

Blair Youmans

Department of Psychology
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EDUCATION

Tulane University, New Orleans, LA **Doctoral Student: School of Science & Engineering,**
Developmental Psychology **August 2015-Present**

Agnes Scott College, Decatur, GA **Degree: B.A., Psychology** **Graduation: May 2013**

Overall GPA: 3.75

Major GPA: 3.79

EMPLOYMENT

Teacher, Hirsch Academy, Decatur, GA, **August 2014-June 2015**

Developed and implemented unique, individualized, affinity-based curricula for students on autism spectrum to ensure each child effectively maximized his or her cognitive potential within the classroom setting. Responsibilities included: daily lesson planning and instruction; facilitating learning and development based on interests of each student; fostering classroom environment conducive to the promotion of emotional and sensory regulation; implementing strategies to encourage growth and improvement in social-emotional and intellectual thinking and learning

Visual Thinking Therapist, Hirsch Academy, Decatur, GA, **August 2013-June 2015**

Provided visual thinking therapy, a methodology based on the *Thinking Goes To School* curriculum developed by Dr. Harry Wachs and Dr. Hans Furth, for students. This model utilizes a developmental hierarchy of activities that encourages individual students to construct new knowledge based on their prior knowledge and experience. Responsibilities included: cooperatively identifying each child's baseline; administering visual thinking protocol to improve students' thinking and ability to understand the connection between objects and space; providing therapeutic setting for students to develop in his or her ability to apply sensorimotor skills to cognition and executive functioning; tracking progress to determine appropriate level of therapy

Occupational Therapy Intern, Hirsch Academy, Decatur, GA, **December 2012-May 2013**

Worked with practicing occupational therapist at private school for exceptional children. Responsibilities included: Assisting with individual therapy sessions; assisting with research and implementation of individualized plan of care for incorporating facets of occupational therapy into classroom learning situations

Head of Delegation and Agency Coordinator, Special Olympics Georgia, **December 2011-Present**

Serve as leader of Special Olympics Georgia Agency 4. Responsibilities include: Managing all volunteers, coaches, and athletes in delegation; participating in Special Olympics Georgia quarterly competitions; training athletes; maintaining active status as registered agency of Special Olympics Georgia

Founder and Program Director, Gymnastics for Autism Achievement Program, Atlanta
Gymnastics Center, Decatur, GA, **2005-2014**

Created and directed special needs gymnastics program for children on autism spectrum. Responsibilities included: Planning weekly sessions; implementing movement regiment to foster and promote sensory stimulation, core and trunk stability, muscle tone and development, balance and coordination; engaging in regular contact with multiple licensed therapists to ensure specific child needs are met; marketing program; managing and training program staff; contributing to Individualized Education Program plans

Floortime Player, Atlanta, GA

2004-2006

Worked as player under the Floortime Model with preschooler diagnosed with autism. Responsibilities included: Engaging in floortime play to facilitate the building of foundations for social, emotional, and intellectual capabilities; improving engagement in communication, affect, and appropriate social behavior; planning play based on sensory and regulatory needs of child; developing social relationship; caring for needs of child

Instructor, Peachtree Gymnastics, Atlanta, GA,

2004-2005

Worked as instructor of recreational gymnastics classes for children ages 18 months – 14 years. Responsibilities included: Creating and implementing weekly lesson plans; encouraging and facilitating physical and emotional development of children in program; maintaining safe environment for participants

Instructor, Elmwood Gymnastics Academy, New Orleans, LA,

2002-2003

Worked as instructor of recreational gymnastics classes for children ages 18 months – 10 years. Responsibilities included: Creating and implementing weekly lesson plans; encouraging and facilitating physical and emotional development of children in program; maintaining safe environment for participants

RESEARCH PRESENTATIONS

Southeastern Psychological Association Annual Conference, Hilton Head, SC,

March 2015

Presented research findings on Youmans, B. & Hughes, J. L. (2014). *Parenting children with Autism: Difficulties, self-care, and well-being*

Centers for Disease Control and Prevention, Atlanta, GA,

April 2014

Presented Gymnastics for Autism Achievement Program as a unique therapeutic option used to promote the development of sensorimotor skills in children with neurodevelopmental diagnoses

Southeastern Psychological Association Annual Conference, Atlanta, GA,

March 2013

Presented research findings on Youmans, B., Hughes, J. L., & Nuhu, N. (2012). *The effects of stress, fatigue, guilt, and satisfaction on families with Autistic children*

Presented research findings on Nuhu, N., Hughes, J. L., & Youmans, B. (2012). *Evaluating relationship variables and mental health in parents of children with ASD*

USA Gymnastics National Congress, Hartford, CT,

August 2010

Presented Gymnastics for Autism Achievement Program to National Congress as an option for implementing special needs programs in gymnastics facilities in United States

RESEARCH EXPERIENCE

Parenting Children with Autism: Difficulties, Self-Care, and Well-Being,

Fall 2014

Conducted research with Dr. Jennifer L. Hughes, Agnes Scott College

Research Assistant, Dr. Jennifer L. Hughes, Agnes Scott College

Summer 2014

Assisted with collecting and analyzing data for research on daily habits, self-care, and well-being

The Effects of Stress, Fatigue, Guilt, and Satisfaction on Families with Autistic Children, Agnes Scott College,

Spring 2012

Conducted research with Dr. Jennifer L. Hughes, Agnes Scott College

AWARDS/HONORS

Susan Booker Guthrie Fu Award, Agnes Scott College, April 2013

Psychology Departmental Award for the improvement of the quality of life in the United States through work with parents and children

Psi Chi Fellowship, Southeastern Psychological Association Annual Conference, March 2013

Award for *The Effects of Stress, Fatigue, Guilt, and Satisfaction on Families with Autistic Children*

Miriam Drucker Research Travel Award, Agnes Scott College, April 2012

Psychology Departmental Award for presenting research at a psychological conference

Student Researcher of the Month, Agnes Scott College, October, 2012

Member of Psi Chi, January, 2012

International Honorary Society for Psychology

CERTIFICATIONS/PROFESSIONAL MEMBERSHIPS

Southeastern Psychological Association Member, 2012-Present

USA Gymnastics Professional Member, November 2008-Present

Professional Number: 373760

USA Gymnastics Safety Certified, November 2008-Present

COMPUTER SKILLS

Microsoft Office Suite, Access Templates, SPSS (Statistical Package for Social Sciences)

LANGUAGE SKILLS

American Sign Language