Curriculum Vitae

Elena Maria Virginia Brezynski (née Thomas)

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Nationality: British, with permanent US residency

Research Interests

Chronobiology, Melatonin, Science Education.

Education

1993-1994 Post-graduate Certificate in Science Education (teaching diploma), Institute of Education, London University, UK.

1985-1988 PhD Physiology, Monash University, Melbourne, Australia
Thesis title: Effects of melatonin and light on female rat circadian rhythms. Supervised by Professor Roger Short FRS
Recipient of Monash Graduate Scholarship 1985-1988.

1981-1984 BA Honours Zoology, St. Catherine's College, Oxford University, UK
Elective modules: invertebrate and vertebrate zoology, genetics, entomology, ecology and animal behaviour.

Professional Experience

2011- present **Assistant Professor of Biology** Seattle Pacific University, teaching BIO2129 and BIO2130: Anatomy and Physiology, BIO2102: Animal Biology, BIO1100: Non-Majors General Biology, BIO2569/2571: Introductory Biology for Integrated Science students. Student Advisor for Biology Majors.

2015- present **Founder and Director of the BioCORE Scholars Program** supporting underrepresented students in Biology at SPU.

2016-present **AARC committee member**.

Fall quarter 2010 **Adjunct Biology Professor** at Seattle Pacific University.

2009- 2011 **Adjunct Biology Instructor** at North Seattle Community College and Seattle Central Community College, teaching BIOL241 and 242: Anatomy and Physiology and BIOL160: General Biology
Spring 2011 developed online hybrid BIOL160 course at NSCC.

2001-2008 **Biology Teacher** at North London Collegiate School, consistently ranked in the top 10 best secondary schools in the UK (England & Wales National League Tables), teaching International Baccalaureate

	Biology to 11th and 12th grade, university entrance Biology (AS) to 11th grade, Biology and Integrated Science to 6th-10th grade.
2000- 2001	**Biology Teacher** at City of London School for Girls, Barbican, London, England, teaching university entrance Biology (A level) to 11th and 12th grade, Biology and Integrated Science to 6th-10th grade.
1989-1992	**Post-doctoral Research Scientist**, working with Professor Irving Zucker, Department of Psychology, University of California, Berkeley, USA. Investigated hormonal, photoperiodic and temperature effects on circadian and circannual rhythms. Special area of interest: chronobiological effects of light, melatonin and the pineal gland on activity and reproductive rhythms of Djungarian hamsters and golden-mantled ground squirrels. Studied effects of torpor and falling body temperature on circadian timing systems. Presented at a variety of national and international conferences e.g. Gordon Conference, Circannual rhythm symposium Max Planck Institut, Germany, Society for Research on Biological Rhythms, Neuroscience.

Internal Grants awarded at SPU

2014	Provost Innovation grant: Developing BIO2571: LAs & active learning
2015	Provost Innovation grant: Creating BioCORE Scholars Program, a pipeline program for underrepresented students in Biology.
2017	Innovation seed grant: BioCORE Scholars program.

Professional Development Courses

November 2014	Attendee at Learning Assistant Alliance workshop at University of Colorado, Boulder to develop an LA program in the SPU Biology department (implemented in Spring 2015).
March 2011	Completed Angel training to develop and deliver online component of hybrid Biology 160 course at North Seattle Community College.

Recent Poster Presentations

September 2018	**The BioCORE Scholars Program: improving academic performance and persistence of underrepresented students in Biology** Elena Brezynski, Eric Long, Mary Jayne Allen and Derek Wood presented at: NAMME (National Association for Medical Minority Educators), Miami, FL
November 2017	**Learning Assistant workshops: part of the BioCORE Scholars Program for underrepresented and first generation students in Biology**. Elena Brezynski, Tim Nelson and Derek Wood presented at International Learning Assistant Conference, University of Colorado.

Selected Publications

Hiebert S.M., E.M. Thomas, T.M. Lee, K.M. Pelz, S.M. Yellon and I.Zucker

Photic entrainment of circannual rhythms in golden-mantled ground squirrels: role of the pineal gland.
J.Biol. Rhythms, 15:126-34, 2000

Bittman E. L. , E. M. Thomas and I. Zucker
Melatonin binding sites in sciurid and hystricomorph rodents: studies on ground squirrels and guinea pigs.
Brain Research, 648:73-79, 1994

Thomas, E. M., M. E. Jewett and I. Zucker
Torpor shortens the period of Siberian hamster circadian rhythms.
American Journal of Physiology, 1993

Zucker, I., E. M. Thomas and T. M. Lee
Temperature dependence of mammalian circadian rhythms.
In Discussions in Neuroscience, 7:48-51, 1992

Thomas, E. M. and S. M. Armstrong
Effect of ovariectomy and estradiol on the unity of female rat circadian rhythms.
American Journal of Physiology, 251:R1241-1250, 1989

Armstrong, S. M., E. M. Thomas and M. J. Chesworth
Melatonin induced phase shifts of rat circadian rhythms.
In Advances in Pineal Research, edited by R. J. Reiter and M. Karesek, London, Libbey, pp157-162, 1989

Thomas, E. M. and S. M. Armstrong
Melatonin administration entrains female rat activity rhythms in constant darkness but not in constant light.
American Journal of Physiology, 255:R237-242, 1988

Church service

2009-present	**Parishioner and lector** at Our Lady of the Lake Catholic Church, Wedgwood, Seattle WA
2008-2009	**Parishioner and lector** at St.Catherine of Siena, Maple Leaf, Seattle WA