



technology to impact social isolation and well-being. *Frontiers in Public Health*, 9, 720180. <https://doi.org/10.3389/fpubh.2021.720180>

Beydoun, M., **Tate, R.**, Georgescu, M., Gamaldo, A., Vieytes, C., Beydoun, H., Noren Hooten, N., Evans, M., & Zonderman, A. (2023). Poor sleep quality, dementia status and their association with all-cause mortality among older US adults. [Manuscript submitted for publication.] National Institute of Health.

Beydoun, M., Beydoun, H., Georgescu, M., **Tate, R.**, Hossain, S., Vieytes, C., Gamaldo, A., Evans, M., & Zonderman, A. (2023). Sleep patterns, global mental status and mortality risk among middle-aged urban adults. [Manuscript submitted for publication.] National Institute of Health.

## INTERNSHIPS

### May 2023-August 2023. Summer Training in Aging Research (STAR)

National Institute of Health, Laboratory of Epidemiology and Population Sciences, Johns Hopkins University.

- Collaborated with laboratory teammates to produce research on sleep quality, cognitive aging, and mortality.
- Underwent training to improve statistical knowledge via training in multiple imputation and survival analyses using 2 datasets in the Stata software system.
- Produced 2 unpublished manuscripts and 2 poster presentations.

## ONGOING RESEARCH

### August 2020-Present. Physical Activity and Cognitive Performance

University of South Florida, School of Aging Studies.

- Studying relationship of frequency and intensity of exercise on cognitive performance
- Running mixed effects regression using Health and Retirement Study data on physical activity and cognitive performance
- Currently refining manuscript.

**Tate, R.**, Hülür G., Andel, R., & Small, B. (2023). Physical activity and episodic memory: A longitudinal analysis. *Vietnam Era Twin Study of Aging*, 15(1), 1-10. <https://doi.org/10.3389/fpubh.2023.10792> ( ) TJETQq0. Aging Studies, University of South Florida.

### January 2021-Present. Mindfulness-based Stress Reduction (MBSR)

University of South Florida, School of Aging Studies.

- Examining cost-effectiveness of MBSR in reducing expenses for breast cancer survivors
- Responsible for editing introduction and method section
- Collaborating with other advisors in program as well as College of Nursing

### January 2021-July 2021. Vietnam Era Twin Study of Aging (VETSA)

University of South Florida

- Responsible for descriptive and correlational statistics, and revising manuscript
- Collaborated with other students and advisors in program

August 2020-Present. Physical Activity and Cognitive Performance in African American adults  
University of South Florida, School of Aging Studies.

- Studying relationship of exercise on cognitive performance in African American adults
- Running multilevel mixed effects regression using Health and Retirement Study data on

December 2019-March 2020. Debrief Journeyman (Cannon Air Force Base)

- Resumption of debriefing tasks after completion of deployment
- Rank: Senior Airman

July 2019-November 2019. Debrief Journeyman (Al Asad Air Base)

- Maintained a database of maintenance actions to ensure accuracy
- Coordinated schedules for deployed aircraft
- Disseminated mission information from multiple aircrews to command headquarters
- Rank: Senior Airman

July 2018-June 2019. Debrief Journeyman (Cannon Air Force Base)

- Documented maintenance actions for an aviation maintenance unit
- Conducted briefings to recap flying mission
- Input maintenance actions into database to ensure safety actions were documented.
- Rank: Senior Airman

January 2018-June 2018. Aerospace Maintenance Technician (Cannon Air Force Base)

- Promotion to journeyman status, taught maintenance actions to less-experienced workers
- Led maintenance actions intended to return multiple AC-130W aircraft to flying status
- Serviced, inspected

**Spring 2024. Psychology of Aging (GEY4612) Instructor of Record**

Sections 12280 &amp; 12990

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp psychology-related concepts in older adults, such as different types of dementia
- Instructed 90 students
- Achieved 96% excellent/very good overall rating of instructor

**Fall 2023. Sociological Aspects of Aging (GEY3625) Instructor of Record**

Section 82405

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 88 students
- Achieved 94% excellent/very good overall rating of instructor

**Summer 2023. Sociological Aspects of Aging (GEY3625) Instructor of Record**

Section 51616

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 44 students
- Achieved 80% excellent/very good overall rating of instructor

**Summer 2022. Sociological Aspects of Aging (GEY3625) Instructor of Record**

Section 58544

University of South Florida. School of Aging Studies.

- Instituted and carried out curriculum for undergraduate-level class on aging
- Worked with students to grasp age-related concepts, including major social programs
- Instructed 42 students
- Achieved 100% excellent/very good overall rating of instructor

**Summer 2021. Introduction to Aging Sciences (GEY2000) Teaching Assistant**

Section 56671 (major professor Daniel Pupo)

Section 58981 (major professor Christina Mu)

University of South Florida. School of Aging Studies.

- Teaching assistant for introduction-level class on aging
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**Tate, R., & Baydoun, M. (2023, August 3). *Sleep quality, cognitive aging, and mortality among middle to older aged US adults* [Poster session]. NIH Poster Day**

- 2017-2019: Honors List (2017), (2018 & 2019)
- High Honors, GPA 4.0 (2017 & 2018), 3.6 (2019)

Anne Arundel Community College

- 2014-
- High Honors, GPA 3.5 (2014) 3.9 (2015)

## **ASSOCIATION MEMBERSHIPS**

**Gerontological Society of America Student Member (2020 Present)**

American Psychological Association (APA) - Student Member (2017 2019) (2023-Present)

Gerontology and Geriatric Medicine - Manuscript Reviewer (1 to date) (2020)

Association for Psychological Sciences (APS) - Student Member (2017 2019)

Psi Chi, Eastern New Mexico University - Student Affiliate (2017 2019)

Phi Theta Kappa, Anne Arundel Community College - Student Affiliate (2014 2016)

## **PROFESSIONAL TALKS**

**September 2022**

- Yucca Middle School Fun Day (2018)
- Key Club, President, Meade Senior High School (2013-2014)
- Knollwood Manor Nursing Home (2013)
- Baltimore VA Medical Center Volunteer (2012-2013)
- Happy Helpers for the Homeless (2012-2014)