communication Association of Ohio conference, Columbus, OH.

Panel Chair (1993, June). Bi-annual conference of the International Network on Personal Relationships, Milwaukee, WI.

Panel Participant (1993, May). "Concerns for the 21st Century: The state of communication in our society and the world." 25th annual Communication Week activities, School of Interpersonal Communication, Ohio University.

Parish Council Member (1992-95). Christ the King University Church. Served as Graduate Representative to the Council.

Advisor and Program Facilitator (1992-1994). S.T.A.R.S. (Students Teaching About Racism in Society). Student group working to increase awareness and offering voluntary educational workshops/programs about racism. Served as advisor, provided continuing education programming for members, and served as facilitator for racism program.

Faculty Associate (1992/1993). Pickering-Brown Residence Complex, Ohio University. Provided programming and served as a liaison between residence and academic life.

UNIVERSITY OF ST. THOMAS SERVICE/LEADERSHIP/ACTIVITIES

Department of Communication & Journalism, UST

2014-15

Member, Clinical Faculty Search committee – Visual Storytelling
Member, Tenure Track Search committee – Visual Storytelling
Member, COJO Scholarship Selection Committee
Participant, Clinical Faculty search participation – Ad & PR
Curriculum Track (Interpersonal Communication) Leadership
COJO senior celebration
Creating new COJO Methods course (Communication Inquiry)

Member (2012-13). COJO Curriculum Review & Development Committee. Met weekly to review/assess current curriculum of major and minor; created proposal and drafts of new COJO curriculum, receiving approval by COJO dept in May 2013.

Member (Sept-Oct, 2012). COJO Promotion committee.

Member (fall, 2012). Tenure and Promotion committee of COJO colleague Dina Gavrilos.

Member (2012-13). Promotion review committee for COJO colleague Bernard Armada.

Reviewer/Top Paper Award committee (spring, 2013). Undergraduate Communication Research Conference.

Member, Bernard Armada's Promotion to Professor Teaching Committee (spring 2012).

Member, COJO Curriculum Review Committee. Work/planning/surveying lightly began in May 2012, likely continuing through 2012 and into 2013.

Reviewer/Top Paper Award committee, Undergraduate Communication Research Conference (2012).

Selected/Coordinated/Hosted keynote speaker for Undergraduate Communication Research Conference, Dr. Jon Nussbaum, Penn State University (2012).

Guest speaker about career paths, study abroad and research, at spring 2012 Communication Club meeting.

Chair (2011), Third Year Review Committee for Greg Vandegrift

Committee Member (2010), Third Year Review Committee for John Cragan

Member (2010), Third Year Review Committee for Xiaowen Guan

Member (2010), Third Year Review Committee John Purdy

Member (2010), Third Year Review Committee Craig Bryan

Peer review of teaching (fall 2010). Assistant Professor, Dina Gavrilos

Top Paper Award Selection Committee (2011, April). Undergraduate Communication Research Conference.

Reviewer, Undergraduate Communication Research Conference (Spring, 2010). Reviewed over 20 submissions and evaluated them for conference acceptance and top paper award nomination.

Member, Client Standards Committee (09-10). COJO committee creating guidelines for students/faculty/courses working with external groups/organizations.

Peer Review of Teaching (Spring, 2010). Adjunct Instructor, Marla Borer.

Peer Review of Teaching (Spring, 2010). Assistant Professor, Betsy Anderson.

Peer Review of Teaching (Fall, 2009). Adjunct Instructor, Dave Schulke.

Member (2007-08), COJO 111: Communication and Citizenship, new core course development team. Included leadership of 160-student partnership in community-based learning with Cristo Rey High School, Minneapolis.

Chair (2007-08), search committee, tenure track assistant professor, organizational communication.

Respondent and Panel Chair (2008, April), Undergraduate Communication Research Conference.

Peer Evaluator (2007-2008), two Communication and Journalism junior faculty.

Peer Reviewer (2005-2006), Associate Professor, Department of Communication Studies.

Bush Grant Coordinator/Writer (04-05). Wrote and received \$3000 Bush Grant for the Department of Communication Studies to support the department's annual *Undergraduate Communication Research Conference*.

Department Representative (fall and spring, 04-05). Represented department at various on-campus events, including major field day and Red Carpet Day.

Participant/Contributor, Department Program Review (04-05). Coordinated and wrote assigned sections of departmental review. Continued participation through 05-06.

Member, Search Committee, Communication Studies, Tenure Track Assistant Professor, Communication Theory (fall, 2005). Participated in coordination, review, interviewing and decision-making for successful hiring of new tenure-track department member.

Member, Search Committee (2004-05), Communication Studies, Tenure Track Assistant Professor, Electronic Media Production. Participated in coordination, reviewing,

interviewing and decision-making for successful hiring of new tenure-track department member.

Co-Coordinator/Designer, department brochure (04-05). Brainstorming, designing/writing of department brochure to assist in on-going department marketing efforts.

Peer Reviewer (spring 2004) for Tim Scully, Department of Communication Studies.

Member, Search Committee, Limited Term Faculty Position (Spring, 2004). Participated as member of the search committee for a limited term position in the department of Communication Studies.

Bush Grant Coordinator/Writer (fall, 2003). Wrote and received \$4000 Bush Grant to support department's annual Undergraduate Communication Research Conference.

Department Representative (fall and spring 2003-04). Represented department at a variety of on-campus events, including major field day and Red Carpet day.

Coordinator, Undergraduate Communication Research Conference (UGRC) (03-04). Planned and coordinated 13th annual UGRC, implementing significant improvements again this year. For second year in a row, wrote and received Bush Grant received in support of planned changes. This year's planning involved further re-design of conference advertising materials, further development of the conference schedule, updating/improvement of conference web site, continued refinement of on-line registration, continuation of 4 top-paper awards including cash prizes, planning and coordinating a number of visual/ambience/climate features to the conference (amenities for attendees, flowers, welcome basket for keynoter, etc), inviting/coordinating of keynote speaker, general planning/organizing conference events and scheduling, and reviewing student submissions.

Member (2002), Tenure Review Committee of Professor Julie Friedline, Department of Communication Studies.

Coordinator, Undergraduate Communication Research Conference (UGRC) (2000-2005). Each year, plan and coordinate annual UGRC. Planning involves design of conference advertising materials and developing/implementing new conference schedule, as well as the inviting/coordinating of keynote speaker, general planning/organizing conference events and scheduling, and reviewing student submissions.

Peer Reviewer (2001, Spring). Served as peer reviewer in courses of Prof. Julie Friedline. Observed course and provided written review based on department peer evaluation standards

Member (2001). Fifth Year Review Committee of Professor Julie Friedline, Department of Communication Studies.

Peer Reviewer (2000, Fall). Served as peer reviewer in courses of Dr. Thomas Endres. Attended two classes and provided written review based on department peer evaluation standards.

Coordinated (successful) Department application for National Rex Mix Program of Excellence (Spring, 2000). This award, sponsored through the National Communication Association, recognizes programmatic excellence in small undergraduate departments of Speech Communication. Submission included detailed writing about the department and institution, department philosophy, mission, and programs, summary cases for the qualities of excellence, and supporting documents.

Member (1999-2000). Third Year Review Committee of Professor Julie Friedline, Department of Communication

Member (1999-2000). Third Year Review Committee of Professor Bernard Armada, Department of Communication.

Joint-coordinator, Undergraduate Communication Research Conference (UGRC) (1999-00). With other members of department, planned and coordinated 9th annual UGRC. Specific responsibilities included conference advertising, planning/organizing conference events and scheduling, and reviewing student submissions.

Joint-coordinator, Undergraduate Communication Research Conference (UGRC) (1998-99). With other members of department, planned and coordinated 8th annual UGRC. Specific responsibilities included securing and managing keynote speaker (Dr. Judy C. Pearson, Virginia Tech), creating and monitoring conference advertising, reviewing student submissions.

University of St. Thomas Service

Co-Chair of the Flexible Pathways Strategic Planning Task Force, and member of UST's Strategic Planning Oversight Committee. 2015-16 tasks included, among others: Two-Year College Model and Recommendations; Student Success Center Models and Recommendations (Integrated Student Services); Recommendations for EFF on Transfer students, including significant progress on developing more robust "Community College Relationships" and work with multiple other strategic planning task forces.

Creator and champion of "Together Possible"—a developing-initiative between University of St. Thomas and Cristo Rey Jesuit High School Twin Cities. 2014 – 2016 (in collaboration with Kari Zimmerman, Asst. Prof of History).

Appointed and served as "Engaged Scholar" (spring, 2016). Advancing the office of GALE's (Global and Local Engagement) directive toward "Ensuring Equitable Access to Education" in MN.

Team lead for 5 UST members (June 20-22, 2016) at the Place-Based Community Engagement Institute – at Seattle University, co-sponsored by the Annie E. Casey Foundation.

Coordinator and host (fall, 2015). Family Studies Healthy Relationship Lecture Series (broadcasted on MPR). Coordinated, arranged, planned, advertised, and executed large

public lecture for the series sponsored by Family Studies. Fall '15 speaker: Dr. Michelle Janning of Whitman College, WA, "Why Love Letters Matter – Even in the Digital Age."

Elected, University Standing Committee Member – Committee on Undergraduate Studies (2014 - 2017).

Member, Advisory Board, Office of Global and Local Engagement (GALE).

Keynote, UST Retiree Luncheon (UST, Nov 2015). "Creating a Strong Family Narrative."

University Relations/UST's Newsroom writer/contributor/original creator of "Humans of St. Thomas" series (2014-current).

Featured Speaker (Feb 12, 2016). For members of the Finn Society – UST Development Office, Valentine's Day Tea. "Family Interaction in the Digital Age: What's Going On?"

Panel Presenter, May 2016: Service-Learning/Community Engagement Faculty Workshop. Panel presentation and discussion on pedagogical models and methods of service-learning at UST, with examples from my own classroom experiences in multiple courses and disciplines.

Tenure/Promotion Peer-Review of Teaching (June, 2016). Member of 3-faculty teaching-review committee for Dr. Bill Brendel, Asst. Prof of Organization, Learning, and Development (OLD), applying for tenure/promotion in fall 2016. Served on panel at the request of interim Dean Joe Kreitzer and OLD chair Dave Jamieson.

Advisory Board Member. Project for Mindfulness and Contemplation, a multidisciplinary effort with a mission to create a safe space for supporting and educating the UST community in meditative and contemplative practices.

Family Business Center Fellow (2013 - present). Family Business Center/Opus College of Business, University of St Thomas.

Keynote Speaker (Oct 20, 2015). Delta Epsilon Sigma Banquet. Talk title: "Fuel your deepest passions."

Faculty Presenter (Oct, 2015). Tommie Days presentation to parents/students on UST Study Abroad: "It's not if, it's when."

Faculty Presenter (April, 2016). Tommie Days presentation to parents/students on UST Study Abroad: "It's not if, it's when."

Emcee and Panel Moderator/Participant, Saturday Junior Visit Day (April 30, 16), UST's admission's event.

Workshop Provider, Fall Leadership Institute (September, 2016). Presented 2-hour workshop for UST student leaders: "i-phones, ipads and i-selves: Being your best self -- on purpose!"

Committee Member, Women Faculty Leadership Council (15-16).

Co-coordinator/co-host (with Dr. Shelly Nielsen-Gatti) and Emcee (March 8, 2016). Women Faculty Promotion Panel, followed by reception for UST women receiving promotion and tenure.

Table Host/Sponsor (May, 2016). Women Connect Spring Legacy Brunch. University of St. Thomas - Development Office. Personally sponsored and hosted 6 senior UST students.

Founding Faculty Advisor of Student Club "Love Your Melon" (spring 16 – present). Love Your Melon was founded in an entrepreneurship class at the University of St. Thomas in 2012. On a mission to improve the lives of children battling cancer, Love Your Melon began with the simple idea of putting a hat on every child battling cancer in America. Now, a student club has formed to help advance/continue/support the LYM mission.

Podcast co-expert guest on "Healthy Relationships" (with Dr. John Buri) (June 2016), "St. Thomas Experts Podcast" – a new initiative of UST's University Relations. Podcast interview/discussion by Jordan Osterman, University Relations. Expected release summer 2016.

Presenter (summer 2016), REAL Program (Reaching Excellence in Academics & Leadership). Discussion with REAL program participants in a series called "What's Up Doc?" – a discussion with students and faculty about expectations in the college classrooms at UST.

Moderator (January, 2016). Family Business Center Breakfast Series. "Making the most of generational differences in family business."

Invited Presenter (Nov, 2015). Aquinas Scholars' "Pizza with a Prof" event. Provided 1-hour lecture "The Art and Science of a Good Marriage."

Panelist (July, 2015). Served on 5-member faculty/staff panel. Admissions/enrollment event put on for a visiting group of Illinois High School Counselors.

Bruess, C. (spring 2016). Published article about "Together Possible"—a UST/Cristo Rey growing collaboration—in the *Engagement Companion*, publication of the Office of Community Engagement.

Faculty Presenter (Oct 7, 2015). Dowling Hall panel, an evening conversation with two faculty.

Elected, University Standing Committee Member – Committee on Undergraduate Studies (Beginning Fall 2014; 3 year term).

Doctoral Program Reviewer (Spring, 2015). Performed multi-week review of UST's doctoral program in Organization, Learning and Development. Co-lead with external reviewer Dr. Ann Feyerherm of Pepperdine University. Reviewed/examined OLD self-

study; conducted interviews with students/faculty/staff/alums/constituents over 2 days; wrote submitted final report to Provost.

Member, Vice President for Student Affairs Search Committee (Spring, 2015). Three-month search process.

Mentor, in the pilot program “Learning Skills for Successful Life” (Spring 2015). Wellness Center’s pilot initiative to pair at-risk female students with a female faculty or staff mentor, with a goal of combining development of life skills with on-going external support so these students can become leaders on our campus and in their careers. My mentor, a junior, and I met once a week for about 12 weeks – and continue to interact currently into summer.

Presenter, Breakfast Talks, Learning Skills for Successful Life mentor program (March, 2015). “Creating Healthy Relationships.” UST Wellness Center Initiative.

Member, Global and Local Engagement (GALE) Committee (Spring, 2015). Served on transition committee; served on recruitment sub-committee to support restructure of new GALE advisory board – an expanded version of the previous Service-Learning Advisory Board.

Flag Marshal, Undergraduate Commencement (May 2015). Selected from among all undergraduate faculty at UST to lead the 1200+ graduates into and out of their commencement ceremonies.

Featured Speaker (Feb 12, 2015). For members of the Finn Society – UST Development Office, Valentine’s Day Tea. “What Happy Women Do.”

University Blogger (2014-15) for *The Scroll*. Published 7 Scroll blogs, and created/launched “Humans of St. Thomas” (HOST) series. Conducted interviews, transcribed and wrote 6 entries. Also, mentored student/junior Meredith Heneghan as a Scroll writer and HOST interviewer.

Presenter, May 2015: Service-Learning/Community Engagement – Energize Your Teaching workshop. Provided 45-minute presentation on pedagogical models and methods of service-learning at UST, with examples from my own classroom experiences in multiple courses and disciplines.

Creator/Organizer (Spring 2015). Family Studies Healthy Relationship Lecture Series. Conceptualized, coordinated, arranged, planned and executed two large public lectures for a new series sponsored by Family Studies. First talk attended by over 250 students/community members/faculty/staff alums (*15 Keys to Finding Love for a Lifetime* by Dr. John Buri); and second talk (*The New Faces of Fatherhood: Cultural Contexts and Challenges* by Dr. Kirsten Lind Seal, LAMFT).

Faculty Referee (April, 2015). University Student Government sponsored Dodgeball Tournament: Students vs. UST Security Officers (“One University”). Over 750 attending. 5-hour commitment.

Advisory Board Member (2014-15). Project for Mindfulness and Contemplation, a multidisciplinary effort with a mission to create a safe space for supporting and educating the UST community in meditative and contemplative practices.

Fellow (2013-present). Family Business Center, University of St Thomas.

Faculty Presenter (Oct, 2014). Tommie Days presentation to parents/students on UST Study Abroad: "It's not if, it's when."

Family Weekend Lecture (Oct, 2014). Provided one hour lecture "Communication Patterns of Happy, Healthy Couples."

Committee Member, Women Faculty Leadership Council (2014-15). Attended all meetings; hosted the winter book club event; coordinating a video for female faculty considering promotion.

Member, planning committee (Fall 2014). Healing Through Stories: Mind-Body Dialogues – a multi-disciplinary conversation broadcast on MPR and TPT with Matthew Sanford (author and founder of nationally recognized mind-body innovations), Kevin Kling (author and humorist) and Cathy Wurzer (of MPR). Over 500 attended. University of St. Thomas, St. Paul, MN.

Host (May, 2015). Women Connect Spring Legacy Brunch. University of St. Thomas - Development Office. Sponsored and hosted 4 senior students (funded personally).

Emcee and Planning Committee Member (Aug-September, 2014). UST's ALS ice bucket challenge. As MaryAnn Ryan wrote post-event: "One committee meeting, 517 emails, 56 phone calls, 221 participants, no injuries reported, and lots of fun. Thank you for everything."

Bruess, C. (Spring, 2014). College of Arts and Sciences Spotlight Magazine - authored article "Family Studies Grows Up."

Table conversationalist (May, 2014). Women Connect Spring Legacy Brunch. University of St. Thomas - Development Office.

Director of Family Studies (2012-13). Tasks:

- Primary author and leader - creation of new major
- added new elective courses (worked with HHP to revise HLTH 342)
- met with NCFR national office/director to develop curriculum, visibility, networking opportunities
- worked with St. Paul ECFE teacher Debbie Eck to develop parenting course proposal
- Secured multiple new guest speakers for capstone course and to mentor FAST major/minors in career/internship/practicum opportunities. Included: a family law attorney, hospice care expert, ECFE teacher, Parenting Ed director U of M.
- FAST advisory board meeting – held, recorded/submitted minutes
- Chaired FAST 100 – Intro to Family Studies development/curriculum committee
- presented new major to FAST advisory board, to CAS CC, and UCC
- Directed work study student on multiple new initiatives
- Developed significant new content for website
- Co-developed, with Web and Media services, new FAST video

- Created new promo materials (posters, infographic for advising)
- Co-hosted and presented at FAST faculty "Sampler Talk" on healthy relationships for UST students.
- Re-invigorated the FAST club; new president beginning fall 2013 with new energy/vision.

Co-Emcee (October, 2012): Capital Campaign, Opening Doors Event at which UST revealed \$515 million raised during the Opening Doors Capital Campaign.

Faculty Marshal (spring, 2013), University of St. Thomas, Spring Commencement ceremonies.

University Blogger (2012-13) for "The Scroll." Wrote and published multiple entries.

Invited Panelist (January, 2013). "Promotion to Full Professor." A conversation/panel sponsored by UST's Women Faculty Leadership Council.

Presenter (November, 2012) The Telos Project: "Why a liberal arts education is important: A Communication and Journalism Lens." The Telos Project is an effort to bring a renewed focus on a crucial aspect of the University of St. Thomas' commitment to the pursuit of truth: the integration of knowledge across disciplines. It is the purpose of The Telos Project to re-introduce to the St. Thomas community the dialogue and discussion that is essential for any intellectual community.

Spotlight Presenter (Spring, 2013): Pizza with a Prof, a series of the Aquinas Honors Program: "Stuff You Need to Know: Using Communication Toward Healthier, Happier Relationships and Lives."

Emcee/Moderator (May 14, 2013): Next Generation, Pathways to Leadership: Critical Decision-Making/Driving Change. A series sponsored by UST's Development Office featuring three top twin cities business leaders/executives.

Member, Service Learning Advisory Board (2012-13).

Faculty Panelist (May, 2013). Telos Project year-end discussion. Each of 5 panelists addressed, from a disciplinary, personal and academic perspective, an answer to the single question: "What does it mean to live an authentic life?"

Presenter (May, 2013), Aquinas Scholars Panel: The Stress-Free Student. Topic: "Listening and Communicating: Being (More) Mindful about Choices and Consequences in the Digital Age."

Presenter (October, 2012), UST's Family Weekend: A Tradition of Academic Excellence. Represented CAS and COJO, presenting on "Human Communication and Identity."

Member, (2012-13) Women Faculty Leadership Council. The UST Women Faculty Leadership Council promotes leadership among women faculty at St. Thomas. The Council works to facilitate professional development and mentorship opportunities for

women faculty members motivated to pursue academic promotion and administrative leadership roles in higher education.

Invited Participant (April, 2013). NCAA Integration Initiative, with a goal of considering how UST athletics can better integrate into the institution's academic and other programs.

Co-Chair of Faculty Learning Community - Meditation, Mindfulness and Teaching (2012-13) (with Dr. Bill Brendel, assistant professor in Organizational Leadership and Development, College of Education, Leadership and Counseling), Faculty Learning Community. Lead a year-long series of seminars/meetings to practice and discuss/read about the impact of mindfulness meditation on teaching/learning effectiveness.

Consultant and Invited conversationalist (2012-13; brunch May, 2013) Women Connect: Spring Legacy Brunch.

Member (2012-13), CAS Website Overhaul/Re-envisioning Task Force.

Interviewee (April, 2013). Sociology and Criminal Justice Department External Review.

Director, Family Studies (2009 - 2012). Tasks include: coordinating and promoting Family Studies to multiple audiences, on and off campus; developing/ coordinating/ planning/writing curriculum for new FAST major; advising of all FAST majors and minors; planning, running, facilitating faculty advisory board meetings (10 board members from CAS, COB, SOWK, and College of Education, Leadership and Counseling), maintaining FAST website; reviewing and coordinating dissemination of FAST appeals/curricular inquiries/decisions; hiring adjuncts when necessary; managing work study student; managing the FAST budget; co-sponsoring events with other departments and programs; acting as a lobbyist for the FAST program; networking with local, regional and national FAST-related professional organizations; advising FAST student club; coordinating faculty presentations of FAST expertise on campus.

Member, Promotion to Professor - Teaching Review Committee for John Tauer, Department of Psychology,

CAS Civil Discourse Events 2012-13 Planning Committee: With committee members Associate Dean Kris Bunton, COJO's Wendy Wyatt and CAS Board of Advisor member and Target Co. consultant Nate Garvis.

Member, UST Community- UST Neighborhood Partnership/Conversation Group (2011-2012). Attended the four evening dinners at which neighbors and UST administration, students and others discuss relationships between UST and the neighborhood. I deserve extra credit for this service.

Member (2011 Summer and Fall), Search Committee for new College of Arts and Sciences Dean, University of St Thomas.

Reader (May 2012), Poetry on the Patio, sponsored by the University of St Thomas OSF

library.

Conversationalist (May 2012), *Women Connect* Spring Legacy Brunch.

Presenter (May, 2012). *Healthy Friendships and Relationships = Healthy Lives*. Presented to the Sleep-Wellness Study "Breakfast Club" group, a program co-sponsored and coordinated for first-year students to promote healthy sleep and life habits by Dr. Roxanne Pritchard and Birdie Cunningham, University of St Thomas.

Member (2011-2012), Service-Learning Advisory Board, a particularly large task this year as we heavily advised and met frequently during transition to a new structure and oversaw overhaul of the SL leadership, search for a new director, restructuring of the SL advisory board, and more.

Faculty Marshal (2012), University of St. Thomas, Spring Commencement ceremonies.

Blogger (2011-12) for "The Scroll." Eleven (11) Bruess blogs published this year including, for example: "[One Decidedly Thoughtful Dean](#)" "[Make It a Double](#)" "[2012 Challenge: Email on a "Human Scale"](#)" and "[Pretty Darn Really Cool](#)" *Click on title to link to each blog example.*

Contributor, University of St Thomas Faculty Development's Newsletter *Synergia*, about blended course design and the summer workshop (can be found on YouTube: http://www.youtube.com/watch?v=n_1qTqVgiA4)

(2011-2012) Co-Planner and primary coordinator/host for Keynoter Dr. Jon Nussbaum of Penn State University, for the April 19th Dinner Discourse Event. Co-sponsors of the event included The Selim Center for Learning in Later Years, Family Studies, and the Alumni Association. Dr. Nussbaum spoke on "Communication and Intimacy as We Age" at his keynote held in Woulfe Alumni Hall, third floor, Anderson Student Center.

Director, Family Studies Program (2008 – 2010). Enrolling approximately 51 minors and 15 individualized majors.

Member, Family Studies (FAST) Minor, Advisory Board (1998 - 2008). Participate with other faculty in on-going planning, coordination, and assessment of the interdisciplinary Family Studies Minor.

Keynote Presentation (spring, 2010). Gender, Communication and Competence. Staff Mentorship Luncheon, Department of Human Resources, University of St. Thomas.

Workshop/Presentation (spring, 2010). Gender and Communication Effectiveness. The Leadership Academy's "*It's More than a Job, It's My Career!*" University of St. Thomas, Department of Human Resources.

Presenter (January, 2010). Best Practices in Service-Learning and Creating Meaningful and Sustainable Community Partnerships. Service-Learning Workshop. University of St. Thomas.

Presentation for the Leadership Academy (October, 2010): "Gender, Communication and Competent Communication."

Master of Social Work graduate committee member, Jennifer Bradley (2010-11).

Member (January, 2010), granting committee, CommUNITY programming grants.

The Wellness Center Relationship Health Advisory Council (2010-11).

Advisor: Photography Club.

Advisor: Family Studies Club.

Advisor: Dance Club.

Planning committee for 2011-12 Lecture Series "Learning for Life," a partnership between Family Studies, Alumni Association and the Senior Citizen Education Center. We will host 4 lectures/events in 2011-12 with a capstone lecture by a distinguished scholar on April 19, 2011 on Relationships and Intimacy across the Lifespan by author and scholar Jon Nussbaum.

Planning Committee for 2011-2012 "Dogs Day at UST."

Emcee (November, 2009). The Opus Prize. Hosted by the University of St. Thomas on behalf of the Opus Foundation. Orchestra Hall, Minneapolis, MN.

Keynote Presentation (fall, 2009). *It IS all about you (and that's okay): Invigorate By How You Communicate!* Fall Leadership Institute, University of St. Thomas.

Member/Idea-Creator (2009-2010). CILCE grant writing team. Assisted in development and submission of successfully funded \$50,000 from Rauenhorst Foundation to support campus-community partnerships.

Lector (September, 2009). Opening Mass, University of St. Thomas.

Faculty Marshall, Commencement, spring 2011

Faculty Marshall, Commencement, spring 2010

Faculty Marshall, Commencement, Winter 2010

Faculty Marshall, Commencement, Winter 2009

Faculty Marshal, Commencement, Spring 2009

Faculty Marshal, Commencement, Winter 2008

Member (2005- 2008), Faculty Standing Committee, Student Affairs. Served as representative on committee charged with actively seeking to improve the quality of student life at the university in nonacademic ways.

Member, Service-Learning Advisory Board (spring 1999 – current). Continuing service on 16-member committee designed to enhance the understanding and use of community-based learning at UST. Some of the board's goals/activities include: Providing educational opportunities for faculty to learn about the service-learning pedagogy, sustain current service-learning efforts on campus, enhance the nature of service-learning and available resources on campus, making community-campus connections possible and visible, and assessing current service-learning activities.

- Served as chair of the recruitment sub-committee of the service-learning advisory board. Organized all recruitment and decision-making of new board members for 2005-06.
- Assumed a number of additional tasks as member of board (reviewing grant applications, editing/review publications for submissions, consulting on awards process, writing Bulletin articles about service-learning, etc).
- Recurring chair and member of Service learning awards committee.

Member (2005-06), Summa Committee of Anna K. Schlick

Presenter and leader (January, 2008), Introduction to Service-learning, faculty development workshop.

Faculty Marshal (spring, 2008), commencement activities.

Faculty Attendee (winter, 2007), commencement activities.

Faculty Advisor (2007 – current), Women's LaCrosse Club.

Spotlight Lecture (April 13, 2005), University of St. Thomas. *"Relational Intelligence: Do you have it?"* Presented university-wide lecture about five facts savvy relationship members need to know about communication for better marriages and personal relationships.

Co-coordinator, Distinguished Visitor Event, Family Studies (Spring, 2005). Securing, organizing, designing of advertising, advertising on campus and to local community, hosting, and planning of Dr. William Doherty's on-campus Distinguished Visitor lecture and visit: "Who's Got Time to be a Spouse, Parent, or Child?" Attendance: 160+

Presenter (2004, July). Faculty Development Workshop on Service-Learning. Workshop offered by UST service-learning office.

Faculty Marshal, Spring Commencement Activities (May, 2005). Served as faculty marshal during commencement ceremonies.

Panel participant, "The Working and Family Woman" (May, 2005). Participated as one of 5 faculty discussing our "wisdom on the balancing act of being mothers, wives, and professionals in the 21st century." University of St. Thomas.

Invocation, Honors Convocation (May, 2005). Gave invocation at annual College of Arts and Sciences undergraduate honors and awards convocation.

Teacher/Facilitator (June, 2003). Lecture for local 5th graders as part of Minnesota Private Colleges "Early Awareness Program." Students from Capitol Hill Elementary came to UST for a tour and introduction to college life. Created and delivered 50-minute lecture/discussion on topic related to interpersonal communication.

Presenter (2003, July). Faculty Development Workshop on Service-Learning. Workshop offered by service-learning office.

Panelist, (2003, August). Transfer Student Orientation. Participated in "Academic Expectations" faculty-panel for transfer students.

Presenter (2003, October). Family Weekend parent's program. For second year, taught "class" for parents attending family weekend entitled "How Communication Can Enhance Your marriage."

Panelist (2003, October). Participated on faculty panel discussing academics at St. Thomas for prospective students/parents at Fall Tommie Days.

Teacher/Facilitator (April, 2004). Provided a sample lecture, as part of the Minnesota Private College's Destination 2010 program, for 6th graders from Franklin Middle School. Students were on campus and attended a "class" I designed for them on interpersonal communication topics.

Member, Search Committee (fall, 2003) for Modern and Classical Languages Administrative Assistant. Reviewed applications and resumes and participated in interview and final selection.

Faculty Marshal, Spring Commencement Activities (May, 2004). Served as faculty marshal during commencement ceremonies, helping organize graduates and leading them in and out of the commencement event.

Interim Director, Service-Learning, (Fall, 2003) – Served during sabbatical of director as interim director of Service-Learning. Duties included leading the service-learning advisory board, providing support and resources to faculty using service-learning in their courses, and coordinated the "Changing Faces of Minnesota" project, a multidisciplinary experience for six first year classes at Abraham Lincoln High School in Minneapolis (a school for immigrant and refugee youth).

Conference Presenter (2003, January). Bruess, C., & Garrett, K. presented: *Classroom*

Issues with English Language Learners at 2nd annual conference: Breaking Barriers II: Serving College Students Whose First Language is Not English. University of St. Thomas.

Presenter (2002, July). Faculty Development Workshop on Service-Learning. Workshop offered by Dr. Ellen Kennedy, UST service-learning coordinator.

Presenter (2002, September). Family Weekend parent's program. Taught "class" for parents attending family weekend entitled "How Communication Can Enhance Your marriage."

Peer Reviewer (2002, Fall). Served as external peer reviewer in course of Dr. Robert Werner, Department of Geography. Observed his teaching and provided written review based on the Department of Communication studies' peer evaluation standards.

Facilitator (2001, October) for PLEDGE (President's Leadership, Education, and Diversity Group Endeavor) on gender issues. The PLEDGE mission is to positively influence the culture at the University of St. Thomas by promoting respect and awareness of individual differences.

Member, (2001, spring - present). Partnership Collaboration Committee. Serving as representative of the faculty service-learning advisory board on the Partnership Collaboration Committee, a group working to bring together several aspects of the university's engagement with the off-campus community (including volunteer and community outreach programs, as well as service-learning initiatives).

Faculty Marshal, Spring Commencement Activities (2001, May). Served as faculty Marshall during commencement, helping organize graduates and leading graduates in and out of the commencement ceremony

Participant (2001, March). Faculty Phonathon, calling prospective students

Welcome Minister & Gift Bearer (2000, September). UST opening celebration and mass. Lower Quad.

Presenter (2000, July). Faculty Development Workshop on Service Learning. Workshop offered by Dr. Ellen Kennedy, UST Service Learning Coordinator.

Presenter (2000, July). Parent Education Program, sponsored by the UST Child Development Center and Personal Counseling Center for UST students, faculty and staff. Presentation: "Family Rituals: The Best Kept Secret of Happy Families."

Participant (2000, March). Faculty Phonathon, calling prospective students.

Guest Lecturer (2000, February). Gender and Family Communication. In Dr. Meg Karkarker's Sociology of Marriage and the Family.

Guest Lecturer (1999, December). Task Sharing and Family Work. In Introduction to Sociology, Dr. Meg Sandifer.

Faculty Marshal, Winter Commencement Activities (1999, December). Served as faculty Marshall during winter graduation, helping organize graduates and leading graduates in and out of the commencement ceremony.

Member (1999-2000). Bush Planning Grant Committee. Part of 13-member faculty committee to complete initial stages of application process for next UST Bush Grant.

Presenter, (1999, November) Women's Studies Breakfast Talk. "Task-sharing in Marriage."

Reviewer, NCUR (*National Conference on Undergraduate Research*) proposals (1999, November). Participated on interdisciplinary selection committee reviewing St. Thomas undergraduate student proposals submitted to attend NCUR, Rochester, NY. Selection committee responsibilities included reading all proposals and meeting to select those proposals UST sponsors to attend NCUR.

Presenter (1999, August). Resident Assistant Training. Provided 2-hour program for new and returning R.A.'s on effective communication and student conflict mediation skills.

Participant (1999, July) Faculty Development Workshop. Participated in week-long workshop "Teaching Enhancement Techniques"

Department Representative (1999, July) Summer Orientation Program.

Faculty Marshal, Spring Commencement Activities (May 1999). Acted as faculty Marshall during spring graduation, helping organize graduates and leading graduates in and out of the commencement ceremony.

Reviewer, Young Scholars Summer Grant Proposals (March 1999). Participated on interdisciplinary selection committee reviewing student proposals for summer grants supporting research and housing.

Service-Learning Advisory Board (Spring 1999 – 2001, 3-year term). Serve on 8-member faculty committee designed to enhance the understanding and use of service-learning at UST. Some of the board's goals/activities include: Providing educational opportunities for faculty to learn about the service-learning pedagogy, sustain current service-learning efforts on campus, enhance the nature of service-learning and available resources on campus, making community-campus connections possible and visible, and assess current service-learning activities.

Faculty Marshal, Winter Commencement Activities (December 1998). Acted as faculty Marshall during winter graduation, helping organize graduates and leading graduates in and out of the commencement ceremony.

Participant/Mentor, Linkages: The Mentoring Program (1998-99). Volunteer

participant/mentor in the Linkages program sponsored by Multicultural Student Services. Program designed to improve retention of students of color at St. Thomas. Responsibilities include completing orientation and training sessions, bi-weekly meetings with student mentee, and regular contact with Linkages coordinator.

Participant, Discussion of Diversity (March 1999). Invited and attended dinner/discussion hosted by Dr. Greg Roberts, Vice President for Student Affairs, to discuss experiences/thoughts/issues of diversity at UST.

Reviewer of NCUR (*National Conference on Undergraduate Research*) proposals (1998, November). Participated on interdisciplinary selection committee reviewing St. Thomas undergraduate student proposals submitted to attend NCUR, Rochester, NY. Selection committee responsibilities included reading all proposals and meeting to select those proposals UST sponsors to attend NCUR.

Member, Family Studies (FAST) Minor Committee (1998-). Participated with other faculty in on-going planning, coordination, and assessment of the interdisciplinary Family Studies Minor.

Guest Lecturer, Family Studies 400 Senior Capstone (Spring, 1999). Provided guest lecture to Family Studies students on giving effective research presentations.

Community Service

Significant service to **Prodeo Academy** (2013 – ongoing), a high-achieving k-8 charter school with a mission of significantly bridging MN's achievement gap. In 2014-15, I served in/as/by:

- Emcee of their annual benefit, with 250+ attending.
- Member of the Prodeo Academy Community Advisory Committee
- Securing more tutors, including multiple UST students
- Assisted securing hired position at Prodeo.
- Other services as needed: communication consulting, photography, website work, banner design/production.

External Relations Task Force (2013-14). **Prodeo Academy**. Invited member of an 8-member task force charged with targeted development of relationships, funding, grants, and volunteer resources in twin cities community and beyond.

Advisory Board Member (2013-15). **Sew Good Goods** - A non-profit in St. Paul working to sew *with love* items for people in need both locally and around the globe. Projects this year included: bibs for babies at local crisis nursery, more pillowcases for Fr. Dease's women's hospital in Uganda, walker/wheelchair accessories for people with disabilities and elders.

HAMLIN UNIVERSITY SERVICE/ACTIVITIES

Committees/Task forces:

Elected Member, Academic Policies Committee (1997/98). The APC is one of 4 elected committees of the Hamline faculty with membership of six faculty (one from each academic division and one at-large member), six students, and two ex officio members. APC responsibilities include, among others: Recommending policy pertaining to the curriculum; to approve and forward to the faculty, for ratification, all courses and major/minor programs; establishing standards for graduation, honors programs and individualized study; to address matters of assessment and maintaining accreditation; and to advise the Librarian on matters of general library policy.

Member, Institutional Review Board for research involving human subjects (1997/98). Membership on this board consists of two parts: 1) Members participated as short-range task-force charged with designing and implementing a functioning IRB at Hamline University, involving review of policy documents, faculty/student handbooks, conducting research on IRB procedures and relevant state and federal law, designing and producing procedures and forms for IRB review, and re-writing policy statements for faculty legislation and handbook, and 2) Members of the task force serve as the first official members of Hamline's IRB.

Member, Retention Management Council (1997/98), serving as one of two faculty representatives on this committee designed to review student retention issues at Hamline, including the following tasks: Reviewing and conducting interview-research on current campus retention efforts; building awareness of retention issues among faculty and staff; creating a retention information system; implementing a Noel-Levitz Retention Management system in Fall 1998; and reviewing and recommending programs for improving student retention.

Member, Disciplinary Breadth Task Force (Fall, 1996). Short-range project designed to coordinate and implement pilot project for assessment of the disciplinary breadth aspect of the Hamline Plan (Hamline's philosophy of education reflected in Hamline's core curricular requirements).

Communication Studies Departmental Service:

Supervise Communication Studies Departmental Assistant (1996-98), including weekly meetings with work study student, assignment of tasks, and general oversight of work study projects.

Coordinate departmental responsibilities for Fall Fair (1996-98), including organizing and designing departmental representation, and representing Communication Studies faculty at the Fall Fair, an annual all-campus event for promoting scholarship, departments, services, and other campus opportunities/activities.

Coordinate Communication Studies Newsletter (spring 1997-98), including writing, soliciting others to write, editing, printing, investigating funding sources for newsletter, overseeing

workstudy student's contributions, and select distribution of newsletter.

Coordinate Communication Studies Brochure (1997/98), including researching funding sources, design, writing, editing, and work with external designers/writers and University admissions office on the production of first-ever Communication Studies Brochure.

Communication Club Faculty Advisor (1996-98), including meeting with communication Club president and/or liaison(s), providing needed support or information to Communication Club, attending select Communication Club functions, and acting as liaison between Communication Club and Department.

Coordinate Annual Randall Competition (1997-98). Includes work with the Communication Club to organize, advertise, secure and train judges, and run the annual E. W. Randall Competition recognizing the oral presentation of scholarly work, first awarded in 1941.

Coordinate Library Requisitions (1996-98), including managing and reporting requests to library liaison, and receiving and distributing information about relevant library acquisitions to department members.

Prepare and assist in departmental assessment activities (1996-98), including assessment development and implementation, coordinating assessment of major and reporting of data gathered, and design of on-going assessment efforts including curriculum re-design and department-wide assessment efforts.

Curriculum Re-design. Participated in extensive communication studies curriculum assessment and redesign, passed by the faculty in November, 1997 to be implemented academic year 1998/99.

Miscellaneous Service/Activities:

Advisor (currently) of 43 Communication Studies majors/minors and first year students.

Instructor, First Year Seminar program (Fall semester 1997 & scheduled for Fall 1998). Taught FYSEM course entitled "The Personal is Cultural: Interpersonal Relationships Across Cultures," a course all first year students are required to take. This interdisciplinary course is an academically rigorous introduction to college learning and the liberal arts.

Instructor/Participant, Living/Learning FYSEM Program (Fall 1997 & scheduled Fall 1998). Taught FYSEM as part of the living/learning program, a program designed to integrate academic and residential/student life. All students in my seminar lived on the same floor of their residence hall; we held class in the lounge of their residence hall. Responsibilities, beyond classroom, included attending numerous off- and on-campus events as a class (e.g., Guthrie Theatre, Service Day, Cornel West lecture, etc) and academic advising of all students.

Member, Search Committee (April, 1998), for Associate Director Career

Development/Coordinator of Service Learning. This search committee is working in conjunction with the College's Planning and Development Committee to re-structure this position to include hiring someone who can potentially serve as a faculty director of the LEAD (Leadership Education and Development) aspect of the Hamline Plan, possibly be a member of the faculty, or some combination of the above.

Interviewer, Scholarship Day (March, 1998). Conducted interviews and participated in selection of presidential scholarship applicants, the most prestigious scholarship awarded to incoming students.

Presenter (January, 1998), Hamline University Admissions' Staff professional development training program. Provided presentation on communication and networking.

Participant and Focus Group Leader (November, 1997), *ACTC Conference on Educational Outcomes in Major Fields*, a collective ACTC assessment effort focusing on outcomes in each major field of study at all ACTC schools. Conference was held at the University of St. Thomas. My responsibilities included conducting in-depth focus group interviews with elementary education majors from ACTC institutions, participating in facilitators' discussion immediately following, and writing summary assessment report from data collected in focus group.

Panelist for Graduate School Workshop (October, 1997), sponsored by the Career Development Center, for students interested in learning about the graduate school application process, the graduate school experience, and graduate education.

Presenter (October, 1997), Resident Assistant Training. Presented information on gender and communication issues related to student development/interaction.

Participated in College Day activities (October, 1997). Met with individuals and participated in presentation to group of prospective students and parents about communication studies major/minor.

Presenter (September, 1997). Hamline University Admissions' Staff Retreat, training admissions staff regarding presentation styles/effectiveness: "Presentations . . . How to be your best."

Participated in Spring Reception (April, 1997), an Admission's program held one Sunday in spring to welcome enrolled/deposited students for the coming academic year. Represented Communication Studies faculty.

Moderator (March, 1997), Founder's Day Alumni Panel "Making Money Meaningfully: Connecting Learning, Passion, & Work," a panel of alumni exploring the struggle and rewards found in integrating education, the quest for meaning, and making a living.

Organizer/Planning Committee (1996-98). Hamline Association of Junior Faculty, including meeting organization, planning, etc.

Presenter (November, 1996). Parent and Family Weekend. Presented as part of panel

discussion concerning faculty scholarship influencing teaching.

Presenter (September, 1996). Student's Orienting Students (SOS) Leaders, New Student Days. Building group communication and leadership skills.

Presenter (September, 1996). "Classroom 101". Session during New Student Days for parents and students. Introduced a communication course/sample lecture Hamline student might take.

Interviewer (March, 1996) Scholarship Day. Conducted interviews and participated in selection of presidential scholarship applicants. Also participated in early scholarship interviews in February for those applicants unable to attend the March 2 Scholarship Day.

Participant, College Day (October, 1996). Met with individuals and participated in presentation to group of prospective students and their parents about communication studies major/minor.

Commuter Student Scholarship Selection Committee (Spring, 1996). Participated in reviewing of applications and selection of recipient for commuter student scholarship.

Presented Faculty Teaching/Research Seminar (Spring, 1996): "Bare-Chested Hugs" and "Tough-Guys' Night": Rituals in Marriage and Adult Friendship.

Panel Participant, Graduate School Workshop (September 26, 1995) for students interested in learning about the graduate school application process, the graduate school experience and graduate education.

Participant, College Day (October, 1995). Met with individuals and participated in presentation to group of prospective students and their parents about communication studies major/minor.

Participant in "Let's Talk Turkey," first ever Faculty Night (November, 1995) sponsored by residence life staff, providing students a chance to interact with faculty in an interpersonal context to discuss interests, questions, and experiences.

Honors Projects – Hamline University:

Director, Honors Project (1996-97). Linda Zimmerman, Senior Communication Studies Major.
Honor's Project: "The Personal as Professional: A Cultural Analysis of Three All-Female Organizations."

Ohio University Grants:

1993-4 John Houk Memorial Grant, Graduate Student Senate, Ohio University. Funding Support for dissertation research

- 1992-3 John Houk Memorial Grant, Graduate Student Senate, Ohio University. Support for research on task-sharing in marriage and travel to present at the INPR conference.
- 1991-2 John Houk Memorial Grant, Graduate Student Senate, Ohio University. Support for research on marital communication.

Graduate Committees:

Thesis committee (2015). Neli Morris. M.A. Candidate. Marriage and Family Therapy Graduate Program, Texas Tech University.

Dissertation Committee Member (1998-99). Karyl Daughters, Ph.D. candidate, University of Minnesota.

Graduate Committee Member (1994-1995). Jason Ladouceur, M.A. degree candidate, Ohio University.

Affiliations

National Communication Association (formerly Speech Communication Association)
Communication and Theater Association of Minnesota
Central States Communication Association
National Society for Experiential Education
Council on Contemporary Families
National Council on Family Relations
Minnesota Council on Family Relations