

# Jared Janczak

Madison, WI • 906-285-4625 • bigifitness0@gmail.com

## EDUCATION

### Purdue University Global

West Lafayette, IN

M.S., General Psychology

Dec. 2023

Capstone: *Fitness, Technology, & Stress: Discovering Associations Between Perceived Levels of Stress, Fitness Tracking, & Physical Activity in Adults*

GPA: 4.0

### University of Wisconsin-Superior

Superior, WI

B.A., Interdisciplinary Studies

May 2022

Capstone: *Emily Dickinson and Metaphysics*

GPA: 3.73

## RESEARCH EXPERIENCE

### Purdue University Global

West Lafayette, IN

Graduate Capstone Research, Department of Psychology

Oct-Dec. 2023

- Researched correlations between wearable fitness technology and perceived stress to find correlational relationships in young adults under guidance of Dr. Jill Kaplan.
- Wrote 28-page capstone encapsulating literature with significant findings in both active and sedentary young adults related to wearable fitness technology.
- Computed results from literature review to compile a proposed research project for future use.

### University of Wisconsin-Superior

Superior, WI

SURF Project and Senior Capstone, Department of English

May 2021-May 2022

- Researched intersection between metaphysics and Emily Dickson's 18th century poetry under the guidance of advisor Dr. Nicholas Sloboda.
- Presented literature findings in front of 20+ participants, discussing the proposed cyclical relationship between Dickinson's literature and how her work influenced modern poetry.
- Collaborate with advisors for the duration of undergraduate research experience and continue working on developing stronger relationships in research, resulting in an 18-page capstone.

## TEACHING EXPERIENCE

### Purdue University Global

West Lafayette, IN

Graduate Capstone Research, Department of Psychology

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### University of Wisconsin-Superior

Superior, WI

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## PRESENTATIONS

### Insight Counseling and Wellness

Madison, WI

*Building Bridges: Mental Health, Wellbeing, and Exercise*

May 2026

- Lead community based presentation through Dane County Department of Health and Human Services private agency.
- Presented the distinctions between movement and exercise-based interventions, their effectiveness in promoting mental health, and led discussions on providing implementation strategies for clinicians.

### University of Wisconsin-Superior

Superior, WI

*Keynote Speaker*

May 2025

- Attended UWS Campus Recreation Year-End Banquet as Keynote Speaker to 55 guests.
- Spoke on personal journey through campus recreation, fitness, and the impact of overcoming personal and environmental struggles towards a path of academic and professional success.

### Purdue University

West Lafayette, IN

*CARE Trauma Series: Interactive Art Therapy Event*

March 2024

- Acted as liaison for Fitness Department in campus-wide interactive trauma series, partnering with the Center for Advocacy, Response, and Education (CARE) and the Center for Advocacy and Psychological Services (CAPS).
- Presented the importance of discerning emotions, where in the brain they stem from, and how to create positive coping skills through various means of exercise.

### The Ohio State University

Columbus, OH

*Exercise and Psychology: Creating Connection of Mind, Body, and Physical Activity*

February 2024

- Presented at NIRSA Region III Student Lead-On with 60+ attendees.
- Discussed the importance of mental health advocacy in campus recreation, understanding current trends amongst college students' mental health, and utilizing mindfulness and exercise as positive interventions.

### Purdue University

West Lafayette, IN

*Body Dysmorphia and Exercise Addiction*

March 2023

- Co-presented for student organization, Girl Gains, discussing the importance of understanding and recognizing patterns of body dysmorphia and exercise addiction, as well as stigmas associated with both mental illnesses.

### University of Wisconsin-Superior

Superior, WI

*Senior Capstone-Emily Dickinson and Metaphysics*

May 2022

- Presented at UWS English Department's Senior Capstone Showcase.
- Expanded on previous SURF project, creating deeper connections and expansions on cyclic concepts of Dickinson's work and current trends in understanding of her work.

### University of Wisconsin-Superior

Superior, WI

*Summer Undergraduate Research Project-Emily Dickinson and Metaphysics*

August 2021

- Presented at the Summer Undergraduate Research Symposium.
- Discussed the overlapping concepts of Dickinson's poetry, the concept of metaphysics, romanticism, and impacts of her work on the outlook of human nature.

## HONORS AND AWARDS

|                                                   |           |
|---------------------------------------------------|-----------|
| Dean's List Honoree                               | 2018-2023 |
| Gogebic Community College Sophomore Scholar Award | 2019      |
| Academic All American Third Team (Basketball)     | 2020      |
| Transfer Student Academic Award Winner            | 2020      |
| English Foundation Scholarship                    | 2020      |
| Faith Persa Memorial Scholarship                  | 2021      |
| Academic All Conference (Track & Field)           | 2020-2022 |

## GRANTS AND FELLOWSHIPS

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## ACADEMIC SERVICE, LEADERSHIP, & PROFESSIONAL AFFILIATIONS

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|---------------------------------------------------------------------------|------------|
| Academic Tutor (Gogebic Community College)                                | 2018-2020  |
| Phi Theta Kappa Honors Society (Gogebic Community College)                | 2018-202   |
| English Club President (University of Wisconsin-Superior)                 | 2020-2021  |
| Sigma Tau Delta English Honors Society (University of Wisconsin-Superior) | 2021-20222 |

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## PROFESSIONAL EXPERIENCE

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|---------------------------------------------|------------------------|
| <b>Insight Counseling and Wellness LLC</b>  | <b>Madison, WI</b>     |
| <i>Service Facilitator/Care Coordinator</i> | September 2025-Present |

- Perform client-centered research, treatment planning, and create safety plans for all clients.
- Provide individual, couples, family, and/or group psychotherapy services to adult and child/minor clients in a school, office, or home setting.
- Conduct assessments of clients, including clinical interviewing, objective diagnostic tools, and collateral contacts, leading and collaborating team meetings with clients and providers.
- Collaborate with community partners through Dane County Department of Health Services to provide those in need with services, including psychiatry, therapy, skill development, and financial support.
- Serve alongside Dane County Department of Health and Human Services to uphold Community Social Service standards as civil servants.
- Partake in clinical supervision to further understanding and knowledge in the field of social work.
- Work with individuals facing socioeconomic barriers and translate clinical recommendations into feasible, real-world health plans.

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|-------------------------------------------------------------------------|---------------------------|
| <b>Purdue University</b>                                                | <b>West Lafayette, IN</b> |
| <i>Professional Intern of Fitness Programs, Recreation and Wellness</i> | June 2022-June 2024       |

- Complete research, design, and compile data for strength and athletic workout area redesign, fitness space utilization, and master plans for new fitness spaces at a 453,000 sq. ft facility.
- Maintain a professional, organized, and safe environment for employees and patrons through education on emergency preparedness drills and review sessions.
- Create partnership with multiple fitness focused companies, including Activ, Gymreaper, and Eleiko.
- Construct policy for Club Sports Strength & Conditioning Training program.
- Oversee over 70 student-staff members in Group Fitness, F45, and Personal Training programs.
- Provide continuing-education courses for both student body and student staff, including conducting NASM and AFAA Preparation Courses.