

Excellence in Teaching

Jan Vandehay

Health & Physical Education

*Positive.
Inspirational.
Energetic.
Role Model.*

These are just some of the words students use to describe Jan Vandehay. A health and fitness professional for over 24 years, Jan has taught at Western Oregon University for the past 13 years. Jan was also the Dance Team coach at Albany High School for 16 years, winning 8 state trophies during that time. She brings a wealth of experience to Western.

Students in Jan's PE: 114 classes receive a health club quality workout, with a warm up, stretch, toning, cardio, cool down and stretch. Jan creates and choreographs the original routines. She makes it possible for everyone in the class – male and female, young and old, and individuals with a variety of ability and fitness levels – to participate.

As student Jamie Bussa observes, "You learn so much more than you think you ever would, it's not just a dance class." Jan loves her job and loves her students, and wants them to develop both healthy minds and healthy bodies.

To that end she offers students a friendly ear if they need to talk, she refers them to resources on campus, and above all she encourages them when they feel discouraged. Jan uses the cool down and stretch to share inspirational music and thoughts with students. She seeks to empower students and help them discover their own strengths and talents. Vanessa Delos Reyes says Jan is a "positive inspiration."

Jan teaches PE 114: Conditioning, Aerobics, to some 180 Western students every Monday, Wednesday and Friday. As one of her students observes, "She is in amazing shape!" Not only does Jan teach 3 classes back to back at WOU, she also teaches 2 sections at Linn Benton Community College in Albany. All on the same days. And, as one of her colleagues comments, "She's a grandmother!"

Students respond positively to Jan's teaching style and the personal concern she demonstrates for students and their success. Diana Pineda wrote: "I would like to nominate Jan Vandehay for her excellence in teaching. Jan is such a great person. When I attend her class her happiness transmits to me, it is as if her happiness was a contagious thing. I enjoy her class and I enjoy having her as an instructor, she has won a very special place in my heart. One phrase I have taken from her class is 'make some sunshine,' a phrase she is constantly using." This is Jan's own personal philosophy, which she shares with students and posts on her website: "If it rains, smile and make your own sunshine." The message is all about taking charge of one's life.

The physical energy Jan demonstrates in her classes is mirrored by the passion with which she teaches. Students respond positively to her teaching and to her messages about health and wellness.



"Jan is an amazing teacher & inspirational woman"-Katie Raymond

"Jan is the best teacher always positive and has a smile, THANK YOU!"-Jen Neal

"This is probably the best dance class ever!"-Rebecca Scott

"I love Jan & this class"-Vanessa

"Real men take Jan's dance aerobics"-Joshua Taylor

"Great people, great teacher, great class!"-Marcus Mellon

"I am in love with dance aerobics AND Jan!"-Becca Knowlton

"Jan is DA BOMB! I think she has impacted everyone's life in some way!"-Jenni

"INSPIRING!"-Karen Tyson

"I LOVE this class, it is by far the best part of my day. Jan is a ROCKSTAR!"-Beth Sherer

"I honestly can say that Jan & dance aerobics is my favorite part of the day, and I never fail to leave feeling great, energetic and with a smile on my face."-Jana Simonson

"Second time taking this class was even more fun. Jan's energy and fun personality makes working out so much more fun. I recommend everyone find time to take this class"-Anonymous

"Jan is such an amazing role model! She never ceases to amaze everyone. Her big heart and charismatic personality always keeps us on our toes and...making our own sunshine!"-Trevor Setvin

"There are no words to describe Jan...she's simply the best!"-Anonymous



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