

**Aging Studies Program**  
**California State University, Fullerton**

**PROGRAM PERFORMANCE REVIEW**

**Spring, 2024**



**CALIFORNIA STATE UNIVERSITY**  
**FULLERTON**

# PROGRAM PERFORMANCE REVIEW

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## ***1. Program Mission, Goals and Environment***

The Mission of the California State University Fullerton (CSUF) Aging Studies Program is to provide learning, research, and practical opportunities that produce outstanding gerontologists and professionals with expertise in the field of aging and who meet the needs of an aging population. In accordance with this goal, the CSUF Aging Studies Program offers an Undergraduate Aging Studies Minor, a soon -to-be-announced Undergraduate Aging Science Minor, and a Master of Science in Gerontology (MSG). These cross-disciplinary courses of study offer students knowledge, perspectives, and expertise from academia and the field. Both the Aging Studies minor and the MSG require internships and provide students on-site experience, building a strong foundation in applied and theoretical gerontology, with an emphasis on biological, psychological, and social aspects of aging, as well as ethical and cultural considerations of aging.

Our Aging Studies Minor is a 21-unit program suitable for all undergraduate majors, particularly those in anthropology, biology, business, communications, economics, human services, kinesiology, psychology, and sociology. The 21 units include 3 required lower-division units, 9 required upper-division units, 3 required internship units, and 6 upper-division elective units. The minor is designed to be broad and multi-disciplinary and to enhance any student's chosen major of study. Many students who complete the minor apply to the MSG program.

Our Aging Science Minor is a 21-unit program suitable for undergraduate science majors, particularly those in biology, engineering, kinesiology, psychology, public health, and math. The 21-units include 5 classes from the Aging Studies Program as well as two classes from within the student's major. The minor is designed to facilitate entry into either PhD programs focused on aging or medical school with a focus on geriatrics.

Our Masters-level program provides a wide variety of course offerings and research opportunities, and prepares students for leadership positions in program planning, evaluation, education, policy/advocacy, health and healthcare, research, non-profit organizations, and

administration. This is an interdisciplinary program that offers students the opportunity to collaborate with faculty from diverse academic disciplines. In addition, our program is flexible and caters to individuals currently in the work force. Our courses are offered late afternoons and evenings, students can take classes either full or part-time, and we offer electives from a number of partnering disciplines such that study plans can be tailored to meet personal career objectives.

Leadership and location of the Aging Studies program have been stable over the past several years, providing momentum and continuity. For most of the past seven years, the Coordinator for the program has been Dr. Laura Zettel-Watson (Prof. of Psychology). Dr. Melanie Horn-Mallers (Prof. of Human Services) stepped in for one academic year as Coordinator when Dr. Zettel-Watson was on sabbatical. Dr. Barbara Cherry (Prof. of Psychology) spent one semester as coordinator while Dr. Zettel-Watson served as chair of the Psychology department. The current Program Coordinator is Dr. Laura Zettel-Watson.

Aging Studies is housed with Environmental Studies in a dedicated suite in the Humanities Building (H424) which creates more visibility as a multi-disciplinary program and provides better access for students and faculty from other departments. The College of Humanities and Social Sciences Dean's office has been very supportive of our program in terms of providing not only this dedicated office space, but also consistent staff support (i.e., 20-hour/week administrative support coordinator Kim Bette), and flexibility in class sizes. Table 1 provides information on the transitions occurring from 2016 to 2023. The past seven years have created a more multi-disciplinary focus and central location while continuity has been provided by the continued leadership of Drs. Zettel-Watson, Horn-Mallers, and Cherry, who have been involved in various roles since 2011.

Although the Aging Studies Program is a multi-disciplinary program and serves students from at least five colleges, primary support for the Aging Studies Program is provided by the College of Humanities and Social Sciences. The program also receives more than \$10,000/year

from private donors, earmarked to distribute to our students in the form of academic scholarships. We have both a Gerontology Program Council (GPC) and Affiliated Faculty. The GPC consists of approximately 10 faculty (currently from Psychology, Human Services, Anthropology, Public Health, Kinesiology, Counseling, and Economics) who meet at various times throughout the academic year to coordinate the Aging Studies program, serve on committees, and provide hands-on support and guidance for the program. In an effort to promote faculty participation, service on at least one standing committee (Curriculum and Assessment, Admissions, Awards and Scholarships, Events, or Marketing) is required of all Council Members. The Affiliated Faculty consists of an additional 25 faculty and researchers across campus with an interest in Aging and Gerontological issues.

**Table 1.** Transitions in Leadership and Location in the Aging Studies Program

<b>Academic Year</b>	<b>Program Coordinator Home Department</b>	<b>Associated Coordinators Home Department</b>	<b>Office</b>	<b>College</b>
2016/2017	Dr. Laura Zettel-Watson Psychology	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
		Dr. Melanie Horn Mallers Human Services		
2017/2018	Dr. Laura Zettel-Watson Psychology	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
		Dr. Melanie Horn Mallers Human Services		
2018/2019	Dr. Laura Zettel-Watson Psychology	Dr. Melanie Horn Mallers Human Services	H424	Humanities and Social Sciences
	Dr. Melanie Horn Mallers Human Services			
2019/2020	Dr. Melanie Horn Mallers Human Services	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
	Dr. Barbara Cherry Psychology	Karen Fazio Aging Studies Program		
2020/2021	Dr. Laura Zettel-Watson Psychology	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
		Dr. Melanie Horn Mallers Human Services		

2021/2022	Dr. Laura Zettel-Watson Psychology	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
		Dr. Melanie Horn Mallers Human Services		
2022/2023	Dr. Laura Zettel-Watson Psychology	Dr. Barbara Cherry Psychology	H424	Humanities and Social Sciences
		Dr. Melanie Horn Mallers Human Services		

Society, communities, and current policy are not prepared for the support and services that will be required to accommodate a burgeoning population of older adults. Current statistics (United Nations, 2023) report that in 2021 there were 761 million adults aged 65 years or older worldwide, and that this number will double to 1.6 billion in 2050. In Orange County alone, over 450,000 (14.3%) of the population is 65 years and older. Careers in aging are currently among the top 10 fields for employment and will remain so for the foreseeable future. Interestingly, CSUF is one of the few institutions that offers an MSG to students who live locally or in surrounding counties. The CSUF Aging Studies Program has worked diligently to create a program that can meet this need by incorporating both applied and theoretical coursework that will train future gerontologists and professionals with a variety of age-related skill sets.

The CSUF campus also houses a very active Osher Lifelong Learning Institute (OLLI). The Institute has approximately 1100 members at this time, which allows for a variety of collaborations between OLLI members and the campus community. OLLI members serve as research participants, tutors, panel members and participants in various classroom activities. OLLI elects a member to serve as a liaison for these collaborations, and this individual serves as an ex officio member of our Gerontology Program Council. Figure 1 shows steady increase in OLLI collaborations with CSUF since 2016. Although a very small part of the campus community, Aging Studies Program affiliates represent a sizeable number of these collaborations.

**Table 2.** Number of Collaboration Opportunities Filled by OLLI Members – by Year

Year	# of Projects	Estimated hours	# of participants	# of OLLI participants
2017	11	121	357	73
2018	11	209	190	102
2019	6	60	116	37
2020	3	21	79	12
2021	7	576	233	88
2022	6	212	108	31
2023	11	236	152	50
Grand Total	55	1435	1235	393

A number of changes have been implemented in the past seven years to increase awareness of aging issues and enhance student learning experiences (see Figure 1). Our Aging and Dementia course (AGNG 420) became a service learning class (Spring, 2018) in order to deliver 5 weeks of student training/experiential learning on site at Alzheimer's Family Services Center, Huntington Beach, CA. The service learning experience provides exposure to various types of dementia, the clinical presentation of dementia, aspects of caregiving, and best practices for behavior management and intervention in dementia patients. Alzheimer's Family Services Center includes didactic trainings and continued learning experiences in the form of case presentations, case studies and group work.

In response to the pandemic, concern grew for older adults in terms of isolation and loneliness. Professor Karen Wong first addressed this in her Introduction to Aging course (AGNG 133; Spring 2020) by having her students pair with older adults (working through organizations such as St. Jude and Project Life) with weekly phone calls to see what older adults needed and to teach them technology to stay linked with their families and friends (Facebook, text, zoom, etc.). This continues to this day as an internship called Project Outreach (AGNG 495) in association with medical, non-profit, and for-profit organizations working for and on behalf of older adults.

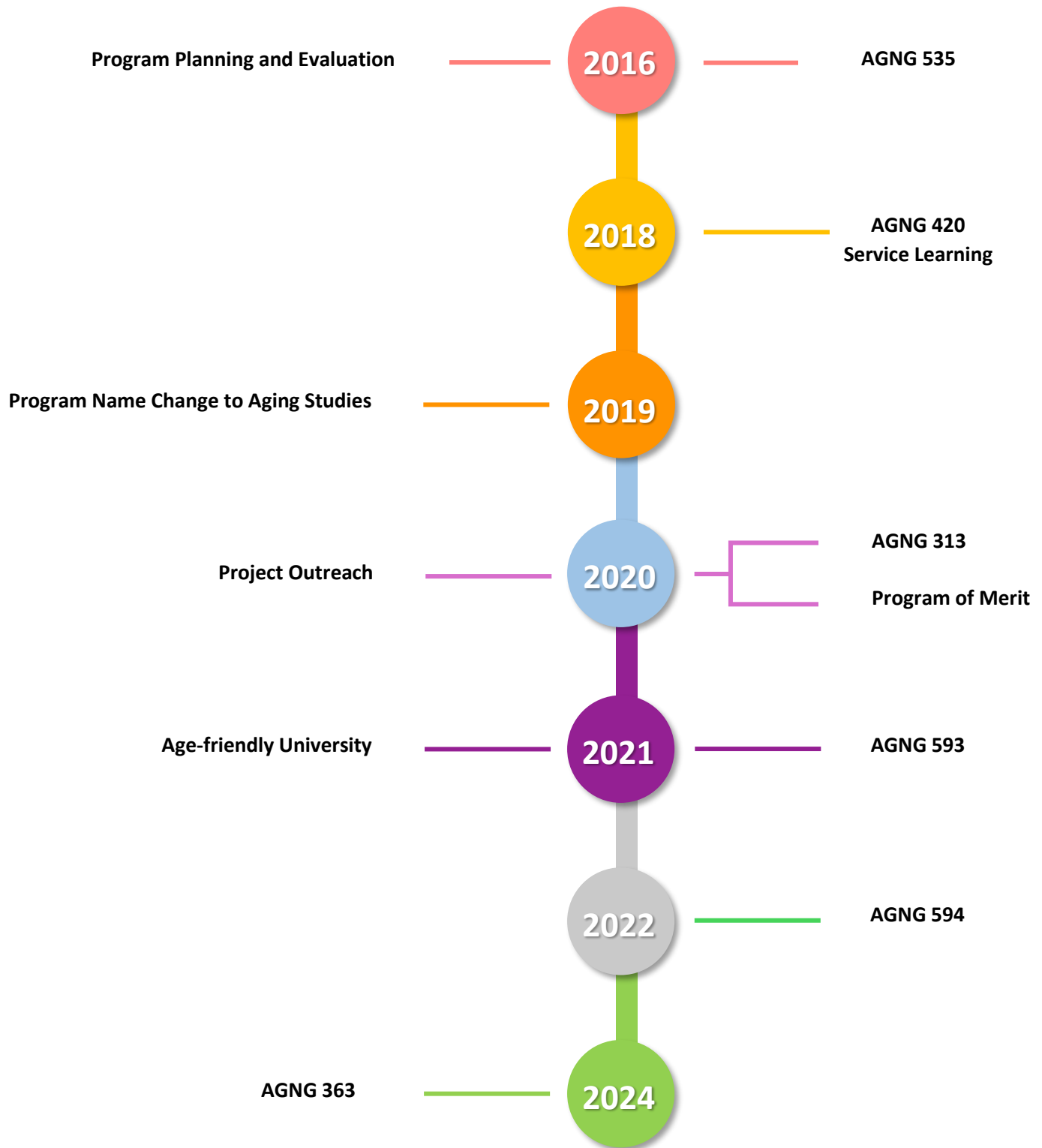
To heighten visibility, our program name changed from Gerontology to Aging Studies in Fall 2019. In addition, a new general education course (AGNG 313, California Gold: Aging and Diversity) was developed (Fall, 2020) to highlight issues related to diversity and aging, with California serving as a microcosm for these concerns worldwide. The Association for Gerontology in Higher Education (AGHE) is currently developing an accreditation procedure for academic programs in Gerontology to which we plan to apply. In the meantime, we received designation as one of AGHE's Program of Merit recipients for our Aging Studies Minor (Fall, 2020). The Program of Merit is a voluntary program of evaluation for AGHE member and nonmember institutions that offer either gerontology programs (degree and non-degree granting) and/or health professions programs whose curricula integrates gerontology/geriatrics content. The Program of Merit designation gives gerontology and health professions programs an AGHE "stamp of excellence" that they can use to verify program quality, lobby within their institutions for additional resources to maintain program quality, market the program, and recruit prospective students. Based on the performance of our program and the wide-reaching aging-focused proceedings campus-wide, CSUF received designation as an Age-Friendly University, part of the AGHE Global Network, in Spring 2021.

Changes have been made to increase rigor in our graduate program and to enhance graduation rates. AGNG 535 (Program Planning and Evaluation) was added as a required course after feedback from MSG alumni about what they felt would have better prepared them for professional employment in the field (2016). We also now have a one-year culminating research project guided by faculty in fall and spring in the second year of students' programs (beginning Fall 2020). This has improved our graduation rate from 30% to 89.3% over the past few years. These courses teach research methods and how to access and evaluate secondary data (Fall), then how to analyze and report on students' specific research questions with selected data from this secondary source (e.g., MIDAS; Spring). The first course in the sequence is AGNG 593 (Research



Methods in Gerontology, Project Development- Capstone I), which focuses on research processes and problems in gerontology, including studies of applied research and program evaluation in the field of gerontology. The second course is AGING 594 (Research Methods in Gerontology, Completion of Project- Capstone II), where students utilize secondary data to explore and analyze an original and individualized research question and complete all chapters of their capstone master's project.

**Figure 1.** Timeline of Program Changes



**2. Program Description and Analysis**

Our program includes an Aging Studies minor, a recently created Aging Science minor, and a graduate-level Master of Science in Gerontology. Additional classes have been added to meet

minor requirements and we have been able to reinstate a fundamental partner class that had not been taught for a number of years (i.e., BIOL 306 – Biology of Aging). Our Aging Studies minor requirement is 21 units (7 classes) of which 9 units (3 classes) can overlap with the student's major. Our Aging Science minor requirement is 21 units (5 aging science classes) and two classes from each student's home department. The Master of Science in Gerontology is a 30-unit program with seven core classes and three electives (across disciplines). Current course offerings include the following.

### **Undergraduate Minor in Aging Studies**

The minor in Aging Studies is a 21-unit specialty program designed to introduce undergraduates to the diverse applications of gerontology.

#### **Lower-Division Requirements (3 units)**

- Gerontology 133 Introduction to Gerontology (3)\*

#### **Upper-Division Requirements (9 units from the following)**

- Aging 313 California Gold: Diversity and Aging (3)\*
- Biology 306 Biology of Aging (3)\*
- Kinesiology 454 Physical Dimensions of Aging (3)
- Psychology 362 Psychology of Aging (3)\*
- Sociology 443 Sociology of Aging (3)

#### **Internship (3 units)**

One three-unit internship at the 300/400 level in a related field. An internship is a supervised experience working within the community. Internships are coordinated through the student's major department.

#### **Electives (6 units)**

Examples of Electives:

- Anthropology 308 Culture and Aging: Anthropological Gerontology (3)
- Biology 306 Biology of Aging (3)
- Child/Adolescent Studies 312 Human Growth and Development (3)\*
- Finance 411 Retirement and Estate Planning (3)
- Aging Studies 420 Aging and Dementia (3)
- Health Sciences 342 Stress Management (3)\*
- Human Communication Studies 320 Intercultural Communication (3)\*
- Human Services 310 Case Management (3)
- Human Services 380 Theories and Techniques of Counseling (3)
- Kinesiology 353 Physical Activity and Lifelong Well-Being (3)\*
- Management 435 Service Organizations and Operations (3)
- Marketing 351 Principles of Marketing (3)
- Nursing 357 Health Promotion: Adult-Aged Nursing (3)
- Philosophy 314 Medical Ethics (3)\*

- Psychology 302 Learning and Memory (3)
- Sociology 351 Sociology of Families (3)\*

\* Meets General Education requirement.

### **The Aging Science Minor**

The Aging Science minor provides both theoretical and applied foundations in the science of aging. The minor trains STEM majors to integrate cutting-edge aging knowledge into their respective fields and teaches students to think critically about the implications of their work for aging populations in the United States as well as globally. The population is rapidly aging worldwide; however, there is a shortage of specialists prepared to address the needs of aging societies. As a complement to any STEM degree, the Aging Science minor enhances the competitiveness of STEM students applying to graduate or medical school. The minor is 21 units over two years. Students take 15 units in the Aging Core (below) and 6 aging-related elective units in their major department to complete the minor.

#### **Aging Core**

- Aging 313 California Gold: Diversity and Aging (3)
- Aging 391 Aging Science: Theoretical Foundations and Applications (3)
- Aging 392 Aging Science: Methods & Data Analysis (3)
- Aging 493 Aging Science: Research Evaluation and Implementation (3)
- Aging 494 Aging Science: Communication and Dissemination (3)

### **Master of Science in Gerontology**

The Graduate program has a minimum requirement of 30 units (10 classes). The current program provides the core classes that gerontologists will need as well as opportunities to select particular classes that will enhance certain specific career goals.

#### **Required Core Classes (21 units)**

- GERO 500 Applied Gerontology/Professional Development (3)
- GERO 503 Aging and Public Policy (3) 9
- GERO 507 Biopsychosocial Aging (3)
- GERO 535 Evaluation and Program Planning (3)
- GERO 595 Gerontology Internship (3)
- GERO 593 Research Methods in Gerontology, Project Development- Capstone I
- GERO 594 Research Methods in Gerontology, Completion of Project- Capstone II

#### **The remaining nine units are Aging Studies electives as well as electives from other departments.**

Current electives include (in alphabetical order by Department or Program):

- Anthropology 435 Anthropology of Death and Mortuary Practices (3)
- Chemistry 445 Nutritional Biochemistry (3)
- Economics 506 Economics of Aging (3)
- Finance 411 Retirement and Estate Planning (3)
- Aging Studies 420 Aging and Dementia (3)
- Aging Studies 425 Successful Aging and Gerotechnology (3)
- Aging Studies 450 Applied Health Promotion in Aging Populations (3)

- Aging Studies 504T Special Topics in Aging (3)
- Aging Studies 526 Administration and Systems Management (3)
- Aging Studies 545 Nonprofit and Societal Marketing (3)
- Public Health 401 Epidemiology (3)
- Public Health 440 Determinants of Health Behavior (3)
- Public Health 450 Applied Health Promotion in Aging Populations (3)
- Human Services 400 Ethical and Professional Issues in Human Services (3)
- Human Services 410 Crisis Intervention for Para-Professionals (3)
- Human Services 412 Gerontology in Human Services (3)
- Human Services 420 Human Services Management (3)
- Human Services 480 Case Analysis and Intervention Techniques (3)
- Kinesiology 454 Physical Dimensions of Aging (3)
- Kinesiology 455 Functional Perform. Assessment & Programming for Older Adults (3)
- Management 435 Management of Service Organizations (3)
- Marketing 545 Nonprofit and Societal Marketing (3)
- Marketing 596T Contemporary Topics in Marketing, 50+ Consumer Marketing (3)
- Philosophy 400 Ethical and Professional Issues in Human Services (3)
- Political Science 526 Administration and Systems Management (3)
- Psychology 415 Cognitive Processes (3)
- Psychology 474 Health Psychology (3)
- Psychology 475 Psychopharmacology (3)
- Sociology 443 Sociology of Aging (3)
- Sociology 455 Sociology of Health and Illness (3)

The Aging Studies Program recruits an ethnically diverse pool of both Aging Studies minors and Masters students. Students are primarily female and first generation students (see Tables 3 and 4). MSG students are typically a mix between recent BA/BS graduates and returning students.

**Table 3.** Number and Demographics of Aging Studies Minors Awarded

Academic Year	# Awarded	Sex (Female)	Race/Ethnicity	Underrepresented	1 <sup>st</sup> Generation
2016/2017	15	14	3 Asian, 9 Hispanic, 3 White	9	10
2017/2018	10	9	1 Asian, 4 Hispanic, 1 Mixed, 3 White, 1 unknown	4	7
2018/2019	15	12	1 Indian/Native Alaskan, 4 Asian, 2 Hispanic, 2 Intl., 5 White, 1 unknown	3	6
2019/2020	12	10	6 Hispanic, 1 Intl., 2 Mixed, 1 White, 1 unknown	6	9
2020/2021	4	4	1 Asian, 1 Hispanic, 1 White, 1 unknown	1	3

2021/2022	1	1	Asian	0	1
2022/2023	1	1	Hispanic	1	1

**Table 4.** Number and Demographics of MSG's Awarded

Academic Year	# Awarded	Sex (Female)	Race/Ethnicity	Underrepresented
2017/2018	8	8	1 Hispanic	1
2018/2019	7	7	1 Hispanic, 1 African American	2
2019/2020	8	8	2 Hispanic	2
2020/2021	16	13	5 Hispanic	5
2021/2022	5	5	3 Hispanic	3
2022/2023	9	7	4 Hispanic, 1 Native Hawaiian or Pacific Islander	5

Our program has several challenges at the present time. Our recruitment of new students has dropped in the past few years despite an increase in recruiting efforts. This may in part be due to a relatively new CSUF graduate program in Social Work, which now offers an aging track. In addition, a dramatic drop in University enrollment, especially for small programs such as ours, occurred both during and post pandemic. Recruitment efforts have included presentations about our program to existing classes across our campus and community colleges, and campus-wide events such as Geropalooza and Careers in Aging. The former is an annual aging-related fair in the central quad with games, activities, food and prizes. The latter is a career and internship fair with a speaker series and community partner booths. We are currently exploring podcasts to expand our reach to students. We have also developed a course (to be offered beginning Fall 2024), which meets the University's upper-division writing requirement (AGNG 363, Advanced Writing with a Focus on Aging). This should expose more students to issues related to aging.

### ***3. Documentation of Student Academic Achievement and Assessment of Student Learning***

#### ***Outcomes***

Aging Studies/Gerontology is currently a small field with supportive networking. Perhaps the best indicator of the strength of our program is that our students go on to do incredible work in

leadership positions in the field. For example, graduates of our MSG program hold positions in the following places: Orange County Office on Aging; Orange County Council on Aging; Recreation Supervisor, City of Newport Beach; Director of Senior Services with the LGBTQ Center Orange County; Adjunct Faculty at CSUF in Public Health, Sociology, and Aging Studies; Gerontology Access Program with Orange County Transit Authority; Social Work and Case Management in various cities/counties; and Alzheimer's Orange County.

In terms of assessment, we implemented three student learning outcomes for our Master's students when they were still required to complete a thesis or project. This form was completed by individual faculty serving on thesis or project committees to evaluate the application of gerontological theories, concepts, and issues (Student Learning Outcome 1), written communication skills (Student Learning Outcome 2), and oral communication skills (Student Learning Outcome 3) based on a rating scale of 0 (poor) to 4 (excellent).

**SLO 1: Application of Gerontological Theories, Concepts, and Issues**

4. Excellent: Student thoroughly reviewed relevant literature and integrated interdisciplinary knowledge; logically applied literature to research question or inquiry; incorporated strong methodology (and analysis, if applicable); drew several insightful conclusions; included several meaningful implications for the field.
3. Good: Student reviewed the relevant literature and integrated interdisciplinary knowledge, but not as thoroughly as for #4; applied literature to research question or inquiry; incorporated good methodology (and analysis, if applicable); drew a few insightful conclusions; included a few meaningful implications for the field.
2. Acceptable: Student reviewed relevant literature, but with some gaps, and adequately integrated interdisciplinary knowledge; used adequate methodology (and analysis, if applicable); drew a few conclusions; included a few implications for the field, but lacked the insight required for #3 or #4.
1. Deficient: Student conducted a limited literature review and/or seemed to “miss the big picture”; used inadequate methodology (and analysis, if applicable); any conclusions drawn were cursory or did not reflect an entirely accurate understanding of the topic/literature.
0. Poor: Student failed to review and understand the literature; failed to apply interdisciplinary knowledge correctly; used inappropriate methodology (and analysis, if applicable); failed to draw conclusions or implications related to the topic/literature.

**SLO 2: Written Communication Skills**

4. Excellent: Student's writing was clear, concise and well-organized; demonstrated excellent clarity and grammatical mastery.

3. Good: Student's writing was generally clear and organized; demonstrated good clarity with few grammatical errors.
2. Acceptable: Some sections of the student's writing were unclear and unorganized; demonstrated adequate clarity with several grammatical errors.
1. Deficient: Several sections of the student's writing were unclear and organization was deficient or lacking; demonstrated little clarity with more widespread grammatical errors.
0. Poor: Severe problems with student's writing and organization; significant lack of clarity and serious and numerous grammatical errors impairing reader's understanding.

### **SLO 3: Oral Communication Skills**

4. Excellent: Student's oral communication was well-organized and eloquent; had excellent audience engagement; provided well-expressed responses; arguments were skillfully presented; advanced knowledge in subject area exhibited.
3. Good: Student's oral communication was organized and articulate; had good audience engagement; provided clear responses; arguments were well presented; strong knowledge in subject area exhibited.
2. Acceptable: Student's oral communication was mostly organized and articulate; had acceptable audience engagement; provided basic responses; arguments were sufficiently presented; adequate knowledge in subject area exhibited.
1. Deficient: Student's oral communication was somewhat disorganized and inarticulate; had low audience engagement; provided inadequate responses; arguments were insufficiently presented; inadequate knowledge in subject area exhibited.
0. Poor: Student's oral communication was mostly disorganized and inarticulate; had unacceptable audience engagement; failed to provide sufficient responses; arguments were poorly presented; very little knowledge in subject area exhibited.

In addition, some of our classes are offered online and student assessment is evaluated in several ways. In our AGNG 133 online class, students are assessed with five quizzes, one exam, six discussion boards which include hands-on activity (e.g., students use materials to accelerate their aging so they can experience limited mobility, etc.), and written assignments. In our AGNG 425 online class, students are assessed with a midterm and final exam, discussion board assignments, confirmation of visits to a shop that sells medical devices, wheel chairs, etc., and presentation of a universal design for their own home or home of a loved one where they can age in place. In our AGNG 595 online class, biweekly discussions are evaluated for duties performed at internship sites and connections to course material. A mid-semester interview paper and end of semester final paper are also assigned.



We have also created an exit survey for Master's students to better assess where our strengths and weaknesses are for the program (see Appendix B).

#### 4. Faculty

Because we are an interdisciplinary academic program rather than a department, home departments for our tenure-track faculty are in other disciplines (e.g., Human Services, Psychology, Public Health, Sociology). The composition of the teaching staff is primarily tenure track faculty or MSG-level Gerontologists teaching our core classes. Part-time faculty include Karen Fazio and Karen Wong (both Gerontologists) and Dr. Cheryl Alvarez, who provides service-learning opportunities for working with dementia patients. Core 500 level classes are taught primarily by tenure-track faculty (Drs. Zettel-Watson, Horn Mallers, Cherry). Several required 500 level courses have also been taught by part-time faculty (AGNG 500, AGNG 535). Ms. Karen Fazio was contracted to teach these classes due to her expertise in the field as a professional gerontologist. Part-time faculty have also taught 400 level courses (Dr. Urvi Patel, Ms. Karen Wong, Ms. Karen Fazio), see Table 5.

**Table 5.** Courses and Assigned Faculty from 2016-2017 to 2023-20

	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
133	Urvi Patel Karen Wong Karen Fazio	Urvi Patel Karen Wong Karen Fazio	Karen Fazio Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong Karen Fazio
313				Karen Fazio	Karen Fazio	Karen Fazio	Karen Fazio	Karen Fazio
391								Barbara Cherry
392								Jennifer Carlson Trevitt
420		Cheryl Alvarez		Cheryl Alvarez	Cheryl Alvarez		Cheryl Alvarez	
425	Karen Wong		Karen Wong	Karen Wong		Karen Wong	Karen Wong	Karen Wong
433	Karen Fazio							
450	Diana Tisnado Georgia Halkia	Diana Tisnado	Diane Tisnado Dominick Sturz	Georgia Halkia	Diana Tisnado	Dominick Sturz	Diana Tisnado	Diana Tisnado
495			Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong
500	Karen Fazio	Karen Fazio		Karen Fazio	Karen Fazio	Karen Fazio		
501	Urvi Patel	Barbara Cherry						
503	Melanie Horn Mallers	Melanie Horn Mallers	Melanie Horn Mallers	Melanie Horn Mallers	Melanie Horn Mallers	Brandi Orton		
506								
507	Barbara Cherry	Urvi Patel	Melanie Horn Mallers	Melanie Horn Mallers	Laura Zettel-Watson	Melanie Horn Mallers	Karen Fazio	
526	Michelle Arsneault Meriem Doucette	Meriem Doucette	Yuan Ting	Meriem Doucette	Michelle Arsneault Yuan Ting	Marcella Martowe Michael Falkow	Michael Falkow Yuan Ting	Michael Falkow
535			Karen Fazio	Karen Fazio		Karen Fazio		
593					Melanie Horn Mallers	Melanie Horn Mallers	Melanie Horn Mallers	
594					Melanie Horn Mallers	Barbara Cherry	Melanie Horn Mallers	
595	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong
597	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Laura Zettel-Watson	Laura Zettel-Watson	Laura Zettel-Watson
598	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Laura Zettel-Watson	Laura Zettel-Watson	Laura Zettel-Watson
599	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Karen Wong	Laura Zettel-Watson	Laura Zettel-Watson	Laura Zettel-Watson

In addition to hiring highly qualified instructors, the Aging Studies program also employs a Graduate Assistant. In an effort to assist our MSG students toward timely graduation, we have chosen to replace an offered elective with a funded graduate assistant. The graduate assistant has served as a tutor and facilitator for our MSG students to use as a resource for study design, data analysis, and writing. This assistant has typically been working with students approximately 15 hours per week.

### ***5. Student Support and Advising***

The Aging Studies Program advisor has been Ms. Karen Wong since 2012. Ms. Wong has an MSG from CSUF and currently advises both masters and minor students. Ms. Wong spends approximately 10 to 15 hours a week advising students either by email, phone, or in-person. This constitutes about 15-20 individuals per week and includes undergraduate minors, undergraduate potential minors, undergraduate non-minors with an interest in aging studies but an aging concentration in their own department, graduate students, potential graduate students, applicants, and students from other departments with an interest in interning in the aging field (Sociology, Psychology, Human Services, Public Health, Business, Kinesiology). Each student is assessed based on their individual situation. The student's TDA is reviewed with the student. A study plan is implemented to help the student stay on target with graduation. In addition, if the student has any specific interests (interest in leadership skills, job hunting, or a specific area of gerontology) the meeting will be more in-depth to help the student reach future goals. Students are provided information on the following:

- 1) Scholarships
- 2) Internships
- 3) Specific courses for their particular area of interest
- 4) Study abroad options with an aging focus
- 5) Completing study plans for undergraduate and graduate students
- 6) Information on academic probation

7) GS-700 (Each semester the student adviser will call students registered for GS-700 to check on their progress and prompt them to move toward completion, if necessary.)

8) Internships in Aging studies

9) Goals and timelines set for students registered for GS-700.

Ms. Wong also teaches our internship class. Her outstanding work with students over the course of the past few years has been recognized at both the College and the University level. She has been nominated for and/or awarded a variety of honors and achievements:

2016: Assigned Time for Exceptional Levels of Service to Students

2017: Applying the QM Rubric

2018: Nomination for Outstanding Service and Contributions to Student Success, College of Humanities and Social Sciences Faculty Award

2018: Awarded Advisor of Distinction, nominated by students

2019: Open Educational Resources Ambassador, Online Education & Training

2019: Outstanding Faculty, Aging Studies

2021: Pa'lante Fellowship Program Mentor

2022: 15 Years of Service Ribbon

2022: Project UpGrads Graduate Programs Admissions Improvement Grant

As a program, we also offer several outreach events for our students. For example, we periodically hold workshops for struggling students. These are aimed at graduate students who have stalled at a particular part of their writing or research. The workshop hosts, compensated with funds from the programs Operations and Expenses budget, address any challenges the students are experiencing and try to partner struggling students together to help each other, facilitated by the graduate assistant, the advisor, and the program coordinators.

Sigma Phi Omega (SPO) is a nationally-based honor society for Aging Studies/Gerontology which is open to both graduate and undergraduate aging studies students. Both Ms. Karen Wong and Dr. Horn-Mallers have served as faculty advisors for our local chapter ([https://hss.fullerton.edu/agingstudies//09\\_honors/index.aspx](https://hss.fullerton.edu/agingstudies//09_honors/index.aspx)). Meetings and events are held

throughout the academic year. For example, April is Careers in Aging month and typically SPO hosts an event with gerontologists from the field along with students and faculty. The last SPO event (late Fall 2023) was a panel discussion on Age and LGBTQ issues. This was incredibly successful with approximately 90 participants attending the event.

In addition, we are also very fortunate to have a number of donors who provide scholarships to students conducting research in the field of aging. We hold an awards ceremony in early May to honor scholarship recipients and their sponsors as well as new SPO members. We have approximately 10 scholarships awarded yearly from four sources. These awards range from \$1000-\$1500 per student, per semester.

## **6. Resources and Facilities**

The Aging Studies Program has traditionally had one “first rights” classroom. Although one classroom should be able to meet the needs of our small program, the small size of the room (UH 240, cap of 27), does not allow us to offer reasonably sized undergraduate/general education sections or electives. When we can offer just 7 courses per semester, we struggle to meet our full-time equivalent student (FTES) target if we cannot offer larger lower-division courses. Further, we currently only use standard classrooms, but it would be helpful in teaching Aging Studies 593 and 594 (Capstone Courses) to have access to computer classrooms/laboratories.

The CSUF Pollak Library has had dedicated Aging Studies/Gerontology librarians, Joy Lambert, and now Adolfo Prieto (Fall, 2019) to support our students as well as a specific site on the library website that provides additional assistance (Aging Studies Subject Guide at <https://libraryguides.fullerton.edu/gerontology>). In addition, the library supports the Aging Studies Program and its students by providing a variety of print and online resources. *AgeLine*, the library’s main aging-focused database, includes information specifically related to older adults as reflected in fields such as social work, health sciences, sociology, and psychology. As Aging Studies is a multidisciplinary field of study, students and faculty also can find pertinent research in

a number of other library databases including *APA PsycInfo*, *PubMed*, *CINAHL*, *Academic Search Premier*, *CQ Researcher*, *Sociological Abstracts*, and *Social Services Abstracts*. Access to over 100 aging-related journals is available through online database subscriptions. The library is also continuously augmenting the Aging Studies collection, which includes books, e-books and audiovisual materials. Books and e-books on aging are actively added each year and are purchased using the library's approval plan and by librarian selections. Any materials students and faculty need outside of the library's immediate collection can be obtained easily through the library's interlibrary loan service.

In May 2022, Dr. Zettel-Watson and Dr. Jennifer Piazza (Public Health) received a \$1.6M Research/Education Training Grant from the National Institutes of Health. The grant supported the creation of the Aging Science Minor and four of its five affiliated courses. The grant also supports research training for the first 18 Aging Science Minors.

### ***7. Long-term Plans***

In accordance with the University's mission, goals and strategies, we are diligently working to position our program to better prepare our students to become effective, resourceful, and impactful professionals serving older adults. To this end, we continue to design programs both within and outside the classroom that provide our students with high-impact practices and that link their future careers with the current community needs. We continue to work on maintaining a high profile both within CSUF and beyond to capitalize on interdisciplinary and community research and programs. We need additional financial support to address a few key areas. First and foremost, we need better support for marketing and recruitment of minors and graduate students (more on this below). Per the CSUF census report (2023), Aging Studies minors have dropped from 29 in spring 2019 to 8 in spring 2023. MSG students have dropped from 22 in spring 2020 to 7 in spring 2023 and with 0 enrollment fall 2023 (see Appendix B). Further, we could use funds to increase

our ability to include more high-impact service learning components (on-site facilities) in our curriculum.

It may be helpful to note that faculty who teach and/or coordinate the Aging Studies program are not “housed” in Aging Studies; rather, such faculty are also committed to their home departments, often leading to tremendous work overload. The program has been fortunate that there has been funding to provide course release time each semester for the elected Program Coordinator, who has traditionally provided a release for an assistant coordinator (one release each for coordinator and associate coordinator, per semester). Faculty are in great need, however, of additional support in order to grow the program and meet the needs of an ever-increasing aging population. This could include support for more release time for coordination, website support, research funding to better engage students in aging-related research, and student travel.

Finally, as addressed earlier, marketing and student recruitment are primary goals. To elaborate, our program has a 2.0 FTEF (10 courses/semester), from which the coordinator and associate coordinator course releases are deducted. We have also needed to pay our graduate student assistant from this. This leaves us with funding to offer 7 courses per semester. Three of these are required Aging Studies masters-level courses, which generally have about 10 students/class. In order to meet our FTES target (~120-140 students/semester), we need to offer two sections of AGNG 133 (cross-listing them with partner departments [e.g., PSYC, SOCI, PUBH] for exposure as well as one section of AGNG 313. This results in our inability to offer more than one AGNG elective (graduate or minor) per semester, impeding our service to our undergraduate minors.

We continue to market the program to reduce our reliance on other departments – for Spring 2017, 48% of 133 students enrolled through AGNG sections, as compared to 21% in Fall 2016. Ideally, we will be able to add FTES/FTEF to enable us to offer additional electives. A

greater number of electives will enable us to serve a greater number of minors, increasing campus-wide exposure and creating a larger pool of potential MSG students.

## **8. Appendices**

A. Undergraduate Degree Program

B. Graduate Degree Program

C. Faculty

D. Resources

E. Long-term planning

F. Faculty Curriculum Vitae



## APPENDIX A. UNDERGRADUATE DEGREE PROGRAM

**Table 3 from text.** Number and Demographics of Aging Studies Minors Awarded

Academic Year	# Awarded	Sex (Female)	Race/Ethnicity	Underrepresented	1 <sup>st</sup>
2016/2017	15	14	3 Asian, 9 Hispanic, 3 White	9	
2017/2018	10	9	1 Asian, 4 Hispanic, 1 Mixed, 3 White, 1 unknown	4	
2018/2019	15	12	1 Indian/Native Alaskan, 4 Asian, 2 Hispanic, 2 Intl., 5 White, 1 unknown	3	
2019/2020	12	10	6 Hispanic, 1 Intl., 2 Mixed, 1 White, 1 unknown	6	
2020/2021	4	4	1 Asian, 1 Hispanic, 1 White, 1 unknown	1	
2021/2022	1	1	Asian	0	
2022/2023	1	1	Hispanic	1	

### Minor Survey 8/2021

Q1: Please Indicate the reasons for why you selected the Aging Studies Minor

- 75% Strongly Agree/Agree that I enjoyed a course I had related to aging
- 100% Agree that I thought it would better prepare me for my career/professional goals
- 50% Strongly Agree/Agree that I thought it would make me more competitive for graduate programs. 50% N/A
- 50% Strongly Agree/Agree that I have always been interested in studying aging
- 100% Not at all agree/NA that I heard good things from my peers about the Aging Studies Minor
- 66% Agree/Somewhat Agree that Other was a reason for choosing the Minor

## APPENDIX B. GRADUATE DEGREE PROGRAM

**Table 6.** Graduate Program Applications, Admissions, and Enrollments

Fall	# Applied	# Admitted	# Enrolled
2016	9	5	3
2017	10	9	7
2018	10	6	4
2019	14	8	7
2020	12	6	6
2021	12	7	6
2022	3	0	0

**Table 7.** Graduate Program Enrollment by Headcount and FTES

Academic Year (Annualized)	Headcount	FTES	FTES per Headcount
2016-2017	29	15.25	0.53
2017-2018	36	20.75	0.58
2018-2019	34	18.50	0.54
2019-2020	31	19.75	0.64
2020-2021	47	25.58	0.54
2021-2022	31	17.75	0.57
2022-2023	21	11.50	0.55

**Table 8.** Graduation Rates for Master's Programs

All Master's Entered in Fall:	Cohort	% Graduated		
		In 2 Years	In 3 Years	In 4 Years
2015	3	0%	0%	33.3%
2016	3	33.3%	66.7%	66.7%
2017	7	14.3%	42.9%	57.1%
2018	4	50.0%	50.0%	50.0%

2019	7	100.0%	100.0%	100.0%
2020	6	33.3%	100.0%	N/A
2021	6	50.0%	N/A	N/A

**Table 9.** Graduate Degrees Awarded

College Year	Degrees Awarded
2016-2017	0
2017-2018	8
2018-2019	7
2019-2020	8
2020-2021	16
2021-2022	5
2022-2023	9

### MSG Survey 08/2021

Ordered in the way the results/questions were ordered

Q1: for some reason has no recorded responses:

Q2:

- 76.92% were Very Satisfied/Mostly Satisfied with the Range of course offerings
- 84.62% were Very Satisfied/Mostly Satisfied with the Availability of Classes.
- 84.62% were Very Satisfied/Mostly Satisfied with the Quality of Classes.
- 92.31% were Very Satisfied/Mostly Satisfied with the Assistance from faculty outside of the classroom.
- 61.53% were Very Satisfied/Mostly Satisfied with the Service-learning experiences.
- 61.54% were Very Satisfied/Mostly Satisfied with the Internship Experience.
- 69.23% were Very Satisfied/Mostly Satisfied with the Culminating Experience.
- 76.93% were Very Satisfied/Mostly Satisfied with the Preparation for your current and/or hoped job
- 92.3% were Very Satisfied/Mostly Satisfied with the Overall rating of the faculty.
- 83.34% were Very Satisfied/Mostly Satisfied with the *Overall program experience*

Q10: is based off the multiple choice selection one of Q2:

- How faculty is supportive and helpful
- Criticism for Internship

- Offer Internship sooner – statistics course to help with analysis

Q5: Are there any aspects of the program that you think are innovative or unique that distinguish it from other gerontology programs.

- 46.15% said Yes
  - How faculty is supportive and helpful
  - Comprehensive/ New 593~594

Q11: Courses or Education experiences that can make an Improvement of Program

- Career guidance/skills/opportunities seems to be prevalent on improvements
- Next one was to include more courses(different aging courses in different fields)

Q12: Improvements to better serve the students (Either Uni or Aging Studies)

- Mentorship (2<sup>nd</sup> year Grad Student/Graduate)
- Career Guidance/Career Center to focus more on Geron

Q13: What Issues/Concerns do you see in aging and gerontology that we should be aware of.

- Ageism
- Gero-Nutrition/Gero-Technology
- Limited Public Knowledge, Substance Abuse, Elder Abuse/Caregiver Wellness

Q14: How can Aging Studies Program better meet the needs of the future?

- Career Info, Conferences,
- Scientific based courses, statistics, and other courses (from other departments)
- Flexibility between choosing a thesis or a project

Q15: Future Plans (Post-Graduation)

- City/County Job
- Educator
- PhD
- Start a new business

**APPENDIX C. FACULTY****Table 10.** Faculty Composition<sup>1</sup>

Fall	Tenured	Tenure-Track	Sabbaticals at 0.5	FERP at 0.5	Full-Time Lecturers	Actual FTEF
2016	0	0	0.0	0.0	0	0.0
2017	0	0	0.0	0.0	1	1.0
2018	0	0	0.0	0.0	0	0.0
2019	0	0	0.0	0.0	0	0.0
2020	0	0	0.0	0.0	0	0.0
2021	0	0	0.0	0.0	0	0.0
2022	0	0	0.0	0.0	0	0.0

<sup>1</sup> Headcount of tenured, tenure-track, sabbaticals at 0.5, and FERP at 0.5 includes full-time and part-time faculty. Headcount of lecturers only includes full-time faculty, as consistent with the IPEDS HR definition. It does not represent the number of full-time lecturer lines assigned to the department.

## APPENDIX D. RESOURCES

**Table 11.** Aging Studies Program

Year	State OE (Including Travel) (1)	Student Assistants (1)	Professional Development (1)	Total State Support	CSFPF Accounts (2)	GERO Endowed Professor fund	Comments
AY22/23	\$ 6,000	\$ -	\$ -	\$ 6,000	\$ 476,820	\$ 139,765	
AY21/22	6,000	-	-	6,000	\$ 400,259	\$ 139,260	
AY 20/21	\$ 5,517	\$ -	\$ -	\$ 5,517	\$ 333,214	\$ 138,159	Reduction in state allocation due to budget reduction
AY 19/20	\$ 6,000	\$ -	\$ -	\$ 6,000	\$ 231,136	\$ 135,788	
AY 18/19	\$ 6,000	\$ 11,500	\$ -	\$ 17,500	\$ 241,421	\$ 132,798	

(1) Fiscal year allocations

(2) Balance as of June 30th of the fiscal year

## APPENDIX E. LONG-TERM PLANNING

While some of our long-term goals have been discussed above, the following is a summary of ongoing, and possible new, long-term goals and related timeframes. As indicated previously, these are dependent upon support and resources.

Activity	Timeframe	Note/Comment
Continue marketing and recruitment efforts for MSG program and minor	Ongoing	Next step: class presentations to non HHD and HSS majors, such as Communications
Secure release time for faculty to write program-related grants	Ongoing	One idea we have is to lead University-wide workshops to faculty about how to infuse aging content into their disciplines
Increase FTEF in order to offer more Aging Studies-housed classes and create new courses, such as Global Aging	Ongoing	Increase FTES in order to develop tracks in the MSG program Ongoing We believe offering tracks will help our students be more marketable; such examples include “service/wellness”, “administration” and “research”
Creation of a fully online MSG program	Begin formal discussion Fall 2024	This would allow us to recruit beyond the Southern California geographic area
Secure funding to hire marketing graduate student, or release time for faculty, to support efforts to expand field-work opportunities	Ongoing	We believe students will benefit from internships in non-traditional entities, such as corporate banking and hospitality. We need labor and resources to have the time to build such relationships and develop appropriate programs
Work with University Extended Education (UEE) to develop a self-support Certificate Program for Professionals	Begin formal discussion Fall 2024	We have proposed this to UEE in the past, but after 2 years of discussion, their advisory board deemed that “There is a lack of industry as well as individual recognition for the need to have extensive Aging Studies training. In order to create a need in the program, the field would need to first educate the public/ market.” We hope that with success of building relationships with non-traditional

industries (above), increasing enrollment and expansion of the MSG program, and working towards AGHE accreditation, we can revisit the development of a Professional Certificate in the future

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**APPENDIX E. CURRICULUM VITAE****CURRICULUM VITA****Barbara J. Cherry****A. Personal Information****Business Address:**

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Fullerton, CA 92834  
(657) 278-2731  
FAX: (657) 278-7134  
email: bcherry@fullerton.edu

**B. Education**

1964-1968	San Marino High School San Marino, CA
1968-1972	University of California, Los Angeles Major: Physiological Psychology B.A. December, 1972
1988-1990	California State University, Fullerton Major: Experimental Psychology M.A. August, 1990
1990-1995	University of Southern California, Los Angeles Major: Cognitive Psychology

Ph.D. Spring, 1995

### Fellowships

- 1995 Postdoctoral Fellowship, Training in Endocrinology  
and Neurobiology of Aging  
Department of Neurology  
University of Southern California
- 1993-1994 Pre-doctoral Fellowship, Division of Cognitive  
Neuroscience and Neurogerontology  
Department of Neurology  
University of Southern California
- 1991-1994 Pre-doctoral Fellowship, Adult Development and Aging  
Area (ADAGE)  
Department of Psychology  
University of Southern California

### Honors and Awards

- 1997 National Institute on Aging Summer Institute  
July 20-27 at Airlie House, Airlie, Virginia
- 1990 M.A. Student of the Year  
California State University, Fullerton
- 1972 Dean's List, Honors Program  
Graduated Cum Laude  
University of California, Los Angeles

## C. Professional Background

Academic Appointments:

2022	Interim Coordinator Aging Studies Academic Program California State University, Fullerton
2019-present	Professor Emeritus Department of Psychology California State University, Fullerton
2012-present	Associate Coordinator Gerontology Academic Program California State University, Fullerton
2014-2019	Professor Department of Psychology California State University, Fullerton
2011-2012	Coordinator Gerontology Academic Program California State University, Fullerton
2010-2014	Associate Professor Department of Psychology California State University, Fullerton
2006-2010	Assistant Professor Department of Psychology California State University, Fullerton
2002-2006	Part-time Faculty

Department of Psychology  
California State University, Fullerton

- 2001-2008      Adjunct Assistant Professor Research  
Department of Occupational Science and Therapy  
University of Southern California
- 2000-2001      Assistant Professor Research  
Department of Neurology  
University of Southern California
- 1997-2000      Assistant Professor Research  
Department of Occupational Science and Therapy  
Department of Neurology  
University of Southern California
- 1996-1997      Adjunct Research Assistant Professor  
Department of Occupational Therapy  
University of Southern California
- 1995-1996      Assistant Professor Research  
Department of Occupational Therapy  
University of Southern California

Specific Teaching Responsibilities:

- 2002-present      Psychology Department, Spring and Fall semesters  
California State University, Fullerton  
Psyc 201, 202, 305, 305L, 414, 415, 500, 510, 520T  
Chair: Dr. David Perkins (2002-2004)  
Dr. William Smith (2004-2006)

Dr. Daniel Kee (2006-2008)

Dr. Jack Mearns (Fall 2008-2014)

Dr. Eriko Self (Fall 2014-2021)

Dr. Zettel-Watson (Fall 2021-present)

- 2001-2002 Occupational Therapy 510, Fall semesters  
University of Southern California  
  
OT 588, Analysis of Quantitative Data, Master's Level  
  
Chair: Dr. Florence Clark (323) 442-2810
- 2001 Gerontology 520i, Spring semester, co-teacher  
University of Southern California, AgeWorks: Distance Learning  
  
Adult Development and Aging, Master's Level  
  
Director School of Gerontology: Dr. Elizabeth Zelinski  
(213) 740-5156
- 2000 Gerontology 320, Fall semester  
  
University of Southern California  
  
Adult Development and Aging. Undergraduate Level  
  
Deputy Director School of Gerontology: Dr. Elizabeth Zelinski (213)  
740-5156
- 1998-1999 Occupational Therapy 588, Fall semester  
  
University of Southern California  
  
OT 588, Research Methods  
  
Chair: Dr. Florence Clark (323) 442-2810
- 1995 Lecturer, Spring Semester  
  
California State University, Fullerton  
  
Psyc 201, Elementary Statistics  
  
Chair: Dr. Daniel Kee (714) 773-3514

- 1992-1993            Teaching Assistant (2 semesters)  
                          University of Southern California  
                          Sensation and Perception  
                          Supervisor: Dr. Ernest Greene (213) 740-2222
- 1992                    Teaching Assistant (1 semester)  
                          University of Southern California  
                          Cognitive Psychology  
                          Supervisor: Dr. Stephen Madigan (213) 740-2269
- 1991                    Teaching Assistant (1 semester)  
                          University of Southern California  
                          Introductory Psychology  
                          Supervisor: Dr. Stephen Madigan (213) 740-2269
- 1990                    Teaching Assistant (1 semester)  
                          University of Southern California  
                          Supervisor: Dr. Joseph Hellige (213) 740-2270
- 1990                    Teaching Assistant (1 semester)  
                          California State University, Fullerton  
                          Experimental Child Psychology  
                          Supervisor: Dr. Daniel Kee (714) 773-3514

**D. Society Memberships**

University:

Coordinator, Aging Studies Academic Program (Spring 2022 to present)

Associate Coordinator, Gerontology Academic Program (Fall 2012 to present)

Coordinator, Gerontology Academic Program (Summer & Fall 2011; Spring 2012)

Member, Gerontology Curriculum Committee (2011 to 2013)

Member, Gerontology Admissions Committee (2011 to present)

Member, Health Promotion Research Institute (2008 to present)

Member, Fibromyalgia and Chronic Pain Research Center (2008 to present)

Member, Culminating Autonomy through Technology Laboratory (CATLAB) (2010 to 2013)

Member, Institute of Gerontology (2011 to present)

Faculty Advisor, Psychology Department Student Association (2006 to 2014)

Faculty Advisor, Psychology MA Program (Fall 2013)

Member, Psychology Master of Arts Admissions Committee (2010 to 2016)

Member, Psychology Personnel Committee (2011 through Spring 2013)

Member, Psychology Space & Equipment (2011 through Fall 2013)

Member, Psychology Day (2010/2011)

Member and Chair, Psychology Commencement (2010/2011)

National:

Member, American Psychological Association Division 20 (Aging)

Member, California Council on Gerontology and Geriatrics

Member, Association of Gerontological Higher Education

International:

Member, Association for Psychological Science

Member, International Neuropsychological Society

**E. Consultantships**

None

**F. Research Activities**

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#### MANUSCRIPTS IN PREPARATION

Nguyen, H., Cherry, B. J., & Zettel-Watson, L. (manuscript in preparation). Perceived stress and life stressors in adults with and without fibromyalgia.

Cherry, B. J., Morton, T., & Zettel-Watson, L. (manuscript in preparation). Distraction, chronic pain and depression in individuals 50 years of age and older.

Zettel-Watson, L., Aquino, J., Montelongo, J., & Cherry, B. J. (manuscript in preparation). Determinants of frailty in older adults with and without fibromyalgia.

#### NON-PEER REVIEW

Cherry, Barbara Jean, "Memory, Explicit/Implicit", *Encyclopedia of the Neurological Sciences*, (eds: Aminoff, M. and Daroff, R.) Vol. 3. pp77-79, Academic Press, San Diego, 2003.

#### PRESENTATIONS

Serpas, D. G., & Cherry, B. J. (2024, February). *Validation of the Ableist Microaggression Scale for survivors of acquired brain injury*. Poster presentation accepted to the Society for Personality and Social Psychology 2024 annual convention, San Diego, CA.

Bavarsad, M., Hains, V., Moradi, H., J. Cherry, B. J. (2023, April). *Attachment Style and Trauma in Cannabis Users vs. Non-users*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, Riverside, CA.

Serpas, D. G., Martinez, M., Ignacio, D. A., & Cherry, B. J. (2023, April). *Lifetime Experiences of Ableist Microaggressions and Psychological Symptoms Among Adults with Disabilities*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, Riverside, CA.

Corke, A., Mai, J., Sakamoto, R., Zettel-Watson, L., & Cherry, B. J. (2023, April). *Blood Pressure and Body Mass Index Predict Pain Intensity*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, Riverside, CA.

Serpas, D., Morton, T., Jeskey, B., Laflamme, M., Zettel-Watson, L., Trevitt, J., & Cherry, B. (2022, April). *Pain intensity and depressive symptoms mediate the relationship between sleep quality and postural control among middle-aged and older adults with Fibromyalgia*. Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Malone, M., Wells, L., Rutkowski, A., Ting, M., Cherry, B., & Zettel-Watson, L. (2022, April). *Social support moderates the anger/pain relationship in healthy adults but not those with Fibromyalgia*. Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Stephens, M., Fabian, S., Gower, C., Zettel-Watson, L., Trevitt, J., & Cherry, B. (2022, April). *The relationship between sense of control and childhood trauma: a MIDUS study*. Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Nguyen, H., Buck, C., Cherry, B. J., & Zettel-Watson, L. (2021, November). *Perceived Stress and Life Stressors in Adults with and without Fibromyalgia*. Poster presented at the annual conference of the Gerontological Society of America, Portland, Oregon.

Gower, C., Serpas, D., Malone, M., Wells, L., Fabian, S., Cherry, B., Zettel-Watson, & Trevitt, J. (2021, April). *Depression as a Mediator for Fibromyalgia Status and Cognitive Functioning in Older Adults*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Serpas, D. G., Kauv, A, Vargas, T., Nguyen, K., Cherry, B. J., Zettel-Watson, L., & Trevitt, J. (2021, April). *Pain Intensity and Physical Performance among Individuals with Fibromyalgia in Mid-to-Late Life: The Influence of Depressive Symptoms*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Phung, J., Lee, J. H., Wulin, M., Hwang, H., Nakoula, M., Cherry, B. J., & Zettel-Watson, L. (2021, April). *Affect Balance Predicts the Experience of Pain in Adults With and Without Fibromyalgia*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Le, T., Phung, J., Wulin, M., Zettel-Watson, L., & Cherry, B. (2020, April). *Predictors of Anger in Older Adults with Chronic Pain*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Gower, C., Gamboa, M., Arroyo, B., Serpas, D., Cherry, B. J., & Zettel-Watson, L. (2020, April). *Comorbidities in Older Adults With and Without Fibromyalgia*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Serpas, D., Laio, M.-C., Trevitt, J., & Cherry, B. J. (2020, April). *Falls among Older Adults with FM: Risk and Protective Factors*. Poster presented at the Annual Scientific Meeting of the Western Psychological Association, virtual.

Gamboa, M., Gower, C., Arroyo, B., Trevitt, J., & Zettel-Watson, L. (2020, April). The Relationship Between Antidepressants, NSAIDs, and Fibromyalgia Symptoms. Poster Presented at the 100th Annual Scientific Meeting of the Western Psychological Association, virtual.

Gower, C., Carrada, N., & Shafik, N. (2019, April). Composite Physical Function as a Mediator for Pain and Depression in Adults with Fibromyalgia. In L. Zettel-Watson (Chair), *Psychosocial Correlates of Chronic Pain: Implications for Functioning and Treatment*. Symposium conducted at the meeting of the 99th Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Wulin, M., Phung, J., Cherry, B. J., & Zettel-Watson, L. (2019, April). *Perceived Physical*

*Function and Depression in Adults with and without Fibromyalgia*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Nguyen, H. M., Phillips, K., Zettel-Watson, L., & Cherry, B. J. (2019, April). *Pain Affects Self-Reported Stress Severity in Adults with and without Fibromyalgia*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Carrada, N., & Cherry, B. J. (2019, April). *Sleep and Cognition: Episodic Memory and Executive Function in Older Adults*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Cherry, B., Trevitt, J., Carrada, N., Morton, T., & Gower, C. (2019, February). Nutrition for Cognition. Presented at the 2018 Longitudinal Feedback Conference for the Fibromyalgia and Chronic Pain Center, Fullerton, CA.

Sakamoto, R., Cherry, B., & Vaughn, S. (2018, October). *Effects of Vitamin D Supplementation in a Robust Aging Community Sample*. Poster presented at the Annual Conference for Omicron Delta: Sigma Nursing Excellence, San Diego, CA.

Phillips, K., Salmeron, M., Gower, C., Zettel-Watson, L., Wong, K., Cherry, B., & Mallers, M. (2018, April). *Gerontology Academic Program*. Poster presented at the 38th Annual Meeting of the California Council on Gerontology and Geriatrics, La Verne, CA.

Gower, C., Zettel-Watson, L., & Cherry, B. (2018, April). *Depression over Time in Older Adults With and Without Fibromyalgia*. Poster presented at the 98th Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Lee, J. M., Otoo, T., Jaimes, A., Martinez, A., Alcantara, P., Cherry, B. J., & Trevitt, J. (2018, August). *Effects of Diet on Learning Abilities in Old Rats*. Poster presented at the Annual Conference for the American Psychological Association, San Francisco, CA.

Sanchez, M., Morton, T., Carrada, N., Zettel-Watson, L., Cherry, B. J. (2018, May). *The Relationship of Sleep Quality to Objective and Subjective Cognitive Measures in Older Adults*. Poster to be presented at the biennial Cognitive Aging Conference, Atlanta, GA.

Castañeda, J., Kircher, J. A., Doung, H., Cherry, B. J., Zettel-Watson, L. (2018, April). *Depression: Moderating the Effects of Stress and Chronic Pain in Older Adults with*



*Fibromyalgia*. Poster to be presented at the 2018 Western Psychological Association Annual Convention in Portland, OR.

Garcia, N. S., Arreola, I., Montelongo, J., Aquino, J., Zettel-Watson, L., & Cherry, B. J. (2018, April). *Determinants of Frailty in Older Adults with and without Fibromyalgia*. Poster to be presented at the Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Sakamoto, R., Cherry, B. J., Vaughn, S, Sanchez, M., Martinez, R., Tan, R., & Li, M. (2018, March). *Effects of Vitamin D Supplementation on Cognition in a Robustly Aging Community Sample*. Poster presented at the Aging in America Conference in San Francisco, CA.

Cherry, B. J., Ruiz, M., Langlessner, P. & Zettel-Watson, L. (2017, July). *Poor Sleep Negatively Impacts Pain, Mood and Quality of Life in Adults with and without Fibromyalgia*. Poster presented at the International Association of Gerontology and Geriatrics World Congress, San Francisco, CA.

Zettel-Watson, L., Tessler, J., Kircher, J, Islas, L., Aquino, J, Fisher, K., Cortez, F, & Cherry, B. J. (2017, July). *Accelerated Physical and Cognitive Aging in a Chronic Pain Condition vs. Normal Aging*. Poster presented at the International Association of Gerontology and Geriatrics World Congress, San Francisco, CA.

Kircher, J. A., Castaneda, J., Cherry, B. J., Piazza, J. R., & Zettel-Watson, L. (2017, April). *Depression as a Moderator between Stress and Chronic Pain in Older Adults with Fibromyalgia*. Poster presented at the annual meeting of the Western Psychological Association, Sacramento, CA.

Jain, P, Cherry, B. J., Trevitt, J., Marelich, W., & Zamora, S. (2017, April). *Chronic Pain, Anger, Ambivalence over Emotional Expression, & Intrusive Thoughts*. Poster presented at the annual meeting of the Western Psychological Association, Sacramento, CA.

Islas, L., Kircher, J., Sanchez, V., Briseno A., Aquino, J. , Zettel-Watson, L., & Cherry, B. J. (2016, November). *Blood Pressure and Everyday Problem Solving among Older Adults with and*

*without Fibromyalgia*. Poster presented at the Gerontological Society of America Annual Scientific Meeting in New Orleans, LA.

Kircher, J., Pucelli, A. J., Diab, R., Piazza, J. R., & Cherry, B. J. (2016, May). *The Safety and Efficacy of the Trier Social Stress Test in Individuals with Fibromyalgia: A Pilot Study*. Poster presented at the American Pain Society Annual Scientific Meeting in Austin, TX.

Kircher, J., Pucelli, A. J., Islas, L., Briseno, A., Piazza, J. R., & Cherry, B. J. (2016, April). *Modifying the Trier Social Stress Test for Individuals with Fibromyalgia*. Poster presented at the annual Western Psychological Association Convention in Long Beach, CA.

Grandfield, E., Ignacio, D., Islas, L., Sanchez, V., Briseno, A., & Cherry, B.J. (2016, April). *Blood Pressure and Cognition*. Poster presented at the Annual Meeting of the International Neuropsychological Society, Boston, MA.

Cortez, F., Cherry, B., Zettel-Watson, L., & Rutledge, D. N. (2015 November). *Aging with fibromyalgia: Characterizing symptomatology over time*. Poster presented at the Annual Scientific Meeting of the Gerontological Society of America, Orlando FL.

Aquino, J. K., Cherry, B. J., Zettel-Watson, L., Rutledge, D. N., & Jones, C. J. (2016, May). Physical and cognitive status of older adults aged 50+ with and without Fibromyalgia: A longitudinal study. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Herrera, C., & Zettel-Watson, L. (2016, May). Coping strategies among older obese latinos with chronic pain. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Kircher, J., Sanchez, V., Islas, L., Briseno, A., Cherry, B. J., Piazza, J., Zettel-Watson, L. (2016,

April). The Relationship Between Social Support, Stress, and Pain in Fibromyalgia. In B. J. Cherry (Chair), *Health and Wellness Among Individuals with Chronic Pain*. Symposium presentation at the Western Psychology Association Annual Convention in Long Beach, CA.

Motts, R., Piazza, J., & Zettel-Watson, L. (2016, May). Quality of life in employed and unemployed older adults with Fibromyalgia. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Fuimara, M., Quinn, T., Morton, J., Creek, J., Cuevas, S., Hicks, D., Zettel-Watson, L., & Cherry, B.J. (2015, February). *Cognitive clusters in fibromyalgia, A chronic pain condition*. Poster presented at the Annual Meeting of the International Neuropsychological Society, Denver, CO.

Suen, M., Wehbe, L., Zettel-Watson, L., & Cherry, B.J. (2014, April). *Relationship between cognitive aging and physical activity among healthy older adults*. Poster presented at the Biennial Meeting of the Cognitive Aging Conference, Atlanta, GA.

Cherry, B.J., Grandfield, E. Melendez, J., Katschke, J., & Bustamante, A. ((2014, April). *Intra-individual variability in younger and older adults on physical and name identity tasks*. Poster presented at the Biennial Meeting of the Cognitive Aging Conference, Atlanta, GA.

Cortez, F., Melendez, J., Rutledge, D.N., Jones, C.J., Zettel-Watson, L., & Cherry, B.J. (2013, August). *Longitudinal change in cognitive and physical measures in fibromyalgia*. Poster presentation at the annual Myopain Conference, Seattle, WA.

Suen, M., Follick, B. T., Finn, M., Zettel-Watson, L., & Cherry, B. J. (2013, April). *Cognitive aging and physical activity: Identifying a relationship between physical and cognitive performance in a sample of older adults*. Poster presentation at California Council on Gerontology & Geriatrics Education Annual Meeting, Los Angeles, CA.

Melendez, J., Keller, T., Katschke, J.M., Grandfield, E., & Cherry, B.J. (2013, March). *Intra- and inter-individual variation: A laterality study*. Poster presented at California

State University Fullerton Research Week 2013, Fullerton , CA.

Follick, B. T., Cherry, B., Zettel-Watson, L., Grandfield, E., Rutledge, D. N., & Jones, C. J. (2012, November). *Patterns of performance within fibromyalgia: Identifying subgroups*. Poster presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Katschke, J., Follick, B. T., Ahmadpanah, S., Decollibus, K., & Chaker, M., & Cherry, B. (2012, November). *Pain and working memory: How factors other than age impact cognitive decline*. Poster presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Rutledge, D. N., Jones, C. J., Rose, D., Cherry, B., & Aquino, J. (2012, August). *Is cognitive performance associated with balance in adults with and without fibromyalgia?* Presentation at the 8th World Congress on Active Ageing. Glasgow, Scotland.

Follick, B., Katschke, J., Grandfield, E., Zettel-Watson, L., & Cherry, B.J., (2012, April). *Health and cognition: Executive function and processing speed in older adults both with and without chronic pain*. Poster presented at the Biennial Cognitive Aging Conference. Atlanta, Georgia.

Zettel-Watson, L., Chang, J.C., Shimizu, R., Rutledge, D.N., Jones, C.J., & Cherry, B.M. (2011, November). *Physical activity predicts cognitive function in fibromyalgia*. Poster presented at the annual meeting of the Gerontological Society of America, Boston, MA.

Levine, B., Rakovski, C.C., Cherry, B.J., Aquino, J.A., Slater, T., & Jones, C.J. (2011, October). *Pain and sleep associated with working memory in adults 50+*. Poster presented at the American Association of Pain Management, Las Vegas, NV.

Levine, B., Grandfield, E.M., & Cherry, B.J. (2011, May). *Subjective and objective cognitive functioning among individuals with and without fibromyalgia*. Poster presented at the Annual Meeting of the Association for Psychological Science, Washington, DC.

Levine, B., Cherry, B., Zettel-Watson, L., & Rutledge, D. (2011, April). *FM and self-reported experiences with anxiety, headaches, and concentration*. Poster presented at the Annual Meeting of Western Psychological Association, Los Angeles, CA.

Grandfield, E.M., Follick, B., Levine, B., Aquino, J.K., Cherry, B.J., & Zettel-Watson, L. (2011, February). *The role of executive function in episodic memory performance in individuals with and without fibromyalgia*. Poster presented at the Annual Meeting of the Center for Vitality and Aging, Dallas, TX.

Callahan, E.L., Lopez, J., Cherry, B.J., Aquino, J.K., Rutledge, D.N., & Jones, C.J. (2010, September). *Do sleep and depression predict pain in fibromyalgia?* Poster presented at the Annual Meeting of the American Academy of Pain Management, Las Vegas, NV.

Roberson, I., Shimizu, R., Zettel-Watson, L., Rutledge, D.N., Jones, C.J., & Cherry, B.J. (2010, April). *Cognitive performance in older adults with and without fibromyalgia*. Poster presented at the Biennial Meeting of the Cognitive Aging Conference, Atlanta, GA.

Cherry, B.J., Chou-C.P., Granger, D., & Mandel, D. (2009, November). A biosocial model of health and well-being derived from Well Elderly II. In F.A. Clark (Chair), *The USC Well Elderly Study II: Broad-based implications for future gerontological research*. Symposium presented at the Annual Meeting of the Gerontological Society of America, Atlanta, GA.

Zettel-Watson, L., Bateham, A., Diosdado, S., Shimizu, R., Oliveros, J., Cherry, B., Rutledge, D., & Jones, C.J. (2009, November). *The impact of social support on functionality of older adults with and without fibromyalgia*. Poster presented at the Annual Meeting of the Gerontological Society of America, Atlanta, GA.

Rutledge, D., Jones, C.J., Cherry, B., Zettel-Watson, L., Lopez, L., & Cayetano, R. (2009,

November). *Self-assessed physical function levels of persons with/without fibromyalgia*. Poster presented at the Annual Meeting of the Gerontological Society of America, Atlanta, GA.

Shimizu, R., Diosdado, S., Cherry, B., Zettel-Watson, L., Rutledge, D.N., & Jones, C.J. (2009, October). *Impact of fibromyalgia ADL pain on cognitive performance*. Poster presented at the annual American Academy of Pain Management Conference, Phoenix, AZ.

Cherry, B.J., Jones, C.J., Rutledge, D.N., Weiss, J., Barakat, B.K., Zettel-Watson, L., Moutappa, M., Just, N., & Aquino, J. (2009, March). *Physical and cognitive performance in fibromyalgia and normal aging*. Poster presented at the Annual Rotman Research Institute Conference, Toronto, Canada.

Vardanyan, T., Brookhart, S., Apodaca, D., Barakat, B. & Cherry B. J. (2008, April). *Interhemispheric collaboration: Digits and dots*. Poster presented at the Biennial Meeting of the Cognitive Aging Conference, Atlanta, GA.

Mernar, T., Mandel, D., & Cherry, B. (2008, April). *Occupation and neuroendocrine biomarkers: Linking stress, health and occupation*. Talk presented at the Annual Conference of the American Occupational Therapy Association, Long Beach, CA.

Cherry, B.J., Barakat, B., Vardanyan, T., Romero, R., Brookhart, S., Apodaca, D., Goode, T, Duclos, A., Patel, U., Adamson, M., & Hellige, J.B. (2008, March). *Age differences in processing information across the left and right cerebral hemispheres*. Poster presented at the CSUF 50<sup>th</sup> Anniversary Celebration of Research, Fullerton, CA.

Mandel, D.M. & Cherry, B.J. (2008, February). *Diurnal cortisol in independently living older adults*. Poster presented at the USC Dentistry Research Conference, Los Angeles, CA.

Barrett, C.K., Anderson, E.C., Romero, R.R., Staggs, D.J., Kordacheh, M. & Cherry, B.J. (2007, November). *Methodological considerations and individual differences in visual search*. Poster presented at the Annual Meeting of the Psychonomics Society, Long Beach, CA.

- Cherry, B.J., Zhang, J., Scott, G., Romero, R., Babagay, R., Henderson, B., Rizzo, A.A.,  
Buckwalter, J.G., & Henderson, V.W. (2007, February). *Normative data on a modified mental rotation task in younger and older adults*. Poster presented at the Annual Meeting of the International Neuropsychological Society, Portland, OR.
- Anderson, E., Barrett, C., Yamashiro, M., Adamson, M., Cherry, B.J., & Hellige, J. B. (2004, November). *Aging, interhemispheric collaboration and individual differences*. Poster presented at the Annual Psychonomics Society Conference, Minneapolis, MN.
- Yamashiro, M.A., Anderson, E.C., Hellige, J.B., Adamson, M, & Cherry, B.J. (2004, June). *Aging, interhemispheric collaboration and associations with memory span/working memory*. Poster presented at the Annual American Psychological Society Conference in Chicago, IL.
- Patel, U.J., Kee, D.W., Segal, N.L. & Cherry, B.J. (2003, May). *Monozygotic twins discordant for handedness: Self-report vs. performance measures*. Poster presented at the Annual Western Psychological Convention.
- Cherry, B.J., Henderson, V.W., Henderson, B., Babagay, R., & Nosse, N. (2003, March). *Memory performance in AD and non-demented postmenopausal women in a randomized clinical trial of estrogen*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society.
- Adamson, M., Cherry, B.J. & Hellige, J.B. (2002, April). *A behavioral and fMRI study of categorical and coordinate processing*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society.
- Duclos, A.L., Cherry, B.J. & Hellige, J.B. (2001, August). *Information processing across the corpus callosum: Younger vs. older adults*. Poster presented at the American Psychological Association 109<sup>th</sup> Annual Convention.
- Lohr, J.B., Caligiuri, M.P., Kwok, W., Cherry, B.J., & Hellige, J.B. (2000, May). *A cognitive, perceptual and motor study of hemispheric asymmetry in the major psychoses*. Society of Biological Psychiatry Annual Meeting.
- Cherry, B.J., Scott, G.B., Grafton, S.T., Hellige, J.B., & Henderson, V.W. (2000, May). *Implicit memory and estrogen: Aging and Alzheimer's disease*. Poster presented at the American

Academy of Neurology.

Hellige, J.B., Taylor, K.B., Cherry, B.J., Shulman, P.S., Marks, N.L., & Scott, G.B. (2000, April). *Factor analysis and behavioral measures of cerebral hemispheric asymmetries in normal adults*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society.

Cherry, B.J., Scott, G.B., Grafton, S.T., Hellige, J.B., & Henderson, V.W. (2000, April). *Estrogen effects on picture priming performance in Alzheimer's disease postmenopausal women: Facilitation and inhibition*. Poster presented at the Annual Cognitive Aging Conference, Atlanta, GA.

Henderson, V.W., Cherry, B.J., Grafton, S.T., & Hellige, J.B. (2000, April). *Effects of postmenopausal hormone therapy on nondeclarative memory*. Poster presented at the First Congress of the Federation of the National European Menopause Societies, Prague, Czech Republic. Abstract published in *Menopause Review*, 5, 74, 2000.

Taylor, K., Hellige, J., Cherry, B., Lesmes, L., Marks, L., Scott G., Lencz, T., & Raine, A. (2000, February). *The relationship of auditory functional asymmetry to corpus callosum morphology*. Poster presented at the Annual Meeting of the International Neuropsychological Society. Denver, CO.

Cherry, B.J., Scott, G.B., Grafton, S.T., Hellige, J.B., & Henderson, V.W. (1999, April). *Estrogen and memory performance in post-menopausal women*. Poster presented at the Sixth Annual Meeting of the Cognitive Neuroscience Society, Washington, D.C.

Cherry, B.J. & Hellige, J.B. (1998, April). *Right hemisphere cerebral arousal and attention in normal adults*. Poster presented at the Fifth Annual Meeting of the Cognitive Neuroscience Society, San Francisco, CA.

Cherry, B.J., Neale, P.L., Kee, D.W., McBride, D.M. & Segal N.L. (1996, June). *Visual information processing in hand-discordant monozygotic twins*. Poster presented at the Eighth Annual Convention of the American Psychological Society, San Francisco, CA.



Cherry, B.J. & Hellige, J.B. (1996, April). *Hemispheric asymmetries in cerebral arousal mechanisms for younger and older adults*. Poster presented at the Sixth Biennial Meeting of the Cognitive Aging Conference, Atlanta, GA.

Henderson, V.W., Cherry, B.J., & Buckwalter, J.G. (1996, February). *Memory span procedures and working memory in Alzheimer's disease*. Poster presented at the 24th Annual Meeting of the International Neuropsychological Society, Chicago, IL.

Cherry, B.J., Buckwalter, J.G., & Henderson, V.W. (1996, February). *Episodic memory in Alzheimer's disease: Comparisons of digit span, wordspan, and immediate and delayed recall on a supraspan task*. Poster presented at the 24th Annual Meeting of the International Neuropsychological Society, Chicago, IL.

Cherry, B.J. & Hellige, J.B. (1995, March). *Hemispheric asymmetries in maintaining vigilance in younger and older adults*. Poster presented at the Annual Convention of the Cognitive Neuroscience Society, San Francisco, CA.

McBride, D.M, Cherry, B.J., Kee, D.W., & Neale, P. (1994, April). *Effects of baseline tapping differences on lateralized interference in left-handers*. Poster presented at the Western Psychological Association Annual Meeting, Kona, HI.

Hellige, J.B., Cherry, B. & McDowd, J.M. (1993, June). *Test-retest reliabilities and intercorrelations among three tasks measuring hemispheric asymmetry*. Poster presented at the 5th Annual Convention of the American Psychological Society, Chicago, IL.

Cherry, B., McDowd, J.M., & Hellige, J.B. (1993, June). *Various aspects of hemispheric asymmetry aren't different for younger and older adults*. Poster presented at the 5th Annual Convention of the American Psychological Society, Chicago, IL.

Cherry, B. & Kee, D.W. (1991, February). *Hemispheric specialization and manual dominance in left-handed subjects*. Poster presented at the 19th Annual Meeting of the International Neuropsychological Society, San Antonio, TX.

Cherry, B. & Kee, D.W. (1991, April). *Hemispheric specialization: Do baseline differences affect outcome in dual-task studies?* Poster presented at the Western Psychological Association Annual Meeting, Los Angeles, CA.

### Major Areas of Research Interest

Cognitive aging

Chronic Pain/ Fibromyalgia

Health Issues/Successful Aging

Underlying biological mechanisms related to behavior

Hemispheric asymmetries in cognition

### External Research Grants

Health Mediating effects of the Well Elderly Program

Randomized clinical trial of an Occupational Therapy-based lifestyle intervention in ethnically diverse well older adults. Outcome variables included assessment of physical and cognitive health, coping over time. In addition, cortisol, DHEA, and alpha-amylase levels were measured in saliva to better understand the biological bases of health benefits provided by the activity-based intervention.

Clark (PI), Azen, Cherry, Chou, Forman, Granger, Jackson, Jordan-Marsh, Knight

NIA

June, 2004 to 2008

Estrogen effects on picture priming performance in non-demented and Alzheimer's disease postmenopausal women: Facilitation and inhibition.

Los Angeles Alzheimer's Association Annual Turken Scholarship

Cherry, B.J. Fellowship

4-1-2000 to 3-31-2001

Direct cost: Year 1: \$10,000

NIA Pilot Project 1

Visual Information Processing: Normal Aging and Alzheimer's Disease

Co-Investigators: Joseph B Hellige and B.J. Cherry

April 1, 1999 to March 31, 2000

Direct costs: Year 1: \$30,000

Picture Naming and Pursuit Rotor: Effects of Estrogen on Memory Performance  
Among Alzheimer's Disease and Non-demented Postmenopausal Women.

The John Douglas French Alzheimer's Foundation

B.J. Cherry, fellow

9/1/97 to 8/31/99

Direct Costs: 1st year: 30,000; 2nd year: 30,000

Indirect Costs: none

Henderson, Thompson, Cherry, & Tocco

Estrogen Effects on Associative Learning in Alzheimer's Disease:

Human Studies and an Animal Model

Alzheimer's Association, Los Angeles

1997-1999 (RG1-96-060)

Direct Costs: 1st year: 58000; 2nd year: 65000; 3rd yr: 62000

Indirect Costs: 1st year: 5800; 2nd year: 6500; 3rd yr: 62000

Intramural Grants 2011 to present:

FM Center grant:

Fibromyalgia Research & Education Center

Center and Institute Planning and Expansion Program

Cherry, B.J. & Rutledge, D.N.

\$15,000 over three years

MAG award:

Milton A. Gordon Fund for Scholarly & Creative Activities

Fibromyalgia: Behavior and Inflammatory Markers

Cherry, B.J.

3WTUs Spring 2012

HPRI

Fibromyalgia: Behavior and Inflammatory Markers

Cherry, B.J.

\$800 Spring 2012

Intramural Research Award

Junior Intramural Research Award

Longitudinal physical and cognitive function in adults aged 50 years and older

Cherry, B.J.

\$5000 plus 3 WTUs Spring 2013

Invited Talks and Presentations 2010 to present:

UCI Health Psychology Class

Chronic pain research to be presented 11/28/17

CSUF OLLI Retirement Bootcamp

Happiness Matters 9/25/21

How to build a better brain 9/23/17

Positive psychology take 2 9/17/16

Positive psychology 9/15/15

Remaining intellectually curious 9/14/13

Remaining mentally agile in retirement 9/13/2013;2012

CSUF HR (Retirement Series)

How to build a better brain 1/26/16

Fibromyalgia Support Group Meeting

Longitudinal chronic pain study 2/22/14

War Related Illness and Injury Study Center, Department of Veterans Affairs,  
Stanford, Palo Alto, CA

Longitudinal physical and cognitive performance in chronic pain 7/29/13

CSUF Fibromyalgia Feedback Conference

Brain fitness workshop 3/09/13

UCI OLLI

Remaining intellectually curious 10/23/12

Fullerton Chamber of Commerce Leadership Program

Opportunities for engagement at CSUF 12/11/11

Podcast sponsored by the National Fibromyalgia and Chronic Pain Association

Physical and cognitive performance in fibromyalgia and chronic pain 10/28/11

University of California, Riverside speaker series

Interhemispheric communication in younger and older adults 3/09/11

CSUF Fibromyalgia Feedback Conference

Brain fitness workshop 2/26/11

Fibromyalgia Support Group Meeting

Cognitive health 10/09/10

Peer reviewer for the following journals 2010 to present:

*BMC Musculoskeletal Disorders* (2022, spring)  
*Journal of Aging and Health* (2022, spring)  
*Scientific Reviews* (2021, spring)  
*Journal of Aging and Health* (2021, spring)  
*BMC Musculoskeletal Disorders* (2020, fall)  
*Pain Medicine* (2020, fall)  
*Journal of Aging and Health* (2020, spring/fall)  
*PLOS-ONE* (2018, spring)  
*Journal of Clinical and Experimental Neuropsychology* (2017, fall)  
*Psychosomatic Medicine* (2017, summer, fall)  
*Pain Medicine* (2017, spring)  
*Pain Medicine* (2016, summer, fall)  
*The Gerontologist* (2016, spring)  
*Comprehensive Psychiatric Review* (2015, fall)  
*Aging, Neuropsychology, and Cognition* (2014, fall)  
*Aging, Neuropsychology, and Cognition* (2013, fall)  
*Neuropsychology* (2012, fall)  
*Journals of Gerontology: Psychological Sciences* (2012, fall)  
*Brain and Cognition* (2012, fall, spring)  
*Clinical Medicine Insights: Arthritis & Musculoskeletal Disorders* (2012, spring)  
*Archives of Clinical Neuropsychology* (2011, fall)  
*Brain and Cognition* (2011, fall)  
*Journal of the International Neuropsychological Society* (2010, fall)  
*Brain and Cognition* (2010, fa

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[www.helpingyouragingparents.com](http://www.helpingyouragingparents.com)

[www.karenfazio.com](http://www.karenfazio.com)

[kfazio@fullerton.edu](mailto:kfazio@fullerton.edu)

KAREN J. FAZIO, MSG

# Professional Achievements

## AWARDS

Health Science Department -  
Jeffrey Fortuna Outstanding  
Lecturer Award 2017

## Author

Care ~ Grieve ~ Grow: Caring for  
Your Aging Parents While Caring  
for Yourself - 2014

Stress Management Life Guide  
Workbook, Digital Text – 2015

# Skills

HeartMath Certified Trainer,  
2022

Hypnosis Motivation Institute,  
2018

Certified Holistic Life Coach,  
Spencer Institute, Rancho Santa  
Margarita, CA 2006

Holistic Health Practitioner,  
Mueller College of Holistic  
Studies, 1994

# professional experience

## SADDLEBACK EMERITUS

Spring 2020 Semester  
EGRO 501, Psychology of Aging

## California state university fullerton

January 2013 to present.

Part-Time Instructor/Lecturer  
for Public Health and Aging  
Studies

- Stress Management:  
PUBH/KNES 342

- Aging and Social Services: AGNG 433
- Applied Gerontology: AGNG 500
- Program Planning and Evaluation: AGNG 535
- Diversity and Aging: AGNG 313
- Introduction to Gerontology: AGNG 133
- Freshman Programs: University 100

### CALIFORNIA Health Advocates

October 2013 to January 2015

Senior Medicare Patrol – Special Projects Manager

- Medicare Fraud and Abuse Detection and Prevention
- Expand Outreach to LGBTQ Older Adults
- Educate Aging Service Professionals on LGBT Inclusion

### Medcom Trainex

2014 to Present

Subject Matter Expert (gerontology) for nursing continuing education.

### Council on Aging

January 2011 to January 2015

- Aging Services Consultant/Educator
- Financial Abuse Specialist Team (FAST), Coordinator, Educator
- Develop Curriculum
- Outreach to Community Partners
- Provided Education to Community and Aging Services Professionals
- Article Contributor-*Answers* Resource Guide 2012, 2013, 2016, 2020
- Community Education for older adults – fraud, elder abuse, stress



management

preferred care services, llc – DBA,  
right at home, Central Orange  
County

May 2007 to August 2010

Owner/Operator

Franchised senior and disabled adult in home care and assistance agency. Purchased, opened, and developed successful franchise territory consisting of 52,000 older adults. Business sold in 2010.

- Managed Daily Operations
- Community Relations
- Staff Education and Training
- Focused Interest on Maintaining Quality of Life
- Case Management, Quality Assurance, Connect Families with Resources

BODYWORK FOR WELL BEING

Holistic Health Practitioner

**JANUARY 1990 TO SEPTEMBER 2007**

Owner/Operator – Worked with diverse clientele, ages 13-95, to assist in managing stress, coping with life threatening illness, chronic pain, and in developing healthy lifestyle plans.

Modalities: massage, guided meditation/imagery, homeopathy, wellness seminars.

# Education

MASTER OF SCIENCE Degree,  
Gerontology

California State University Fullerton, 2012 –  
4.0 Grade Point Average

Sigma Phi Omega Honor Society – Chapter  
President

Recipient of the OLLI Outstanding Graduate  
Student Award

bachelor of science degree, Human  
services-gerontology Track

California State University Fullerton, 2010 –  
3.47 Cumulative & 3.87 Grade Point Average  
in Major

Golden Key Honor Society

**VOLUNTEERING**

Member at Large - CALIFORNIA COUNCIL ON  
GERONTOLOGY & GERIATRICS

# CURR ICUL UM VITA E

Karen Wong, MS  
Lecturer of Aging Studies

Email: kwong@fullerton.edu  
Telephone: (714) 930-5739

## Education:

2007: California State University, Fullerton. Masters of Science in Gerontology. *Thesis, Age-Related Vision Loss: A Comparison of Adaptation, Emotions and Time.*

1998: University of California Los Angeles. Bachelor of Science

## Teaching Interests & Focus:

Introduction to Gerontology, Successful Aging & Gerotechnology, Research Methods, Death & Dying, Aging Body and Society Perceptions, Aging and Dementia, Teaching Older Adults how to Use Technology.

# Academic Positions:

2007-Current: Lecturer, Gerontology Academic Programs, California State University, Fullerton

2020-Current: Academic Community Outreach Volunteer Position, Aging Studies Community Outreach Program, Gerontology Academic Programs, California State University, Fullerton

2007-2021: Lecturer, Department of Sociology, California State University, Fullerton

2012-Current: Gerontology Student Academic Advisor, California State University, Fullerton

2012-Current: Gerontology Internship Coordinator, California State University, Fullerton

2014-2020: Sigma Phi Omega Gerontology Honor Society Advisor

2010-2014: Lecturer, Freshman Programs, California State University, Fullerton

2010-2011: Sigma Phi Omega Gerontology Honor Society Advisor

# Academic Grants, Academic Awards & Recognition:

2022: Project UpGrads Graduate Programs Admissions Improvement Grant

2022: 15 Years of Service Ribbon

2021: Pa'lante Fellowship Program Mentor

2019: Outstanding Faculty, Aging Studies

2019: Open Educational Resources Ambassador, Online Education & Training

2018: Nominated for College of Humanities and Social Sciences Faculty Award for Outstanding Service and Contributions to Student Success.

2018: Awarded Advisor of Distinction, nominated by students

2018: Nomination for Outstanding Service and Contributions to Student Success, College of Humanities and Social Sciences Faculty Award

2017: Applying the QM Rubric

2016: Assigned Time for Exceptional Levels of Service to Students

2014: CSUF Community Engagement Awards. Extraordinary Internship Coordinator Award

2012: National Society of Collegiate Scholars Award for excellence in inspiring leadership, scholarship and putting forth even more effort for students and the community, California State University of Fullerton Chapter, 2012. Nominated by students.

2011 & 2012: Nomination for Outstanding Untenured Faculty Member, College of Humanities and Social Sciences Faculty Award

2008-2009: Grandparent Conference. \$7,000 funded through the CSUF University Mission & Goals Initiative.

# Ongoing Education:

Blended/Flipped Design Program, Fall 2022

Gender Equity and Title IX, April 2022

Graduate Advisor Mini-Conference: Becoming Culturally-Attuned Graduate Advisor: Skills and Strategies to Support Advisees, September 2021

Graduate Advisor Mini-Conference: Developing Culturally-Responsive Skills for Effective Advising of CSUF Graduate Students, September 2020

Teaching Remotely Beginner Level Canvas, July 2020

Teaching Remotely Intermediate Level Canvas, August 2020

Association of College and University Educators (ACUE) Micro-Credential in Active Learning Online, June 2020

Association of College and University Educators  
2020

This micro-credential signifies my completion of an ACUE course requiring the implementation of evidence-based instructional approaches. The credential is co-issued by the American Council

on Education and distinguishes faculty for their commitment to educational excellence and student success.

Quality Matters. Academic Continuity Tools: Equipping Faculty, Students, and their Families for Online Learning, June 4, 2020

Tips & Tricks: Teachers Educating on Zoom, April 2020

Avant Assessment: Remote Places Engaged Spaces, April 22, 2020

Improving Student Success with Free and Affordable Learning Solutions, March 2020

Faculty Development Certificate Series in Advising. Fall 2018

Culturally Focused Practices for Inclusive Mentoring and Advising of Latino/a/x Graduate Students Mini-Conference. September 21, 2018

Affordable & No Cost Learning Solutions Expo. March 14, 2018

OER (Open Educational Resources) Ambassador. Completion of OER 1 & OER 2. September 2017-December 2017.

QM-Quality Matters, Quality Assurance for Blended & Online Courses. September 2017.

CSUF Collaborations & Partnerships for Student Success Conference on March 10, 2017

Workshop Series, Tuning Graduate Programs for Professional Futures

(1) Workshop 1 – Career Orientation in Curriculum on March 10, 2017

(2) Workshop 2 – Bringing Alumni into the Curriculum on April 14, 2017

(3) Workshop 3 – Faculty Advisement beyond the Study Plan on May 12, 2017

Tuning M.A. Programs for Professional Futures Workshop. March 2017

Teaching Online Semester-Long Certificate Program (TOP). TOP#1: Introduction to Teaching Online, TOP#2: Designing an Online Course, TOP#3: Engaging Students Online, TOP#4: Focusing on Assessment in the Online Environment. September 2016-January 2017.

Alzheimer's Orange County, "You Don't Know What You Don't Know" by Plans In Place, September 14, 2016

Faculty Development Center, Leadership Development Series. (1) Secrets of Leading a Meeting that Almost Nobody Follows, September 7, 2016.

Association for Gerontology in Higher Education (AGHE) 42nd Annual Meeting and Educational Leadership Conference attendance March 4-5, 2016. Conference theme, "Developing Educational Leadership in Gerontology Worldwide."

'Student Engagement Faculty Learning Community' for Fall 2015.

'HSS Lecturer Professional Development Day' on January 15, 2015. Completion certificate awarded.

'20th Anniversary for the Center for Successful Aging' on August 15, 2014. Attendance.

'Assessing and Promoting High-Impact Practices at Course and Program Levels: Doing Assessment as if Deep Learning Matters Most' Assessment Conference XVIII on March 14, 2014. Completion certificate awarded.

'HSS Lecturer Professional Development Day' on January 17, 2014. Completion certificate awarded.

'Advising Workshop' on November 8, 2013.

'The Evolution of an Assessment Plan' Assessment Conference XVII on March 22, 2013.

'Enhancing Student Learning Through Formative Assessment' Assessment Conference XVI on April 27, 2012

## Research Interests:

2022: Exploring the use of technologies that support well-being and successful aging in aging adults. Improving outreach and knowledge of community resources related to gerotechnology and teaching older adults technology by bridging together students and older adults. Creating microvideos to broaden community knowledge of available resources and functions of gerotechnology.

2012: Fostering intergenerational relationships between grandparents and grandchildren, adapting to age-related vision impairment and psychosocial aspects of dementia.

2009: In collaboration to develop a Grandparent Resource Center at the CSUF campus. The initial step towards this endeavor was the Grandparent Conference which took place at the CSUF Arboretum on September 19, 2009. The potential uses of the center will be further developed through data collected from grandparents in the local area. A survey was sent to agencies that work with grandparents via the Orange County Council on Aging.

## Publications:

Wong, K. B. (2013, November). Getting to know your professor during office hours. *Titan Parent Connection*, 2.

Weber, J. A., & Wong, K. B. (2010). Older adults coping with vision loss. *Home Health Care Services Quarterly*, 29, 105–119.

# Lectures and Conference Presentations:

"*The Therapeutic Use of Music in Older Adults with Dementia*" Paper Presentation at the 35th California Council on Gerontology & Geriatrics. Conference focused on 'The Faces of Aging: California Stories,' April 10, 2015



"*Social Therapeutic Storytelling Workshop for Caregivers of Persons with Dementia*" Paper Presentation at the 35th California Council on Gerontology & Geriatrics. Conference focused on 'The Faces of Aging: California Stories,' April 10, 2015

"*Accelerated Aging and Normal Aging in the Human Body: A Psychosocial Approach*" Lecture at CSUF. 50+ Consumer Marketing Course (MKTG 596T) on March 27, 2014.

"*Fostering Social Relationships and Learning the Importance of Intergenerational Relationships*" Poster Session at the California Council on Gerontology & Geriatrics Conference focused on Leading Change: Aligning Workforce Development with Behavioral Health Care Needs of Older Californians, April 12, 2013

"*College Students Learn the Importance of Intergenerational Relationships*" Sociology Week at CSUF, March 13, 2013

"*Community and Our Society*" Distinguished Speaker for National Society of Collegiate Scholars Induction Ceremony, October 12, 2012

Group Facilitator at the Community-Wide *Assistive Technology* Summit, May 24, 2011

"*Grandparents Share Poems with Adult Grandchildren*" Poster Session at the California Council on Gerontology & Geriatrics Conference focused on Campus, Community & Industry Promoting Jobs in Aging, April 2011

"*Health and Well-Being of Visually Impaired Older Adults*" Lecture at CSUF. Gero 504T. October 10, 2011.

"*Guiding Visually Impaired Older Adults*" Lecture at CSUF. Gero 504T. October 8, 2010.

"*Vision Loss: Conditions, Adaptation and Assistive Technology Devices to Help Maintain Independence*" Guest Speaker for the "The Let's Group - Consulting and Consortium of Professional Gerontologists" on June 5, 2010.

"*Strategies for Teaching Visually Impaired Older Adults*" Lecture at CSUF. Gero 504T. October 12, 2009.

"*Intergenerational Relationships: Strengthening Grandparent Grandchildren Ties*" Paper at the Conference "Annual Conference of the National Council on Aging and the American Society on Aging (ASA)" in Las Vegas, Nevada on March 16, 2009.

"*Online Education: The Trend, the Need and the Venue to Success*" Symposium at the Conference "Association for Gerontology in Higher Education (AGHE)" in San Antonio, Texas on February, 27, 2009.

*"Teaching Visually Impaired Older Adults "* Lecture at CSUF. Gero 504T. October 13, 2008.

*"Online Education: Student Needs, Faculty Interests, and University Goals"* Paper at the Conference "Western Social Science Association 50th Annual Conference (WSSA)" in Denver, Colorado on April 26, 2008.

*"Age-Related Vision Loss: A Developmental Model of Adaptation, Emotions and Time"* Paper at the Conference "Annual Conference of the National Council on Aging and the American Society on Aging (ASA)" in Washington, DC on March 29, 2008.

*"Educating Healthcare Providers: Assisting Seniors with Age-Related Vision Loss in Relation to Adaptation, Emotions, and Time"* Paper at the Conference "34th Annual Meeting of the Association for Gerontology in Higher Education (AGHE)" in Baltimore, Maryland on February 22, 2008.

*"Helping Visually Impaired Older Adults"* Lecture at CSUF. Gero 433. April 1, 2007.

*"Vision Loss and Aging: Resources in the Community "* Lecture at CSUF. Gero 433. April 14, 2006.

*"Strategies for Teaching Visually Impaired Older Adults "* Lecture at CSUF. Gero 504T. October 30, 2006.

*"What is Gerontology"* Lecture at Fullerton College. Human Services Class. March 15, 2006.

*"Aging and Aging Issues"* Lecture at CSUF. Graduate Counseling Class. November 15, 2005.

*"Baby Boomers Looking for Direction in Midlife "* Sociology Week Presentation. November 8, 2005.

# Served as Project Chair on the Following

# Gerontology Graduate Projects:

Angela Melissa Ortega, Projected graduation Spring 2016. 'The Development of a Needs Assessment Tool for Grandparents Raising Grandchildren.'

Maria Teresa Kelley, Graduated Fall 2015. 'The Therapeutic Use of Music in Older Adults with Dementia'

Yaling Hsu, Graduated Spring 2015. 'Therapeutic Storytelling Workshop for Caregivers of Persons with Dementia'

Brandi Orton, Graduated Fall 2013. 'Making the Moments Count: An Educational Film on Alzheimer's Disease'

Sarah Lam, Graduated Spring 2012. 'Alzheimer's Disease: Education for Families with Early Adolescents and Young Children'

Ruth Ledesma, Graduated Spring 2008. 'Development of a Friendly Visitor Program: Friends Church Training Manual'

# Campus Workshops Planned & Hosted:

Career & Internship Fair, 2019-2014, Featured in the Orange County Register.  
Alzheimer Awareness Presentation on February 15, 2017  
Assistive Technology – Aging with Vision Loss on March 9, 2017

## Member of:

- Gerontology Program Council Member
- Sigma Phi Omega Gerontology Honor Society, Gamma Kappa Chapter
- ASA – American Society on Aging
- GSA – The Gerontological Society of America
- CCGG – The California Council on Gerontology and Geriatrics
- UCLA Alumni Association

## Campus Involvement:

- Outreach to Undergraduates at the Undeclared Major Fair, September 14, 2016 from 10am- 2pm
- Osher Lifelong Learning (OLLI) Joint Class Collaborations with Gero 133, 2012-Present
- Sigma Phi Omega Gerontology Honor Society Advisor, Gamma Kappa Chapter, 2010-2011, 2014-current.
- Curriculum Committee in Gerontology, 2012-2016
- Marketing Committee in Gerontology, 2012-2013
- Gerontology Graduation Participation, 2007-2012, 2014
- Sociology Graduation Participation, 2007-2011
- Fullerton Day at CSUF, Attendance and dissemination of information, 9/2005-Present
- Gerontology Scholarship Reception Helper, 2007-Present

## Volunteer & Community Involvement:

- Alzheimer's Association Support Group Facilitator, Fullerton. Monthly Meetings, 2010-

Present (Volunteer)

- Alzheimer's Association Memories in the Making Facilitator, Irvine Adult Day Health Services. Monthly Meetings, 2010 (Volunteer)
- Brea 8K Fundraiser, 2008
- Fibromyalgia Gala Attendee, 2008
- CSUF Honors Convocation Participant, 2007
- Dayle McIntosh Center: Disabilities Resource and Advocacy – Independent Living Skills Assistant 8/05–12/07 (Volunteer)
- Annual Conference of the National Council on Aging and the American Society on Aging Conference, 3/15/06-03/19/06 (Volunteer)
- Acacia Senior Fair, 6/27/06 (Volunteer)
- Healthy Aging Conference, 4/25/06 (Volunteer)

- Osher Lifelong Learning Institute Reception Attendee, 2007, 2008
- Osher Lifelong Learning Institute Summer Fair & Halloween Fair Helper, 6/2008, 10/24/08 (Volunteer)
- Senior Assistance, Weekly, 2009-2010 (Volunteer)
- Vision Walk Fundraiser, 2008, 2009, 2010

## Other Awards:

- CSUF Advisor of Distinction, 2018, nominated by students.
- CSUF Community Engagement Award, Extraordinary Internship Coordinator Award, 2014.
- National Society of Collegiate Scholars Award for excellence in inspiring leadership, scholarship and putting forth even more effort for students and the community, California State University of Fullerton Chapter, 2012. Nominated by students.
- College of Humanities and Social Sciences Faculty Award Nomination for Outstanding Untenured Faculty Member, 2011 & 2012
- Giles T. Brown Outstanding Thesis Award Nomination, 2007
- Miller Scholarship Recipient, 2006  
CSUF Outstanding Graduate Student Award, 2007
- OLLI Award for Outstanding Graduate Student, 2007
- Outstanding Graduate Student Thesis Award, 2007

# LAURA ZETTEL- WATSON, Ph.D.

Professor & Vice-Chair, Department of Psychology

Coordinator, Aging Studies Program

Director, MSTEM STAR Program

California State University, Fullerton

lzettel-watson@fullerton.edu (657) 278-3898

## EDUCATION

- 2004 Ph.D. Health Psychology, Psychology & Social Behavior, *University of California, Irvine*
- 1997 B.A. w/ distinction Psychology, *University of Michigan, Ann Arbor*

## ACADEMIC APPOINTMENTS

- 2022- Vice-Chair, Department of Psychology, *California State University, Fullerton*
- 2021-2022 Chair (interim, then elected), Department of Psychology, *California State University, Fullerton*
- 2016- Professor, Department of Psychology, *California State University, Fullerton*



- 2015- Coordinator, Aging Studies Academic Program, *California State University, Fullerton*
- 2015 Interim Director, Institute of Gerontology, *California State University, Fullerton*
- 2012-2016 Associate Professor, Department of Psychology, *California State University, Fullerton*
- 2011-2015 Associate Coordinator, Gerontology Academic Program, *California State University, Fullerton*
- 2005-2012 Assistant Professor, Department of Psychology, *California State University, Fullerton*
- 2004-2005 Lecturer, Psychology and Social Behavior, *University of California, Irvine*
- 2004 Adjunct Faculty, Department of Psychology, *Soka University of America, Aliso Viejo, California*
- 2002-2004 Teaching Assistant Consultant, *University of California, Irvine*
- 1998-2004 Graduate Teaching Assistant, Psychology and Social Behavior, *University of California, Irvine*

## AWARDS AND HONORS

2022-2023

2023 PsiChi Research Award with graduate student Mariya Malone, *Western Psychological Association*

2018-2019

Faculty Recognition Award – Research, *CSUF*

2017-2018

Faculty Legacy Award, \$6000 to support Scholarly & Creative Activity and Pedagogical Innovations, College of Humanities and Social Sciences, *CSUF*

2014-2015

Senior Faculty Research Award, Auxiliary Services Corporation, *CSUF*

2013-2014

Grant Proposal Writing Award (3 WTU course release) for Spring '14, Office of Research, *CSUF*

2011-2012

Outstanding Senior Honors Project Mentor, University Honors Program, *CSUF*

Junior Faculty Research Award, Auxiliary Services Corporation, *CSUF*

Faculty-Student Research and Creative Activities Grant, \$1000 to support research with undergrads Kyle Jasper and Justin Ludwig, Faculty Development Center (FDC), *CSUF*

2010-2011

Junior Faculty Research Award, Auxiliary Services Corporation, *CSUF*

Faculty-Student Research and Creative Activities Grant, \$900 to support research with undergraduate William Moreno, FDC, *CSUF*

2009-2010

General Faculty Research Award, Auxiliary Services Corporation, *CSUF*

Faculty-Student Research and Creative Activities Grant, \$500 to support research with undergraduate Jordan Aquino, FDC, *CSUF*

2008-2009

Summer Research Stipend Award, School of Humanities & Social Sciences, *CSUF*

Faculty Recognition Award – Service to the University, *CSUF*

2007-2008

Outstanding Teacher-Scholar Award for Collaborative Teaching, School of Humanities & Social Sciences, *CSUF*

Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity, *CSUF*

Assigned Time (3 WTU course release) for Spring '08, School of Humanities & Social Sciences, *CSUF*

Instructionally Related Research Award (3 WTU course release), Department of Psychology, *CSUF*

2006-2007

Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity, *CSUF*

Instructionally Related Research Award (3 WTU course release), Department of Psychology, *CSUF*

Faculty-Student Research and Creative Activities Grant, \$1000 to support research with undergraduate Katara Harwood, FDC, *CSUF*

2005-2006

Faculty Development Grant, FDC, *CSUF*

Summer Stipend Award, CSU Special Fund for Research, Scholarship, and Creative Activity, *CSUF*

2004-2005

Dissertation Fellowship, Office of Research & Graduate Studies, *University of California, Irvine (UCI)*

Most Promising Future Faculty Member, *UCI*

Excellence in Teaching & Teaching Assistant Mentoring, Division of Undergraduate Education, *UCI*

2003-2004

Dissertation Research Fellowship, School of Social Ecology, *UCI*

Excellence in Teaching & Teaching Assistant Mentoring, Division of Undergraduate Education, *UCI*

EXTERNAL GRANTS - FUNDED

Zettel-Watson, L., & Piazza, J. A. (5/2022-5/2027). Multidimensional Aging Science Program:

MSTEM Scholars Trained in Aging Research (MSTEM STAR). National Institutes of Health. \$1,580,021. (Role: PI)

Zettel-Watson, L., & Rook, K.S. (8/2003-8/2004). Aging Alone: Are Single Older Adults at

Risk? Anthony Marchionne Foundation. \$25,000. (Role: Co-PI)

EXTERNAL GRANTS – SUBMITTED, NOT FUNDED

Zettel-Watson, L., Rose, D., & Wilson, K. Tech4life@Connected, Health, Inspired (CHI). Verizon Corporation. \$78,444. Submitted August 2014, not funded.

Zettel-Watson, L., & Mallers, M. H. Role of Everyday Technology in Older Adults' Health:

Analysis of Two National Datasets. National Institutes of Health. \$100,000. Submitted June 2014, not funded.

Jones, C. J., Cherry, B. J., Zettel-Watson, L., Aquino, J., & Rutledge, D. N. Effects of Milnacipran Alone, and with a Lifestyle Physical Activity, on Functionality in Adult Women with Fibromyalgia. Forest Laboratories. \$207,562. Submitted September 2010, not funded.

### RESEARCH INTERESTS

Psychosocial Aspects of Chronic Pain  
Technology and Aging  
Social Relationships and Health  
Cognitive Functioning and Health  
Marital Status Differences in Later Life

## PUBLICATIONS

Kirsch, A., & Zettel-Watson, L. (2023). *The rewarding retirement workbook: Six essentials beyond your nest egg*. KDP/Amazon.

Gower, C., Trevitt, J., Cherry, B. C., & Zettel-Watson, L. (2022). Distress as a mediator for pain and activities of daily living in older adults with fibromyalgia. *Frontiers in Medicine (Geriatric Medicine)*. doi: 10.3389/fmed.2022.1022936

Serpas, D. G., Morton, T., Zettel-Watson, L., & Cherry, B. J. (2022). The role of pain intensity and depressive symptoms in the relationship between sleep quality and postural control among middle-aged and older adults with fibromyalgia. *Psychology & Health*. Advance online publication. <https://doi.org/10.1080/08870446.2022.2107644>

Kircher, J. A., Cherry, B. J., & Zettel-Watson, L. (2021). Blood pressure as a predictor of everyday cognitive function in aging adults with and without fibromyalgia. *Aging, Neuropsychology, and Cognition*, 28(3), 327-345. doi: 10.1080/13825585.2020.1757028

Quinn, T., Aquino, J., Marelich, W., Rutledge, D. N., Zettel-Watson, L., & Cherry, B. J. (2021). Impact of affect balance on cognitive and physical function in adults with and without fibromyalgia. *Journal of Nursing Scholarship*, 53(6), 680-688. doi: 10.1111/jnu.12694

Serpas, D. G., Zettel-Watson, L., & Cherry, B. J. (2021). Fibromyalgia status and depressive symptoms are linked to body mass index and physical performance in mid to late life. *Psychology, Health & Medicine*, 1-14. doi: 10.1080/13548506.2021.2002379

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- Serpas, D., Cherry, B., & Zettel-Watson, L. (2020). Examining cardiovascular disease risk profiles among older adults with and without fibromyalgia. *Innovation in Aging, 4*(Suppl 1), 430. doi: 10.1093/geroni/igaa057.1388
- Zettel-Watson, L., Suen, M., Wehbe, L., Rutledge, D. N., & Cherry, B. C. (2017). Aging well: Processing speed, inhibition, and working memory related to balance and aerobic endurance. *Geriatrics & Gerontology International, 17*, 108-115. doi: 10.1111/ggi.12682
- Follick, B. T., Cherry, B. J., Rutledge, D. N., Zettel-Watson, L., Jones, C. J. (2016). Heterogeneity in Fibromyalgia based upon cognitive and physical performance and psychological symptomology. *Journal of the American Association of Nurse Practitioners 28*, 19-30. doi: 10.1002/2327-6924.12270
- Segal, N. L., Cortez, F. A., Zettel-Watson, L., Cherry, B. J., Mechanic, M., Munson, J. E., Velázquez, J. M. A., Reed, B. (2015). Genetic and experiential influences on behavior: Twins reunited at seventy-eight years. *Personality and Individual Differences, 73*, 110-117. doi: 10.1016/j.paid.2014.09.017
- Zettel-Watson, L., & Tsukerman, D. (2014). Adoption of online health management tools among healthy older adults: An exploratory study. *Health Informatics Journal*. Advance online publication. doi: 10.1177/1460458214544047
- Cherry, B. J., Zettel-Watson, L., Shimizu, R., Roberson, I., Rutledge, D. N., & Jones, C. J. (2014). Cognitive performance in women aged 50 years and older with and without Fibromyalgia. *Journals of Gerontology: Psychological Sciences, 69*, 199-208. doi:10.1093/geronb/gbs122.
- Rutledge, D. N., Rakovski, C. C., & Zettel-Watson, L. (2013). Healthcare underutilization in overweight Mexican-Americans with chronic pain. *Ethnicity and Inequalities in Health and Social Care, 5*, 123-132. doi: 10.1108/EIHSC-10-2012-0010
- Rakovski, C. C., Zettel-Watson, L., & Rutledge, D. N. (2012). Association of employment

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Positive associations between physical and cognitive performance measures in Fibromyalgia. *Archives of Physical Medicine and Rehabilitation*. 93, 62-71. doi:10.1016/j.apmr.2011.08.006

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C. J. (2011). Typology of chronic pain among overweight Mexican Americans. *Journal of Health Care for the Poor and Underserved*, 22, 1030-1047. doi:10.1353/hpu.2011.0092

Zettel-Watson, L., Rakovski, C. C., Levine, B. Rutledge, D. N., & Jones, C. J. (2011).

Impact of employment and caregiving roles on the well-being of people with Fibromyalgia Syndrome. *Journal of Musculoskeletal Pain*, 19, 8-17. doi:10.3109/10582452.2010.538824

Zettel-Watson, L., & Britton, M. (2008). The impact of obesity on the social participation of older adults. *Journal of General Psychology*, 135, 409-423.

Zettel-Watson, L., Ditto, P. H., Danks, J. H., & Smucker, W. D. (2008). Actual and perceived gender differences in the accuracy of surrogate decisions about life-sustaining medical treatment among older spouses. *Death Studies*, 32, 273-290. doi:10.1080/07481180701881230

Zettel-Watson, L., & Rook, K. S. (2008). Friendships: Later life. In D. Carr (Ed.), *Encyclopedia of the Life Course and Human Development*. Detroit, MI: Gale.

Rook, K., Mavandadi, S., Sorkin, D., & Zettel, L. (2007). Optimizing social relationships as a resource for health and well-being in later life. In C. M. Aldwin, C. L. Park, & Spiro, A. III (Eds), *Handbook of Health Psychology and Aging* (pp. 210-239). New York: Guilford.

Rook, K.S., & Zettel, L.A. (2005). The purported benefits of marriage viewed through the lens of physical health. *Psychological Inquiry*, 16(2/3), 116-121.

Zettel, L.A., & Rook, K.S. (2004). Substitution and compensation in the social networks of widowed women. *Psychology and Aging, 19*, 433-443. doi: 10.1037/0882-7974.19.3.433

Rook, K.S., Sorkin, D.H., & Zettel, L.A. (2004). Stress in social relationships: Coping and adaptation across the life span. In F.R. Lang & K.L. Fingerman (Eds.) *Growing together: Personal relationships across the lifespan* (pp. 210-239). Cambridge, UK: Cambridge University Press.

Rook, K., Sorkin, D., & Zettel, L. (2002). Loneliness in late life. *Aging Today, 23* (2).

Rook, K.S., Zettel, L.A., & Sorkin, D.H. (2002). Commentary: Older adults' social relationships: Strengths and vulnerabilities. *International Society for the Study of Behavioural Development Newsletter, 41* (1), 20.

#### CONFERENCE PRESENTATIONS

Corke, A., Mai, J., Zettel-Watson, L., Cherry, B., & Sakamoto, R. (2023, April). *Blood pressure and body mass index predict pain intensity*. Poster presented at the 103<sup>rd</sup> Annual Scientific Meeting of the Western Psychological Association, Riverside, CA.

Malone, M. D., Andrade, M., Laflamme, M., Salazar, A., Zettel-Watson, L. (2023, April).

*Tangible support buffers the relationship between anger and pain in individuals with and without Fibromyalgia*. Poster presented at the 103<sup>rd</sup> Annual Scientific Meeting of the Western Psychological Association, Riverside, CA.

Serpas, D., Morton, T., Jeskey, B., Laflamme, M., Zettel-Watson, L., Trevitt, J., & Cherry, B.

(2022, April). *Pain intensity and depressive symptoms mediate the relationship between sleep quality and postural control among middle-aged and older adults with Fibromyalgia*. Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.



Malone, M., Wells, L., Rutkowski, A., Ting, M., Cherry, B., & Zettel-Watson, L. (2022, April).

*Social support moderates the anger/pain relationship in healthy adults but not those with Fibromyalgia.* Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Stephens, M., Fabian, S., Gower, C., Zettel-Watson, L., Trevitt, J., & Cherry, B. (2022, April).

*The relationship between sense of control and childhood trauma: a MIDUS study.* Poster presented at the 102<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Nguyen, H., Buck, C., Cherry, B. J., & Zettel-Watson, L. (2021, November). *Perceived stress*

*and life stressors in adults with and without Fibromyalgia.* Poster presented at the 73<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Virtual.

Gower, C., Serpas, D., Malone, M., Wells, L., Fabian, S., Cherry, B., Zettel-Watson, L., &

Trevitt, J. (2021, April). *Depression as a mediator for Fibromyalgia status and cognitive functioning in older adults.* Poster presented at the 101<sup>st</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Phung, J., Wulin, M., Lee, J. H., Hwang, H., Nakoula, M., Cherry, B., Zettel-Watson, L., &

Trevitt, J. (2021, April). *Whether affect balance predicts the experience of pain and physical function in adults with and without Fibromyalgia.* Poster presented at the 101<sup>st</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Serpas, D., Kauv, A., Vargas, T., Nguyen, K., Cherry, B., Zettel-Watson, L., &

Trevitt, J. (2021, April). *Pain intensity and physical performance among individuals with Fibromyalgia in mid-to-late life: The influence of depressive symptoms.* Poster presented at the 101<sup>st</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Serpas, D., Cherry, B., & Zettel-Watson, L. (2020, November). *Examining cardiovascular*

*disease risk profiles among older adults with and without Fibromyalgia.* Poster presented at the 72<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Virtual.

Gamboa, M., Gower, C., Arroyo, B., Trevitt, J., & Zettel-Watson, L. (2020, October). *The relationship between antidepressants, NSAIDs, and Fibromyalgia symptoms*. Poster presented at the 100<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Gower, C., Gamboa, M., Arroyo, B., Serpas, D., Cherry, B., & Zettel-Watson, L. (2020, October). *Comorbidities in older adults with and without Fibromyalgia*. Poster presented at the 100<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Yeh, H., Urbina, J., Trevitt, J., Zettel-Watson, L., Salsedo, R., & Wulin, M., (2020, October). *Impact of pain medication on activities of daily living in Fibromyalgia Individuals*. Poster presented at the 100<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Virtual.

Mu, C., Zettel-Watson, L., & Cherry, B. J. (2019, April). *Investigating the experience of pain on executive functioning*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Nguyen, H., Phillips, K., Zettel-Watson, L., & Cherry, B. J. (2019, April). *Pain affects self-reported stress severity in adults with and without Fibromyalgia*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Shafik, N., Aquino, J., & Zettel-Watson, L. (2019, April). *Osher Lifelong Learning Institute Program (OLLI) status as a predictor of physical and cognitive function in adults 50 years and older*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Wulin, M., Zettel-Watson, L., & Cherry, B. J. (2019, April). *Perceived physical functioning and*

*depression in adults with and without fibromyalgia*. Poster presented at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Zettel-Watson, L. (2019, April). *Psychosocial correlates of chronic pain: Implications for functioning and treatment*. Chair, Symposium conducted at the 99<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Pasadena, CA.

Zettel-Watson, L., Wong, K., Mallers, M. H., Cherry, B. (2019, April). *California State University, Fullerton, Aging Studies Academic Program*. Poster presented at the Annual Meeting of the California Council on Gerontology and Geriatrics, La Verne, California.

Zettel-Watson, L., Arreola, I., Garcia, N. S., Montelongo, J., Aquino, J., & Cherry, B. J. (2018, November). *Performance-Based and Self-Reported Frailty in Older Adults with and without Fibromyalgia*. Poster presented at the 70<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Sanchez, M., Morton, T., Carrada, N., Zettel-Watson, L., & Cherry, B. J. (2018, May). *Sleep and Cognitive Performance in Older Adults with and without Fibromyalgia*. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Castaneda, J., Kircher, J. A., Duong, H., Cherry, B. J., & Zettel-Watson, L. (2018, April). *Depression: Moderating the Effects of Stress and Chronic Pain in Older Adults with Fibromyalgia*. Poster presented at the 98<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association in Portland, OR.

Garcia, N. S., Arreola, I., Montelongo, J., Aquino, J., Zettel-Watson, L., & Cherry, B. (2018, April). *Determinants of Frailty in Older Adults with and without Fibromyalgia*. Poster presented at the 98<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Gower, C., West, A., & Zettel-Watson (2018, April). *Depression over time in Older Adults with*

*and without Fibromyalgia*. Poster presented at the 98th Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Mu, C., & Zettel-Watson, L. (2018, April). *Social Support as a Moderator to Pain Catastrophizing and Quality of Life*. Poster presented at the 98th Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Victor, J., Salmeron, M., & Zettel-Watson, L. (2018, April). *Sedentary Behavior, Depression, and BMI in Older Older Adults with and without Chronic Pain*. Poster session presented at the Western Psychological Association, Portland, OR.

Phillips, K., & Zettel-Watson, L. (2018, April). *Leisure Activity and Perceptions of Social Support*

*in Older Adults with and without Fibromyalgia*. Poster presented at the Annual Meeting of the California Council on Gerontology and Geriatrics, La Verne, California.

Cherry, B., Ruiz, M., Langmesser, P., Trevitt, J., Aquino, J., Rutledge, D., & Zettel-Watson, L.

(2017, July). *Poor sleep negatively impacts pain, mood and quality of life in adults with and without Fibromyalgia*. Poster presented at the 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.

Zettel-Watson, L., Tessler, J., Kircher, J., Islas, L., Aquino, J., Fisher, K. L., Cortez, F., &

Cherry, B. (2017, July). *Accelerated physical and cognitive aging in a chronic pain condition vs. normal aging*. Poster presented at the 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.

Kircher, J. A., Cherry, B. J., Zettel-Watson, L., & Piazza, J. R. (2017, April). *Depression as a*

*moderator between stress and chronic pain in older adults with fibromyalgia*. Poster presented at the 97<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Sacramento, CA.

Islas, L. A., Kircher, J., Sanchez, V., Briseno, A., Aquino, J., Zettel-Watson, L., & Cherry, B.

(2016, November). *Blood pressure and everyday problem solving among older adults with and without Fibromyalgia*. Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Zettel-Watson, L., Horn Mallers, M., Pucelli, A. J., Koffer, R., & Almeida, D. (2016,

November). *Older adults' health-related technology use: Findings from the National Study of Daily Experiences*. Poster presented at the 68<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Aquino, J. K., Cherry, B. J., Zettel-Watson, L., Rutledge, D. N., & Jones, C. J. (2016, May).

Physical and cognitive status of older adults aged 50+ with and without Fibromyalgia: A longitudinal study. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Herrera, C., & Zettel-Watson, L. (2016, May). Coping strategies among older obese Latinos with

chronic pain. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Kircher, J., Sanches, V., Islas, L., Briseno, A., Cherry, B. J., Piazza, J., & Zettel-Watson, L.

(2016, May). The relationship between social support, stress, and pain in Fibromyalgia. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Motts, R., Piazza, J., & Zettel-Watson, L. (2016, May). Quality of life in employed and

unemployed older adults with Fibromyalgia. In B. J. Cherry (Chair), *Health and wellness among individuals with chronic pain*. Symposium conducted at the 96<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Long Beach, CA.

Cortez, F., Cherry, B., Zettel-Watson, L., & Rutledge, D. (2015, November). *Aging with*

*Fibromyalgia: Characterizing Symptomatology Over Time*. Paper presented at the 67<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Creek, J., Webhi, L., Montelongo, J., Barry, C., Zettel-Watson, L., & Cherry, B. (2015, May).

*Social engagement and episodic memory in older adults*. Poster presented at the 95<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Las Vegas, NV.

Morton, J., Gaeta, D., Hicks, D., Aquino, J., Cherry, B., & Zettel-Watson, L.

(2015, May). *Social support differences between older adults with and without fibromyalgia*. Poster presented at the 95<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Las Vegas, NV.

Quinn, T. A., Ignacio, D., Cuevas, S., Islas, L., Aquino, J., Cherry, B., & Zettel-Watson, L.

(2015, May). *Predicting cognitive decline: Positive affect and community dwelling elders*. Poster presented at the 95<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Las Vegas, NV.

Fuimara, M., Quinn, T., Morton, J., Creek, J., Cuevas, S., Hicks, D., Zettel-Watson, L., &

Cherry, B. J. (2015, February). *Cognitive clusters in fibromyalgia, a chronic pain condition*. Poster presented at the 43<sup>rd</sup> Annual Scientific Meeting of the International Neuropsychological Society, Denver, CO.

Zettel-Watson, L., Mallers, M. H., Gee, A., Peirce, K., & Rowther, N. S. (2014, November). *The*

*utilization of technology in health-related management and communication*. Poster presented at the 66<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.

Suen, M., Wehbi, L., Zettel-Watson, L., & Cherry, B. J. (2014, April). *Relationship between cognitive aging and physical activity among healthy older adults*. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Zettel-Watson, L., Follick, B., Katschke, J. M., Melendez, J., Rutledge, D. N., Jones, C. J., & Cherry, B. J. (2013, November). *Four-year change in cognitive performance for individuals over 50 with and without chronic pain*. Poster presented at the 65<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Tsukerman, D., Fishel, D., Gallegos, J. V., Mallers, M. H., Wilson, K. S., & Zettel-Watson, L. (2013, November). *Psychosocial predictors of willingness to wear an emergency assistive device in adults over 50*. Poster presented at the 65<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.

Cortez, F., Melendez, J., Rutledge, D. N., Jones, C. J., Zettel-Watson, L., & Cherry, B. J. (2013, August). *Longitudinal change in cognitive and physical measures in FM*. 9<sup>th</sup> World Congress on Myofascial Pain Syndrome and Fibromyalgia Syndrome, Seattle WA.

Skornyakov, S. B., & Zettel-Watson, L. (2013, April). *Leisure activities and depression in adults with and without Fibromyalgia*. Poster presented at the 93<sup>rd</sup> Annual Scientific Meeting of the Western Psychological Association, Reno, NV.

Suen, M., Follick, B., Finn, M., Zettel-Watson, L., & Cherry, B. J. (2013, April). *Cognitive aging and physical activity: Identifying a relationship between physical and cognitive performance in a sample of older adults*. Poster presented at the 33<sup>rd</sup> Annual Meeting of the California Council on Gerontology and Geriatrics, Los Angeles, CA.

Follick, B., Cherry, B. J., Zettel-Watson, L., Grandfield, E., Rutledge, D., & Jones, C. J. (2012,

November). *Patterns of performance within Fibromyalgia: Identifying subgroups*. Poster presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Horn Mallers, M., Zettel-Watson, L., & Elmi, C. (2012, November). *Temporal patterning of alcohol consumption among older adults*. Poster presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Zettel-Watson, L., & Chang, E. (2012, November). *Exploring online health management tool adoption among older adults*. Poster presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Jasper, K., Ludwig, J., & Zettel-Watson, L. (2012, April). *Obesity and chronic pain among Hispanics: Impact of social support*. Poster presented at the 92<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Burlingame, CA.

Lutz, J., & Zettel-Watson, L. (2012, April). *Gender and social roles impact older adults' suicidal ideation*. Poster presented at the 92<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Burlingame, CA.

Follick, B., Katschke, J., Grandfield, E., Zettel-Watson, L. & Cherry, B. J. (2012, April). *Health and cognition: Executive function and processing speed in older adults both with and without chronic pain*. Poster presented at the Biennial Cognitive Aging Conference, Atlanta, GA.

Horn Mallers, M., Zettel-Watson, L., & Neupert, S. (2011, November). *Daily alcohol usage, stress, and health: Findings from the National Study of Daily Experiences*. Poster presented at the 63<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Zettel-Watson, L., Chang, J., Shimizu, R., Rutledge, D. N., Jones, C. J., & Cherry, B. J. (2011,



November). *Physical activity predicts cognitive function in Fibromyalgia*. Poster presented at the 63<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Levine, B., Cherry, B., Zettel-Watson, L., & Rutledge, D. (2011, April). *Fibromyalgia status and self-reported experiences with anxiety, headaches, and concentration*. Poster presented at the 91<sup>st</sup> Annual Scientific Meeting of the Western Psychological Association, Los Angeles, CA.

Moreno, W. A., Bateham, A. L., & Zettel-Watson, L. (2011, April). *Fibromyalgia and aging: The role of time-of-day in cognitive and physical performance*. Poster presented at the 91<sup>st</sup> Annual Meeting of the Western Psychological Association, Los Angeles, CA.

Grandfield, E. M., Follick, B., Levine, B., Aquino, J. K., Cherry, B. C., & Zettel-Watson, L. (2011, February). *The role of executive function in episodic memory performance in individuals with and without Fibromyalgia*. Poster presented at the Dallas Aging and Cognition Conference, Dallas, TX.

Jones, C. J., Rutledge, D. N., Aquino, J. K., Zettel-Watson, L., Cantero, P., Espinoza, A., Leal, F., Prado, B., Valencia, C., & Weiss, J. W. (2010, September). *Typology of chronic pain among overweight Mexican Americans*. Poster presented at the American Academy of Pain Management's 21<sup>st</sup> Annual Clinical Meeting, Las Vegas, NV.

Roberson, I., Shimizu, R., Zettel-Watson, L., Rutledge, D. N., Jones, C. J., & Cherry, B. J. (2010, April). *Cognitive performance in older adults with and without fibromyalgia*. Poster presented at the Cognitive Aging Conference, Atlanta, GA.

Rutledge, D., Jones, C. J., Cherry, B., Zettel-Watson, L., Lopez, L., & Cayetano, R. (2009, November). *Self-assessed physical function levels of older persons with/without Fibromyalgia*. Poster presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Zettel-Watson, L., Bateham, A., Diosdado, S., Shimizu, R., Oliveros, J., Cherry, B., Rutledge,

D., & Jones, C. J. (2009, November). *The impact of social support on functionality of older adults with and without Fibromyalgia*. Poster presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA.

Shimizu, R., Diosdado, S., Cherry, B., Zettel-Watson, L., Rutledge, D., & Jones, C. J. (2009, October). *Impact of Fibromyalgia ADL pain on cognitive performance*. Poster presented at the 20<sup>th</sup> Annual Clinical Meeting of the American Academy of Pain Management, Phoenix, AZ.

Chang, J. C., & Zettel-Watson (2009, August). *Extroversion and self-esteem in friendships among college students*. Poster presented at the 117<sup>th</sup> Annual Scientific Meeting of the American Psychological Association, Toronto.

Chang, J. C., & Zettel-Watson (2009, April). *Close friends, frequency of contact, and self-esteem among college students*. Poster presented at the 89<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Portland, OR.

Cherry, B. J., Jones, C. J., Rutledge, D. N., Weiss, J., Barakat, B. K., Zettel-Watson, L., Mouttapa, M., Just, N., & Aquino, J. (2009, March). *Physical and cognitive performance in Fibromyalgia and normal aging*. Poster presented at the 19<sup>th</sup> Annual Rotman Research Institute Conference, Toronto.

Romo, D., & Zettel-Watson, L. (2008, November). *Attitudes toward death, marital quality, and adjustment to widowhood*. Poster presented at the 61<sup>st</sup> Annual Scientific Meeting of the Gerontological Society of America, National Harbor, MD.

Harwood, K. L., & Zettel-Watson, L. (2008, April). *College students' attitudes about politically charged topics: The role of gender*. Poster presented at the 88<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.

Robison, M. M., & Zettel-Watson, L. (2008, April). *The effects of positive and negative social support on emotional and physical health in college students*. Poster presented at the 88<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.

- Sutherland, M., Zettel-Watson, L., & Blandon-Gitlin, I. (2008, April). *Incrementally consuming attention: A calibrated anagram set*. Poster presented at the 88<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Zettel-Watson, L. A., & Jacoby, D. L., (2008, April). *Impact of marital history on social integration and grief recovery among recent widow(er)s*. Poster presented at the 88<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.
- Romo, D., & Zettel-Watson, L. (2007, November). *Perception of death: Pre-loss attitudes and adjustment to widowhood*. Poster presented at the 60<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.
- Britton, M., & Zettel-Watson, L. (2007, May). *The effects of obesity on social participation in an older adult population*. Poster presented at the 87<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.
- Harwood, K., & Zettel-Watson, L. (2007, May). *College students' attitudes toward physician-assisted suicide: The role of age, gender, education and religion*. Poster presented at the 87<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.
- Morillas, A., Zettel-Watson, L. (2007, May). *The impact of living situation and instrumental dependence on the psychological well-being of widowed older adults*. Poster presented at the 87<sup>th</sup> Annual Scientific Meeting of the Western Psychological Association, Vancouver, BC.
- Zettel-Watson, L.A. (2006, November). Symposium discussant. In A. Bishop & P. Martin (Chairs), *Vulnerabilities and strengths of unmarried survivors in late and very late life*. Symposium conducted at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.
- Zettel-Watson, L. A., & Jacoby, D. L., (2006, November). *Impact of marital history on later life marriages*. Poster presented at the 59<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

August, K., Zettel, L., Rook, K., & Newsom, J. (2005, November). *The impact of gender and life stress on older adults' reactivity to negative social exchanges*. Poster presented at the 58<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Orlando, FL.

Zettel, L. A., & Rook, K. S. (2004, November). Social support of the never-married in later life.

In D. Chiraboga & L. A. Zettel (Chairs), *The never-marrieds in later life: Potentials, problems, and paradoxes*. Symposium conducted at the 57<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.

Zettel, L. A., & Rook, K. S. (2003, November). *Quality of social support: Are the never-married at a disadvantage?* Poster presented at the 56<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Zettel, L. A., & Rook, K. S. (2002, November). Old vs. new friends: Implications for older adults' emotional health. In J. Reinhardt (Chair), *Longitudinal perspectives on social support*. Symposium conducted at the 55<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.

Zettel, L. A., Horn, M. C., Mavandadi, S., & Charles, S. (2002, April). *Depressive symptomatology among Mexican-Americans: Investigating age and ethnic differences*. Poster presented at the 82<sup>nd</sup> Annual Scientific Meeting of the Western Psychological Association, Irvine, CA.

Zettel, L. A., & Rook, K. S. (2001, November). *Substitution and compensation in the social networks of widowed women*. Poster presented at the 54<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

Ditto, P. H., Hawkins, N. A., Jacobson, J. A., & Zettel, L. A. (2001, November). Imagining the end of life: The psychology of advance medical decision making. In J. Heckhausen (Chair), *Adaptation to stressful events and transitions across the life span*. Symposium conducted at the 54<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

Zettel, L. A., Ditto, P. H., Danks, J. H., & Smucker, W. D. (2000, November). *Gender*

*differences in surrogate end-of-life decision-making*. Poster presented at the 53<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Washington, D.C.

## INVITED LECTURES

*“Gerontologizing” the Study of Psychology* – Psych2Go presentation at Orange County Regional Psychology Convention, July 2023

*A Rewarding Retirement* – presentation at Emeriti of CSUF End of Academic Year Lunch, May 2023

*Retiree Health, Social Trends, and Technology Use*– lecture for CSUF Osher Lifelong Learning Institute, February 2021

*Enriching Social Relationships in the time of COVID-19*– lecture for CSUF Osher Lifelong Learning Institute, October 2020

*Coping with Social Distancing and Avoiding Social Isolation* – lecture for CSUF Osher Lifelong Learning Institute, April 2020

*Demystifying the Aging Brain* – Celeb Salon presentation for the Museum of Teaching and Learning, March 2019

*Impact of Aging on Psychological and Cardiovascular Health* – lecture at Whittier College, May 2018

*Maintaining and Enhancing Social Connections* – lecture for CSUF Osher Lifelong Learning Institute Retirement Boot Camp, October 2015

*Everyday Technology: Helping or Hindering Social Relationships and Support* – lecture for Center for Successful Aging 2<sup>nd</sup> Annual Conference, CSUF, August 2015

*Maintaining Healthy Social Relationships Despite Life Challenges* – workshop for Fibromyalgia Longitudinal Study Feedback Conference, sponsored by CSUF Fibromyalgia & Chronic Pain Center, February 2015

*Social Relationships and Health in Later Life: Challenges Created by a Chronic Pain Condition* – lecture for Psychology Brown Bag, UC Riverside, January 2015

*Psychology of Retirement: Maintaining and Enhancing Social Connections* – lecture for Osher Lifelong Learning Institute participants at CSUF, September 2013

*Spousal Relationship in Later Life* – guest lecture in Prof. Ying-Chiao Tsao’s COMM 345 course (Communication and Aging), March 2013

*Maintaining and Enhancing Social Connections* – lecture for Osher Lifelong Learning Institute participants at CSUF, January 2013

*Aging Well and Wisely: Social Relationships* – lecture for Osher Lifelong Learning Institute participants at University of California, Irvine, October 2012

*Spousal Relationship in Later Life* – guest lecture in Prof. Ying-Chiao Tsao’s COMM 345 course (Communication and Aging), March 2012

*Expanding Social Connections* – lecture given at Retirement Boot Camp, sponsored by CSUF Osher Lifelong Learning Institute, September 2011

*How can I support my partner/spouse/relative/friend with Fibromyalgia?* – workshop for *Healthy Aging with and without Fibromyalgia*, Conference, sponsored by CSUF Fibromyalgia Research and Education Center, February 2011

*Social Relationships and Fibromyalgia* – lecture for North Orange County Fibromyalgia Support Group at Kaiser Permanente Hospital, Anaheim, CA, July 2010

*Social Wellness: Are You Signed Up for the Friends and Family Plan?* – lecture at Spring Potluck, CSUF Center for Successful Aging, May 2010

*Single and Strong: Adjusting to Singlehood in the Second Half of Life* – lecture for Osher Lifelong Learning Institute participants at CSUF Gerontology Center, February 2009

*Sex After 50* – two-part lecture for Osher Lifelong Learning Institute participants at CSUF Gerontology Center, March 2008

*Social Support in Later Life: Challenges, Resources, and Adaptation* – Psi Chi Honor Society Colloquium, CSUF, March 2006

*Alzheimer’s Disease* – lecture given to AP psychology students during Women in Science Week, Scarsdale, NY, October 2005

*Mental Health and Aging* – lecture given in Gerontology at UCI: Spring ’01, Winter ’02, Winter ’03

*Social Support and Health* – lecture given in Beliefs, Attitudes, & Health Behaviors at UCI, Spring ’01

#### EXPERT CONTRIBUTOR

Brown M. (Host). (Feb. 25, 2022). Dr. Laura Zettel-Watson. (No. 66) [Audio podcast episode].

In *Just a Good Conversation*. Anchor FM. <https://anchor.fm/mattbrown57/episodes/Just-a-Good-Conversation-Dr--Laura-Zettel-Watson-e1epe66>

McCann, A. (Sept. 16, 2020). 2020’s best and worst places to retire in California. *WalletHub*.

<https://wallethub.com/edu/best-places-to-retire-in-california/38260/>

Powell, C. S., & Meinzer, K. (July 27, 2020). Using VR to help seniors thrive. *Innovation*

*Uncovered*. Presented by Invesco QQQ and T Brand at the New York Times. <https://podcasts.apple.com/us/podcast/id1516667844>

CSUF News Services (Apr. 22, 2020). Living textbook: Social distancing has multiple

impacts on older adults: Aging studies expert warns of health consequences. *The Orange County Register*. <https://www.ocregister.com/2020/04/22/living-textbook-social-distancing-has-multiple-impacts-on-older-adults/>

Bernardo, R. (Sept. 13, 2017). 2017's best and worst places to retire in California. *WalletHub*.

<https://wallethub.com/edu/best-places-to-retire-in-california/38260/>

Marcos, A. (Apr. 26, 2016). As U.S. population ages, CSUF steps up with educational offerings

for students eyeing fast-growing gerontology field. *The Orange County Register*. <https://www.ocregister.com/2016/04/26/as-us-population-ages-csuf-steps-up-with-educational-offerings-for-students-eying-fast-growing-gerontology-field/>

## SERVICE

CSUF Representative, Age-Friendly University Global Network, 2021 – Present

CSU Representative, California Council on Gerontology and Geriatrics, 2021 – Present

Troy Tech High School Internship Mentor, 2020, 2021, 2022, 2023

Treasurer, California Council on Gerontology and Geriatrics, 2017 – 2021

Member, College Miscellaneous Course Fees Committee, *CSUF*, 2017 – 2020

Reviewer, Environmental Studies Program Performance Review, *CSUF*, 2017

Member, College Budget Committee, *CSUF*, 2016 - Present

Member, Saddleback Community College Gerontology Advisory Board, 2016 – Present

Member, Coastline Community College Gerontology Advisory Board, 2016 – 2020

Institutional Representative, Orange County Aging Services Collaborative, 2015 – Present

Chair, Developmental Search Committee, Department of Psychology, *CSUF*, 2015

Personnel Committee, Department of Psychology, *CSUF*, 2013 – Present; Chair, 2016 – 2018, 2020 – 2021, 2023

Steering Committee, Institute of Gerontology, *CSUF*, 2012 – 2015

Admissions Committee, Gerontology Program, *CSUF*, 2010 – Present

Curriculum Committee, Gerontology Program, *CSUF*, 2010 – Present

Goals and Directions Committee, Department of Psychology, *CSUF*, 2009 – 2015; 2016 – 2021

Psychology Department Search Committee, *CSUF*, Fall 2007

Grandparent Resource Center Planning Committee, *CSUF*, 2006 – 2010

Gerontology Online Degree Planning Committee, *CSUF*, 2006 – 2010

Scholarship Committee, Gerontology Program, *CSUF*, 2006 – 2012

Member, Board of Directors, Irvine Adult Day Health Services, Irvine, CA, 2006 – 2010

Space and Equipment Committee, Department of Psychology, *CSUF*, 2005 – 2013

Curriculum Committee, Department of Psychology, *CSUF*, 2005 – 2012; 2014 – 2016

Chair, Renovation Committee, Department of Psychology, *CSUF*, 2005 – 2009

Member, Gerontology Program Council, *CSUF*, 2005 – Present

### AD HOC REVIEWER

*The Gerontologist*

*Journal of Gerontology: Social Sciences*

*Journal of Gerontology: Psychological Sciences*

*Research on Aging*

*Journal of Research in Personality*

*Health Psychology*

*Journal of Family Issues*

*Disability and Rehabilitation*

*Health Informatics Journal*

*Pain Medicine*

*Western Psychological Association*

*IAGG World Congress of Gerontology and Geriatrics*

*BMC Musculoskeletal Disorders*

*Gerontology and Geriatric Medicine*

*Psychology, Health, and Medicine*

### PARTICIPATING FACULTY MEMBER

Aging Studies [formerly Gerontology] Program Council, *CSUF*, 2005 – Present

Institute of Gerontology, *CSUF*, 2005 – 2015 (closed)

Fibromyalgia and Chronic Pain Center, *CSUF*, 2008 – Present



Health Promotion Research Institute, *CSUF*, 2009 – 2018 (dormant)

Cultivating Autonomy through Technology Laboratory (CATLab), *CSUF*, 2010 – 2015 (closed)

### PROFESSIONAL MEMBERSHIPS

California Council on Gerontology and Geriatrics

Sigma Phi Omega (Gerontology Honor Society)

Western Psychological Association

Gerontological Society of America

### DIVERSITY, EQUITY, AND INCLUSION TRAINING

*Equitable Pedagogy Module 2A*, January 2024

*Equitable Pedagogy Module*, December 2021

*Supporting Student of Color Research Agendas: Empowering the Insider Researcher Lens*, October 2021

*Digging into Diversity: Anti-Racism – What it Means and How it Works*, February 2021

*The Nuts and Bolts of Mentoring Graduate Students: Building Relationships, Setting Goals, & Creating Success*, September 2021

*Mentoring Men of Color*, March 2021

*Titans Together: An Intro to Racial Equity Module*, November 2020

*Gender Equity and Title IV*, October 2020, October 2021, October 2022

### OTHER PROFESSIONAL ACTIVITIES

2022 Author of Orange County's 2022 Strategic Plan on Aging

Independent evaluator for Alzheimer's Orange County

2021 Expert consultant for Orange County 2021 Strategic Plan on Aging

2020 Led effort for CSUF global recognition as an Age-Friendly University

2019 Spring and Fall Semester Sabbatical Leave

Participated in State of California In-Home Supportive Services Roundtable with Assemblymember Sharon Quirk-Siva

2018- Co-founded annual Geropalooza Event at CSUF to introduce Aging Studies to students

2020 across campus

2017 Participated in the annual Orange County Leadership Forum on Aging, sponsored by the Orange County Aging Services Collaborative

2016 Presented workshop Developing leadership opportunities: A collaboration between gerontology and engineering at CSU Fullerton with M. Mellers and K. George at the Association for Gerontology in Higher Education's Annual Meeting and Educational Leadership Conference. Long Beach, CA.

2012- Co-organized Gerontology Program Orientation and Information sessions for incoming

2021 and continuing MSG students.

2012 Fall Semester Sabbatical Leave

2011 Co-organized CSUF Assistive Technology Summit, a summit co-sponsored by CSUF

Gerontology Alumni Association, Institute of Gerontology, and Colleges of Engineering and Computer Science and Humanities and Social Sciences to introduce community industry professionals and service providers to AT events at CSUF.

Conducted educational support groups for friends and family of Fibromyalgia sufferers for Fibromyalgia Awareness Day, co-sponsored by the North Orange County Fibromyalgia Support Group and the CSUF Fibromyalgia Research and Education Center

Lead investigator on Beverly Miller University Assistive Technology User Research Project, a challenge grant funded by Dr. Arnold Miller

- 2009 Co-organized CSUF's inaugural Grandparents Conference, a one-day conference funded by a CSUF Mission and Goals Initiative grant aimed at improving intergenerational relationships for grandparents
- 2008 Participated in Safe Space Workshops, conducted by the CSUF Multicultural Center, and registered as a campus LGBT Ally
- 2007 Participated in Webpage Development Workshop, conducted by CSUF Humanities & Social Sciences Tech Team
- 2006 Participated in Web-Research Workshop (collecting survey data via the internet), conducted by Prof. Michael Birnbaum, CSUF Psychology Department
- 2004 Participated in a series of Career Development Workshops at the UCI Career Center
- 2003 Created and Produced Instructional Video on Scantron exam grading, UCI
- 2002 Participated in the Changing Lives of Older Couples (CLOC) Summer Workshop and Data Release, part of the University of Michigan's 55<sup>th</sup> Annual Summer Institute in Survey Research Techniques
- Participated in Stop the Silence Workshop (to promote student participation in the classroom) conducted by the UCI Instructional Resources Center
- 2001 Participated in Research Workshop on Aging with Disabilities, sponsored by the Rehabilitation Research and Training Centers on Aging with a Disability and Aging with Spinal Cord Injury and UCI Geriatrics Program.
- 2000 Internship at Regents Point, a continuing-care retirement community in Irvine, California.
  - Assisted Social Services Director and Activity Director with art, music, or physical recreation activities for cognitively, visually, or physically impaired older adults; provided social support and companionship to residents dealing with stress, change, illness, and loneliness.

