

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- Produced 2 unpublished manuscripts and 2 poster presentations.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.2023.11792> () TJETQq0.0. 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 & 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. Preventin

- 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)