

SHANA MAKOS
Curriculum Vitae

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EDUCATION

Ph.D. University of Illinois at Urbana-Champaign, Department of Communication

Dissertation Advisor: Dr. Charee Thompson
Committee Members: Dr. Cabral Bigman and Dr. Michelé Koven
Research Interest: Interpersonal and Health Communication
Degree pursuit in progress

M.A. Colorado State University, Department of Communication Studies

Thesis: *“Friends Don’t Let Friends Fat Talk”*: Memorable messages and the impact of narrative sharing and dissonance-based intervention on sorority affiliated peer health educators
Thesis Advisor: Dr. Elizabeth A. Williams
Committee Members: Dr. John P. Crowley and Dr. Marilee Long
Major Area: Organizational Communication
May 2015

B.A. Chapman University, Department of Communication Studies

Advisor: Dr. Jennifer Waldeck
Major Area: Communication Studies | Minor Area: Public Relations
May 2010

RESEARCH INTERESTS

Interpersonal Communication, Health Communication, Disclosure, Stigma, Identity, Gender Studies, Feminist Theory, Qualitative Methods

ACADEMIC AWARDS AND HONORS

Honors

Sports Communication Top Student Paper Receipt. “What CrossFit Athletes Consider When Choosing to Reveal or Conceal Their Invisible Health Conditions.” International Communication Association. 2021.

Identified on the List of Teachers Ranked as Excellent by their Students. University of Illinois at Urbana-Champaign. Fall 2019, Spring 2020, Fall 2020.

Top Graduate Paper Award Recipient. “Friends Don’t Let Friends Fat Talk”: The Body Project as a Workshop to Increase Articulateness and Decrease Female Oppression. Rocky Mountain Communication Association. 2015.

Gordon F. Hostetler Memorial Scholarship. Department of Communication Studies, Colorado State University. Awarded to the top graduate student in communication studies. 2014.

Funding

Expressive writing to cope with relational transgressions in dating relationships: A test of the dual-process model. Communication Studies Seed Grant, Colorado State University. \$4,113.84. Co-Principle Investigator with John P. Crowley, Joe Whitt and Kirsten Graham. 2014.

SCHOLARSHIP

Publications

Thompson, C. M., Duerringer, C., Romo, L. K., & **Makos, S.** (2021). "Personal Responsibility, Personal Shame: A Discourse Tracing of Individualism about Health and Finances." Revise and resubmit to *Review of Communication*.

Crowley, J.P., Denes, A., Ponivas, A., **Makos, S.**, & Whitt, J. (2021). "Forgiveness through Writing: Exploring the Associations between Narrative Completeness, Emotional Expression, and Physiology on Forgiveness." Revise and resubmit to *Narrative Inquiry*.

Crowley, J. P., Denes, A., **Makos, S.**, & Whitt, J. (2018). Threats to courtship and the physiological response: Testosterone mediates the relationship between relational uncertainty and disclosure for dating partner recipients of relational transgressions. *Adaptive Human Behavior and Physiology*, 4, 264-282. <https://doi.org/10.1007/s40750-018-0092-5>

Crowley, J. P., Denes, A., **Makos, S.**, & Whitt, J. (2018). Expressive writing to cope with relational transgressions: Tests of a dual-process model of expressive writing and its effects on forgiveness communication and testosterone. *Health Communication*. <https://doi.org/10.1080/10410236.2018.1431017>

Denes, A., Crowley, J. P., **Makos, S.**, Whitt, J., & Graham, K. (2018). Navigating difficult times with pillow talk: Post sex communication as a strategy for mitigating uncertainty during relational transgression. *Communication Reports*, 31, 65-77. <https://doi.org/10.1080/08934215.2017.1386792>

Crowley, J. P., Denes, A., Ponivas, A., **Makos, S.**, & Whitt, J. (2018) Forgiveness through writing: Exploring the effects of narrative completeness, emotional expression, and physiology on forgiveness. Revise and resubmit at the *Journal of Writing Research*.

Competitive Conference Participation

Makos, S. (2021, May). What CrossFit Athletes Consider When Choosing to Reveal or Conceal their Invisible Health Conditions. Paper presented virtually at the International Communication Association annual conference.

Caban, S., **Makos, S.**, & Thompson, C. M. (2021, May). Conceptualizing Interpersonal Communication in Mental Health Literacy Interventions: A Systematic Review. Paper presented virtually at the International Communication Association annual conference.

Makos, S. (2020, November). Negotiating Invisible Illness-Related Identities in the CrossFit Gym. Paper presented during the health communication division research in progress roundtable at the National Communication Association annual conference in Indianapolis, IN.

- Makos, S.** (2020, November). Communicating Invisible Health Conditions in the CrossFit Gym. Research Roundtable. Paper presented during the research roundtable the National Communication Association annual conference in Indianapolis, IN.
- Crowley, J. P., Whitt, J., & **Makos, S.** (2019, November). Heartsick: Associations Between Forgiveness and the Epstein Barr Virus for Recipients of Relational Transgressions. Paper presented at the National Communication Association annual conference in Baltimore, MD.
- Makos, S.,** & Marguglio, D. (2018, December). Say Goodbye to Study Hours: Designing and Implementing a High-Impact Academics Program. Accepted for presentation at the Association for Fraternal Leadership and Values Conference in Indianapolis, IN.
- Marguglio, D., & **Makos, S.** (2018, December). I'm Fine. It's Fine. Everything is Fine: How to Take Your Officer Education Program from Surviving to Thriving. Accepted for presentation at the Association for Fraternal Leadership and Values Conference in Indianapolis, IN.
- Makos, S.,** Marguglio, D. & Bauman, M. (2018, December). "I Volunteer as Tribute!": Designing a Blended Learning Volunteer Training Program. Accepted for presentation at the Association for Fraternal Leadership and Values Conference in Indianapolis, IN.
- Marguglio, D., & **Makos, S.** (2017, December). How to Create Engaging Online Lessons for Collegiate and Volunteer Members. Presented at the Association for Fraternal Leadership and Values Conference in Atlanta, GA.
- Makos, S.,** Keltner, S. & Marguglio, D. (2017, December). Developing, Piloting, Assessing and Implementing a Hybrid New Member Education Program. Presented at the Association for Fraternal Leadership and Values Conference in Atlanta, GA.
- Crowley, J. P., Denes, A., Ponivas, A., **Makos, S.,** & Whitt, J. (2017, November). *Forgiveness through writing: Exploring the effects of narrative completeness, emotional expression, and physiology on forgiveness.* Paper presented at the National Communication Association annual conference in Dallas, TX.
- Makos, S.,** & Morlan, L. (2016, December). Discussing the Elephant in the Room: LGBTQ Membership in Sororities. Presented at the Association for Fraternal Leadership and Values Conference in Boston, MA.
- Crowley, J. P., Denes, A., **Makos, S.,** & Whitt, J. (2016, November). *Threats to courtship and the physiological response: Testing longitudinal associations between testosterone and relational uncertainty for dating partner recipients of relational transgressions.* Paper presented at the National Communication Association annual conference in Philadelphia, PA.
- Crowley, J. P., Denes, A., **Makos, S.,** & Whitt, J. (2016, June). *Expressive writing to cope with relational transgressions: Tests of a dual-process model of expressive writing and its effects on forgiveness communication and testosterone.* Paper presented at the International Communication Association annual conference in Fukuoka, Japan.
- Denes, A., Crowley, J. P., **Makos, S.,** Whitt, J., & Graham, K. (2015, November). *Navigating relational turbulence with pillow talk: Post sex communication as a strategy for mitigating uncertainty following relational transgressions.* Paper presented at the National Communication Association annual convention in Las Vegas, NV.

Williams, E. A., & **Makos, S.** (2014, November). After action reviews: Learning from the past in a high reliability organization. Presented at the National Communication Association Conference in Chicago, IL.

RESEARCH TRAINING

Participant. Qualitative Data Analysis Workshop. Sponsored by the Center for Social and Behavioral Science, University of Illinois at Urbana-Champaign. March 2021.

Discuss how researchers across disciplines use qualitative data to answer their research questions. Outlined strategies used to analyze qualitative data.

Participant. Crafting Qualitative Evidence for Impact: Insider Methods for Qualitative Data Analysis, Claim-Making, and Presentation. Training facilitated by Dr. Sarah J. Tracy. Sponsored by the Center for Social and Behavioral Science, University of Illinois at Urbana-Champaign. October 2020.

Workshop topics included: Qualitative data analysis basics, coding methods in qualitative research, heuristics for claim-making and theory building, presenting qualitative evidence.

Member. Qualitative Research Initiative. Center for Social and Behavioral Science, University of Illinois at Urbana-Champaign. January 2021 – present.

Member. R.A.P.P.O.R.T. Lab. Department of Communication, University of Illinois at Urbana-Champaign. August 2020 – present.

Attend monthly meetings to learn about patient-provider communication through theory-driven and evidence-based research and training.

TEACHING EXPERIENCE

Graduate Teaching Assistant

CMN 230: Interpersonal Communication

University of Illinois at Urbana-Champaign, Department of Communication

Spring 2021: 4 sections (online)

Fall 2020: 4 sections (online)

Spring 2020: 4 sections

Faculty Member: Dr. Lisa Guntzviller

Taught four recitation sections, assisted in grading written assignments, and held regular office hours.

Instructor

CMN 101: Public Speaking

University of Illinois at Urbana-Champaign, Department of Communication

Acted as the instructor of record for course sections of twenty-four students each, developed class curriculum, graded all oral and written assignments, and held regular office hours.

Fall 2019: 2 sections

Graduate Teaching Assistant

SPCM 130: Relational and Organizational Communication

Colorado State University, Department of Communication Studies

Spring 2015: 2 sections

Faculty Member: Dr. John P. Crowley

Taught two recitation sections, assisted in grading written assignments, and held regular office hours.

Graduate Teaching Assistant

SPCM 479: Communication Studies Capstone

Colorado State University, Department of Communication Studies

Fall 2014: 1 section

Spring 2015: 1 section

Faculty Member: Dr. Karyl Sabbath

Assisted in grading written assignments, facilitating lectures, and held regular office hours.

Instructor

SPCM 200: Public Speaking

Colorado State University, Department of Communication Studies

Acted as the instructor of record for course sections of twenty-four students each, developed program quizzes, graded all oral and written assignments, and held regular office hours.

Fall 2014: 1 section

Spring 2014: 2 sections

Fall 2013: 1 section

MENTORING EXPERIENCE

Research Assistant. Support for Dr. Lisa Guntzviller at the University of Illinois at Urbana-Champaign. May 2020 – August 2020.

Trained a team of undergraduate and graduate students on coding for a project about advice giving and receiving.

Undergraduate Research Mentor. Mentoring through Research and Practice Program at the University of Illinois at Urbana-Champaign. August 2021 – present.

Mentored one undergraduate student on a research project. Guided undergraduates in their own projects for presentation at the Undergraduate Research Symposium.

PROFESSIONAL PRESENTATIONS

Makos, S. (2021, April). Keynote Speaker Address for Senior Celebration. Presented virtually for Gamma Phi Beta Sorority.

Jordan, C. & **Makos, S.** (2019, July). Identity and Inclusion 101: What does it all mean? Presented for Delta Tau Delta Fraternity at Kettering University in Flint, MI.

Makos, S. (2019, July). Leadership Self-Care. Presented at Gamma Phi Beta Regional Leadership Experience in Norman, OK.

Makos, S. (2019, July). Building Your Personal Brand. Presented at Gamma Phi Beta Regional Leadership Experience in Norman, OK.

- Makos, S.** (2019, February). Shine Theory and Second-Generation Gender Bias. Presented at Gamma Phi Beta Regional Leadership Conference, Regions 7 and 8, Newport Beach, CA.
- Jordan, C. & **Makos, S.** (2018, October). Identity and Inclusion 101: What does it all mean? Presented at Kettering University in Flint, MI.
- Makos, S.** (2018, September). How to Start a Gay/Straight Alliance Club. Presented at the Safe Schools Summit for One Colorado in Denver, CO.
- Jordan, C. & **Makos, S.** (2018, August). Utilizing Assessment to Create Meaningful Chapter Programming. Presented at Delta Tau Delta Fraternity National Convention in St. Louis, MO.
- Jordan, C. & **Makos, S.** (2018, August). Identity and Inclusion 101: What does it all mean? Presented at Delta Tau Delta Fraternity National Convention in St. Louis, MO.
- Makos, S.** (2017, September). How to Start a Gay/Straight Alliance Club. Presented at the Safe Schools Summit for One Colorado in Denver, CO.
- Makos, S.** & Carriere, S. (2017, June). The Changing Face of Gamma Phi Beta Membership. Presented at the REAL Leadership Institute for Gamma Phi Beta Sorority in Tucson, AZ.
- Makos, S.** (2016, September). How to Start a Gay/Straight Alliance Club. Presented at the Safe Schools Summit for One Colorado in Denver, CO.
- Makos, S.** & Barton, S. (2015, July). Building Your Leadership Path. Presented at the REAL Leadership Experience for Gamma Phi Beta Sorority in Dallas, TX.
- Makos, S.** & Barton, S. (2015, July). Building Your Personal Brand. Presented at the REAL Leadership Experience for Gamma Phi Beta Sorority in Dallas, TX.
- Makos, S.** & Barton, S. (2014, June). Modeling the Strong Girl Life. Presented at Gamma Phi Beta Convention in Seattle, WA.

PROFESSIONAL EXPERIENCE

Public Speaking Coach. University of Illinois at Urbana-Champaign Engineers SPEAK Program. December 2019.

Group coached 15+ electrical engineering undergraduate students on improving public speaking skills so they can better prepare to present their senior projects.

Education Manager. Gamma Phi Beta International Sorority. Sept. 2015 – August 2019.

Created the strategy, program content, and implementation plan for 60+ hybrid learning programs for use by 30,000+ collegiate and alumnae members.

Sorority Programming Intern. Gamma Phi Beta International Sorority. May – August 2014, June – Sept. 2015.

Designed curriculum for three in-person conferences on topics such as leadership development, time management, and courageous conversations.

Fraternal Values Society Coordinator. Association of Fraternal Leadership & Values. June 2014 – July 2015.

Developed and facilitated educational curriculum in goal setting, hazing prevention, and program management

Study Coordinator. Colorado State University. March 2014 – May 2015.

Coordinated interview times and recruited participants as a graduate student researcher with Dr. John Crowley.

Program Coordinator. University of California, Berkeley – Haas School of Business. February 2012-July 2013.

Organized specialized industry training (consulting, finance, entrepreneurship) for more than 800 MBA students.

Technical Recruiter and Recruiter Mentor. Aerotek Staffing Agency. July 2011 – February 2012.

Evaluated candidates' strengths compared to clients' requirements through face-to-face and phone interviews.

Collegiate Leadership Consultant. Gamma Phi Beta International Sorority. July 2010 – May 2011.

Traveled to 20 university campuses in 15 states to facilitate educational programming and recruit members.

PROFESSIONAL DEVELOPMENT

The eLearning Guild's Articulate User Conference. The eLearning Guild. Las Vegas, NV. October 2018.

Dev Learn 2018 Conference and Expo. The eLearning Guild. Las Vegas, NV. October 2018.

Presenting Data and Information. One-day course taught by Edward Tufte. Denver, CO. July 2018.

Fraternity and Sorority Round Table. Association of Fraternity & Sorority Advisors. Atlanta, GA. November 2017.

Prove-It. One-day course taught by Erin Fischer and Dan Wrona, RISE Partnerships. Carmel, IN. September 2017.

Program Design School. Two-day course taught by Erin Fischer, the Leadership and Training Studio. Carmel, IN. September 2017.

Fraternity and Sorority Round Table. Association of Fraternity & Sorority Advisors. Boston, MA. November 2017.

Fraternity and Sorority Round Table. Association of Fraternity & Sorority Advisors. Fort Worth, TX. November 2015.

SERVICE

Paper Reviewer. International Communication Association. 2021.

Guide and Facilitator. The Clara Project, a three-month training on board-level service sponsored by Gamma Phi Beta International Sorority. 2021.

Board Member. GLSEN (Gay, Lesbian & Straight Education Network). 2019.

Safe Schools and Gay/Straight Alliance Program Volunteer. One Colorado, the state of Colorado's leading LGBTQ advocacy organization. 2015 – 2019.

Facilitator. Delta Tau Delta Fraternity. 2016 – 2019.

Facilitator. Sigma Kappa Sorority. 2016 – 2019.

Sorority Director – Chapter Life. Gamma Phi Beta International Sorority. May 2013 – September 2015.

Presentation Team Member. Gamma Phi Beta International Sorority. July 2012 – July 2014.

Regional Coordinator – Advisors. Gamma Phi Beta International Sorority. July 2011 – May 2013.

AFFILIATIONS

Association of Fraternity/Sorority Advisors (AFA)
Gamma Phi Beta International Sorority
National Communication Association (NCA)
The eLearning Guild

CERTIFICATIONS

Articulate Storyline Software Certification. Advanced training for eLearning module creation. September 2016.

Yoga Alliance 200 Hour Teaching Certificate. Vinyasa yoga instructor. May 2016.