
ASHLEE RZYZYCKI, M.A.

CURRICULUM VITAE

Visiting Assistant Professor
Business Management and Operations
Gus Machado College of Business
St. Thomas University
16401 NW 37 Avenue
Miami Gardens, FL 33054

Home: 10880 Oceano Way
Parkland, FL 33076
Office Phone: (305) 474-6812
Cell Phone: (814) 746-8849
E-mail: Arzyczycki@stu.edu

EDUCATION

- University of Akron, Akron, OH **2007**
M.A. in Clothing, Textile and Interiors
Thesis: Rag Rug Weaving in Northwest Pennsylvania, 1930-1970
- Mercyhurst University, Erie, PA **2000**
B.S. in Fashion Merchandising
Minor: Business

AWARDS/ RECOGNITIONS/PRESENTATIONS

- Students Fashion Entrepreneurship developed businesses plans as part of the Educators for Socially Responsible Apparel Practices student merchandising competition. Four of our student business plans were selected among the top 10. The students were invited to present their posters at the ITAA Annual Conference in Las Vegas, Nevada, 10/27/2019 to 10/29/2019. One group placed third in the competition. **2019**
- Rzyczycki, A. *"Fashion and the Evolution of the Androgynous Genre"* **2018**
Fashion: Now & Then: Fashion and Culture Conference. New York, NY: LIM College
- Students in two sections of Fashion Entrepreneurship developed businesses plans as part of the Educators for Socially Responsible Apparel Practices student merchandising competition. This juried poster competition challenged undergraduate and graduate students to incorporate Triple Bottom Line practices in the development of a business plan for a socially responsible fashion retailer. Four of our students business plans were selected among the top 10, made up of seven total students. These poster submissions were chosen from a pool of over 60 poster submissions. They were invited to present their posters at the ITAA Annual Conference in St. Petersburg, Florida 11/14/2017 to 11/18/2017. **2018**
- Weaver-Kaulis, A., & Rzyczycki, A. (2017). *Strategies for Incorporating Sustainability throughout a Fashion Curriculum by Utilizing Compulsory Titles*. Presented at the Fashion: Now & Then Fashion and Sustainability Conference. New York, NY: LIM College. **2017**

- Rzeczycki, A. *Incorporating Wellness into your Worksite*. Presented at Women in Leadership Conference. Erie, PA: Gannon University. **2015**
- Rzeczycki, A. *Incorporating Wellness into Your Everyday Life*. Presented at the Saint Vincent Primary Care Update Conference. Erie, PA: Bayfront Convention Center. **2012**
- Recognition for health and wellness accomplishments at Saint Vincent hospital: Recipient of the Healthiest Employer of Western Pennsylvania Award in 2013-2014 American Heart Association's Gold Level winner START! Fit Friendly Award Recipient since 2008, elevated to Platinum status in 2014 **2008-2014**
- The Ohio Association of Extension Professionals (OAEP) state recognition for Advance News Story, ESP Tools for teaching Award **2008**
- The Ohio Association of Extension Professionals (OAEP) Personal Column award winner, 3rd place ESP Tools for Teaching Award **2008**
- The Ohio Association of Extension Professionals (OAEP), Follow-up News Story 2nd place, Award Winners ESP Tools for Teaching Award **2008**
- The Ohio Association of Extension Professionals (OAEP) Promotional Flyer Internally Produced, 2nd Place ESP Tools for Teaching Awards **2008**

**PROFESSIONAL
DEVELOPMENT AND SERVICE**

- Faculty Chaperone, Fashion Merchandising Student Trip to Spain **2020**
- Walker College of Business marketing and recruiting steering committee chairperson **2019-present**
- Attendee, International Textile and Apparel Association Annual Conference: Las Vegas, NV **2019**
- Faculty chaperone to International Textiles and Apparel Association Annual Meeting: Las Vegas, NV **2019**
- Faculty Chaperone, Fashion Merchandising Student Trip to New York, NY **2019**
- Faculty liaison to Alumni Engagement for University sponsored crowd funding project for a new learning space in the Fashion Merchandising department **2019**
- Faculty Chaperone, Fashion Merchandising Student Trip to Italy **2018**
- Attendee, International Textile and Apparel Association Annual Conference: Cleveland, OH **2018**
- Member, Pilot Study for the new student rating instrument (SRI), IDEA **2018**
- Faculty Chaperone, Fashion Merchandising trip to Erie Cotton Products, Erie, PA (Global Trends in Fashion) **2018**

- Faculty Chaperone, Fashion Merchandising trip to Tony Walker, Williamsville, NY (Personal Styling Analysis) **2018**
- Member, Student Planning scheduling platform pilot group **2017**
- Faculty Advisor, Mercyhurst University Fashion Council **2017-present**
- Contributor, New Faculty Development **2017-present**
- Member, Faculty Development Committee **2017-present**
- Member, International Textile and Apparel Association **2017-present**
- Attendee, International Textile and Apparel Association Annual Conference **2017**
- Attendee, LIM College Now & Then Fashion and Sustainability Conference. **2017**
- Faculty Chaperone, Fashion Merchandising Trip to New York City **2017**
- Faculty Chaperone, Fashion Merchandising, Fashion Evolution field trip Heinz History Museum, Pittsburgh, PA **2017**
- Faculty Volunteer at Mercyhurst University Hurst Day **2017**
- Active contributor to various Highmark internal work groups including: Incentive Strategies, Wellness Rewards Toolkit, Industry Update, and creating uniform and effective deliverable client presentations. **2014-2016**

**TEACHING
EXPERIENCE**

Visiting Assistant Professor **7/2020-present**
St. Thomas University

Lecturer of Fashion Merchandising **8/2019-7/2020**
Mercyhurst University

Courses Taught:

FASH 240 Global Trends in Fashion
FASH 330 Textiles for Apparel
FASH 120 Personal Styling Analysis
FASH 370 Fashion Entrepreneurship
FASH 410 Fashion Evolution
FSAT 300 Fashion in Spain

Instructor of Fashion Merchandising **08/2016 to 5/2019**
Mercyhurst University

Courses Taught:

FASH 240 Global Trends in Fashion
FASH 310 Menswear
FASH 330 Textiles for Apparel
FASH 120 Personal Styling Analysis
FASH 370 Fashion Entrepreneurship
FASH 410 Fashion Evolution

Extension Educator for Family and Consumer Sciences

08/2007 to 11/2008

The Ohio State University

- Provide leadership to proactive program development in the broad areas of family and consumer sciences including clothing and textiles, health, food, physical activity, and nutrition.
- Delivery and implementation of research based community programs including: Longest Day of Play, Vegetable Derby, StrongWomen™ and various Worksite Wellness programs.
- Sought and wrote grants for OSU Extension Family and Consumer Sciences educational programs to expand programs and reach new audiences.

Cooperative Extension Educator for Family and Consumer Sciences

10/2004 to 08/2007

The University of Kentucky

- Provide leadership for educational programs in family and consumer sciences
- such as those related to clothing and textiles, nutrition & health, child and family well-being, physical activity and management for Daviess County.
- Successfully implemented worksite and community wellness programs including: Go Red for Women Educational and Fashion Show, Get Moving Kentucky, Weight the Reality Series, Longest Day of Play and Kids in the Kitchen.
- Utilize and/or develop councils, advisory groups, and committees to facilitate community involvement in programming.

Adjunct Faculty Member

06/2002 to 6/2003

Mercyhurst College – Fashion Merchandising Department

- Full time teaching responsibilities in the Fashion Merchandising Department
- Responsible for teaching undergraduate classes, collaborating with colleagues on course curriculum and student advising.

Courses Taught:

Fashion Promotion

Textiles for Apparel

Contemporary Fashion Analysis

History of Dress

Computer Aided Design

Introduction to Fashion Construction

**PROFESSIONAL
EXPERIENCE**

Health Strategy

05/2014 to 7/2016

Consultant,

Highmark, Inc.

- Customer facing professional responsible for the development, delivery and the advancement of data driven results oriented health management strategies specific for Highmark clients; striving to have clients achieve improved medical/ health cost trends and reduce hidden risk.
- Effectively worked with a total of 30 Highmark clients including Universities,
- Manufacturing facilities, School Systems, Hospitals and non-profit organizations in creating wellness initiatives.

- Work strategically with local partners to develop innovative client specific initiatives and programs.
- Demonstrate effectiveness of client specific health management strategies by presenting clinical outcomes, behavior change, and reporting on engagement in programs and educational services.
- Develop communication strategies to increase engagement in promotional activities.

HealthyU Coordinator/Fitness Center Manager/Full Life Health Services Coordinator

06/2013 to 05/2014

Saint Vincent Health Center

- Facilitated corporate wellness programs which include cardiac risk assessments, cholesterol screenings, stress management series, bone density scans, health fairs, speaker series, and off-site educational programming.
- Network and collaborated with other agencies, organizations, and individuals in the community to deliver effective educational programming specifically focusing on women’s issues including: Go Red for Women Educational and Fashion show, Wild for Wellness (fashioned themed health and wellness fair), Knowledge is Power (stroke education), and In the Pink (Breast Cancer themed Fashion show and educational event).
- Facilitated corporate wellness programs which include cardiac risk assessments, cholesterol screenings, stress management series, bone density scans, health fairs, speaker series, and off-site educational programming.
- Developed, promoted and assisted in the delivery of lifestyle improvement educational workshops which included: stress management, fitness, diabetes education, personal nutrition coaching, and overall nutrition classes conducted at the worksite and in the community.
- Managed the Associate Fitness Center including everyday operations, administration, and delivery of quality educational services, member services, fitness assessment testing, and fiscal management; analyze current research, evaluate industry trends to deliver up to date programming.
- Taught ten group fitness classes per week in the HealthyU associate fitness center.

Admissions Counselor

06/2003 to 06/2004

Kentucky Wesleyan College

- Coordination and support of student invitational programs
- Coordinate communication, admissions recruitment, counseling and outreach of prospective high school students.

**PUBLICATIONS
AND CERTIFICATES**

- Saint Vincent Hospital Recipient of Western Pennsylvania Healthiest Employer **2013, 2014**
- American Heart Association’s START! Fit Friendly Gold and Platinum Award Recipient (2013, 2014).
- Certified YogaFit® Level 1 instructor **2010- current**
- Certified R.I.P.P.E.D Instructor **2011-current**
- Certified Outdoor Boot Camp Fitness Instructor **2011-current**
- Rzeczycki, Ashlee, “4-H Sports Nutrition: Ready, Set, Go” (2008) **2008**

**PROFESSIONAL
ORGANIZATIONS**

- Mercyhurst University Faculty Senate **2016-present**
- International Textile and Apparel Association **2016-present**

