



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

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

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

## INTERNSHIPS

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

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

Collaborated with laboratory teammates to produce research on sleep quality, cognitive aging, and mortality.

Underwent training to improve statistical knowledge via training in multiple imputation and survival analyses using 2 datasets in the Stata software system.

Produced 2 unpublished manuscripts and 2 poster presentations.

## ONGOING RESEARCH

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

University of South Florida, School of Aging Studies.

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

Currently refining manuscript.

**Tate, R.**, Hülür G., Andel, R., & Small, B. (2023). Physical activity and episodic

memory: A longitudinal analysis. *Vietnam Era Twin Study of Aging*, 10(1), 1-19. <https://doi.org/10.1093/veat/000/000/0000000> [Manuscript submitted for publication.] TJETQq0.0. Aging Studies, University of South Florida.

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

University of South Florida, School of Aging Studies.

Examining cost-effectiveness of MBSR in reducing expenses for breast cancer survivors

Responsible for editing introduction and method section

Collaborating with other advisors in program as well as College of Nursing

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

University of South Florida

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

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

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

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

Resumption of debriefing tasks after completion of deployment

Rank: Senior Airman

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

Maintained a database of maintenance actions to ensure accuracy

Coordinated schedules for deployed aircraft

Disseminated mission information from multiple aircrews to command headquarters

Rank: Senior Airman

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

Documented maintenance actions for an aviation maintenance unit

Conducted briefings to recap flying mission

Input maintenance actions into database to ensure safety actions were documented.

Rank: Senior Airman

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

Promotion to journeyman status, taught maintenance actions to less-experienced workers

Led maintenance actions intended to return multiple AC-130W aircraft to flying status

Serviced, inspected

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

Sections 12280 &amp; 12990

University of South Florida. School of Aging Studies.

Instituted and carried out curriculum for undergraduate-level class on aging

Worked with students to grasp psychology-related concepts in older adults, such as different types of dementia

Instructed 90 students

Achieved 96% excellent/very good overall rating of instructor

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

Section 82405

University of South Florida. School of Aging Studies.

Instituted and carried out curriculum for undergraduate-level class on aging

Worked with students to grasp age-related concepts, including major social programs

Instructed 88 students

Achieved 94% excellent/very good overall rating of instructor

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

Section 51616

University of South Florida. School of Aging Studies.

Instituted and carried out curriculum for undergraduate-level class on aging

Worked with students to grasp age-related concepts, including major social programs

Instructed 44 students

Achieved 80% excellent/very good overall rating of instructor

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

Section 58544

University of South Florida. School of Aging Studies.

Instituted and carried out curriculum for undergraduate-level class on aging

Worked with students to grasp age-related concepts, including major social programs

Instructed 42 students

Achieved 100% excellent/very good overall rating of instructor

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

Section 56671 (major professor Daniel Pupo)

Section 58981 (major professor Christina Mu)

University of South Florida. School of Aging Studies.

Teaching assistant for introduction-level class on aging

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

2017-2019: Honors List (2017), (2018 & 2019)  
High Honors, GPA 4.0 (2017 & 2018), 3.6 (2019)  
Anne Arundel Community College  
2014-  
High Honors, GPA 3.5 (2014) 3.9 (2015)

## **ASSOCIATION MEMBERSHIPS**

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

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

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

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

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

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

## **PROFESSIONAL TALKS**

**September 2022**

Yucca Middle School Fun Day (2018)

Key Club, President, Meade Senior High School (2013-2014)

Knollwood Manor Nursing Home (2013)

Baltimore VA Medical Center Volunteer (2012-2013)

Happy Helpers for the Homeless (2012-2014)