

## PEER-REVIEWED PUBLICATIONS

### Articles

- Whittington, A., & Pelletier, T. (2021). Women in field science: Challenges, strategies and supports for success. *Journal of Women and Minorities in Science and Engineering*, 27(6), 59-83.
- Whittington, A. (In progress). Developing noncognitive college readiness skills at camp: Long term impacts.
- Garst, B., & Whittington, A. (2020). Defining moments of camp experiences: An exploratory study with early adolescents. *Journal of Outdoor Recreation, Education and Leadership*, 12(3), 306-321. doi: 10.1866/JOREL-202-V12-I3-10109
- Whittington, A. (2019). Outdoor careers and motherhood. [Special issue]. *Journal of Experiential Education*, 42(1), 79-92. doi: 10.1177/1053825918820354
- Whittington, A. (2018). Career development of outdoor students in higher education: Comparing methodologies. *Journal of Outdoor Recreation, Education and Leadership*, 10(3), 253-255. doi: 10.18666/JOREL-2018-V10-I3-8191
- Whittington, A., & Garst, B. A. (2018). The role of camp in shaping college readiness skills and building a pathway to the future for camp alumni [Special issue]. *Journal of Youth Development*, 13(2), 105-125. doi: 10.5195/jyd.2018.519
- Whittington, A., & Aspelmeier, J. (2018). Resilience, peer relationships, and confidence: Do girls' programs promote positive change? *Journal of Outdoor Recreation, Education and Leadership*, 10(2), 124-138. doi: 10.18666/JOREL-2018-V10-12-7876
- Whittington, A., & Aspelmeier, J. (November/December 2017). Developing resilience in girls through camp experiences. *Camping Magazine*. Retrieved from <https://www.acacamps.org/resource-library/camping-magazine/developing-resilience-girls-through-camp-experiences>
- Whittington, A., Garst, B., Gagnon, R., & Baughman, S. (2017). Living without boys: A retrospective analysis of the benefits and skills gained at all-female camps. *Journal of Experiential Education*, 40(2) 97-113. doi: 10.1177/1053825916689266
- Garst, B., Gagnon, R., & Whittington, A. (2016). A closer look at the camp experience: Examining relationships between life and skills, elements of positive youth development, and antecedents of change among camp alumni. *Journal of Outdoor Recreation, Education, and Leadership*, 8(2), 188-189.
- Whittington, A., Aspelmeier, J., & Budbill, N. (2015). Promoting resiliency in adolescent girls through adventure programming. *Journal of Adventure Education & Outdoor Leadership*. 16(1), 1-15. doi:10.1080/14729679.2015.1047872
- Garst, B.A., Baughman, S., Whittington, A., & Gagnon, R.J. (2015). Influences

- of resident camp experiences on career choice: A case study of female alumnae. *Research in Outdoor Education*, 13(1), 59-82.
- Whittington, A., Budbill, N. & Aspelmeier, J. (2013). Promoting resiliency in adolescents girls through adventure education. *Journal of Outdoor Recreation, Education and Leadership*, 5(2), 169-172. doi: 10.7768/1948-5123.1219
- Whittington, A. & Budbill, N. (2013). Breaking the mold: Impacts of adventure education on girls. *Journal of Outdoor Recreation, Education and Leadership*, 5(1), 37-53. doi:10.7768/1948-5123.1128.
- Whittington, A., Nixon Mack, E., Budbill, N., McKenney, P., Nixon-Mack, E. (2011). All-Girls adventure programmes: What are the benefits? *Journal of Adventure Education and Outdoor Learning*, 11(1), 1-14.
- Whittington, A. (2011). Life after the river: Long-term impacts of girls' participation in an adventure program. *Journal of Outdoor Recreation, Education and Leadership*, 3(1), 40-52.
- Whittington, A. & Nixon Mack, E. (2010). Inspiring courage in girls through an adventure program [Special issue]. *Journal of Experiential Education*, 33(2), 166-180.
- Whittington, A. (2008). Book review on the handbook of experiential education. *New Horizons in Adult Education and Human Resource Development*, 22(3-4), p. 68-71.
- Whittington, A. (2006). Challenging girls' constructions of femininity in the outdoors. *Journal of Experiential Education*, 28(3), 205-221.
- Whittington, A. (2006). SEER 2005 abstract, Girls in the Woods: Exploring the impact of a wilderness program on adolescent girls' construction of femininity. *Journal of Experiential Education*, 28(3), 285-289.

### Abstracts

- Whittington, A., Danhof, J., & Schreckhise, E. *Camper outcomes: Helping girls prepare for college. 2020 American Camp Association Research Forum Abstracts*. Retrieved from [https://www.acacamps.org/sites/default/files/resource\\_library/2020-Camp-Research-Forum-Book-Abstracts.pdf](https://www.acacamps.org/sites/default/files/resource_library/2020-Camp-Research-Forum-Book-Abstracts.pdf)
- Garst, B.A., & Whittington, A. *An exploratory study of defining moments of summer camp experiences. 2020 American Camp Association Research Forum Abstracts*. Retrieved from [https://www.acacamps.org/sites/default/files/resource\\_library/2020-Camp-Research-Forum-Book-Abstracts.pdf](https://www.acacamps.org/sites/default/files/resource_library/2020-Camp-Research-Forum-Book-Abstracts.pdf)
- Whittington, A., & Danhof, J. (February, 2018). Supporting girls' resilience: One camp at a time. *2018 American Camp Association Research Forum Abstracts*. Retrieved from [https://www.acacamps.org/sites/default/files/resource\\_library/2018%20Book%20of%20Abstracts\\_searchable%20%281%29.pdf](https://www.acacamps.org/sites/default/files/resource_library/2018%20Book%20of%20Abstracts_searchable%20%281%29.pdf)

- Whittington, A., & Danhof, J. (2017). Developing college readiness skills at camp. *2017 American Camp Association Research Forum Abstracts* (pp. 48-50). Retrieved from [http://www.acacamps.org/sites/default/files/resource\\_library/2017\\_ACA\\_Book\\_of\\_Abstracts.pdf](http://www.acacamps.org/sites/default/files/resource_library/2017_ACA_Book_of_Abstracts.pdf)
- Whittington, A. & Aspelmeier, J. (2015). Measuring outcomes of girls' participation at camp. *2015 American Camp Association Research Forum Abstracts* (pp. 51-53). Retrieved from [http://www.acacamps.org/sites/default/files/resource\\_library/2015-National-Research-Forum-Book-Abstracts.pdf](http://www.acacamps.org/sites/default/files/resource_library/2015-National-Research-Forum-Book-Abstracts.pdf)
- Whittington, A., Aspelmeier, J. & Budbill, N. (2014). Measuring outcomes of girls' participation: Creating statistically tested scales. *Coalition for Education in the Outdoors 12<sup>th</sup> Biennial Research Symposium Abstract*. Bradford Woods, IN.

## BOOK CHAPTERS/EDITED JOURNALS

- Whittington, A., Gray, T., & Mitten, D. (2020). (Eds.). A critical exploration of girls' and women's experiences in outdoor recreation, education, and leadership [Special issue]. *Journal of Outdoor Recreation, Education and Leadership*.
- Whittington, A. (2018). Changing girls' lives: One program at a time. In Gray, T. & Mitten, D. (Eds.). *The Palgrave Macmillan International Handbook of Women and Outdoor Learning*. (pp. 661-672). London, England: Palgrave Macmillan.

## PRESENTATIONS/POSTERS \*denotes peer-reviewed +denotes presentations with students

### International and National Conferences

- \*Pelletier, T., & Whittington, A. (May, 2021). *Motherhood and field science: Challenges, Strategies and Supports for Success*. Society for Freshwater Science, Virtual. Special session Herstory in Freshwater Sciences.
- +Armentrout, J., & Whittington, A. (2021, April). *Trends in outdoor recreation spending*. National Council for Undergraduate Research, Virtual.
- \*+Whittington, A., & Armentrout, J. (2021, February). *Trends in outdoor spending: How much is too much?* Presentation at the 2021 Wilderness Education Association International Conference, Virtual.
- \*Whittington, A. (2020, February). *Gender: Does it matter?* Presentation at the 2020 Wilderness Education Association International Conference, Three Lakes, WI.
- \*Phipps, M., Spencer, S., Schneider, S., Tindall, J., & Whittington, A. (2020, February). The historic WEA way: A panel discussion. Panel presentation at the 2020 Wilderness Education Association International Conference, Three Lakes, WI.
- \*Whittington, A. (2020, February). *Camper outcomes: Helping girls prepare for college*. Poster and presentation presented at the annual American Camp Association National Conference Research Symposium, San Diego, CA.

- \*Garst, B.A., & Whittington, A. (2020, February). *An exploratory study of defining moments of summer camp experiences*. Poster and presentation presented at the annual American Camp Association National Conference Research Symposium, San Diego, CA.
- \*Warren, K., Breunig, M., & Whittington, A., (2019, November). *A dialogue on social justice issues in experiential education*. Presentation at the joint conference of the Association for Outdoor Recreation and Education and Association for Experiential Education joint conference, Spokane, WA.
- Whittington, A., & Hennard, K. (2019, November). Women's professional collaborate session: Round table discussion. Joint conference of the Association for Outdoor Recreation and Education and Association for Experiential Education, Spokane, WA.
- \*+Aspelmeier, J. E., Hatfield, Hanna R., Frank, Kelsey M., Papdimitriou, Flora E., Sheets Tori, J., Sprinkle, Ashley, M., Elliott, A., & Whittington, A. (2019, March). *Validity of the Adolescent Girls' Resilience Scale in a College Sample*. Poster presented at the 2019 Annual Meeting of the Eastern Psychological Association, Feb. 28<sup>th</sup>-March 2<sup>nd</sup>, 2019, NY, NY.
- \*Silko, J., Whittington, A., Holmes, M., Rogers, B. E., & Pavilionis, M. (October, 2018). *Working mothers: Can motherhood and working in outdoor education coexist?* Presentation at the annual conference for the Association for Outdoor Recreation and Education, Snowbird, UT.
- Whittington, A., & Bond Rogers, L. (2018). *Navigating sexism and bias in the outdoors*. Presentation at the pre-conference Women's Mentorship Leadership Institute at the annual conference for the Association for Outdoor Recreation and Education, Snowbird, UT.
- \*Whittington, A., & Danhof, J. (February, 2018). *Supporting girls' resilience: One camp at a time*. Poster and presentation presented at the annual American Camp Association National Conference Research Symposium, Orlando, FL.
- \*Whittington, A. (November, 2017). *Current trends: Women in outdoor learning*. Presentation at the annual conference for the Association for Outdoor Recreation and Education, Roanoke, VA.
- \*Whittington, A. (November, 2017). Career development of outdoor students: Comparing experiential education and traditional classroom instruction. Poster presented at the Association for Outdoor Recreation and Education (AORE) Research Symposium, Roanoke, VA.
- \*+Aspelmeier, J. E., Bevins, K., Wiegmann, R., Homick, C., Barbir, L., Williams, J., Easter, K., Fadi, C., Elliott, A., and Whittington, A. (2017, March). *Resilience among women in the first semester at college: A validation study*. Poster presented at the Annual Meeting of the Eastern Psychological Association, March 16-18, 2017, Boston, MA.

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- \*Whittington, A., & Danhof, J. (February, 2017). *Developing college readiness skills at camp*. Poster and presentation presented at the annual American Camp Association National Conference Research Symposium, Albuquerque, NM.
- \*Gagnon, R.J., Garst, B.A., Baughman, S., & Whittington, A. (November, 2015). *Career choice influences of camp experiences on girls' lives*. Poster presented at the annual conference of the Association for Outdoor Recreation and Education Research Symposium, Atlanta, GA. Awarded Best Poster.
- \*Garst, B.A., Gagnon, R.J., Baughman, S., & Whittington, A. (2015). *Examining career influences of camp experiences: Implications for 4-H camp professionals*. Paper presented at the National Association of Extension 4-H Agents Annual Conference, Portland, OR.
- \*Whittington, A., & Aspelmeier, J. (February, 2015). *Measuring outcomes of girls' experiences at camp*. Poster and presentation presented at the annual conference of the American Camp Association Research Symposium, New Orleans, LA.
- \*Whittington, A., Aspelmeier, J. & Budbill, N. (2014, January). *Measuring outcomes of girls' participation: Creating statistically tested scales*. Poster presented at the Coalition for Education in the Outdoors Research Symposium, Indianapolis, IN.
- \*Whittington, A., Budbill, N. & Aspelmeier, J. (February, 2013). *Promoting resiliency in adolescent girls through adventure education*. Presentation at the Wilderness Education Association Outdoor Leadership Research Symposium, Black Mountain, NC.
- \*Whittington, A. (2011, November). *Does this pack make my butt look fat?* Presentation for the Association for Experiential Education National Conference, Jacksonville, FL.
- \*Whittington, A. (2011, November). *Life after the river: Long-term impacts of girls' participation in an adventure program*. Presentation for the Association for Experiential Education National Conference, Jacksonville, FL.
- \*Whittington, A. (2008, November). *Why and how to create positive program experiences for girls*. Presentation for the 36<sup>th</sup> International Association for Experiential Education Conference, Vancouver, WA.
- \*Whittington, A. & Nixon Mack, E. (2007, November). *Inspiring courage in girls! How?* Presented at the 35<sup>th</sup> International Association for Experiential Education Conference, Little Rock, AR.
- \*Whittington, A. (2006, November). *The feminine value*. Panel member at the 34<sup>th</sup> International Association for Experiential Education Conference, St. Paul, MN.
- \*Whittington, A. (2006, November). *Challenging the beauty myth in all-female programming*. Presented at the 34<sup>th</sup> International Association for Experiential Education Conference, St. Paul, MN.

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- \*Whittington, A. (2006, June). *Intervention programs for at-risk girls: Struggling for empowerment in marginalized communities*. Panel member for the National Women's Studies Association Conference, Oakland, CA.
- \*Whittington, A. (2005, November). *Girls in the Woods: Exploring the impact of a wilderness program on adolescent girls' constructions of femininity*. 4<sup>th</sup> Symposium on Experiential Education Research. International Conference of the Association for Experiential Education. Tucson, Arizona.

### State and Regional Conferences

- Whittington, A. (2016). *Creating effective and efficient program evaluations*. Presentation at the American Camp Association Virginias Winter Conference. Williamsburg, VA.
- \*Whittington, A. (2008, April). *Why all-girls programs?* Presentation at the Regional Association for Experiential Education Conference, Hancock, NH.
- \*Whittington, A. (2006, April). *Challenging the beauty myth in all-female programming*. Presented at the New England Regional Association for Experiential Conference. Bolton, VT.
- \*Whittington, A. (2005, April). *Challenging femininity in the outdoors*. Presented at the New England Regional Association for Experiential Conference, Colbrook, CT.
- \*+Whittington, A., Latimer, K., & Roser, A. (2014, April). *RU hurt? Wilderness first aid in the backcountry*. Presentation for the Regional Association for Experiential Education Conference, Radford, VA.
- \*+Whittington, A., Davis, S., Thieberger, J., Fenner, A. Little, D. & Hicks, TJ. (2012, March). *What do you do when the unexpected happens?* Presentation for the Regional Association for Experiential Education Conference, Radford, VA.
- \*Whittington, A. (2010, April). *Various teaching methods: Differences and implementation*. Presentation for the Regional Association for Experiential Education Conference, Nobleboro, ME.
- \*+Finnemore, L. & Whittington, A. (2010, April). *Who pays? Establishing fiscal responsibility For backcountry evacuations*. Presentation for the Regional Association for Experiential Education Conference, Nobleboro, ME.

### Other Presentations

- Whittington, A., & Pelletier, T. (2021, March). Motherhood and field-based careers in outdoor recreation and natural sciences. Presentation for Women's History Month, Radford University, Radford, VA.
- +Whittington, A., & Brown, M. (2019, March). Take a Hike: Improve your Wellness by Getting Out! Presentation for Women's History Month, Radford University, Radford, VA.



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- +Jones, S., & Whittington, A. (2019, October). *Outdoor tourism in Virginia: Is the industry inclusive?* Poster presentation at the Sixth Summer Research Symposium, Office of Undergraduate Research, Radford University, Radford, VA.
- Whittington, A. (April, 2018). *Snakes, spiders, ticks and poisonous plants*. Presentation for professional training for the Southwest Virginia Mountain Rescue Group, Blacksburg, VA.
- Whittington, A. (January, 2018). *Wilderness first aid skills*. Professional training for the Southwest Virginia Mountain Rescue Group, Blacksburg, VA.
- Whittington, A. (November, 2017). *Current trends: Women in outdoor learning*. Presentation for Origins and Directions of Adventure Education class, Prescott College, AZ. Done via Zoom (online platform).
- Whittington, A. (January, 2017). *Researching resilience: How camp increases 21<sup>st</sup> century skills in youth*. Keynote speaker Camp Newaygo Research Symposium, Newaygo, MI.
- Whittington, A. (January, 2017). *Innovative research in college readiness and educational choices*. Presentation at the Camp Newaygo Research Symposium, Newaygo, MI.
- Whittington, A. (2014, November). *Engaged Learning, service learning, experiential learning, academic service learning: What's the difference anyway?* Professional Development Presentation, College of Education and Human Development Teacher Workshops, Radford University, Radford, VA.
- Whittington, A. (2014, April). *Ten+ ways to use a Sam splint for improvised splinting*. Search and Rescue Presentation. Blacksburg, VA.
- Whittington, A. (2012, March). *Adventure girls: Rationale and benefits of adventure recreation programs for girls*. Presentation for Women's History Month, Radford University, Radford, VA.
- Whittington, A. (2010, October). *Games for group formation*. Presentation for the Maine Recreation and Parks Association conference, Presque Isle, ME.
- Whittington, A. (2010, May). *NVivo software: Overview and uses*. Presented for the Faculty Development Workshop, University of Maine, Presque Isle.
- Whittington, A. (2010, May). *Various teaching methods: Engaged learning, experiential education, service learning and academic service learning*. Presentation for the Faculty Development Workshop, University of Maine, Presque Isle.
- Whittington, A. (2009, August). *All who wander are not lost*. Presentation at the Faculty Retreat, University of Maine Presque Isle.
- Whittington, A. (2009, May). *Inspiring courage in girls*. Presentation at the State Convention for American Association of University Women. Presque Isle, ME.

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Whittington, A. (2009, February). *Paddling the Allagash Wilderness Waterway*. Presentation for the Kiwanis & Rotary Clubs, Presque Isle, ME.

Leduc, L., Sebold, K., & Whittington, A. (2008, November). *Engaged learning: The good, the bad and the money*. Presentation for Faculty Seminar Series, University of Maine, Presque Isle.

Whittington, A. (2008, May). *Inspiring courage in girls*. Poster presented at Board of Trustees Meeting, Presque Isle, ME.

Whittington, A. (2008, April). *Inspiring courage in girls! An examination of participation in a wilderness program*. Presented at the Faculty Seminar Series, University of Maine, Presque Isle.

### STUDENT RESEARCH

Armentrout, J., & Whittington, A. (2020-Present). *Spending trends in outdoor recreation*. Student is a Research Rookie through the Office of Undergraduate Research and is conducting research as a freshman. Student is paid \$2000.00 per semester.

Jones, S. & Whittington, A. (2018). *Outdoor tourism in VA: Is it inclusive?* Student received \$3000.00 summer research grant through the Office of Undergraduate Research and did an oral and poster presentation at the Annual Research Symposium, Radford University.

Benninghove, H. & Whittington, A. (2016). *Females in a predominately male profession*. Student received \$500.00 scholarship for work and presented a poster at the Psychology and Gender Center Research Symposium, Radford University.

Finnemore, L., & Whittington, A. (2009-2010). *Who should pay for backcountry evacuations?* Maine Policy Scholars Program. Student received financial support for project and funding for travel. Included research and presentation presented at the state level.

### CURRENT ACTIVITIES/SERVICE

<b>Director, Women's and Gender Studies</b>	2021-Present
<b>Wilderness Education Association Board of Directors</b>	2019-Present
<b>Associate Editor, Journal of Outdoor Recreation, Education and Leadership</b>	2018-Present
<b>Ridgerunner, Roanoke Appalachian Trail Club</b>	2018-Present

### CURRENT PROFESSIONAL CERTIFICATIONS

Certified Outdoor Educator, Wilderness Education Association, 2020-  
Emergency Medical Technician, State of Virginia, 2016-  
Project Learning Tree Facilitator, 2015-  
Master Leave No Trace Educator, 2015-  
Avalanche Level 1 Training, 2015-



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Wilderness First Responder & Wilderness First Aid Instructor, Stonehearth Open Learning Opportunities, 2006-  
CPR/First Aid/AED Instructor, American Heart Association, 2013-  
CPR/First Aid/AED Instructor and Trainer, National Safety Council, 2012-  
Wilderness EMT, Stonehearth Open Learning Opportunities, 2006-  
Emergency Medical Technician, National Registry of EMTs, 2006-  
CPR/First Aid/AED Instructor, American Red Cross, 2005-  
Maine State Guide in Recreation, Department of Inland, Fisheries and Wildlife, 2004-