

Curriculum Vitae

A course of one's life

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Employment

- 2007 - present [Honors College](#), Virginia Tech, Blacksburg, VA
2016 – present **Director of Professional Development, National & International Scholarships**
2014 – 2016 **Interim Director**
2007 – 2014 **Associate Director**
- 1991-2007 Department of Human Nutrition, Foods & Exercise, Virginia Tech
1999 – 2007 **Undergraduate Coordinator / Assistant Department Head**
1995 – 1999 **Research Associate**
1991 – 1994 Graduate Assistant (*Research & Teaching*)
- 1990 Jerry Allison Landscaping – Aptos, CA
Laborer – installing landscape plants, land design, and rock/brick/wood structures
- 1988 – 1990 Kauai, HI
Weston – Corporate Wellness
Weston – Equestrian groom for a team of 100 Clydesdales
Lihue Athletic Club – Assistant Manager, Trainer
- 1985 - 1988 Continuing Education Staff member Blacksburg, VA
Aquaculture Correspondence course – graded exams, mailed materials to enrolled students
Registrar – Virginia Farm and Small Business Tax Workshop
- 1984 - 1987 Brielle Cyclery, Brielle, NJ
Summers during college
Bicycle, clothing and accessories sales
- 1984 - 1985 After hours dorm monitor Virginia Tech campus
During the fall, winter and spring quarters
10 pm – 6 am shifts three nights a week
Confirming and admitting residence into dorms after hours
- 1980 - 1984 Windward Farms, Wall, NJ
Farm Hand, Groom, Exerciser – Hunters/Jumper
Weekdays after school into the evening
Weekends 7:00 am – 12:00 noon

Education

- 1991-1995 Virginia Polytechnic Institute & State University (Virginia Tech)
M.S. Human Nutrition, Foods & Exercise
Thesis: Plasma Total and Lipoprotein Cholesterol in Men Fed Dietary Fat from Beef, Dairy Products and Olive Oil.
Committee Chair: Forest W. Thye, Ph.D.
- 1984-1988 Virginia Polytechnic Institute & State University (Virginia Tech)
B.S. Human Nutrition & Foods Magna Cum Laude
- 1980 - 1984 Manasquan High School, Valedictorian
 Manasquan, NJ

Courses Taught

Teaching philosophy: At the core of my teaching is the idea of bringing a strong base in foundational knowledge into a project that encourages students to work in teams while also developing their individual work ethic. In addition to learning by doing, and essential step of experiential learning is to spend time thinking about what you've done. Reflective essays, after action reports, assessing not simply was the project a success or failure, but what could have been done better or differently (even if it was a success) or what did the individual learn about themselves in the process.

- 2018 Professional Development / National Scholarships seminar
 2009-2015 UH 3004H Honors Colloquia - The Unexamined Life
 2009-2012 HNFE 2984/4984 SS: Undergraduate Journal Club
 2007-2011 UH 2984H Freshmen Honors Seminar
 2008 UH 4984H Undergraduate Thesis preparation
 2004-2006 HNFE 1114 Orientation to HNFE
 2002-2007 HNFE 4004 Senior Seminar, Writing & Discourse in the Major
 2001-2007 HNFE 4874 Nutrition & Physical Performance

Professional Affiliations

I enjoy being part of something bigger than myself – of connecting with those who share a passion (professional or personal). I am not simply a joiner. I engage. I attend meetings (virtual or in person) and I am present. If the need arises and I feel I can contribute I am willing to step forward to take on a role to contribute. Over the years I have had to make decisions to let go of one engagement to participate in another to be realistic about time commitments, and to acknowledge where I can make the best contribution and also where I can personally and professionally continue to develop.

- 2020 Rotary International – [Blacksburg](#) – Satellite Club founding member
 2016 - present Appalachian Trail Conservancy ([ATC](#))
 2007- present National Collegiate Honors Council ([NCHC](#))
 2007 - present National Association of Fellowship Advisors ([NAFA](#))
 2001 - 2014 National ACademic ADvising Association ([NACADA](#))
 2008 - 2011 North American Colleges & Teachers of Agriculture ([NACTA](#))
 1995 - 2008 American College of Sports Medicine ([ACSM](#))

National Collegiate Honors Council (NCHC) <http://www.nchchonors.org/>

- 2022 President
- 2021 President-elect
Conference chair for NCHC21 National Conference Oct 27 – 31, 2021 Orlando, FL
Theme: Reimagining Honors: past – present – future.
- 2020 Vice-President
- 2017-2019 Board of Directors
- 2018 – present **Advocacy Committee**
- 2013 - present [NCHC Partners in the Parks](#)
Committee co-chair (2017 – 2018), past-chair (2019)
Committee Member 2013- present
Project lead:
 - May 2019 Appalachian Trail SWVA
 - May 2018 Capitol Hill NPS Advocacy project
 - May 2017 Great Smoky Mountain / A.T. National Park
 - May 2016 Harpers Ferry / Appalachian Trail
 - May 2015 Great Smoky Mountain National Park
 - January 2012 Cedar Breaks National Monument – *participant*
- 2021 **Third Thursdays @ Three, host**
In lieu of COVID, PITP committee members hosted monthly virtual conversations with NPS staff from various national parks. I hosted the May event with an interview with Wendy Jenssen, Superintendent of the Appalachian National Scenic Trail (APPA).

Phi Kappa Phi Honors Society <http://www.phikappaphi.org/>

Let the Love of Learning Rule Humanity

- 2018 – 2020 Board of Directors – national Phi Kappa Phi office, Baton Rouge, LA
- 2020 - present Chapter President
- 2018 Chapter Grants and Awards Coordinator
National PKP Nominating Committee
- 2009-2017 Chapter Secretary
Chapter delegate to 2016 Biennial Convention, Atlanta, GA
- 2007 Inducted – Virginia Tech Chapter 025

Virginia Tech

- 2018 - present Outdoor Club of Virginia Tech ([OCVT](#)) – A.T. trail maintaining club – Faculty advisor
- 2006-present VT University Admissions Appeal Committee
- 2005-2017 VT Honors System - Faculty advisor to accused and panel member
- 2002-2015 WVTF National Public Radio – Volunteer – answering phones for fund drives
- 2010-2013 Orientation – Academic Subcommittee
- 2007-2012 McNair Scholars Advisory Board
- 2005-present University Premed Interview Committee
- 2003-present VT Safe Zone: dedicated to providing a supportive environment for the LGBTQ community
- 2007-2010 VT Commencement Committee
Director of Ushers, University Fall & Spring ceremonies
- 2004-2007 Faculty Advisor for Exercise Science Student Organization and VT Fitness and Nutritio

Leading Lights of the New River Valley <http://leadinglightsnrv.org>

Our mission is to acknowledge and honor volunteers across the NRV who are making community-changing impacts, culminating in an annual celebratory banquet.

- 2017 – 2021 Board of Directors
- 2018 – 2021 Awards - Committee Chair

Publications

- 2015 Good, DG and McIntyre, CM. Use of Journal Clubs Within Senior Capstone Courses: Analysis of Perceived Gains in Reviewing Scientific Literature, J. of Nutr. Education and Behavior, Vol. 47. Issue 5, 477-479.
- 2013 McIntyre, C.M. (2013, March). **On the death of a student.** *Academic Advising Today*, 36(1). Retrieved from <http://www.nacada.ksu.edu/Resources/Academic-Advising-Today/View-Articles/On-the-Death-of-a-Student.aspx>
- 2013 Good DJ, McIntyre CM, Marchant MA, **The USDA Scholars Program: Innovations in a Summer Undergraduate Research Program**, March 2013, NACTA Journal. Retrieved from: <http://www.nactateachers.org/attachments/article/2048/1%20NACTA%20Journal%20March%202013.pdf>
- 2012 **Fulbright FPA Newsletter** – U.S. State Dept. Issue 50 July 2012
Insights from observing a Fulbright National Screening Committee
- 2011 McIntyre C, **Peripatetic Advising: How Socrates, Advising, and Running Shoes Influence Student Success** *Academic Advising Today* Volume 34, Number 2, June 2011
<http://www.nacada.ksu.edu/Resources/Academic-Advising-Today/View-Articles/Peripatetic-Advising-How-Socrates-Advising-and-Running-Shoes-Influence-Student-Success.aspx>
- 2009 Good DJ, McIntyre C, and Marchant M. **Reinventing Undergraduate Research: A Blueprint for Department-based Undergraduate Research Programs.** *Proceedings of the Conference on Higher Education Pedagogy, Virginia Tech*, pg 70 (April 2009)
- 1999 Hertzler A, Young G, Baum C, Lawson M, Penn-Marshall M. **Nutrition & Exercise Information for Children on the Internet.** *Journal of Family and Consumer Sciences*, (1999) 91, 100-103.

National Academic ADvising Association (NACADA) Blog posts

- 2012 Available / Accessible / Knowledgeable / Helpful / Personable / Approachable / Mentor / Counselor
March 14, 2012
<https://nacada.wordpress.com/2012/03/14/available-accessible-knowledgeable-helpful-personable-approachable-mentor-counselor>
- 2011 Virtual Postcards July 6, 2011
<https://nacada.wordpress.com/2011/07/06/virtual-postcards/>
End of Year Reflections: Desiderata June 1, 2011
<https://nacada.wordpress.com/2011/06/01/year-end-reflections/>

Presentations

- 2021 Rotary International, Blacksburg Satellite Club. Presentation on the Appalachian Trail, history, cooperative management and local opportunities to volunteer. July 20, 2021
- 2021 Third Thursdays @ Three – Partners in the Parks, NCHC May 20, 2021
An interview with Wendy Janssen, Superintendent of the Appalachian National Scenic Trail
- 2019 Students in Honors: Workshops on Professional Development. Resumes, CV, Personal Statements, and Interview feedback. National Collegiate Honors Council, New Orleans, LA November 2019

- 2018 Students in Honors: Workshops on Professional Development. Resumes, Personal Statements, Interview techniques, Professional conversations. National Collegiate Honors Council, Boston, MA November 2018
- 2017 Just Prestigious Scholarship Winners. National Collegiate Honors Council, Atlanta, GA November 2017
Through communication with national and international fellowship foundations I organized and hosted a panel of 2 Fulbright, 1 Mitchell, 1 Udall and 2 Jack Kent Cooke scholars and alumni reflecting on their experiences. Despite the session immediately following the Plenary session with Bryan Stevenson our room was full, over 60 conference participants hurried over to catch this session to hear the scholars and alumni.
- 2016 Gates Foundation Visitor's Center Tour, National Collegiate Honors Council, Seattle, WA October 2016
Organized and led a tour of the Gates Foundation for NCHC members on behalf of the Major Scholarships Committee. 60 participants.
- 2015 Fifty Years in the Making: Understanding Major Scholarships, Diehl, R., McIntyre, CM. National Collegiate Honors Council, Chicago, IL November 2015
Open Call Scholarships: Helping Honors Students Plan their Application Process
Diehl, R., Laufe, L., McIntyre, CM
- 2014 McIntyre, C. Gambattel, Keynote Address, Northern Virginia Community College Honors Program Pinning Ceremony. Feb.6, 2014 Annandale, VA
- 2014 The Thrill of the Process: Applying for Major Scholarships, Diehl R., McIntyre, CM.
"On Belay" -- "Belay on" - Support and Practice - the Value of Applying for Scholarships Early, White A., Adams M., McIntyre, CM. National Collegiate Honors Council, Denver, CO November 2014
- 2013 The Transformative Experience of Applying to Major Scholarships, Ryan Diehl, Jon Goss, Christina McIntyre, National Collegiate Honors Council, New Orleans, LA November 2013.
- 2013 Success Elevated: Transfer of High Achieving Students to Honors Programs and Elite Institutions. Kathleen King, Christina McIntyre, Kathleen Sindt, NACADA Annual Conference, Salt Lake City, UH October 2013.
- 2013 Practice Makes Perfect. Region 2 NACADA, Pre-conference Workshop. McIntyre C., Patterson H. Sutton L., Chandler C. New Brunswick, NJ March 2013
- 2013 Negotiating Unique Advising Hoops & Hurdles. Christina McIntyre, Karen Watson, Yalana Orr, Elaine Matuszek, Marlana McGlothlin Lester. Advising Matters, Virginia Tech, March 2013.
- 2012 The Course of Study Planner: Empowering students to take control of their education and create a world-class education for themselves. National Collegiate Honors Council, National meeting, Boston, MA McIntyre, C. Shrader, R, Blair, E. November 2012.
- 2011 Invited to participate in a brainstorming session at the Eisenhower Executive Office Building, White House, Washington D.C., with Aneesh Chopra (*Chief Technology Officer for the Obama Administration*), along with representatives from Google, Gates Foundation, and others focusing using technology to improve access, persistence and completion of higher education to achieve the Obama 2020 Higher Education goal. September 2, 2011.
- 2011 "Undergraduate Journal Clubs: Challenging students to think critically and professionally" Good D, McIntyre C. Department of Human Nutrition, Foods & Exercise. Fralin Auditorium. May 2011.
- 2010 Cells to Society Journal Club: Challenging Undergraduate Students to Think and Act Professionally. Proceedings of the Conference on Higher Education Pedagogy, Virginia Tech, Blacksburg, VA. pg 42. McIntyre, C. Good, D.J. Riviere, S. and Murphy, S. February 2010.
- 2010 Cells to Society Journal Club: Challenging Undergraduate Students to Think and Act Professionally. North American Colleges & Teachers of Agriculture Annual Meeting, Penn State University, State College, PA.. McIntyre C., Good DJ, Riviere S, Resendes, K. June 2010.
- 2010 Good DJ, McIntyre CM. (2010) Undergraduate Journal Clubs: Challenging students to think critically and professionally. Council for Undergraduate Research. Creating a Culture of Research on Camus: A Seminar for Deans, Faculty, IT Specialists, Librarians and Research officers. Oct 15-16, 2010, Williamsburg, VA.

- 2010 Beyond the Personal Statement: What Do Winners Look Like? National Association of Fellowship Advisors, National Meeting, Seattle, WA. Duban J, McIntyre C, Stedman B. July 2010.
- 2009 Poster: The USDA Scholars Program: Innovations in Undergraduate Research, North American College and Teachers of Agriculture, Annual Meeting, Oklahoma State University, Tulsa, OK. McIntyre C and Good DJ. June 2009.
- 2009 Supporting a Global Outside-the-Classroom Education. National Collegiate Honors Council, National meeting, Washington D.C. Shrader R, Helveston J. Jackson M, McIntyre C, Papillon T. October 2009.
- 2008 Crossing Frontiers Together: The Honors Community in Times of Campus Crisis. National Collegiate Honors Council, National meeting, San Antonio, TX. Barnes R, Andrews L, Martin M, McIntyre C, Papillon T. October 2008.
- 2007 The Plan of Study Goes Electronic. Region 2 NACADA, Pre-conference Workshop. McIntyre C. and McIntyre J. March 2007
- 1994 Poster: Plasma Total and Lipoprotein Cholesterol in Men Fed Dietary Fat from Beef, Dairy Products and Olive Oil. International Life Sciences Institute, Atlanta, GA. McIntyre C. May 1994

Grants

- 2018 Phi Kappa Phi – Literacy Grant - Skill UP NRV: Neighbor Helping Neighbors \$2,500
- 2007 - 2011 USDA-CSREES 2007-02458 USDA Higher Education Challenge Grant,
“The USDA Scholars Program” \$278,195
Matching funds provided by Virginia Tech Provost, College of Agriculture & Life Sciences,
Fralin Life Sciences Institute, Department of Human Nutrition, Foods & Exercise.
- 2006 Provost’s Summer Session Grant Program \$5,000
- 1995-1999 Virginia Department of Education, Nutrient analysis of school meals and compliance with USDA regulations.

Honors

- 2012 NACADA Certificate of Merit, Outstanding Academic Advising Award
- 2012 [Provost’s Award for Excellence in Advising](#), Virginia Tech
- 2009 Outstanding Alumna, Department of Human Nutrition, Foods & Exercise
- 2005 Excellence in Undergraduate Advising, Department of Human Nutrition, Foods & Exercise

Certifications:

- 2019 [SOLO Advanced Wilderness First Aid](#) (exp 5/31/2023)
- 2021 Adult Mental Health First Aid (exp 6/9/2024)
- 2019 US Forest Service – [Sawyer Class B - Bucking](#) (exp 3/23/2022)
- 2018 [SOLO Wilderness First Aid & CPR/AED](#) (exp 9/2020)
- 2018 Bleeding Control Basic v. 1.0 | Virginia Tech Emergency Management
American College of Surgeons, Committee on Trauma
- 1998 PADI certified SCUBA diving – Advanced Open Water Diver (AOWD)

International Travel:

Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one’s lifetime. – Mark Twain

- 2016 Riva San Vitale, Switzerland – Presidential Global Scholars
- 2014 Riva San Vitale, Switzerland – Presidential Global Scholars
- 2012 Accra and Cape Coast, Ghana - Presidential Global Scholars
- 2005 Ireland – Cycling holiday focused in the Connemara region
- 2002 Edmonton, Canada – Conference – International Society of Sports Nutrition
Banff / Jasper Backpacking trek post-conference

- 1999 Ireland – Cycling holiday circumnavigating the Republic (Dublin to Galway)
- 1984 Spring semester – High school studies – Madrid, Spain
- 1982 Family camping trip to New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland, Canada
- 1974 Canadian cross-country family camping trip
Ontario, Manitoba, Saskatchewan, Alberta and British Columbia

Languages: Native English speaker

- Spanish: Listening (Intermediate); Speaking (Novice); Reading (Intermediate); Writing (Novice)
- Irish (Connacht dialect) – Listening, Speaking, Reading & Writing, all Beginner level

Additional interests:

- Hostel International USA Volunteer - <https://www.hiusa.org/>
Webinar host – Fulbright grants
- Appalachian Trail – section hiking – A less drastic approach to the A.T. I have been intentionally hiking stretches of the A.T. -- over the course of 20+ years culminate in completing the entire trail.
- U.S. Masters Swimming / Christiansburg Aquatic Center
COVID swimming – bungee cord belt in a 16' round
- National Parks – America's Best Idea – many of my holidays are spent in our national parks. I enjoy reflecting on and sharing my experiences and relationship with the national parks, monuments, seashores, etc. <http://americanparks.travel.blog/>
- American Red Cross – Blood & Platelet Donor – 83 units (Type: A+) 1990 – present
During COVID-19 I've been donating platelets monthly to do my part.
Virginia Blood Services: 20 units donated (Blood)
- Guitar – acoustic, 6 string – starting in June 2021 I picked up an Olympia by Tacoma at a pawn shop and started taking daily online lessons through Tony Polecastro. This is my first foray into a musical instrument.

Competitive Athletic highlights

The mind's first step to self-awareness is through the body. – George Sheehan

- 1988, 91, 95 Boston Marathon finisher (3:15 ; 3:01; 3:45)
- 1994 Virginia State Series Mountain Bike Women's Champion
- 1993 Race Across America (RAAM) DNF Slapout, OK 1,447 miles in 5 days
- 1993 Wilderness 101 - Coburn Park near State College, PA – [1st place woman](#)
- 1992 UMCA [Houston-Austin-Houston Women's record holder](#) 335 miles, 18h19min
- 1992 Survival of the Shawangunks, New Paltz, NY – 1st place woman
- 1992 Shut In Ridge Trail Run, 18 miles, Ashville, NC – 1st place woman
- 1988 Ironman Triathlon, Kona, HI 3rd place age-group; 10 hr. 42 min.
- 1988 King Kong Ultra Triathlon, Hanalei, HI 1st place (overall)
- 1988 Escape from Alcatraz, San Francisco 2nd place woman
- 1988 Monterey Bay Half Ironman, Monterey, CA 2nd place woman
- 1986 Ironman Triathlon, Kona, HI 5th place age-group; 11 hr. 56 min.
- 1981 Multiple Sclerosis Century, Lincroft, NJ (first long distance organized ride 100 miles)
- Present: I continue to find adventure in my daily life through swimming, yoga, biking, hiking, skateboarding, kayaking and many other forms of play for physical and mental health.

Outdoor Projects

Does not include NCHC Partners in the Parks projects.

The mountains are calling and I must go. – John Muir

We have the world to live in on the condition that we will take good care of it. And to take good care of it, we have to know it. And to know it and to be willing to take care of it, we have to love it. – Wendell Berry

- 2021 Led 23 Appalachian Trail Work trips on the OCVT sections of the AT.
volunteer hours
- December 2021 Weekend backpacking trip for OCVT college students. Introduction to backpacking and winter camping. Peter's Mountain, Appalachian Trail, VA/WV. 7 participants.
- October 2021 Fall break front country, 3-day, camping trip at White Rocks campgrounds (USFS) in Giles county, Virginia. 12 students.
- July 2021 Week long solo backpacking trip, Giles county stretch of the Appalachian Trail
- May 2021 Wilderness First Aid, MEDIC – SOLO: Organized the location logistics for this 3-day certification class. New River's Edge, Pembroke, VA 18 participants.
- March 2020 University of Tennessee, Chattanooga
Honors Seminar - Walking
Damascus, VA – Appalachian Trail
Place as Text, Creeper Trail, Grayson Highlands (AT), Bridge build with MRATC
20 participants
- March 2019 Slick Rock Wilderness & Joyce Kilmer National Forest
Backcountry backpacking trip
- March 2018 Great Smoky Mountain National Park – week long backpacking trip with niece. Deep Creek.
- 1994 The Big Trip 3 month camping trip across Canada with family (mom, dad + 8 kids)
Banff, Jasper, Canadian Icefields, Oregon Coast, Yosemite, Utah, Colorado