#### VITAE

**ERNEST SOLAR**

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**EDUCATION**

8/08 ‑ Present George Mason University, Fairfax, VA

Doctor of Philosophy -- Special Education

Minor – Special Education Leadership

8/06 ‑ 8/08 George Mason University, Fairfax, VA

Master’s in Education – Special Education

Graduate Certificate – Emotional Disturbance/Learning Disabilities

8/92 ‑ 12/96 East Carolina University, Greenville, NC

Bachelor of Science in Exercise Sport Science

Concentration - Health and Fitness

Minor – Business Administration

# CAREER EXPERIENCE

8/08 - present Loudoun County Public Schools

Ashburn, VA

Special Education Teacher managing students with Emotional Disturbances at a Secondary School.

07/10 – 09/10 Johns Hopkins University

Baltimore, MD

Intern to Dr. Erica Sibinga in the Department of Pediatrics at JHU; assisted her with a Mindfulness study with middle school students in an urban school setting.

9/08 – 5/10 George Mason University

Fairfax, VA

Graduate Research Assistant to Dr. Margaret King-Sears in the College of Education and Human Development.

7/05 - 8/08 Inova Kellar School

Fairfax, VA

Special Education Teacher and Camp Director at a Therapuetic Secondary School. During that teaching assignment, taught two elective courses in meditation and yoga.

4/03 – 11/05 Inova HealthSource

Falls Church, VA

Taught several yoga and meditation classes to young adults, older adults, and patients with cancer. Presented corporate lectures on stress management, yoga, and meditation.

# PUBLICATIONS

Solar, E. (2011). Prove them wrong: Be there for students with emotional or behavioral disabilities. *TEACHING Exceptional Children,* 44(1), 40-45.

# MAJOR PROJECTS IN PROGRESS

**Manuscripts Submitted for Publication**

Solar, E. (2011). An alternative approach to behavior interventions: Mindfulness-based stress reduction. *Beyond Behavior.*

Solar, E. (2010). Teacher to administrator: Is it a good idea? *Journal of Cases in Educational Leadership.*

**GRANTS**

King-Sears, M. E. & Solar, E. Teaching adolescents with emotional or behavioral disorders to meditate as self-management. Research grant submitted APRIL 2009 to George Mason University Center for Consciousness and Transformation ($29,000). Grant unfunded.

**NATIONAL, STATE, AND LOCAL PRESENTATIONS**

Brawand, A.E., Solar, E., & King-Sears, M.E. (2012, February). *Do secondary co-teachers share equal responsibilities?* Paper presented at the 2012 Celebrating Effective Teaching symposium of the Virginia Council for Learning Disabilities, Harrisonburg, Virginia.

Solar, E. (2011, November). *Prove them wrong: Be there for secondary students with emotional disabilities.* Paper presented at the 34th Annual Conference of Teacher Educator Division of the Council for Exceptional Children, Austin, Texas.

Solar, E. (2011, September). *Prove them wrong: Be there for secondary students with emotional disabilities.* Paper presented at the 9th Biennial International Conference on Children and Youth with Behavior Disorders, New Orleans, Louisiana.

Solar, E. (2011, September). *Dialogue thinking: Developing the school of tomorrow.* Paper presented at the 9th Biennial International Conference on Children and Youth with Behavior Disorders, New Orleans, Louisiana.

Solar, E. (2010, October). *Prove them wrong: Be there for the student with emotional or behavioral disabilities.* Poster session presented at the 32nd International Conference on Learning Disabilities, Myrtle Beach, South Carolina.

Solar, E. (2008, June). *Keynote address for the graduating class of 2008.* The Kellar School, Inova Kellar Center, Fairfax, Virginia.

**PROFESSIONAL REVIEW ACTIVITIES**

Guest Reviewer with Dr. King-Sears for Manuscript Submitted for Publication, Intervention in School and Clinic – January 2010

**AWARDS**

November 2008: 4-year Special Education Leadership Fellowship in conjunction with the GMU Ph.D. in Education Program

May 2008: College of Education and Human Development Academic Award for Special Education (ED/LD)

February 2008: Recipient of the Virginia Teachers of Promise Institute

September 2007: Outstanding Achievement Award from the Inova Kellar Center

**CONFERENCES AND TRAININGS**

Center for Consciousness and Transformation, GMU (August, 2010). Mindful Education Focus Group.

Center for Consciousness and Transformation, GMU (August, 2010). Contemplative Educator Summit.

Council of Administrators of Special Education (July, 2010). Summer Educational Leadership Seminar, 4-day training.

Mindfulness-Based Stress Reduction (MBSR) 8-week class (May to June, 2010).

Biegel, G. (January, 2010). Intro to Mindfulness for the Adolescent for Professionals, 4-hour online training session.

**CERTIFICATIONS**

Commonwealth of Virginia, Department of Education, certified as a K‑12 as a Special Education teacher with an endorsement in Emotional Disturbances and Learning Disabilities

Certified in The Mandt System – Level 1 (August 2008 to present)

Certified in The Mandt System – Level 2 (January 2010 to present)

Second Degree Certificate in Usui Reiki (2003 to present)

Certified in Yoga from the Aerobics & Fitness Association of America (2004 to 2007)

**PROFESSIONAL ACTIVITIES**

American Educational Research Association (2010 to present)

Association for Contemplative Mind in Higher Education (2010 to present)

Council for Exceptional Children (CEC) (2009 to present)

Council of Administrators of Special Education

Council for Children with Behavioral Disorders

Division for Research

Virginia Education Association (2008 to present)

Member of the International Association of Reiki Practitioners (2003 to 2007)

Member of the Aerobics & Fitness Association of America (2004 to 2007)