

Mark A. Mains, Ph.D.

CONTACT INFORMATION

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GENERAL BACKGROUND

Education

Doctor of Philosophy

FAMILY STUDIES

Dissertation: Hosting an international exchange youth: The influence on the family.

University of Kentucky
Lexington, Kentucky
May 2016

Master of Science

VOCATIONAL EDUCATION

Major Cognitive Area: Volunteer Administration

University of Kentucky
Lexington, Kentucky
May 2002

Bachelor of Science

AGRICULTURE BIOTECHNOLOGY

University of Kentucky
Lexington, Kentucky
May 1997

Employment

2004 – Present

Extension Specialist for 4-H Youth Development, University of Kentucky Cooperative Extension Service (*Teen Programs and Events, Leadership and International Exchange Programs*)

Major Job Responsibilities: Leadership education, programming, and event coordination (30%); Adolescent development education, programs, and event coordination (25%); Citizenship and civic engagement (25%); Social media marketing coordination and education (10%); Administrative functions and other programs (10%)

Professional Accomplishments:

- Formalized leadership education in Kentucky through common core curricula and agent trainings.

- Increased participation in Kentucky 4-H teen conference by 100% from 2004 – 2016.
- Reorganized the Kentucky 4-H State Teen Council focusing on helping youth members develop *and* demonstrate high levels of leadership. Provided renewed focus on effective meeting strategies, committee work, and program development.
- Create an intensive vetting process for State 4-H Officer candidates to increase the quality and capability of State 4-H Officers. Number of qualified youth applying for this office has increased annually.
- Co-host of Southern Region Teen Leadership conference and increased Kentucky attendance from 10 to 108 over a five year period.
- Developed Kentucky 4-H Summit middle school conference. Program has grown from one session with 80 people to three session with over 600 people attending.
- Expanded the Kentucky 4-H exchange program by doubling number of families participating as hosts for Japanese youth. Added yearlong exchanges with Japan and Korea.
- Created and manage the Kentucky 4-H Facebook (3041 likes) and Twitter (1241 followers) accounts that provide regular and timely information to the public.

2004 – 2006 Extension Associate for 4-H Youth Development, University of Kentucky Cooperative Extension Service (*Teen Programs and Events, Leadership and International Exchange Programs*)
Major Job Responsibilities: See “Extension Specialist for 4-H Youth Development Entry” [Position Reclassification].

1998 – 2004 Extension Agent for 4-H Youth Development (Kenton County, KY), University of Kentucky Cooperative Extension Service
Major Job Responsibilities: Coordinate 4-H programs for a large urban/suburban county on a multi-agent team; create community partnerships; provide 4-H programming to a diverse audience; recruit, educate and retain volunteers

1997 – 1998 Technical & Computer Support, Northern Kentucky Independent District Health Department
Major Job Responsibilities: support computing systems and provide technical support to health educators, purchase computing supplies, maintain inventory of computing equipment

Fields of Interest

- Volunteerism
- Volunteer Administration
- International Exchange Programs

Leadership Education
Qualitative Research Design

Peer Reviewed Journal Articles

1. **Mains, M.**, Jenkins-Howard, B., & Stephenson, L. (2013). Effective use of Facebook for extension professionals. *Journal of Extension* [On-line]. 51 (5). Article 5TOT6. Available at: <http://www.joe.org/joe/2013october/tt6.php>.
2. Jenkins-Howard, S. B., Stephenson, L., & **Mains, M.** (2013). Cooperative Extension Nutrition Education Program: Outreach to Southeast Kentucky Families in Poverty. *PRISM: A Journal of Regional Engagement*, 2(2), 117-132.
3. Peterson, D., Leatherman, J., Baker, B., Hennes, S., **Mains, M.**, Newman, M., & Miske, S. (2014). Teens tackle food insecurity. *Reclaiming Children and Youth*, 23(3), 30-33.

Non-Extension Publications

1. Culp, III, K., Caruso, B., Durbin, C., Guffey, S.B., Jansen, C., Junker, K., **Mains, M.**, Pierce, H., Reed, D.K., Riley, T.W., Smith, A.G., Tarry, P.F., Weese, M., Williams, R., Wilson, M.S., Woods, K., & Young, J. (2005). "Army volunteer corps guidebook." United States Army Community and Family Support Center & CSREES, USDA. Project number 2002-48563-01521. Cornell University: Ithaca, NY.

TEACHING AND ADVISING

Courses Taught at the University of Kentucky

1. FAM 390: Research and Methodology (Summer 2010)

Non-Academic Student Advising

1. **Program Mentor.** *Turner Leadership Academy*, offered by the Center for Leadership Development, University of Kentucky. Mentee: Jessica Parks (2010-Present).
2. **Program Mentor.** *Turner Leadership Academy*, offered by the Center for Leadership Development, University of Kentucky. Mentee: Emma Huff (2008-2009).
3. **Program Mentor.** *Turner Leadership Academy*, offered by the Center for Leadership Development, University of Kentucky. Mentee: Katherine Bentley (2008-2009).
4. **Staff Advisor.** *Collegiate 4-H*, offered by the Student Organization Center, University of Kentucky, (2007-Present).
5. **State Advisor.** *Collegiate 4-H*, offered by Western Kentucky University, Murray State University and Lindsey-Wilson College, and Eastern Kentucky University (2007-Present).

Other Teaching Involvement

1. **Guest Speaker.** "Family Awareness of the Coming Out Process for LGBTQ&Q Youth". *FAM 252: Introduction to Family Science*, a course offered by the Department of Family Studies, University of Kentucky, July 15, 2010.
2. **Guest Speaker.** "Impact of the Coming Out Process on the Family". *FAM 502: Families and Children Under stress*, a course offered by the Department of Family Studies, University of Kentucky, October 7, 2010.
3. **Panel Guest.** "Alternative Sexuality in the Modern World". *FAM 253: Human Sexuality, Development, Behavior and Attitudes*, a course offered by the Department of Family Studies, University of Kentucky, October 20, 2010.
4. **Guest Speaker.** "Impact of the Coming Out Process on the Family". *FAM 502: Families and Children Under stress*, a course offered by the Department of Family Studies, University of Kentucky, February 19, 2013.

MEETINGS & PRESENTATIONS

Refereed Conference Proceedings

Averbeck, M., Culp, K., Jansen, C., & **Mains, M.A.** (2003). My Plate is Running Over: I Need a Bigger Spoon. Involving Volunteers! Proceedings of the Kentucky Association of Extension 4-H Agents Conference. Kentucky. April, 2003.

Averbeck, M., Broadwater, G., Culp, K., & **Mains, M. A.** (2004). Recruiting and Involving New Audiences as Extension Volunteers. Proceedings of the Kentucky Association of Extension 4-H Agents Conference. Kentucky. January 2004.

Culp, III, K., **Mains, M.A.** & Mains, J.C. (2004). Coordinating multi-generational volunteers: One size does not fit all. Proceedings of the National Association of Extension 4-H Agents Conference. Oklahoma City, OK. November 2, 2004.

Mains, M. A. (2005). Teens: The New Wave of Volunteerism. Proceedings of the National Association of Extension 4-H Agents Conference. Seattle, WA. November 2, 2005.

Mains, M. A., Williams, J., Cook, D., Tilghman, C., & Smith, B. (2006). Teens & 4-H: What Can You Do! Proceedings of the Kentucky 4-H Volunteer Forum. February 23, 2006.

Mains, M. A. (2006). Generation "Why": What's it All About?. Southern Region Volunteer Forum. Eatonton, GA. October 2006.

Mains, M.A. (2008). 4-H international programs: Opening your door to the world. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 22, 2008.

Mains, M.A. (2008). Kentucky leadership and communications programs. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 22, 2008.

Mains, M.A. (2008). Teen councils 101. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 23, 2008.

Mains, M. A. (2008). The "Why" Generation. Proceedings of the Kentucky Extension Homemakers Conference. Louisville, KY. May 14, 2008.

Mains, M. A. (2008). Teen Councils 101. Proceedings of the Kentucky Association of Extension 4-H Agents. Covington, KY. April 15, 2008.

Mains, M. A., Stamper, C., & Maynard, J. (2009). Tweens & Tween Culture. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. December 1, 2009.

Mains, M. A. (2010). Tweens & Tween Culture. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 12, 2010.

Mains, M. A. (2010). 4-H International Programs: Opening Your Door to the World. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 13, 2010.

Mains, M. A. (2010). Hands on Leadership. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 13, 2010.

Mains, M.A. (2010). Year Round Recognition. Proceedings of the Kentucky Association of Extension 4-H Agents. Kentucky. April, 2010.

Mains, M. A. (2010). Teen Trends. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. September 21, 2010.

Mains, M. A. (2010). Sexting. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. September 21, 2010.

Mains, M.A. (2011). Online meeting organizers. Proceedings of the University of Kentucky Communications Conference. Lexington, KY. March 29, 2011.

Mains, M.A. (2011). Online meeting organizers. Proceedings of the University of Kentucky Communications Conference. Bowling Green, KY. April 1, 2011.

Mains, M. A. (2011). Teen & Tween Trends. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. November 30, 2011.

Mains, M. A. (2011). Out of the Bag Leadership. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. November 30, 2011.

Mains, M. A. (2012). Leadership. Proceedings of the Kentucky Association of Extension 4-H Agents. Kentucky. March 23, 2012.

Mains, M.A. (2012). Climbing the Leadership Ladder. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. November, 28, 2012.

Mains, M.A. (2012). Climbing the Leadership Ladder. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. November, 29, 2012.

Mains, M.A. (2012). Teen and Tween Trends. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. November, 29, 2012.

Mains, M. A. (2014). Youth Trends & Culture. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. December 4, 2014.

Mains, M. A. (2014). 4-H Backpack to Adventure: Youth Leaders in a Global World. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. December 4, 2014.

Mains, M. A. (2015). Family Volunteering – How Short Term International Exchange Programs Impact Families. National Extension Conference on Volunteerism. Portland, ME. May 5, 2015.

Mains, M.A., Eastwood, C., & Templeman, G. M. (2015). WeConnect – Teaching Culture, Diversity and Globalism to Youth. Lexington, KY. December 2, 2015.

Mains, M.A., Cheirs, B., Johnson, A., & McKoy, W. (2015). WeConnect – Teaching Culture, Diversity and Globalism to Youth. Lexington, KY. December 3, 2015.

Mains, M.A. (2015). Youth Trends and Culture. Proceedings of the Kentucky 4-H Youth Development Agent Series. Lexington, KY. December 3, 2015.

Mains, M.A. (2016). Breaking the Ice: The Importance of Icebreakers. Proceedings of the Kentucky 4-H Volunteer Forum. Lexington, KY. February 13, 2016.

Mains, M.A. (2016). 4-H Japanese Exchange Program: Bridging Cultures and Making Friends. Tri-State Diversity Conference. Hebron, KY. February 19, 2016.

Selected Extension Presentations

Listed below is a summary of Extension programs that were presented to various audiences. All programs were presented in a group setting utilizing a variety of teaching techniques (including engaged and active learning, short lecture, critical thinking activities, group discussion, brainstorming and dialog) and outcome analysis.

Mains, M. A. (2003). The “Why” Generation. Kentucky 4-H In-service for staff. Kentucky. October 22, 2003.

Mains, M. A. (2003). The “Why” Generation. Kentucky 4-H In-service for staff. Kentucky. October 23, 2003.

Mains, M. A. (2005). Teaching leadership skills to youth. Kentucky 4-H In-service for staff. Kentucky. September 2, 2005.

Mains, M. A. (2005). Teaching leadership skills to youth. Kentucky 4-H In-service for staff. Kentucky. September 28, 2005.

Mains, M. A. (2005). “Ewe” and “Kids” are NOT the Same!. Kentucky 4-H Livestock Volunteer Certification. Kentucky. October 10, 2005.

Mains, M. A., Jones, K. (2006). Youth in Today’s Society. Kentucky 4-H In-service for staff. Lexington, KY. August 29, 2006.

Mains, M. A., Anderson, D., Farley, S., Maynard, J., Simeral, C., Stamper, C., & Turley, R. (2007). cuttingedge.com. Kentucky 4-H In-service for staff. Kentucky. August 9, 2007.

Mains, M. A., Anderson, D., Farley, S., Maynard, J., Simeral, C., Stamper, C., & Turley, R. (2008). cuttingedge.com. Kentucky 4-H In-service for staff. Kentucky. January 30, 2008.

Mains, M. A. (2008). Supervising Extension Program Assistants. Kentucky 4-H In-service for staff. Lexington, KY. February 28, 2008.

Mains, M. A. (2008). 4-H Communications Update: The Bare Essentials. Kentucky 4-H In-service for staff. Online. September 24, 2008.

Mains, M. A. (2008). 4-H Communications Update: The Bare Essentials. Kentucky 4-H In-service for staff. Online. September 30, 2008.

Mains, M. A. (2009). Leadership Curriculum Update. Kentucky 4-H In-service for staff. Kentucky. September 30, 2009.

Mains, M. A. (2009). Leadership Curriculum Update. Kentucky 4-H In-service for staff. Kentucky. October 1, 2009.

Mains, M. A. (2010). Blogs: How the fit in Extension. Kentucky 4-H In-service for staff. Lexington, KY. January 26, 2010.

Mains, M. A. (2010). Blogs: How the fit in Extension. Kentucky 4-H In-service for staff. Princeton, KY. January 28, 2010.

Mains, M. A. (2011). Meetings & Polls: Simplifying Decisions with Doodle. University of Kentucky Department of Human and Environmental Sciences meeting. Lexington, KY. August 18, 2011.

Mains, M. A. (2011). Leadership: Breaking the Ice. Southern Region Teen Leadership Conference. Crossville, TN. September 2011.

Mains, M. A. (2011). Cupcake Wars. Southern Region Teen Leadership Conference. Crossville, TN. September 2011.

Mains, M. A. (2011). Awesome After School Kits. Kentucky 4-H In-service for staff. Kentucky. September 29, 2011.

Mains, M. A. (2011). Building an After School Program for Middle School Youth. Kentucky 4-H In-service for staff. Elizabethtown, KY. November 29, 2011.

Mains, M. A. (2011). Building an After School Program for Middle School Youth. Kentucky 4-H In-service for staff. Lexington, KY. December 1, 2011.

Mains, M. A. (2012). Rabbit Project. Kentucky 4-H In-service for staff. Georgetown, KY. October 4, 2012.

Mains, M.A. (2015). Youth Trends & Culture. Washington County Community Council. Springfield, KY. April 14, 2015.

Mains, M.A. (2016). If This, Then That: Automating Your Social Media Presence. Kentucky 4-H In-service for staff. Online. February 18, 2016.

SCHOLARLY SERVICE & RECOGNITION

Task Force/Workgroup Memberships

1. Board of Directors. *States' 4-H International Exchange Program. 2011-2012.*
2. Strategic Planning Team Member. *University of Kentucky, CAFE. 2014-2015.*
3. Strategic Plan Implementation Team. *University of Kentucky, CAFÉ. 2015*
4. Vulnerable Populations Sub-group: LGBTQ+. *National 4-H Council. 2015-Present.*
5. Leadership Multi-Discipline Strategic Initiative Team. *University of Kentucky, CAFÉ. 2015*
6. Board of Directors. *States' 4-H International Exchange Program. 2016 – Present.*

Society Memberships

1. Kentucky Association of Extension 4-H Agents. *Secretary (2003-2004)*
2. National Association of Extension 4-H Agents.
3. Epsilon Sigma Phi – Association of Extension Specialists.
4. Kentucky Association of State Extension Professionals. *President (2015-2016), Past-President (2016-2017).*

Certifications

1. Certificate of Volunteer Administration. *Volunteer Administration Academy. December, 2001.*

Peer Reviewer

1. Kentucky 4-H Livestock Volunteer Certification Curriculum: Sheep. *Livestock Volunteer Certification. September, 2005.*
2. Curricula Peer Reviewer. *National 4-H Council. October, 2011.*

GRANTS & AWARDS

Grants & Awards Related to Educational Programming

Total Awards: \$301,900

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2004 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2005 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2006 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2007 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2008 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation.
Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs.
2009 (\$10,000)

Principal Investigator/Coordinator. *States' 4-H International Exchange Program.* Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2009. (\$10,500).

Principal Investigator/Coordinator. *Barnhart Fund for Excellence Award 2010,* University of Kentucky College of Agriculture. To fund the development and implementation of teen taught leadership workshops targeted toward middle school youth at the 2011 4-H Summit, November 2010 (\$850).

Principal Investigator/Coordinator. *Leadership Skills into Action Grant 2010,* Kentucky 4-H Foundation. To fund travel and expenses for youth attending the 2011 Southern Region Teen Leadership Conference, November 2010 (\$500).

Principal Investigator/Coordinator. *Leadership Skills into Action Grant 2010*, Kentucky 4-H Foundation. To fund the development and implementation of workshops targeted toward middle school youth at the 2011 4-H Summit, November 2010 (\$500).

Principal Investigator/Coordinator. *4-H State Teen Council*. Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2010 (\$10,000)

Principal Investigator/Coordinator. *States' 4-H International Exchange Program*. Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2010. (\$7,700).

Principal Investigator/Coordinator. *Engaging Youth, Serving Communities Grant 2011*, National 4-H Council. To support rural community development through youth adult partnerships, December 2011 (\$25,000).

Principal Investigator/Coordinator. *States' 4-H International Exchange Program*. Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2011. (\$7,800).

Principal Investigator/Coordinator. *4-H State Teen Council*. Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2011 (\$10,000)

Principal Investigator/Coordinator. *Engaging Youth, Serving Communities Grant 2012*, National 4-H Council. To support rural community development through youth adult partnerships, January 2012 (\$25,000).

Principal Investigator/Coordinator. *States' 4-H International Exchange Program*. Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2012. (\$10,300).

Principal Investigator/Coordinator. *4-H State Teen Council*. Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2012 (\$10,000)

Principal Investigator/Coordinator. *Engaging Youth, Serving Communities Grant 2013*, National 4-H Council. To support rural community development through youth adult partnerships, April 2013 (\$25,000).

Principal Investigator/Coordinator. *States' 4-H International Exchange Program*. Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2013.

(\$10,200).

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2013 (\$10,000)

Principal Investigator/Coordinator. *States' 4-H International Exchange Program.* Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2014. (\$13,000).

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2014 (\$10,000)

Principal Investigator/Coordinator. *States' 4-H International Exchange Program.* Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2015. (\$20,500).

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2015 (\$10,000)

Principal Investigator/Coordinator. *4-H State Teen Council.* Kentucky 4-H Foundation. Financial support from Kentucky Farm Bureau to fund state 4-H officers and teen programs. 2016 (\$10,000)

Principal Investigator/Coordinator. *States' 4-H International Exchange Program.* Kentucky 4-H Foundation. To fund the implementation of youth exchange program with Japan. 2016. (\$13,600).

Co-Principal Investigator/Coordinator. *Extrusion process for making healthy snacks.* Barnhart Fund for Excellence Award 2017, University of Kentucky College of Agriculture. To support equipment and material purchases for class on snack making. April 2018. (\$950).