

Aimee L. Fox, Ph.D.

Kansas State University
Center on Aging, College of Health and Human Sciences
Email: aimeefox@ksu.edu

EDUCATION

- 2021 Ph.D., Applied Developmental Science
Human Development and Family Studies
Colorado State University, Fort Collins, CO
Dissertation Title: *Family Caregiving, Family Dynamics, and Preparedness for the Transition to End-of-Life Care.*
Advisor: Dr. Christine A. Fruhauf
- 2009 M.S., Human Development and Social Policy
University of Utah, Salt Lake City, UT
Thesis Title: *Elementary School Food Environment and Child Food Purchasing Behavior.*
- 2007 B.S., Consumer and Community Studies
University of Utah, Salt Lake City, UT

ACADEMIC POSITIONS

- 2021-current Teaching Assistant Professor, Gerontology, Kansas State University
- 2009-2018 Associate Instructor, Family and Consumer Studies, University of Utah

RESEARCH EXPERIENCE

- 2020-2021 Graduate Research Assistant
Merging Yoga and self-management to develop Skills (MY-Skills)
Funded by the National Institute of Health, National Center for Complementary and Integrative Health (R34)
Colorado State University, Human Development and Family Studies
Fort Collins, CO
Co-PIs: Christine A. Fruhauf, Ph.D. and Arlene Schmid, Ph.D., OTR, FAOTA
- 2018-2020 Graduate Research Assistant
GRANDcares Project
Funded by United States Department of Agriculture: National Institute of Food and Agriculture: Children, Youth, and Families At-Risk (CYFAR)
Colorado State University, Human Development and Family Studies
Fort Collins, CO
PI: Christine A. Fruhauf, Ph.D.

2017-2018 Research Assistant
Health and Aging Post-Conflict Project
Funded by National Institute on Aging (R01), March 5, 2016
University of Utah, Department of Sociology
Salt Lake City, UT
PI: Kim Korinek, Ph.D.

OTHER RELEVANT EMPLOYMENT

2010-2013 State Developmental Screening Coordinator and Educator
Utah Department of Health, Bureau of Child Development

2001-2005 Academic Advisor, Early Childhood and Elementary Education
College of Education, University of Utah

REFEREED JOURNAL ARTICLES

Fox, A. L., Riggs, N. R., Yancura, L., Sharp, J. L., & Fruhauf, C. A. (2022). Improving self-efficacy in grandparents raising grandchildren: Preliminary results from a strengths-based education intervention. *Family Relations*, 2022, 1-10.
<https://doi.org/10.1111/fare.12695>

Fox, A. L., Swink, L., Prabhu, N., Fruhauf, C. A., Portz, J. D., Van Puymbroeck, M., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2022). Manual development for a multi-modal, dyadic intervention for persistent pain: A qualitative study. *British Journal of Pain*, 00(0), 1-9. <https://doi.org/10.1177%2F20494637221090461>

Fruhauf, C. A., Yancura, L., Greenwood-Junkermeier, H., Riggs, N. R., **Fox, A. L.**, Mendoza, A. N., & Ooki, N. (2022). Lessons from the Field. Community-based participatory research: The important role of University-Community partnerships to support grandfamilies. *Family Relations*, 71(4), 1470-1483.
<https://doi.org/10.1111/fare.12672>

Fruhauf, C. A., Mendoza, A. N., **Fox, A. L.**, Riggs, N. R., & Yancura, L. (2022). Positive health behavior changes in custodial grandparents and grandchildren following an intervention. *International Journal of Environmental Research and Public Health*, 19(7), 4027. <https://doi.org/10.3390/ijerph19074027>

Leach, H. J., Hidde, M. C., Portz, J. D., Van Puymbroeck, M., Sharp, J. L., **Fox, A. L.**, Schmid, A. A., & Fruhauf, C. A. (2022). Matching exercise volume in active control groups for yoga interventions. *Alternative Therapies in Health and Medicine*, 28(12). <http://www.alternative-therapies.com/index.cfm/fuseaction/archives.main>

Fox, A. L., Sharp, J. L., & Fruhauf, C. A. (2021). Family dynamics and the transition to end-of-life caregiving: A brief review and conceptual framework. *Journal of Family Theory and Review*, 13(3), 366-380. <http://doi.org/10.1111/jftr.12423>

Fruhauf, C. A., Yancura, L., Greenwood-Junkermeier, H., Riggs, N. R., **Fox, A. L.,** Mendoza, A. N., & Ooki, N. (2020). The importance of family-focused and strengths-based approaches to interventions for grandfamilies. *Journal of Family Theory & Review*, 12(4), 478-491. <http://dx.doi.org/10.1111/jftr.12395>

PAPERS SUBMITTED OR CURRENTLY UNDER REVIEW

Fruhauf, C. A., Schmid, A. A., Sharp, J. L., Portz, J. D., **Fox, A. L.,** & Van Puymbroeck, M. (2022). *Dyadic interventions for adults with chronic diseases and their caregivers: Theoretical and methodological considerations*. [Manuscript submitted for publication]. Department of Human Development and Family Studies and Occupational Therapy, Colorado State University.

Howard, L. A., Piper, J. L., & **Fox, A. L.** (2022). *Promoting intergenerational nutritional wellness: A qualitative analysis of grandparent caregivers' beliefs following an intervention*. [Manuscript submitted for publication]. Center on Aging, Kansas State University.

Parsons, C., Hehn, M., Loudonbeck, A., Burke, H., **Fox, A. L.,** Pratt, L., Brazile, M., Alarawi, R., & Zaretsky, J. (2022). *Cultivating qualitative researchers: Lessons learned during a pandemic* [Manuscript submitted for publication]. School of Education, Colorado State University.

Portz, J. D., Schmid, A. A., Fruhauf, C. A., **Fox, A. L.,** Van Puymbroeck, M., Sharp, J. L., & Leach, H. J. (2022). *Acceptability of an online dyadic intervention merging yoga and self-management skills (MY-Skills): A qualitative study*. [Manuscript submitted for publication]. Division of Internal Medicine, School of Medicine, University of Colorado.

Schmid, A. A., Fruhauf, C. A., **Fox, A. L.,** Sharp, J. L., Portz, J. D., Leach, H., & Van Puymbroeck, M. (2022). *Merging yoga and self-management skills (MY-Skills): A randomized feasibility and pilot study for caregivers and care receivers with persistent pain*. [Manuscript submitted for publication]. Department of Occupational Therapy, Colorado State University.

MANUSCRIPTS IN PROGRESS

Fox, A. L., Sharp, J. L., & Fruhauf, C. A. (2022). *Family caregivers' feelings of preparedness for the transition to end-of-life caregiving*. [Manuscript in preparation]. Center on Aging, College of Health and Human Sciences, Kansas State University.

Fox, A. L., Sharp, J. L., & Fruhauf, C. A. (2022). *Understanding the association between family dynamics and preparedness for the transition to end-of-life caregiving*. [Manuscript in preparation]. Center on Aging, College of Health and Human Sciences, Kansas State University.

Fox, A. L., Schmid, A. A., Sharp, J. L., Portz, J. D., Van Puymbroeck, M., Leach, H. J., & Fruhauf, C. A. (2022). *Experiencing pain together: Evaluation of a dyadic pain self-management intervention for caregivers and care receivers*. [Manuscript in preparation]. Center on Aging, College of Health and Human Sciences, Kansas State University.

PROFESSIONAL PRESENTATIONS AND INVITED LECTURES

Professional Papers

Fox, A. L., Schmid, A. A., Portz, J. D., Van Puyembroeck, M., Leach, H., Sharp, J. L., & Fruhauf, C. A. (2022, November 2-6). *Experiencing pain together: Care partners reflect on a dyadic intervention for pain self-management*. In **A. L. Fox** (Chair), *The many voices of care partners across the continuum of care*, Symposium paper (Sponsored Symposium, Interest Group Session – Hospice, Palliative, and End-of-Life Care) conducted at the annual scientific meeting of the Gerontological Society of America, Indianapolis, IN.

Fox, A. L., Sharp, J. L., & Fruhauf, C. A. (2022, November 2-6). *Exploring the association between family dynamics and preparedness for family caregiving at the end of life*. [Paper presentation] Gerontological Society of America annual scientific meeting, Indianapolis, IN.

Fox, A. L., Riggs, N. R., Yancura, L., Sharp, J. L., & Fruhauf, C. A. (2020, November 4-7). *Grandparent resilience: Improving self-efficacy in grandparents raising grandchildren*. [Paper presentation] Gerontological Society of America annual scientific meeting, virtual conference. <https://www.geron.org>

Fruhauf, C. A., Yancura, L., **Fox, A. L.,** Riggs, N., Greenwood-Junkermeier, H., & Mendoza, A. N. (2019, November). *Improving health and well-being of grandparents raising grandchildren: A strengths-based intervention*. In C. A. Fruhauf & Yancura, L. (Co-Chairs), *Gerontological intervention science: Four different approaches to grandfamily research*, Symposium paper (Interest Group Session – Grandparents as Caregivers) conducted at the annual scientific meeting of the Gerontological Society of America, Austin, TX.

Professional Posters

Fox, A. L., Sharp, J. L., & Fruhauf, C. A. (2021, November 10-14). *Family caregivers' feelings of preparedness for the transition to end-of-life caregiving* [Poster]

presentation]. The Gerontological Society of America 2021 Annual Scientific Meeting, virtual conference. <https://www.geron.org>

Fox, A. L., Fruhauf, C. A., Portz, J. D., Van Puymbroeck, M., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2021, November 10-14). *Development of a multi-modal, dyadic intervention for persistent pain: A qualitative study* [Poster presentation]. The Gerontological Society of America 2021 Annual Scientific Meeting, virtual conference. <https://www.geron.org>

Van Puymbroeck, M., **Fox, A. L.**, Fruhauf, C. A., Portz, J. D., Sharp, J. L., Leach, H. J., & Schmid, A. A. (2021, September). *Use of qualitative methods in the development of a multi-modal intervention for a clinical trial for dyads with chronic pain*. American Therapeutic Recreation Association. Cleveland, OH.

Van Puymbroeck, M., Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Portz, J. D., Leach, H. J., & Sharp, J. L. (2021, September). *Exploring the feasibility and benefits of a clinical trial for dyads with chronic pain*. American Therapeutic Recreation Association. Cleveland, OH.

Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Swink, L. A., & Prabhu, N. (2021, June 9-11, 16-18). *The needs of pairs with pain: perspectives of individuals with pain and their caregivers*. The International Association for the Study of Pain 2021 World Congress on Pain.

Schmid, A. A., Fruhauf, C. A., **Fox, A. L.**, Portz, J. D., Van Puymbroeck, M., Sharp, J. L., & Leach, H. J. (2021, June 9-11, 16-18). *Feasibility, acceptability, and benefits of in-person yoga and self-management education for dyads who have chronic pain*. The International Association for the Study of Pain 2021 World Congress on Pain.

Fruhauf, C. A., Schmid, A. A., Prabhu, N., Swink, L., Portz, J., Leach, H., Hidde, M., Van Puymbroeck, M., Sharp, J., **Fox, A. L.**, & Gibson, B. (2020, November 4-7). *Challenges in recruiting caregiver and care receiver dyads for a randomized clinical trial*. [Poster presentation] Gerontological Society of America annual scientific meeting, virtual conference. <https://www.geron.org>

Jiao, Y., Riggs, N., Yancura, L., **Fox, A. L.**, & Fruhauf, C. (2020, November). *Physical health moderates the relations between depressive symptoms and mental health in grandparents raising grandchildren*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, virtual conference.

Fox, A. L., Riggs, N., Yancura, L., & Fruhauf, C. A. (2020, March). *The effect of a strengths-based intervention on self-efficacy in grandparents raising grandchildren*. Poster presentation at the College of Health and Human Sciences Research Day, Fort Collins, CO.

Fox, A. L., Fruhauf, C. A., & Sharp, J. L. (2019, November). *Transitions of family caregivers: A conceptual framework for end-of-life caregiving*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, Austin, TX.

Fox, A. L., & Fruhauf, C. A. (2019, October). *Transitions of family caregivers: A conceptual framework for end-of-life caregiving*. Poster presentation at the University of Colorado Palliative Care Research Day, Denver, CO.

Fruhauf, C. A., Mendoza, A. N., Greenwood-Junkermeier, H., Carson, J., Sanchez, G., Yancura, L., Riggs, N., & **Fox, A. L.** (2018, November). *"I stopped smoking." Grandparent caregivers' self-care practices following an intervention*. Poster presentation at the annual scientific meeting of the Gerontological Society of America, Boston, MA.

Invited Presentations

2022 The Family Experience: Engaging and Supporting Families and Caregivers Through Aging and End-of-Life. Kansas Speech-Language-Hearing Association Convention, Manhattan, KS, (September).

2022 Ok Boomer, You Gonna Retire? A Conversation on Ageism in the Workplace – Workshop/Webinar. North Central Region Aging Network, Manhattan, KS, (January).

2021 Identifying and Combatting Ageism on Campus – S.A.F.E. Zone Ally Workshop. Kansas State University, Manhattan, KS, (December).

2021 Death & Dying. Guest Instructor – GERON 315: Introduction to Gerontology. Kansas State University, Manhattan, KS, (December).

2020 Gerontology Education. Guest Panelist – HDFS 277: Introductory Seminar in HDFS. Colorado State University, Fort Collins, CO, (March).

2020 Healthy Relationships in Older Adulthood. Guest Lecture – KEY 192A: Healthy Relationships. Colorado State University, Fort Collins, CO, (January).

2019 Family Caregivers. Guest Lecture – HDFS 201: Perspectives in Gerontology. Colorado State University, Fort Collins, CO, (October).

CONTRACTS & GRANTS

Internally Funded Awards as PI

2022 K-State Open Access Publishing Fund, Kansas State University. \$1,500.

Proposals in Progress or Under Review

- 2022 *Development of a reliable and valid survey measure of family dynamics in aging families, Fox, A. L. (PI), National Institutes of Health, National Institute on Aging, R03.*

Externally Unfunded Awards as PI

- 2022 *Exploring the impact of limited formal caregiving infrastructure on healthy aging among rural Kansas caregivers, Fox, A. L. (PI) & Yelland, E. L., National Institutes of Health, National Institute on Aging, Interdisciplinary Network on Rural Population Health and Aging.*
- 2020 *Family dynamics and caregiving: Preparing for the transition to end-of-life care, Fox, A.F. (PI) & Fruhauf, C. A. (Co-I), National Council of Family Relations Olson Grant: Bridging Research, Theory, and Practice.*

Internally Unfunded Awards as PI

- 2022 *Exploring the impact of limited formal caregiving infrastructure on healthy aging among rural Kansas caregivers, Fox, A. L. (PI) & Yelland, E. L., College of Health and Human Sciences, Exploratory/Development Research Grant, Kansas State University.*
- 2020 *Family caregiving and preparedness for the transition to end-of-life care, Fox, A. F. (PI), College of Health and Human Sciences Dean's Doctoral Student Fellowship, Academic Year 2020-2021, Colorado State University.*

RESEARCH RELATED PROFESSIONAL DEVELOPMENT

- 2021 Safe Zone Ally Training, Kansas State University
- 2020-2021 Teaming for Early Career Researchers, Colorado Clinical and Translational Sciences Institute
- 2020 Social Media and Research Recruiting, CITI Program
- 2020 Best Practices for Competitive Grant Applications, Columbia Medicine
- 2020 Introduction to Structural Equation Modeling, Curran-Bauer Analytics
- 2019 Strategies for Successful Recruitment and Retention of Minority Elders: An NIA Priority Area, Pre-Conference Workshop, Gerontological Society of America Annual Scientific Meeting
- 2019 Caregiving is a Family Affair: Innovations in Aging Research, Sara Honn Qualls, PhD, ABPP, Columbine Health Systems Center for Healthy Aging
- 2018 Research Priorities in Caregiving Summit: Advancing Family-Centered, Collaborative Care, Pre-Conference Workshop, Gerontological Society of America Annual Scientific Meeting

TEACHING EXPERIENCE

Kansas State University – Teaching Assistant Professor, Gerontology

<u>Year</u>	<u>Semester</u>	<u>Course No./Title</u>	<u>Format</u>	<u>Enrollment</u>
2022	Fall	GERON 315 – Intro to Gerontology	In-Person	21
2022	Fall	GERON 600 – Seminar in Gerontology	In-Person	7
2022	Fall	GERON 600 – Seminar in Gerontology	Online	13
2022	Spring	GERON 315 – Intro to Gerontology	In-Person	33
2022	Spring	GERON 600 – Seminar in Gerontology	Online	27
2022	Spring	GERON 630 – Mental Health and Aging	Online	21
2022	Spring	GERON 620 – Qualitative Research	Ind. Study	1
2021	Fall	GERON 600 – Seminar in Gerontology	In-person	15

Course Objectives

Introduction to Gerontology – In this course, students are introduced to theories that help us understand how people age, and the important psychological, social, and biological issues that face older adults (e.g., changes in social and familial roles, cognitive changes, etc.). Students learn to link theory and research to practical issues to gain a better understanding of how individuals, families, and communities cope with the aging process. Students explore how social determinants of health and life chances impact the aging process. Individual and group experiential learning activities related to aging provide students with opportunities to apply the material they are learning.

Seminar in Gerontology - This course examines critical issues of aging, incorporating multiple disciplines and a life course perspective. Students apply their growing knowledge of aging and ageism while addressing current problems facing an aging world, including the current and future impact of aging on individuals, families, and society, with particular emphasis on the social determinants of health and aging. We compare the aging experiences of diverse groups, including gender and sexual identity, race/ethnicity, nationality and nativity, and socioeconomic status. Students integrate this knowledge and their perceptions about gerontological issues, with the central goal of all course activities to help students think and act like a gerontologist.

Mental Health and Aging - This course is designed to introduce the gerontology student to the range of issues involved in aging and mental health utilizing several theoretical perspectives within an overall systems framework. The major emotional, mental, and psychiatric problems encountered in old age are examined along with processes of the aging individual's personality, mental, and cognitive functions. Common interventions and treatments available are explored, as well as the consequences of no or inappropriate services. Challenges and barriers on the macro and micro systems levels are presented with implications for the future of this field.

Qualitative Research - This course focuses on expanding students' skills in theories and methods associated with qualitative research. Emphasis is placed on understanding the historical, philosophical, and theoretical foundations of qualitative research methodologies; comparing and applying various qualitative traditions; determining how qualitative research methods can answer questions in family research not easily addressed

by quantitative research models; and applying this knowledge to a qualitative research project.

University of Utah – Associate Instructor, Family and Consumer Studies Department

<u>Year</u>	<u>Semester</u>	<u>Course No./Title</u>	<u>Format</u>	<u>Enrollment</u>
2018	Summer	FCS 5230 – Adolescent Development	Online	45
2018	Spring	FCS 2400 – Modern Family Studies	Online	74
2018	Spring	FCS 5230 – Adolescent Development	Online	47
2018	Spring	FCS 5250 – Theories of Human Develop.	In-person	21
2017	Fall	FCS 2400 – Modern Family Studies	Online	56
2017	Fall	FCS 5230 – Adolescent Development	Online	47
2017	Summer	FCS 2400 – Modern Family Studies	Online	34
2017	Summer	FCS 5230 – Adolescent Development	Online	52
2017	Spring	FCS 2400 – Modern Family Studies	Online	71
2017	Spring	FCS 5230 – Adolescent Development	Online	43
2017	Spring	FCS 5250 – Theories of Human Develop.	In-person	18
2016	Fall	FCS 2400 – Modern Family Studies	In-person	51
2016	Fall	FCS 2400 – Modern Family Studies	Online	39
2016	Fall	FCS 5230 – Adolescent Development	Online	45
2016	Summer	FCS 2400 – Modern Family Studies	Online	46
2016	Summer	FCS 5230 – Adolescent Development	Online	37
2016	Spring	FCS 2400 – Modern Family Studies	In-person	50
2016	Spring	FCS 5230 – Modern Family Studies	Online	64
2016	Spring	FCS 5250 – Theories of Human Develop.	In-person	14
2015	Fall	FCS 2400 – Modern Family Studies	In-person	40
2015	Fall	FCS 2400 – Modern Family Studies	Online	54
2015	Fall	FCS 5230 – Adolescent Development	Online	52
2015	Summer	FCS 2400 – Modern Family Studies	Online	40
2015	Summer	FCS 5230 – Adolescent Development	Online	45
2015	Spring	FCS 5250 – Theories of Human Develop.	In-person	23
2014	Fall	FCS 2400 – Family Studies	In-person	66
2014	Fall	FCS 3215 – Infant & Child Development	Online	61
2014	Fall	FCS 5230 – Adolescent Development	Online	55
2014	Summer	FCS 5230 – Adolescent Development	Online	62
2014	Spring	FCS 2400 – Family Studies	Online	72
2014	Spring	FCS 3215 – Infant & Child Development	Online	73
2013	Fall	FCS 3215 – Infant & Child Development	Online	87
2013	Spring	FCS 2400 – Family Studies	Online	68
2013	Spring	FCS 3215 – Infant & Child Development	Online	58
2012	Fall	FCS 3180 – Home, School, & Community	In-person	17
2012	Fall	FCS 3904 – Service Learning (for 3180)	In-person	3
2012	Spring	FCS 2400 – Family Studies	Online	70
2012	Spring	FCS 3180 – Home, School, & Community	In-person	44
2012	Spring	FCS 3215 – Infant & Child Development	Online	81
2012	Spring	FCS 3904 – Service Learning (for 3180)	In-person	21

2011	Fall	FCS 3180 – Home, School, & Community	In-person	30
2011	Fall	FCS 3904 – Service Learning (for 3180)	In-person	17
2011	Spring	FCS 2400 – Family Studies	Online	61
2010	Fall	FCS 3180 – Home, School, & Community	In-person	12
2010	Fall	FCS 3904 – Service Learning (for 3180)	In-person	5
2010	Summer	FCS 3215 – Infant & Child Development	In-person	16
2010	Spring	FCS 3180 – Home, School, & Community	In-person	18
2010	Spring	FCS 3904 – Service Learning (for 3180)	In-person	18
2009	Fall	FCS 3180 – Home, School, & Community	In-person	17
2009	Fall	FCS 3904 – Service Learning (for 3180)	In-person	15

Evaluation Results 2009-2018

Possible respondents = 2167

Number of respondents = 1326 (61% response rate)

Average Evaluation scores, reporting on a scale of 1-6 (1=strongly disagree, 6=strongly agree)

Overall Course Effectiveness:

Aimee Fox = 5.43

FCS Dept. = 5.30

U of U = 5.15

Overall Instructor Effectiveness:

Aimee Fox = 5.49

FCS Dept. = 5.40

U of U = 5.30

Course Objectives

Adolescent Development – This course offered an in-depth examination of adolescent development, within the context of families and society. Topics included biological and cognitive transitions, the development of autonomy and identity, peer and dating relationships, sexuality, parent-adolescent relationships, and the psychosocial problems of adolescence.

Home, School, and Community Relations – In this class, students developed an understanding of how families, schools, and communities singly and interactively support or compromise the healthy academic and social development of children. Students were exposed to literature, research, and practice that positively contribute to school-home relationship building. The class provides an opportunity for the application of course knowledge and skills through service-learning experiences. The class also assists students in developing verbal and written communication skills.

Infancy and Childhood Development – The primary goal of this course was to introduce students to the field of child development from conception through middle childhood. This course emphasized normal physical, cognitive, and social development and the interrelations among these aspects of development in a variety of contexts (e.g., family, culture, school, and community). This course encouraged students to critically examine both personal experiences and the empirical literature on child development. This course encouraged students to apply the information learned in real life situations with children.

Modern Family Studies – The primary goal of this course was to introduce students to family studies. There was an emphasis on theory and research on family demography, union formation, marriage, parenting, post-parental families, non-traditional families, and family problems. This course encouraged students to critically examine both their

personal experiences and the empirical literature on family studies. This course allowed students to participate in activities that facilitated a greater understanding of family relationships across the life course.

Service Learning – Service-learning is a method of teaching and learning that links classroom instruction to community service for the purpose of enriching learning experiences and helping foster civic responsibility. The service-learning experience provided students the opportunity to integrate knowledge gained in the classroom to an applied and practical setting.

Theories of Human Development – An in-depth examination of theories fundamental to the study of human development. Seminar format; discussion intensive. This course provided the opportunity for students to: (1) understand and explore the broad philosophical issues of the study of theories of human development, (2) develop an in-depth understanding of the contributions of the major theories within the study of human development, (3) understand the manner in which specific theoretical frameworks are employed in the development of research and applied programs in the field of human development, (4) conceptualize and discuss the historical and current professional literature, (5) review literature, videos, and programs addressing these theories, (6) gain a personal understanding and theoretical philosophy of human development, and (7) apply developmental theories and concepts to real-world examples and issues.

AWARDS AND HONORS

2020	Graduate Student Council Professional Development Award, Colorado State University
2018-present	Graduate Research Assistantship, Colorado State University
2018	Colorado State Graduate Fellowship, Colorado State University
2007-2009	Graduate Teaching Assistantship, University of Utah
2006-2007	Departmental Honors Scholarship, University of Utah

SERVICE TO UNIVERSITY

2022-2023	Faculty Senate – University Library Committee, Kansas State University
2022	Wildcat Dialogues – Facilitator Training Committee, Kansas State University
2022	Graduate School – Three Minute Thesis Competition, Judge, Kansas State University (February)
2021	Arts, Humanities, and Social Sciences Small Grant Program for K-State Graduate Students, Grant Reviewer, Kansas State University (November-December)
2020-2021	CSU Writes-Show up and Write, Facilitator, Colorado State University
2007-2009	Student Advisory Committee, Graduate Advisor, Family and Consumer Studies, University of Utah
2001-2005	University Academic Advising Committee, Member, University of Utah

SERVICE TO PROFESSION

- 2022-present Elected member, Academy for Gerontology in Higher Education – Academic Program Development Workgroup, Gerontological Society of America
- 2022-present Editorial Review Board member, Journal of Gerontology and Geriatric Medicine (GGM)
- 2021-present Manuscript reviewer, Journal of Extension
- 2021-present Manuscript reviewer, Journal of Gerontology & Geriatrics Education
- 2021 Elected member, Emerging Scholar and Professional Organization (ESPO) Annual Scientific Meeting Working Group, Gerontological Society of America
- 2020-present Abstract reviewer, Gerontological Society of America Annual Scientific Meeting
- 2020-present Abstract reviewer, National Council on Family Relations Annual Conference
- 2011-2012 Early Childhood Standards Writing Committee, Utah State Department of Health/Utah State Office of Education
- 2010-2011 Early Childhood Standards Advisory Committee, Utah State Department of Health/Utah State Office of Education

COMMUNITY ENGAGEMENT AND OUTREACH

- 2022-present Alzheimer’s Association, Heart of Midwest Chapter, Support Group Facilitator, Manhattan, KS
- 2022-present Accord Hospice, Volunteer and Educator, Manhattan, KS
- 2020-2021 Alzheimer’s Association, Colorado Chapter, Support Group Facilitator, Fort Collins, CO
- 2018-2021 Larimer County Alliance for Grandfamilies, Committee Member, Fort Collins, CO
- 2018-present Northern Colorado Respite Coalition, Member, Northern Colorado
- 2018-present Powerful Tools for Caregivers, Co-Leader, Larimer County, CO
- 2007-2013 Head Start: Utah Community Action, Community Partner, Salt Lake County, UT

PROFESSIONAL AFFILIATIONS

- 2020-present Palliative Care Research Cooperative Group
- 2020-present Colorado Clinical and Translational Sciences Institute
- 2018-present Gerontological Society of America
Member: Academy for Gerontology in Higher Education, ESPO, Family Caregiving Interest Group, Grandparents as Caregivers Interest Group, Hospice, Palliative, and End-of-Life Care Interest Group
- 2018-present National Council of Family Relations
Member: Family Communication Focus Group, Grief & Families Focus Group, Issues in Aging Focus Group
- 2018-2021 Colorado Gerontological Society