

**Lisa J. Lucas**  
**Professor: West Chester University of Pennsylvania**  
**Author -Speaker-Coach**

**EDUCATION**

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Ed. D., Immaculata University, Immaculata, PA	2006
<b>Dissertation topic:</b> Coaching: Job-Embedded Professional Development	
M.A. in Education, Cabrini College, Radnor, PA	1989
B.A. in Journalism/Communications, Lock Haven University, Lock Haven, PA	1986

**PROFESSIONAL LICENSURE**

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Elementary Education/Early Childhood Commonwealth of PA Certificates	1999
Organizational Development Leadership Certificate	2001
Supervisor Curriculum and Instruction Certificate	2004
Reading Specialist Certificate	2004
International Coach Federation Certificate	2010
International Therapeutic Coach	2025
EFT International Accredited Certified EFT Practitioner	ongoing

**ADMINISTRATIVE EXPERIENCE**

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<b>Professional and Organizational Development Program Director</b>	2007-2008
West Chester Area School District (WCASD), West Chester, PA	
<b>Elementary Literacy and Social Studies Program Director</b>	2005-2007
WCASD, West Chester, PA	
<b>Elementary Literacy Coordinator</b>	2004-2005
WCASD, West Chester, PA	

**PRE-K-to-12 TEACHING EXPERIENCE**

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<b>Instructional Coach</b>	2002-2004
WCASD, West Chester, PA	
<b>Elementary Teacher</b>	1991-2002
WCASD, West Chester, PA	
<b>Kindergarten Teacher</b>	1988-1991
St. Cyril of Alexandria, East Lansdowne, PA	
<b>Head Teacher</b>	1987-1988
Educare Learning Center, Bala Cynwyd, PA	

**West Chester University Courses Taught 2008-Present**

<b>Undergraduate</b>	<b>Graduate/Post-Baccalaureate Certification</b>
EGP 322: Pre-School Learning Environment	EDE 548: SEL for Educators
ECE 231: Child Development — Ages 2 to 5 Years	EGP 522: Pre-K Programs and Methods and Family Partnerships
ECE 404: Integrated Learning in Kindergarten	ECE 506: Curriculum and Assessment I: Birth to Age Eight
ECE 405: Administration and Supervision of Early Childhood Programs	ECE 515: Coaching and Supervision in Early Childhood Education Distance Education
ECE 232: Preschool Learning Environment — Field	ECE 514: Leadership in Early Childhood Education Distance Education Course

EDE 410/411: Student Teaching	EDE 605: Educational Leadership and Change Theory
EGP 220: Theory and Field Experience	
EGP 402: Engaging Learners: Integrating Academic and Social Development for High Achieving Equitable Classrooms	
EGP/MGP 550: Development Field Experiences in Inclusive Classrooms	

### **AWA Assignments**

Early and Middle Grades Graduate Coordinator for Post-Baccalaureate Programs (2013-2017)  
Faculty Associate for Teaching, Learning and Assessment (Fall 2016-Spring 2017)

### **SCHOLARSHIP**

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#### **Publications**

\* Presentations including students as co-authors or contributor

Barry, D. & Lucas, L.J. (2022). Conversations with young children about violence. *Exchange Magazine*. 15-18.

Sarcona, A., Lucas, L.J., & Dirhan, D. (2022). Faculty development: exploring well-being of educators. *Academic Exchange Quarterly*. 26(2).

\*Lucas, L.J., LaRose, C. (2019). Practicing presence: Simple self-care for educators goes mobile  
*Proceedings of Society for Information Technology & Teacher Education International Conference 2019*, 1994-1949. Las Vegas, NV, United Sate. Association for the Advancement of Computing in Education (AACE).

Lucas, L.J. (2018). Modeling mindfulness by practicing presence. *Exchange Magazine*. 85-88.

Lucas, L.J. (2017). Preparing instructional coaches for teachers in america's public schools. *Philosophy of Coaching: An International Journal*, 2(1), 28-42.

\* Kerr, S.L., Lucas, L.J., DiDomenico, G.E., Mishra, V., Stanton, B.J., Shivde, G., Pero, A.N., Runyen, M.E., & Terry, G.M. (2017). Is mindfulness training useful for pre-service teachers? An exploratory investigation. *Teaching Education*. DOI: 10.1080/10476210.2017.1296831

Lucas, L.J. (2017). Words create worlds. *Exchange Magazine*, 39, 41-43.

Lucas, L.J. & Kerr, S. (2016). Remembering to breathe: The challenges and rewards of teaching mindfulness practices to pre-service teachers. *Journal of Educational Thought*. University of Calgary.

Halko, G., Haughey, T., Lucas, L.J., & Gardiner-Shires, A. (2016). Reinvigorating a culture of mentoring. *Proceedings of The International Annual Mentoring*. Albuquerque, NM. (also a conference & poster session).

Lucas, L. & Johnson, K. (2016). Too much technology — Never enough time — solution: Collaborate, integrate, and reflect. *Proceedings of Society for Information Technology & Teacher Education International Conference 2016*, 144-1461. Chesapeake, VA: Association for the Advancement of Computing in Education (AACE).

Johnson, K. & Lucas, L. (2015). Student teaching distractibility online: Teacher candidates share strategies. In S. Carliner et al. (Eds.), *Proceedings of World Conference on Educational Media and Technology 2015*, 1135-1139. AACE.

Lucas, L. J. (2014). Establishing and maintaining a mentoring culture in higher education. *Proceedings of The International Annual Mentoring Conference*, 601-603. Albuquerque, NM.

\*Johnson, K., Lucas, L. & Lucas, C. (2014). Learning together: A technology professional learning community. In M. Searson & M. Ochoa (Eds.), *Proceedings of Society for Information Technology & Teacher Education International Conference 2014*, 1912-1915. Chesapeake, VA: AACE.

Bean, N., Lucas, L.J., Hyers, L. (2014). Mentoring in higher education should be the norm to assure success: Lessons learned from the faculty mentoring program, West Chester University, 2008-11. *Mentoring and Tutoring Journal*, Taylor and Francis.

Lucas, L.J. & Johnson, K. (2013). Enhancing professional practice: Creating a culture of collaboration among educators. *The Field Experience Journal*, 11, 35-51.

Johnson, K., Lucas, L., & Lucas, C. (2013). Creating learning communities to support teacher candidates' use of technology. In Jan Herrington et al. (Eds.), *Proceedings of World Conferences on Educational Multimedia, Hypermedia and Telecommunications 2013*, 2088-2090. Chesapeake, VA: AACE.

Norris, K., Lucas, L.J., & Prudhoe, C. (2012). Examining critical literacy: Preparing pre-service teachers to use critical literacy in the early childhood classroom. *MultiCultural Education Magazine*, 19(2).

Lucas, L.J. (2011). Write more, grade less. *The Clearing House*, 85(4).

Lucas, L.J. (2011). Coaching: Job-embedded professional development. *Ethics and Critical Thinking Journal*, 2011(2).

Lucas, L.J. (2011). He said, she said: Using student feedback to improve instruction and learning. *Middle Ground: The Magazine of Middle Level Education*.

Lucas, L.J. (2010). Awake, accountable and engaged. *National Teaching and Learning Forum*.

#### **Published Books:**

Lucas, L. J. (2025) *Better Days: 180 Creative Practices and Daily Connections*. ASCD.

Lucas, L.J. (2017). *Practicing presence: Simple self-care for teachers*. Stenhouse Publishers. Portland, Maine.

#### **Published Book Reviews:**

Lucas, L.J. (2016). Starting strong: Strategies for success in the first 90 days. Lois Zachary & Lory A. Fischler. *Peer Resources Network*.

Lucas, L.J. (2015). Surviving the journey: The stories of two military veterans' first year of teaching. *The Teacher Educator: Routledge: A Taylor and Francis Group*.

Lucas, L.J. (2013). Beyond the five paragraph essay. *Middle Ground: The Magazine of Middle Level Education*.

Lucas, L.J. (2011). Review of A coach's story: Revealing insights into life as a professional coach. *Peer Resources Network*.

Lucas, L.J. (2010). Review of The mindful coach: Seven roles for facilitating leadership development. *Peer Resources Network*.

Lucas, L.J. (2010). Review of Mentoring new teachers. *Peer Resources Network*.

#### **Professional Publications**

Lucas, L.J. (2011). *Why Mentoring Matters. Top Ten Productivity Tips for Professors*.

Lucas, L.J. (2011). *How Do We Help Teachers Do a Better Job of Implementing Writing?*

### **Book Chapters/Contributions**

Lucas, L.J. & Kerr, S. L. (2016). Preparing present pre-service educators. Submitted to *Contemplative Practices in Pre-Service Teacher Education*: Reviewed in a double peer-reviewed process — not accepted.

### **International Presentations:**

\* Presentations including students as co-presenters or contributors

Lucas, L.J. & LaRose, C. (2019) *Practicing presence: Simple self-care for educators goes mobile*. Proceedings of Society for Information Technology & Teacher Education International Conference 2019, 1994-1949. Las Vegas, NV, United States. Association for the Advancement of Computing in Education (AACE).

Lucas, L.J. & Wiest, J. (2017). *Expanding and enhancing a mentoring culture*. International Mentoring Association.

Wiest, J. & Lucas, L.J. (2017). *Why everyone should try. Mismatch mentoring*. International Mentoring Association.

Johnson, K., & Lucas, L.J. (2015). *Student teaching and distractibility online: Teacher candidates share strategies* [Paper presentation]. World Conference on Educational Media and Technology (EdMedia), Montreal, Canada.

\*Johnson, K., Lucas, L., & Lucas, C. (2013). *Creating learning communities to support teacher candidates' use of technology* [Paper presentation]. World Conference on Educational Multimedia, Hypermedia, and Telecommunications (EdMedia), Victoria, Canada.

### **National Presentations:**

Lucas, L. J. (2023, October).

Lucas, L.J., & Johnson, K. (2023, April). *Cultivating compassion in the pre-service teacher*. National Field Experience Conference.

Lucas, L.J., Sarcona, A., & Dirhan, D. (2022). *Practicing presence for personal and professional well-being*. Wisconsin Academy of Nutrition and Dietetics Conference.

Lucas, L.J. (2021). *Practice presence: Cultivating calm in the midst of chaos* [Keynote presentation]. State of Maryland Literacy Association Conference.

Lucas, L.J. (2021). *Self-care, self-compassion & stress reduction for superkids teachers* [Keynote presentation]. Zaner Blozer Conference.

Lucas, L.J. (2021). *Emotional resilience to promote healthy minds and climates*. National ESEA Conference.

Lucas, L.J. (2021). *Writing your prescription for a healthy life*. State of Maryland Literacy Association Conference.

Lucas, L.J. (2021). *Practicing presence: cultivating calm in the midst of chaos* [Keynote presentation]. Educational Service of Central Ohio.

Lucas, L.J. & Greenawalt, L. (2021). *A well-trained mind: Social emotional awareness for educators*. National Social and Emotional Learning Conference.

Lucas, L.J. (2020). *An opportunity to retreat and replenish*. Indiana Mentorship Conference for New Educators.  
\*virtual

Lucas, L.J. & LaRose, C. (2019). *The neuroscience of social emotional teaching, leading, & learning*. Learning Forward Annual Conference, St. Louis, Missouri.

- Lucas, L.J. (2019). *Practicing presence: Mindfulness and social emotional awareness intersect*. Literacy for All: Annual Pre-K-8 Literacy & Reading Recovery Conference, Rhode Island.
- Lucas, L.J. (2019). *Writing your prescription for a balanced life: Wellness in the workplace*. Literacy for All: Annual Pre-K-8 Literacy & Reading Recovery Conference, Rhode Island.
- Lucas, L. J. (2019). *Social emotional awareness: Self care strategies* [Keynote presentation]. Ohio Association of Administrators of State and Federal Program.
- Lucas, L.J. (2019). *Practicing presence by training our brain*. Ohio Association of Administrators of State and Federal Programs.
- \*Lucas, L.J. & LaRose, C. (2018). *Mindful technology partnership initiative*. Online Learning Consortium Innovate 2018.
- Lucas, L.J. (2018). *A well-trained mind: Social emotional awareness for educators*. National Title I Conference, Philadelphia, Pennsylvania.
- \*Lucas, L.J. & Bergen, E. (2017). *Healthy habits for educators*. National Student Teaching & Supervision Conference.
- Halko, G., Haughey, T., Lucas, L., & Gardiner-Shires, A. (2016). *Reinvigorating a culture of mentoring*. The International Annual Mentoring Conference, Albuquerque, NM. (also a conference proceeding).
- Lucas, L., & Johnson, K. (2016). *Too much technology: Never enough time — solution: Collaborate, integrate, and reflect* [Paper presentation]. Society for Information Technology & Teacher Education International Conference, Savannah, FL.
- Lucas, L.J. (2016). *Creating a mentoring culture: Presence based teaching, leading, learning, and living*. National New Teacher Center Symposium on Teacher Induction.
- Lucas, L.J. (2015). *Technology professional learning communities enable educators to evolve together*. 21<sup>st</sup> Annual Online Learning Consortium International Conference, Orlando, FL.
- \*Johnson, K., Lucas, L., & Lucas, C. (2014). *Learning together: A technology professional learning community* [Paper presentation]. Society for Information Technology & Teacher Education International Conference, Jacksonville, FL.
- Lucas, L.J. (2014). *Establishing and maintaining a mentoring culture in higher education*. The International Annual Mentoring Conference, Albuquerque, NM (also a conference proceeding).
- Lucas, L.J. (2013). *Presence-based teaching, leading, and learning: Developing a culture of optimism and happiness*. National Association for the Education of Young Children.
- Lucas, L.J., Prudhoe, C., Beaver, M., & Sanderson, D. (2013). *Connecting child development and group time with developmentally appropriate and whole class activities*. National Association for the Education of Young Children.
- Lucas, L.J. (2012). *Student engagement techniques: Increasing active learning*. Lilly Conference on College and University Teaching: Brain Based Learning and Teaching, Bethesda, MD.
- Lucas, L.J. & Johnson, K. (2012). *Cultivating a culture of reflective practitioners*. Lilly Conference on College and University Teaching, Bethesda, MD.
- Lucas, L.J. & Johnson, K. (2011). *Cultivating a culture of reflective practitioners* [Paper presentation]. Association of Teacher Educators Summer Conference, Philadelphia, PA.
- Lucas, L.J. & Johnson, K. (2011). *Preparing future faculty by creating a culture of mentoring*. Lilly Conference on

College and University Teaching, Bethesda, MD.

- Lucas, L.J. (2010). *Creating community through active listening*. Lilly Conference on College and University Teaching, Bethesda, MD.
- Lucas, L.J. & Sommerville, A. (2009). *Teacher induction, mentoring and coaching*. National Staff Development Conference, St. Louis, MO.
- Lucas, L.J. & DiAngelo, F. (2009). *Standards based literacy and math integration for early learners*. NAEYC National Conference, Washington, DC.
- Lucas, L. J. & Antonowich, L. (2006). *Change and challenges with coaching* [Paper presentation]. National Staff Development Council Conference, Nashville, TN.
- Lucas, L.J., Cobb, S., Aronson, A., Conahan, D. (2006). *Teacher teams make it happen* [Paper presentation]. International Dyslexia Association, The Union League, Philadelphia, PA.
- Lucas, L.J. (2005). *Developing and building capacity in literacy with data* [Roundtable discussion]. National Staff Development Council, TX.

### **Regional/State Presentations**

- Lucas, L. J. (2023) *Self-care, Self-Compassion and Stress Reduction Strategies for Resilient Administrators*. Central Susquehanna Intermediate Unit.
- Lucas, L.J. (2022). *Self-care, self-compassion and stress reduction for resilient employees*. Elizabeth Town College.
- Lucas, L.J. (2021). *Practice presence: Balance life, work, and everything in between*. Pa. Association of Intermediate Units Conference: Kindness: The Key to Our Neighborhood
- Lucas, L.J. (2021). *Practicing presence: Writing your prescription for a joyful life*. Healthy Measures: Vertex Lunch and Learn.
- Lucas, L.J. (2020). *Self-care, self-compassion, and stress reduction for resilient educators* [Keynote presentation]. Penn Literacy Network Keynote.
- Lucas, L.J. (2020). *Reflective practice as a tool for teaching and learning*. Kutztown University Summer Institute.
- Lucas, L.J. (2019). *Collaborating to create mindful environments* [Keynote presentation]. Delaware County Intermediate Unit.
- Lucas, L.J. (2019). *Stress reduction for educators*. Delaware County Intermediate Unit.
- Lucas, L.J. (2019). *Mindfulness in education*. Central Pa Intermediate Unit 16.
- Lucas, L.J. (2019). *Practicing presence: Simple strategies for teacher self-care*. KSLA Region Four Conference: A Celebrate YOU Event.
- Lucas, L.J. (2019). *Mindfulness for administrators*. Cumberland Perry Technical Institute Central Region PACTA.
- Lucas, L.J. (2019). *Practicing presence: A mindful approach to teaching, leading, learning and living*. Keystone State Literacy Association.
- Lucas, L.J. (2019). *Practicing presence in the classroom: Personal practices to support SEL & mindful teaching*. Lehigh Career and Technical Institute.
- Lucas, L.J. (2019). *Mindfulness: Practicing presence, reducing teacher burnout & supporting students*. Central

Susquehanna Intermediate Unit

- Lucas, L.J. (2019). *Practicing presence: Social and emotional well-being for educators* [Keynote presentation]. St. Joe's Spring Literacy Conference/Delaware Valley Reading Council.
- Lucas, L.J. (2019). *Practicing presence in the classroom*. Central Susquehanna IU Bootcamp.
- Lucas, L. J. (2019). *Practicing presence: Simple strategies for teacher self-care*. Keystone State Region Four Conference.
- Lucas, L.J. (2018). *Practicing presence: creating a culture of wellness & collaboration* [Keynote presentation]. The 80th Annual Kutztown University Art Education Conference: Connect & Collaborate - Emerging Trends in Art Education.
- Lucas, L.J. (2018). *Writing your prescription for a joyful life*. Pennsylvania Council of Teachers of English and Language Arts State Conference.
- Lucas, L.J. (2018). *Social emotional learning and managing stress in the workplace*. Schuylkill Technical Center.
- Lucas, L.J., Greenawalt, L., Curley, M., & Will, S. (2018). *Walkthroughs to identify student and teacher achievement*. Pennsylvania Association of Career and Technical Administrators Summer Leadership Conference.
- Lucas, L.J. (2017). *Mentoring matters*. New Faces of Leadership: Women's Leadership Conference.
- Lucas, L.J. (2017). *Practicing presence: Mindfulness for educators*. Chester County Intermediate Unit Countywide Day.
- Lucas, L.J. & Lorine, J. (2016). *Collaborating to create mindful environments: The power of our words — spoken and unspoken*. National Head Start Association Conference.
- \*Lucas, L.J., Maydell, J, & Carvajal, D. (2016). *Healthy habits for educators*. WCU Fall Research Day.
- \*Lucas, L.J., Garger, C., & Mercogliano, M. (2016). *Healthy habits for educators*. Early Childhood Pa. Summit.
- Lucas, L. J. (2015). *Presence in the midst of chaos*. Women's Leadership Conference, West Chester University, PA.
- Lucas, L.J. (2015). *Cultivating presence in the classroom*. Southeastern Regional Student Pa. State Education Association Conference, Healthy Children, Healthy Schools.
- Lucas, L.J., & Lorine, J. (2015). *Mentoring and coaching early childhood professionals to be present*. Early Childhood Education Summit, Penn State University, PA.
- \*Lucas, L., Kerr, S., & DiDomenico, G. (2015). *Learning to breathe (L2B): Helping student teachers reduce stress, regulate emotion, and focus attention* [Paper presentation]. WCU Committee for Excellence in Learning and Teaching (CELT) Summer Workshop, West Chester, PA.
- \*Johnson, K., Lucas, L., Pace, A., Jackson, V., & Sallade, K. (2015). *Teacher candidates and technology: Sharing our K-8 student teaching professional learning community* [Paper presentation]. Pennsylvania Association of Colleges and Teacher Educators Annual Assembly, Harrisburg, PA.
- Lucas, L.J. (2014). *Presence based teaching, leading, learning, and living*. Early Childhood Education Summit, Penn State University, PA.
- Beaver, M., Lorine, Lucas, L.J., Prudhoe, C., & Sanderson, D. (2014). *Developmentally appropriate group time*. Early Childhood Education Summit, Penn State University, PA.

- Lucas, L.J. (2013). *Active learning strategies to promote engagement*. Academic Innovation Conference, Shippensburg University, PA.
- Johnson, K. & Lucas, L.J., & Lucas, C. (2013). *The technology professional learning community: Making the most of the pre-student reaching semester*. Pennsylvania Association of Colleges and Teacher Educators Annual Assembly, Harrisburg, PA.
- Johnson, K. & Lucas, L.J. (2011). *Making the most of methods assignments: Sharing with student teachers*. Pennsylvania Association of Colleges and Teacher Educators 40<sup>th</sup> Annual Teacher Education Assembly, Grantville, PA.
- Lucas, L.J. & Sheppard, S. (2010). *Developing a mentoring culture*. Pennsylvania Association of Colleges and Teacher Educators.
- DiLucchio, C., Slostad, F., Lucas, L.J., & Johnson, K. (2010). *Teacher candidate study: A framework for reflective practice*. Pennsylvania Association of Colleges and Teacher Educators.
- Lucas, L.J., Norris, K., & Prudhoe, C. (2010). *Preparing teachers to use critical literacy in Pre-K-4 classrooms*. Higher Education Institute: The Future is Here: Developing Responsive Pre-K to Grade 4 Educators and Learners.
- Lucas, L.J. (2008). *Adult learning and change theory*. Classrooms for the Future (CFF) Boot Camp, Valley Forge Convention Center, Valley Forge, PA.
- Lucas, L.J. (2008). *Critical conversations*. CFF Boot Camp, Valley Forge Convention Center, Valley Forge, PA.
- Lucas, L. J. (2008). *Deepening critical conversations*. CFF Boot Camp, Valley Forge Convention Center, Valley Forge, PA.
- Lucas, L.J. (2008). *Coachable moments for experienced coaches*. PA State Coaching Collaborative Board, Valley Forge, PA.

### **Internal Sessions**

- Lucas, L.J. (2022). *Simple suggestions for incorporating mindful presence in the classroom*. CELT summer workshop.
- Lucas, L.J. (2022). *Mindful presence in the classroom*. Kappa Delta Pi Honors Society.
- Lucas, L.J. (2021). *Envision endless opportunities for education: Create a new story*. Kappa Delta Pi Honors Society.
- Lucas, L.J. (2021). *Engaged educators: Be committed without being consumed*. Kappa Delta Pi Honors Society.
- Lucas, L.J. (2021). *Practice presence*. CELT Fall Book Club Selection. Monthly presentations.
- Lucas, L.J. (2021). *Practices for well-being in the workplace*. West Chester University Scholarship of Teaching, Learning and Assessment Conference.
- Lucas, L.J. (2020). *Creating compassionate cultures* [Keynote presentation]. West Chester University Scholarship of Teaching, Learning and Assessment Conference.
- Lucas, L.J. (2020). *Writing your prescription for a balance life: Practicing presence in times of chaos and uncertainty* [Webinar]. COE WCU Webinar.
- Lucas, L.J. (2019). *Mindfulness in education*. Trauma Informed Education Workshop at West Chester University of Pennsylvania



Lucas, L.J. (2019). *Cultivating compassion & students perspectives on compassion in the classroom*. West Chester University Scholarship of Teaching, Learning and Assessment Conference.

Lucas, L.J. (2019). *Trauma-informed education* [Workshop]. West Chester University.

Lucas, L.J. (2019). *Social emotional awareness for educators*. WCU Faculty Forum: West Chester University and the West Chester Area School District

Lucas, L.J. (2018). *Personal sustainability*. Place, Sustainability, and Literacy Workshop, West Chester University.

### **Posters Sessions:**

Kerr, S. L., DiDomenico, G.E., Lucas, L.J., Shivde, G.S., Adams, E., Blackwell, L., Hesser, K., Mishra, V., Soderland, D.J., Pero, A.N., Runyen, M.E., Terry, G.M., Rau, K.N., & Holder, J.A. (2016). *The effectiveness of learning to breathe, a mindfulness training program, in an undergraduate college population*. Annual Meeting of the Eastern Psychological Association, New York, NY.

Lucas, L., Kerr, S., & DiDomenico, G. (2015). *Learning to breathe (L2B): Helping student teachers reduce stress and regulate emotion* [Poster presentation]. 7th Annual Association for Contemplative Mind in Higher Education Conference, Washington, DC.

### **Invitational Sessions:**

Lucas, L.J. (2022). *Practicing to connect and cultivate presence*. Lewisburg Area High School Keynote.

Lucas, L.J. (2023). *Finding the median between living to work and working to live*. Swarthmore College.

Lucas, L.J. (2022). *Practicing presence for special education leaders*. Central Susquehanna Intermediate Unit.

Lucas, L.J. (2022). *Social & emotional wellness conference*. Carbon- Lehigh Intermediate Unit.

Lucas, L.J. (2022). *Practice presence: Balance life- work & everything in between*. PAIU Annual Conference.

Lucas, L.J. (2022). *Integrating writing across the curriculum*. Penns Valley Areas School District.

Lucas, L. J. (2021): *Practices for Well Being in the Workplace*. Byram Township School District

Lucas, L.J. (2021). *Practicing presence: Balancing life work and everything in between*. Pattan Leadership Summit.

Lucas, L.J. (2021). *Practicing presence: Balancing life work and everything in between*. PA Council of Administrators of Special Education.

Lucas, L.J. (2020). *Practicing presence in a stressful world*. Penn Literacy Network Symposium.

Lucas, L.J. (2019). *Practicing presence: A mindful approach to teaching, leading, learning and living*. KSLA Brandywine Valley Forge

Lucas, L.J. (2018). Student Pennsylvania State Education Association. Mental Health Seminar.

Lucas, L.J. (2017). *Mindfulness in education*. Chester County Intermediate Unit.

Lucas, L.J. (2017). *Mentoring future leaders*. Women's Leadership Conference.

Lucas, L.J. (2017). *Mentoring future student leaders*. America Reads Youth Mentoring Program.

Lucas, L.J. (2017). *Practicing presence in the classroom*. Chester County Intermediate Unit County Wide Mindfulness Symposium.

- Lucas, L.J. (2016). *Establishing presence in the midst of student teaching*. WCU Research Day.
- Lucas, L.J. & Wiest, J. (2016). *Establishing a mentoring culture: A mentor/mentee story*. Mentoring Committee Mentor Training.
- Lucas, L.J. & Lorraine, J. (2016). *Mindful teaching in Pre-K*. Head Start Professional Learning Day.
- Lucas, L.J. (2015). *Presence based teaching, leading, learning and living* [Workshop Series]. West Chester Area School District.
- Lucas, L.J. (2015). *Mindful listening: Creating communities of compassion*. Chester County Intermediate Unit.
- Lucas, L.J. (2012). *Presence based teaching and learning*. Chester County Intermediate Unit.
- Lucas, L.J. (2011). *Engaging our students in an already packed course*. Lancaster General College of Nursing and Health Sciences Faculty Development Day.
- Lucas, L.J. (2011). *Engaging students in learning*. Lancaster General College of Nursing and Health Sciences Faculty Development Day.
- Lucas, L.J. (2009). *Grade level configuration*. Springfield School District School Board.

### **Consultantships, Workshops, and Professional Seminars 2013-Present**

- Lucas, L.J. (2023). *Practicing Presence*. Mifflinburg School District.
- Lucas, L.J. (2023). *Self-care, self-compassion and stress reduction strategies for resilient educators*. Mifflinburg School District.
- Lucas, L.J. (2022-2023). *Opportunities to replenish and restore*. Lehigh Career and Technical Institute.
- Lucas, L.J. (2022). *Self care- stress reduction for resilient employees*. Bumpers & Company.
- Lucas, L.J. (2022). *Don't Be a coverband*. Lehigh Career and Technical Institute.
- Lucas, L.J. (2022). *Restore, reflect, and rejuvenate- Self care for staff*. Hanover Township Public Schools.
- Lucas, L.J. (2021). *Looking forward with hope*. Hanover Township Public Schools.
- Lucas, L.J. (2022). *Helping children cope with stress and anxiety*. Vertex Healthy Measures.
- Lucas, L.J. (2022). *Self-care, self-compassion and stress reduction for resilient employees*. Vertex Healthy Measures.
- Lucas, L.J. (2022). *Practice presence: Stress reduction for parents and children*. Vertex Healthy Measures.
- Lucas, L.J. (2021). *Reducing teacher burnout and supporting students in the midst of a pandemic*. Byram Township School District, NJ.
- Lucas, L.J. (2021). *Writing your prescription for a joyful life*. Vertex Healthy Measures.
- Lucas, L.J. (2021). *Wellness Wednesday*. Morris County School of Technology.
- Lucas, L.J. (2020). *Practicing presence* [Keynote presentation]. Oxford Area School District.
- Lucas, L.J. (2020). *SEL for educators: Life balance: finding the median between living to work and working to live*. Byram Township School District, NJ.

Lucas, L.J. (2020). *SEL for educators: Why it's normal that we're all stressed out*. Byram Township School District, NJ.

Lucas, L.J. (2020). *SEL for educators: Writing your prescription for a joyful life*. Byram Township School District, NJ.

Lucas, L.J. (2020). *Wellness in the workplace*. Morris Area Curriculum Network.

Lucas, L.J. (2020). *Practicing presence: Self-care in turbulent times*. Morris County School of Technology.

Lucas, L.J. (2020). *Reduce stress increase ease* [Keynote presentation]. Montville School District.

Lucas, L.J. (2020). *Crafting meaningful assignments in a remote learning environment* [6-day workshop]. Lehigh Career and Technology Institute, Lehigh, PA.

Lucas, L.J. (2019, March). *Practicing presence: Mental hygiene for educators*. Lehigh Career and Technology Institute. Lehigh, PA.

Lucas, L.J. (2018). *Want engaged students? Practice presence*. Cloverdale California -A Jefferson School Special Topics Weeklong Workshop

Lucas, L.J. (2017, November). *Using writing to engage ALL students*. Lehigh Career and Technology Institute, Lehigh, PA.

Lucas, L.J. (2017, May/June). *Engaging students in the academic side of the house: 4-Day Institute*. Lehigh Career and Technology Institute, Lehigh, PA.

Lucas, L.J. (2017, April/May). *Pre-K counts observation of teachers transitioning from Level 1 to Level 2 Certification*.

Lucas, L.J. (2017, February). *Coaching colleagues to engage students*. Bald Eagle School District, Wingate, PA.

Lucas, L.J. (2016, February). *Purposeful writing in career and technology schools*. Lehigh Career and Technology Institute, Lehigh, PA.

Lucas, L.J. (2016, February). *Integrating writing across the curriculum*. Bald Eagle School District, Wingate, PA.

Lucas, L.J. (2015, October). *Cultivating presence*. Fern Hill Elem. School, West Chester, PA.

Lucas, L.J. (2015, September). *Practicing presence*. St. David's Pre-School, Wayne, PA.

Lucas, L.J. (2015, August). *Literacy strategies session I*. West Oak Lane Day School, Philadelphia, PA.

Lucas, L.J. (2015, August). *Designing an effective writing program*.

Lucas, L.J. (2015, May). *Coaching support*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2015, April). *Overview of the five types of writing*. Cornwall Lebanon School District, Lebanon, PA.

Lucas, L.J. (2015, March). *Early literacy strategies*. Dallastown School District, Dallastown, PA.

Lucas, L.J. (2015, March). *Integrating writing across the curriculum III*. East Lebanon School District, Lebanon, PA.

Lucas, L.J. (2015, March). *Integrating writing across the curriculum II*. East Lebanon School District, Lebanon, PA.

Lucas, L.J. (2015, January). *Integrating writing across the curriculum part II*. West Oak Lane Charter School, PA.

Lucas, L.J. (2015, August). *Integrating writing across the curriculum part I*. West Oak Lane Charter School, PA.

Lucas, L.J. (2014, November). *Observing literacy strategies*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2014, November). *Integrating writing across the curriculum*. East Lebanon School District, Lebanon, PA.

Lucas, L.J. (2014, October). *Literacy strategies session III*. West Oak Lane Day School, Philadelphia, PA.

Lucas, L.J. (2014, October). *Coaching collins — 2 day course*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2014, October). *Coaching and supporting colleagues*. Lancaster School District, Lancaster, PA.

Lucas, L.J. (2014, September). *Literacy strategies — Session II*. West Oak Lane Day School, Philadelphia, PA.

Lucas, L.J. (2014, September). *Literacy refresher*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2014, August). *Literacy strategies session I*. West Oak Lane Day School, Philadelphia, PA.

Lucas, L.J. (2014, February). *Coaching coaches*. Lancaster School District, Lancaster, PA.

Lucas, L.J. (2013, January). *Integrating writing across the curriculum part III*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2013, October). *Integrating writing across the curriculum part II*. Berks County Career Center., Leesport, PA.

Lucas, L.J. (2013, August). *Integrating writing across the curriculum part I*. Berks County Career Center, Leesport, PA.

Lucas, L.J. (2012-2013 monthly). *Avon Grove literacy coaches: Presence based teaching, leading, and learning*. Avon Grove, PA.

#### **Grants and Awards:**

Honors College Outstanding Faculty Recipient. (2022).

Omicron Delta Kappa Academic Advising Award (2019)

College of Education Professional Development Award (2017). Project title: Healthy habits for educators.

Featured in WCU 2015 Annual Research and Supported Scholarship Report.

Lucas, L. J. & Kerr, S. (2014). Awarded the Committee for Excellence in Learning and Teaching (CELT) Funding for the project: Learning to breath: A mindfulness curriculum to cultivate emotion regulation and enhance attention and performance.

Awarded the 2014 E. Riley Holman Memorial Faculty Award with Karen Johnson for the project: Exploring the creative use of technology in a professional learning community. West Chester University, PA.

Awarded the Dean's Scholarship Award to attend: The Power of Mindset Summer Institute (2014).

Lucas, L. J. & Johnson, K. (2011). The enhancing professional practice PLC pedagogy for engagement grant. Funds Awarded: \$1,418 from West Chester University.

#### **Research Projects**

- Sparks: Daily Presence Connections and Practices (2020- Present) In collaboration with Downingtown SD (2023).
- \*Scholarly Mentorship (2022-2023): Mentored Sydney Campbell, Honors College Student in designing her Mindfulness Workbook.
- The Impact of Presence on the Well-Being of educators in Higher Education (IRB) (2021-2022).
- Mindful Monday and the No Complaining Rule Partnership Project with St. David's Pre-School.(2017).
- \* Healthy Habits for Educators: Lucas, L. J. & Lucas, C. (2016).

- Designing Professional Development For Teachers With Teachers. (2016) TPLC: Technology. Professional Learning Community. Lucas, L. J. & Johnson, K. (2015).
- Learning to Breathe: Lucas, L. J., Kerr, S. Geeta, S. (2015).
- Happiness at Work: Can Mindfulness Help? Investigators: Lucas, L. J. & Santori, D. (2014).
- Learning to Breathe: Lucas, L. J., Kerr, S. (2014).

### **Blogs and Social Media:**

Stenhouse Webinar (2020) Self-care practices for educators in turbulent times.

<https://page.stenhouse.com/webinars>

The integration of mindfulness practices: Research to practice: An interview with Stephen Hurley

(<http://voiced.ca>) (2020)

Stenhouse Podcast (2020) <http://stenhouse.libsyn.com/website/lisa-lucas-responding-instead-of-reacting>

VoicEd Radio: Practicing Presence Podcast Ongoing <https://voiced.ca/project/practicing-presence/>

Preparing Instructional Coaches for Teacher's in America's Public Schools. (2020) Philosophy of Coaching: An Interview with Julian Humphreys. PoC Podcast. Toronto, Ontario, Canada.

<https://philosophyofcoaching.org/wp-content/uploads/2017/08/Philosophy-of-Coaching-podcast-2-Lisa-J-Lucas.mp3>

### **SELECTED PROFESSIONAL SERVICE SINCE 2013**

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#### **Pennsylvania State Service:**

- Pre-K Counts Level I-II Certification Observations (2010-present) 6-12 observations per year
- Pennsylvania Department of Education invited higher education representative to select the Milken Educator Award for Pennsylvania
- Higher Education Representative, Pennsylvania Department of Education, Collaborative Coaching Board (2008-2018)

#### **University Service:**

- Social Emotional Awareness for Educators: WCU Faculty Forum: West Chester University and the West Chester Area School District (2019)
- Strategic Plan Committee (2018)
- Mentoring Pilot for Associate to Full Professors (2017-2018)
- Carnegie Foundation Classification for Community Engagement Reclassification Efforts Task Force (Fall 2017- 2019)
- University Writing Council Advisory Board COE Representative (May 2017 – May 2021)
- E-Textbook Initiative Reviewer with the Office of Distance Education (Fall 2017)
- SoTLA Committee Planning Team 2017 conference. Chair of the 2018 planning team.
- Center for Contemplative Studies (Formerly Stress Reduction Center) (2008- 2018) Help plan programming, facilitate meditation sessions for student drop-in hours, and coordinate the Mindful Teaching Series
- Graduate Studies Ad hoc committee for Graduate Assistants (2016)
- Committee for Excellence in Teaching and Learning Committee member representing NFO (Fall 2014-2018)
  - Faculty Associate: 2016-2018
  - Co-Chair: Spring 2016
  - Chair of Book Club Subcommittee: 2015-2006
  - Co-Facilitated Book Club: Student Engagement Techniques (Spring 2015)
  - Co-Facilitated Book Club: Happiness at Work (Fall 2014)
- WCU Faculty Mentoring Program — Chair (2009-2012). Re-elected spring 2013-2018- Faculty Associate
  - Mentored three junior faculty members
  - Coordinated the “Mastering the Balancing Act Workshop”

- Developed mentoring constellations for temporary faculty
  - Facilitated and hosted “Work/Life Balance Workshop” sponsored by the Mentoring Committee
- New Faculty Orientation Committee Member (2009-Present):
- Faculty Grants Development Committee/University Funding Committee (elected May 2012-May 2015)
- Field Placement Committee (2010-2018)
- Presidential Gala Committee Member (2008-Present) Co-chair (2012-2013-2014)
- Women in Leadership and Service Committee (2010-2015)
- Facilitator at the Speed Networking Event (Fall 2010, Fall 2011, Fall 2012, Fall 2013)
- Scholarship subcommittee
- Stress Reduction Committee Member (2008-2017); now Contemplative Studies

**College of Education & Department Service:**

- Early and Middle Grades Department Evaluation Committee (2022-2023) Co-Chair (2018-2019) Chair
- ECE M.Ed. Committee: Curriculum Revisions (2020-2022) Developed Advocacy & Leadership Course
- Developed Social Emotional Learning Course (2018) Converted to Distance Ed Course (2023)
- MGP Day Engaging Learners Presentation (2018-2023 fall and spring).
- Early and Middle Grades Elections Committee Member (2018-2020)
- Council of Professional Education: Fall 2013-2018
  - CPE Field Experience Standing Committee (2012- 2018)
  - CPE Professional and Pedagogical Core Ad Hoc Committee (2014- 2015)
  - Ad Hoc Committee to Revise the CPE Bylaws (Spring 2015)
  - CPE Ad Hoc Summer Leader (Summer I 2015)
- Disposition Pilot subcommittee (Fall 2017)
- Department of Early and Middle Grades Library Liaison (2008- 2020)
- Contacted, Coordinated, and Hosted Pennsylvania Teacher of the Year — Rebecca Foust: Invited Speaker (Spring 2017)
- Program Assessment and Accountability Group (PAAG) Fall 2012-Present
- Search Committee (Fall 2012-Spring 2013, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Spring 2017)
- Early and Middle Grades Department Evaluation Committee (Fall 2014, Spring 2015, Spring 2016)
- Early and Middle Grades Curriculum and Assessment Committee (Fall 2013-Present)
- Department of Early and Middle Grades Program Advisory Committee (Fall 2014, Spring, 2015, Spring 2016-Fall 2016)
- Student Marshal for graduation ceremonies (Winter & Spring 2008, 2009, 2010, 2011, 2013, 2014)