Susan Williams Mayes

Instructor of Kinesiology and Dance and Coordinator of Undergraduate Studies
Department of Health, Human Performance and Recreation
University of Arkansas
Fayetteville, AR 72701
479.575.2858 smayes@uark.edu

Degrees:

- M.Ed., University of Arkansas, 1977, Physical Education
- B.S.E, *cum laude,* University of Arkansas, 1972, Physical Education

Professional Experience:

- 1982-present University of Arkansas, Fayetteville, AR
  Instructor of Dance and Kinesiology, in the Department of Health, Human Performance and Recreation in the College of Education and Health Professions, serving as the Coordinator of Undergraduate Studies in the HHPR Department (since July 1993)
- 1972-1982 Woodland Junior High School, Fayetteville, AR
  Physical Education Teacher, Gymnastic Coach, Pom Coach and Intramural Director

Recent Teaching Areas:

Teaching Rhythms and Gymnastics, The PE Profession: A History and Overview (introductory class), Motor Development, Professional Issues in Physical Education Senior Seminar for Physical Educators, Internship in Physical Education University Supervisor, Ballroom Dance, Seminar in Exercise Science (introductory class)

Professional Biography:

Susan Williams Mayes came to the University of Arkansas after earning a M.Ed. degree in Physical Education and 10 years of public school teaching and coaching. In her 35 years as an Instructor in the Department of Health, Human Performance and Recreation, she has taught a wide variety of classes in PHED, KINS, DNED, PEAC & DEAC. She has served as the Coordinator of Undergraduate Studies since 1993; recruiting students, providing entrance advising during orientation, assisting faculty in developing new courses, scheduling of courses, and numerous other assignments as directed by the Department Head. In the fall of 2010, Ms. Mayes took on additional duties in the HHPR Department as an Academic Advisor for HHPR students, as the department transitioned from a centralized college-wide advising model to a departmental advising model with two additional professional advisors. Susan is a Fayetteville native literally growing up on the University of Arkansas campus and attending nursery school at the then "Home Economics" pre-school. Susan's family was recently featured in the *Arkansas Alumni Magazine* for being a family of "generations of higher education teaching." Her latest interests are presenting through *Let's Move Active Schools* with dance breaks that can easily be performed by student grades K-12, adding fun, energy and intentional elevation of heart rate during a busy school day.

Academic Interests and Accomplishments:

Ms. Mayes current assignment includes 6 hours of teaching per semester and 6 hours administrative responsibilities. As Undergraduate Coordinator (since July 1993-present) she provides support services to approximately 24 faculty members, 2 professional advisors and more than 1450 undergraduate students in all aspects of Undergraduate Departmental Affairs in the Department of Health, Human Performance and Recreation at the at the University of Arkansas. She has a particular interest in academic advising in all areas of the HHPR Department being recognized by the College of Education and Health Professions in 2005, 2000 with the "Outstanding Advising Award." In addition, Ms. Mayes uses her extensive network of public school

personnel to help students with job placements, particularly in the area of teaching physical education and coaching. She has a private background in dance and has been awarded at the state and regional level for "Outstanding Teaching" in this area. She most recently served on the National Dance Association Board of Directors (13 members nationwide). Susan is probably best known for her upbeat presentation style which is almost always in a dance format. She and colleague Angela Smith-Nix have presented at all levels; local, state, regional and national conferences to promote the "excitement" of dance through physical education or simply in a classroom setting. In the 2013-15 school years; Susan and Angie were selected to be part of the "Adopt-A-Classroom" program with the Arkansas Education Renewal Zone. They partnered with a Farmington, AR classroom teachers to bring their decades of dance to the classroom of history and sociology. This inventive program allowed students to learn dances indicative of the decade that the students were studying in history. Subsequently Susan and Angie partnered with Holt Middle School in Fayetteville. The partnership started with one class of sixth graders but quickly encompassed the entire "pod" of sixth graders which included approximately 100 students and 4 classroom teachers. They ended their year by hosting the entire seventh grade from Lincoln, AR on campus for a Dance Master Class in post-medieval dance to celebrate the unit they had been studying in school. A pinnacle career award was presented to Susan in February 2015; "College/University Dance Educator of the Year" (2014-2015) for outstanding dance instruction in a thirteen state region.

Presentations/Articles/Choreographic Works:

Mayes, S. (2016). Informed consent authorization: Volunteering for science is a kind of heroism. *FSH Watch, A Publication of the Facioscapulohumeral Muscular Dystrophy Society*, (3), 1, 16.
Retrieved from
https://www.fshsociety.org/wp-content/uploads/2014/03/RD6FSH-Watch-2016-Issue_FINAL.pdf

Williams Carney, S. (2016, May 25). Participating in clinical research means giving of yourself. [web blog]. *Strongly*
Retrieved from
https://strongly.mda.org/participating-in-clinical-research-means-giving-of-yourself-literally-to-science/

Smith-Nix, A. & Mayes, S. (2016). *Let's move & groove with partners in education!* Presented at the Southern District of SHAPE America, Williamsburg, VA. February 11, 2016.

Mayes, S. & Smith-Nix, A. (2016). *Let's move and groove in school with movies!* Presented at the ArkAHPERD State Convention, Little Rock, AR. November 4, 2016.

Mayes, S., Murdock. J., Caldwell, S., Lehman, K., & McKee, K. (2015). *Teaching as a performing art.* Invited by the Wally Cordes Teaching and Faculty Support Center, Dead Day Symposium, Willard J. Walker Hall, University of Arkansas, December 11, 2015.

Mayes, S., Smith-Nix, A. & Wetzel, P. (2015). *Headline…PA enhances core curriculum! Try it!* Presented at the ArkAHPERD State Convention, Eureka Springs, AR. November 6, 2015.

Mayes, S. & Smith-Nix, A. (2015). *Charleston.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their History Roaring Twenties Unit, February 13, 2015, Holt Middle School, Fayetteville, AR.

Smith-Nix, A. & Mayes, S. (2015). *Fun facts about the roaring twenties.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their 1930's Unit, February 13, 2015, Holt Middle School, Fayetteville, AR.

Mayes, S. & Smith-Nix, A. (2015). *Boogie woogie bugle boy.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their 1930's Unit, March 13, 2015, Holt Middle School, Fayetteville, AR.

Smith-Nix, A. & Mayes, S. (2015). *Fun facts about the 30's including the depression.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their 1930's Unit, March 13, 2015, Holt Middle School, Fayetteville, AR.

Smith-Nix, A., Mayes, S. & Mobley R. (2015). *Our experience teaching dance and social studies as a cross-curricular program at holt middle school.* April 7, 2015, Arkansas Union, University of Arkansas. *(*Invited by *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas).

Karnatz, C. & Mayes, S. (2015). *Teaching dance to school aged students.* April 8, 2015. A radio interview for "*Ozarks at Large,"* aired on KUAF 91.3 FM NPR.

Mayes, S. & Smith-Nix, A. (2015). *Jailhouse rock.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their 1950's Unit, April 17, 2015, Holt Middle School, Fayetteville, AR.

Smith-Nix, A. & Mayes, S. (2015). *Fun facts about the 50's: Cold war.* Presented at Holt Middle School for all 6th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their 1930's Unit, April 17, 2015, Holt Middle School, Fayetteville, AR.

Mayes, S. & Smith-Nix, A. (2015). *Gustaf's skoal!* Presented for Lincoln, Middle School for all 7th graders (approximately 100) as a part of the *Adopt-A-Classroom* program through the Educational Renewal Zone, University of Arkansas. This was a culmination to their Medieval History Unit, May 13, 2015, HPER 220, University of Arkansas. (Emily James and Maggie Beachner – Lincoln partners).

Mayes, S. (2015). *The impact we have on students.* Member of a 4 person panel to discuss the topic. Invited as an Alumni faculty for "New Faculty Orientation." August 18, 2015, Donald W. Reynolds Center, University of Arkansas.

Mayes, S. & Hammig, B. (2015). *What hhpr has to offer: "Razorback reveal*." October 10, 2015. (Invited by the Enrollment Services, University of Arkansas).

Mayes, S. (2015). *A farewell to the board of trustees with a charleston: Dan Ferritor.* Davis Hall, University of Arkansas. November 11, 2015. (Invited by Chancellor Ferritor to create a short film produced by University Relations).

Mayes, S. (2015). *What hhpr has to offer if you are an honors pre-professional student.* Ozark Hall, University of Arkansas. November 20, 2015. (Invited by the Honors College, University of Arkansas).

Mayes, S. & Smith-Nix, A. (2015). *Let's move & groove in the school take 4 – Disney!* Presented at the Southern District of AAHPERD, Atlanta, GA. February 20, 2015.

Mayes, S., Smith-Nix, A. & Barnes, A. (2014). *Let's move & groove in the school take 3 – Movies!* Presented at the SHAPE America Convention, St. Louis, MO. April 3, 2014. (outcomes of this highly attended presentation were 3.69/4.0 from the formal session evaluation).

Smith-Nix, A. & Mayes, S. (2014). *Let's Move and grove in active schools: Take 3 movin'and groovin in the movies.* Presented at the Southern District of AAHPERD, Lexington, KY. February 21, 2014.

Landry, C., Mayes, S., & Smith-Nix, A. (2014). *Latest line dance craze.* Presented at the Southern District of AAHPERD, Lexington, KY. February 20, 2014.

Mayes, S. & Smith-Nix, A. (2013). *Let's move & groove in the school take 2!* Presented at the AAHPERD Convention, Charlotte, NC. April 23, 2013.

Melchionda, M., Ladda, S., Ayres, C. & Mayes, S. (2013). *Influencing legislation at the national and state legislatures.* Presented as a panel at the AAHPERD National/Southern District/NCAHPERD State Convention, Charlotte, NC. April 26, 2013.

Mayes, S. (2013). *How to be successful as a student-athlete at the university of arkansas.* Presented at bogle Academic Center, Fayetteville, AR. July 17, 2013.

Mayes, S, & Smith-Nix, A. (2013), *Decades: Dances of the 50's, 60's, and 70's.* Presented to Jennifer Mesa History Class, Farmington, AR. October 18, 2013 and November 15, 2013 as part of the Adopt-A-Classroom Program by the Arkansas Education Renewal Zone.

Mayes, S., & Smith-Nix, A. (2013). *Move and groove in the schools.* Presented at the ArkAHPERD State Convention, Little Rock, AR, November 8, 2013.

Smith-Nix, A. & Mayes, S. (2012). *Let's move & groove in the schools!* Presented at the AAHPERD Southern District/FAHPERD Convention, Orlando, FL. February 10, 2012.

Mayes, S., Smith-Nix, A. & Heath, F. (2012). *Aging gracefully through dance.* Presented at the National Dance Association Pedagogy Conference, Norfolk State University, Norfolk, VA. August 4, 2012.

Mayes, S. & Smith-Nix, A. (2012). Cha-cha: *The gateway latin dance*. (In-Service for all physical education teachers in the Springdale Public Schools). Hellstern Middle School, Springdale, AR. January 16, 2012.

Smith-Nix, A. & Mayes. S. (2012). *Let's move & groove in the schools*. LAHPERD (Louisiana Association of Health, Physical Education, Recreation and Dance), Crown Plaza Hotel, Baton Rouge, LA. November 2, 2012.

Mayes, S. & Smith-Nix, A. (2012). Cha-cha: *The gateway latin dance*. Louisiana Association of Health, Physical Education, Recreation and Dance, Crown Plaza Hotel, Baton Rouge, LA. November 2, 2012.

Versluis, S. (2011). New moves. *Dance Teacher,* March, 64-65. – I was interview and quoted as an expert in this national publication about the work of Freddie-Lee Heath, a colleague from Raleigh, NC.

Mayes, S., Schwab, W., Rollins, J., Dillard, T, Bowles, F., Misciewicz, K. & D. Thomas (2010). *"Standards and curriculum: The impact on education for the future,"* - Iota Chapter of Delta Kappa Gamma International, October 19, 2010, Fayetteville Public Library, Fayetteville, AR. (a panel discussion).

Sullivan, A., Mayes, S., Forbess, J. & Smith-Nix, A. (2011*). Classes large or small, active learning for all.* Presented at Arkansas AHPERD, Embassy Suites, Little Rock, AR., November 18, 2011.

Mayes, S & Smith-Nix, A. (2011) *Bachata: the romantic dance & cha cha.* AAHPERD Convention, San Diego, CA. April 1, 2011.

Mayes, S & Hagstrom, F. (2009). *"FUN in the classroom"* - University of Arkansas Wally Cordes Teaching and Faculty Support Center – New Faculty Luncheon – February 5 & 6, 2009. Arkansas Union, University of Arkansas.

Mayes, S & Smith-Nix, A. (2009). *"So you think you dance cha-cha?!"* - November 5, 2009, Eureka Springs Convention Center, Best Western, Eureka Springs, AR.

Mayes, S. (2009). *Master class - ballroom basics."* - for Maple Hills Residences - April 15, 2009. HPER Building 216, University of Arkansas.

Mayes, S. (2009). "*Making the most of your college experience."* - Men's Athletic Academic Advising, August 12, 2009, Broyles Team Meeting Room, University of Arkansas. (a presentation for All Razorback Football players on suggestions regarding academic success).

Mayes, S. (2008). *"Rise and shine invitation."* - May 3, 2008, Arkansas University, Russellville, AR. (this was the choreography for and presentation state-wide dance invitation for Arkansas State P.E.O. Sisterhood involving twelve dancers - several rehearsals throughout the spring of 2008 were required).

Smith-Nix, A. & Mayes, S. (2008). *"Swingin' social dance to meet standard 4 social & personal behaviors: Setting high expectations for fun, social interactions in dance."* - November 6, 2008, Arkansas Association of Heath, Physical Education, Recreation and Dance, Airport Holiday Inn, Little Rock, AR. (approximately 100 attendees for a 45 minute session).

Mayes, S & Hagstrom, F. (2008). *"The yin-yang of motivation*" - University of Arkansas Wally Cordes Teaching and Faculty Support Center – Teaching Retreat 2008 – July 15, 2008, WinRock Center, Petit Jean Mountain, AR.

Mayes, S & DiBrezzo, R. (2008). *"Parent panel discussion."* 2008 National Girls & Women in Sport Day Clinic - February 16, 2008, Barnhill Arena, University of Arkansas.

Mayes, S. & Fort, I. (2008). "*Getting a jump start on your syllabus for the spring semester" New* Faculty Luncheon sponsored by the Teaching Faculty Support Center, April 3, 2008, Old Main 525, University of Arkansas, Fayetteville, AR.

Mayes, S. (2008). "*Making the most of your college experience."* - Men's Athletic Academic Advising, July 31, 2008, Broyles Team Meeting Room, University of Arkansas. (a presentation for new incoming Freshman Football players on suggestions regarding academic success).

Smith-Nix, A. & Mayes, S. (2008). *"How to use geo-mats"* - Springdale Public Schools Physical Education In-Service, January 21, 2008, JO Kelly Middle School, Springdale, AR (45 minute presentation for physical education teachers in the Springdale Public Schools).

Mayes, S & Hagstrom, F. (2007). *"The healthy classroom atmosphere*" - University of Arkansas Wally Cordes Teaching and Faculty Support Center – Teaching Retreat 2007 – July 15-18, 2007, WinRock Center, Petit Jean Mountain, AR.

Mayes, S (2007). *"Ballroom dance for elementary students: A master class*" invited by teacher Jim Brown to work with students identified as "at risk" with master class in ballroom dance - April 26, 2007, Mathais Elementary School, Rogers, AR.

Mayes, S. & panel of six professionals (2007). "*Careers in sports!"* U of A Career Development Center, March 27, 2007, Arkansas Union 514, University of Arkansas, Fayetteville, AR.

Kaine, J., et al. (2006). *Red hat ballet.* Susan W. Mayes invited performer by the National Dance Association. AAHPERD Convention Kaleidoscope Dance Gala, Salt Lake City, UT.

Mayes, S. (2002), "*An evening of ballroom*." - Master class taught by invitation of U of A Resident Life Assistant Dustin Davis – Futrell Hall – March 12, 2002.

Mayes, S. (2000) "*Kinesthetic multiple intelligence session*," (a children's class), Youth Outreach Program of the St. James Methodist Church, Yvonne Richardson Center, Fayetteville, AR, October 14, 2000.

Mayes, S. (2000) "*HKRD departmental questions and answers*," U of A Kinesiology Club, HPER Building, University of Arkansas, Fayetteville, AR, October 30, 2000.

Mayes, S. (2000). "*Presentation of a Fayetteville Public Education Foundation, Inc. Hall of Honor Inductee*: *Mrs. Eileen Hendricks*" (my former 5th and 6th grade teacher); was asked by Mrs. Hendricks to be her presenter (to 350 community leaders and contributors) - October 19, 2000.

Mayes, S. (2000). "*Ark AAPERD award recipients*," Arkansas HPERD Journal, Spring 2000.

Mayes, S. (1993). *Frank and Jessie*, Commissioned to choreograph movie dance sequence production – starring Rob Lowe. December, 1993.

Numerous experiences with choreography, dance lighting, dance production, dance master classes – all a part of the dance major at the University of Arkansas which was later eliminated. When there was a major I taught classes in Children's Dance, Dance History, Ballroom Dance, Tap Dance, Folk Dance, and Dance for the Physical Education Majors.

Memberships/Service:

- 2016 – University of Arkansas Teaching Academy Fellow
- 2016 – mid 1970'2 - Member, SHAPE America (formerly) American Association of Health, Physical Education, Recreation and Dance, SD SHAPE America and ArkAHPERD
- 2016 – 1999 Golden Key International, member
- 2015 – Committee(s) Member for Dance Educator of the Year Selection (both K-12 schools and college levels), Southern District Shape America
- 2014 – Delegate, *Shape* America Delegate Assembly
- 2013 – Delegate, Alliance Assembly, American Alliance of Health, Physical Education, Recreation and Dance
- 2014 – Program reviewer for Advocacy and Physical Education, SHAPE America
- 2012 – 2013 Member of the Public and Legislative Affairs Committee, American Alliance of Health, Physical Education, Recreation and Dance
- 2012 – 2013 National Dance Association Board of Directors; Vice-President Elect of Science and Somatics and filled the position as Vice-President of Science and Somatics
- 2013– Dance Past Vice-President for the Southern District of the American Alliance of Health, Physical Education, Recreation and Dance, request to fill in a vacancy by President Sandra Sims
- 2007– 2014 Delegate of the Southern District Representative Assembly
- Currently a part of the *"Adopt a Classroom"* by the Arkansas Renewal Zone to place college professors into the classrooms of public schools. Working with Farmington, AR High School History Teacher and classroom teachers at Holt Middle School and Lincoln Middle School to bring physical activity breaks (primarily dance) which are "historically relevant" to a Contemporary United States History Junior Classroom and History classes for middle schoolers
- 2011 – Member of Southern District AAHPERD Strategic Planning Committee – appointed by the president of SD AAHPERD
- 2011– Dance Past Vice – President for the Southern District of the American Alliance of Health, Physical Education, Recreation and Dance

- 2011, 2010, 2009, 2008 – Southern District of the American Alliance of Health, Physical Education, Recreation and Dance, Delegate to Representative Assembly
- 2011– Higher Education Section Chair of the Arkansas Association of Health, Physical Education, Recreation and Dance
- 2011– 2013; NACADA (National Advising Organization), member
- 2010 – Dance Vice-President for the Southern District of the American Alliance of Health, Physical Education, Recreation and Dance
- 2010 – Higher Education Section Chair of the Arkansas Association of Health, Physical Education, Recreation and Dance
- 2009 – Dance Education Chair for the Southern District of the American Alliance of Health, Physical Education, Recreation and Dance (elected in 2006 - Rotated off of the Board in Spring 2011 - 4 year commitment at regional level)
- 2009 – Dance Vice-President Elect for the Southern District of the American Alliance of Health, Physical Education, Recreation and Dance
- 2008 –2009 –Vice President of Dance for the Arkansas Association of Health, Physical Education, Recreation and Dance
- 2007– Dance Education Council Chair for Southern District of the American Alliance of Health Physical Education and Recreation (2005 Dance Chair for the Arkansas Association of Health, Physical Education, Recreation and Dance)
- U of A Scholarship Review Committee, member and past chair
- U of A Designated Provost Lecturer, current and past
- U of A Robing Room for commencement working with dignitaries, current and past
- U of A Campus Food Pantry, current volunteer
- U of A Advising Council, past member and representative of the COEHP
- U of A Elections and Nominations Committee, past member
- U of A All Commencement, past member and chair
- U of A Honorary Degree, past member and chair
- U of A Committee on Committees past member and chair
- U of A Admissions and Appellate Board, past member and chair
- U of A R.O.T.C. Committee, past member and chair
- U of A Faculty Senate, past member
- U of A Campus Council, past member
- U of A Athletic Committee, past member
- U of A Convocation Committee, past member
- U of A Faculty Panel, Complaint Procedures for Undergraduate Students Committee, past member
- COEHP HKRD representative to the College Course and Programs Committee, current and past member
- COEHP HKRD representative for the COEHP Diversity Issue Committee (resulting from NCATE report), past member
- COEHP Constitution Committee, past member
- COEHP Scholarship Committee, past member
- COEHP NCATE Steering Committee, past member - 2 different visits
- HHPR Departmental Assessment Committee, past member
- HKRD (HPER) Committee for the re-configuration of 5 year MAT pedagogy program to a 4 year program – this involved extensive work on course and program changes and sending through universities approval process. This also involved an extensive report to the ADE and ADHE, completed in December 2005 and mailed in January 2006
- Numerous Search Committees in HKRD renamed HHPR
- Football Athletic Academic recruiting consultant - invited by the AR Athletic Department (2000, 2001, 2002, 2003, 2004)
- Wood - Wallace Scholarship Committee, member numerous times

- Presented numerous Master Classes in Ballroom Dance and Children's Dance on local and state levels
- Butterfield Trail Retirement Village Corporate Board, current member (since 2011)
- Butterfield Trail Retirement Village Nominations Committee (2015-present)
- Former Elected Board Member of the Fayetteville Youth Center
- Former member of the Arkansas Governor's Council on Physical Fitness; appointed by two different governors from two different political parties
- Great Arkansas Work-Out Volunteer on the Arkansas Capitol Lawn sponsored by the Arkansas Governor's Council on Physical Fitness
- Past memberships in Kappa Delta Pi and Phi Delta Kappa – honorary education fraternities
- Past membership in NEA, AEA and FEA, while teaching in public schools
- Past membership in the Arkansas High School Coaching Association, while teaching in public schools

Honors/Awards:

- 2016 – Award of Excellence in Recognition of Outstanding Teaching, University of Arkansas Teaching Academy, December 5, 2016, Alumni House, University of Arkansas.
- 2016 – Invited "Fellow" by the University of Arkansas Teaching Academy
- 2016, 2014, 2013, 2011, 2005, 2000 – Awarded the "Outstanding Advising Award" for the Department of Health, Human Performance and Recreation, University of Arkansas
- 2015 - Awarded the "College/University Outstanding Dance Educator" for SHAPE America Southern District, Atlanta, GA. February 21, 2015. (reflects 13 southern states)
- 2015 – Finalist for the *John and Mrs. Lois Imhoff Award for Outstanding Teaching and Student Mentorship,* December 7, 2015, Alumni House, University of Arkansas.
- 2015 - Featured on *Ozarks at Large*, KUAF 91.3 FM NPR – produced and interviewed by Christina Karnatz, April 8, 2015
- 2015 - Featured in the *Arkansas Democrat Gazette – statewide.* – Article written by Jaime Adame – *"UA dance teacher honored for getting students in step."* The article recognized the SHAPE America Southern District Award and the work done in the public schools to promote physical activity through dance in physical education and the classroom setting.
- 2013 - Featured in *Arkansas – The Alumni Magazine of the University of Arkansas* – article written by Heidi Stambuck - "*Roots of academe: The children of professors carry on a family tradition.*" Vol. 63, No. 3. The article recognized my family as one that had three generations of higher education professor.
- 2010 - Honor Award recipient; presented by the ArkAHPERD - given to one individual that has contributed at the highest level to the field of Health Science, Kinesiology, Recreation and Dance in the State of Arkansas
- 2010 & 2000 – Awarded the "Outstanding Service Award" for the Department of Health Science, Kinesiology, Recreation and Dance, University of Arkansas
- 2008 - Featured in *Arkansas – The Alumni Magazine of the University of Arkansas* (2008) – article written by Heidi Stambuck - "*The energizer dancing with the students*" Vol. 57, No. 4. The article recognized my ballroom dance class as "the elective that Mayes teaches each spring is one of the most popular."
- 2008 - *The Colleague of the College of Education and Health Professions Magazine* Fall 2008; article written by Heidi Stambuck - "*The energizer dancing with the students*" The article focused on the teaching and popularity of ballroom dance.
- 2007 and 1996 – Awarded the "Outstanding Dance Educator in Arkansas" by the Arkansas Association of Health, Physical Education, Recreation and Dance
- 2008 - Honored and selected by students as a "Top 30" Outstanding Faculty by the Student Alumni Board and the Associated Student Government at the Ninth Annual Faculty Appreciation Banquet, February 21, 2008, Janelle Y. Hembree Alumni House, University of Arkansas.(nominated by P-12 student - Megan McClellan)

- 2005 and 2000 – Awarded the "Outstanding Advising Award" for the College of Education and Health Professions at the University of Arkansas (cross college award)
- 2005 - Academic Advising Council Award Honoree
- 2001 - Nominated (one of 31) for the University of Arkansas Outstanding Teacher Award - student nominated and sponsored by the Student Alumni Board and the Associated Student Government
- 1999 – Invited to be an Honorary Member of Golden Key National Honor Society, continuing
- 1998 - 2004 - Arkansas Governor's Council on Physical Fitness by Governor Mike Huckabee to serve at the will of the Governor (original appointment was in 1994 by then Governor Jim Guy Tucker)
- 1996 – Awarded the "Outstanding Dance Educator in Arkansas" by the Arkansas Association of Health, Physical Education, Recreation and Dance
- 1995 – Awarded the "Outstanding Teaching Award" for the Department of Health Science, Kinesiology, Recreation and Dance, University of Arkansas
- 1978 – Awarded the "Outstanding Cooperating Teacher in the State of Arkansas" by the Arkansas Association of Teacher Educators (first physical educator ever)