



CURRICULUM VITA
November 2025

Dr. Elizabeth Wachira, PhD, MPH, BSN

Associate Professor and Public Health Program Director

Department: Department of Health & Human Performance

Address: Nursing and Health Sciences Building (NHS 134)
2300 Morris Drive, Commerce, TX 75428

Phone: (903) 886-5349

Email: Elizabeth.Wachira@tamuc.edu

EDUCATION

PhD **2017** Population Health Studies, Texas Woman's University

Dissertation: "I Can't Even Walk, You Expecting Me To Climb A Mountain?" An Exploration of Service Providers' Perception of Vulnerability among Individuals Experiencing Homelessness."

MPH **2012** Social and Behavioral Sciences, Community Health
University of North Texas Health Science Center

BSN **2007** Nursing, University of Mary-Hardin Baylor

ACADEMIC TEACHING EXPERIENCE

2023 – Present Associate Professor, Health and Human Performance Department, Texas A&M
University- Commerce, Commerce, TX

2017 – 2023 Assistant Professor, Health and Human Performance Department, Texas A&M
University- Commerce, Commerce, TX

2013-2017 Graduate Teaching Assistant, Department of Health Studies, Texas Woman's
University, Denton, TX

HIGHER EDUCATION COURSES TAUGHT

East Texas A&M University

(*new courses created; **updated to reflect Public Health competencies)

Undergraduate courses:

HHPH 1304: Introduction to Community and Public Health
HHPH 210-03W: Environmental Health
HHPH 362.81B: Survey of Human Disease
HHPH 382.01W: GLB/Social Justice in Public Health*
HHPH 385.01W: GLB/Current Issues in Health
HHPH 410: Program Planning and Organization in Health**
HHPH 416: Epidemiology*
HHPH 420: Program Implementation and Evaluation in Health
HHPH 492.01W: GLB/Health Policy*
HHPH 495.01B: Applied Practice Experience

Graduate Courses

HHPH 510.01W: GLB/Principles of Environmental Health*
HHPH 512.01W: Foundations in Public Health *
HHPH 537.81B: Applied Practice Experience**
HHPH 544.01W: Health Promotion Administration & Management**
HHPH 550.01W: Diversity in Health*
HHPH 585.01W: Program Planning & Evaluation**
HHPH 587.01W: Epidemiology*
HHPH 595.81W: Emerging Trends & Innovation in Public Health*
HHPH 660.01W: Global Health Issues **

Texas Woman's University

Undergraduate courses:

HS 1902/1901: Fitness and Health Lab and Lecture
HS 2373: Health Aspects of Human Sexuality
HS 3053: Community Health
HS 3373: Health Promotion for the Child
HS 4363: Consumer Health

Course Developer

Bachelor of Applied Arts and Sciences in Health Care Administration (HSCB) Degree Program at TAMUC

- HSCB 440: Health Policy and Advocacy (Fall 2020)
- HSCB 380: Culture, Inequalities and Social Justice in Health (Summer 2020)

Service-Learning Class Projects:

Public Health Showcase

- Spring 2024: Added 8 breakout sessions to showcase different career paths and ways to prepare for the job market. A required experiential event for all public health students.
- Spring 2023: Organized and facilitated a comprehensive public health showcase, engaging students and professionals in the DFW region and beyond. Featured keynote addresses, panel discussions, and networking opportunities, highlighting the diversity and opportunities in public health. A required experiential event for all public health students.

Health Promotion program focused on Food Insecurity and Sexual Health

- Fall Semester: Every year since 2022, students worked to raise awareness of HIV/AIDS during the 2nd Annual World AIDS Day memorial by offering health education and increasing STD testing as well as running a toiletry drive to support the Lions Food Pantry

Health Promotion program informed by community needs assessments

- Fall 2020: #TAMUCvsCOVID19 5-week panel-led discussion focused on Covid-19 prevention and education for TAMUC
- Fall 2019: #ENDTHESTIGMA 4-week program to raise awareness of mental health and reducing campus-wide stigma for TAMUC

Needs Assessment Project

- Spring 2020 & 2023: Healthy Lions Needs Assessment at TAMUC
- Spring 2019: Commerce Community Needs Assessment

Student Health Fair Implementation

- Annually every spring
- Spring 2020: Virtual Student Healthfest
- Spring 2019: 1st campus wide Virtual Student Healthfest

Poverty Simulation Interprofessional Collaboration (Every Spring 2018 – 2023)

- Collaboration between Nursing, Public Health and Social work to provide students' opportunities to experience firsthand living in poverty and how this serves as a barrier to accessing affordable and quality care.

Emory Community Health Fair (Spring 2018)

- Informed by a TAMUC Nursing Needs Assessment and planned in collaboration with TAMUC Nursing and Texas AgriLife – Emory. This collaboration resulted in a Community Partnership Award.

TEACHING ACTIVITIES

Public Health Graduate Program Director (Fall 2020 – Current)

- Advisor for graduate students
- Regularly improve and design new courses to grow both undergraduate and graduate programs
- courses and curriculum to align with NCHEC standards
- MPH Program – approved Fall 2020

Public Health Undergraduate Program Director (2017 – 2021)

- Advisor for undergraduate students
- Regularly improve and design new courses to grow both undergraduate and graduate programs - courses and curriculum to align with NCHEC standards

In Progress

Doctoral Thesis Student Committee – Member

Doctoral Thesis Student Committee – Member

- Fall 2024 - Improving College Students Health through Instructional Practice: Exploring Technology-Enabled Strategies for Behavior, Motivation, and Self-Efficacy in Kinesiology Classrooms

Finalized

Doctoral Thesis Student Committee – External Member (The University of Alabama)

Summer 2024– Student nurses’ perceptions on practice readiness after a clinical capstone experience

Doctoral Thesis Student Committee – Member

- Spring 2023 – The Client Experience of Treatment for GAD: Utilizing EMDR-PPP and MI: A Case Study Reflection
- Spring 2023 – Effectiveness of an Adaptive Version of REBT using Faith-Based Concepts for African American Males who are Experiencing Symptoms of PTSD
- Summer 2021 – Predictors for Preparedness in Gatekeeping among Doctoral Counselor Education and Supervision Students
- Summer 2020 - Perceptions of Nutrition and Academic Performance in College Freshmen: A Phenomenological Qualitative Study - The Lived Experiences of Fathers Diagnosed with Cancer: An Interpretive Phenomenological Analysis
- Spring 2020 - Tapping the Well in Rural Texas: Negotiating Genre for Public Health
- Fall 2019 – The Relationship between Psychological Resilience and Help-Seeking Behavior in Indian Americans: A Moderation Analysis

Honors Thesis Student Committee – Chair

- Fall 2023 – The Importance of Cultural Competency: Improving Patient-Provider Relationships Improves Hispanic Health

Honors Thesis Student Committee – Member

- Fall 2021 - Effectiveness of State Policy Attempts to Reduce Adolescent E-Cigarette Use: A Difference in-Differences Analysis
- Spring 2019 - Building Bridges: A Study of the Effects of Dance and Narrative Knowing in Defining Relational Capacity for University Aged-Students.

SCHOLARLY RESEARCH

*denotes student author

ACCEPTED WORKS

19. Kassimu, R. & **Wachira, E.** (Eds.) *Navigating Black Maternal Mental Health and Well-Being*. IGI GLOBAL. (October 2025)
18. Suman, V., **Wachira, E.** AI's ongoing impact: Implications of AI's effects on health equity on women's healthcare providers. *Revista Panamericana de Salud Pública/Pan American Journal of Public Health* (Accepted November 20204)
17. **Wachira, E.**, Devlin, J., Hendricks, L., Smith, D. Mitchell, K. Perceived Social Support & Occupational Distress among African American Clergy. *Theology Matters: Journal of Leadership in Church and Society* (Accepted April 2024)
16. Dawit, A., Haile, Z, **Wachira, E.**, Donaldson, C. Female Circumcision and Sexual Negotiation Ability of Ethiopian. *Violence Women. Violence Against Women* (November 2023)

15. Ajayi, K., Page, R., Montour T., Garney, W., **Wachira, E.** & Adeyemi, L. “We are suffering. Nothing is changing.” Black mother's experiences, communication, and support in the neonatal intensive care unit in the United States: A Qualitative Study. *Ethnicity & Health* (September 2023)
14. **Wachira, E.**, Wachira, P. & Kassimu, T. Major Depressive Disorder Among African-Americans. In *Changing the stigma of mental health among African Americans: Moving from Denial to Acceptance*. pp.163-181). IGI GLOBAL. DOI: 10.4018/978-1-6684-8918-5.ch009 (Accepted September 2023)
13. *Miller, D., **Wachira, E.** Breathless in Myanmar: Determinants of Chronic Respiratory Disease in Low to Middle Income Countries. *Literature Reviews in Education and Human Services*. (Accepted August 2023)
12. **Wachira, E.**, *Guggenbuehl, S., *Ngo, L. & *Miller, D. Teach, Learn, Do, Repeat: Service-Learning Curriculum that Drives Public Health. *Medical Science Educator*. (May 2023)
11. **Wachira, E.**, Chavan, B., Nganga-Good, C., & Kingori, C. (2023). The association between COVID-19 preventive behaviors and mental health conditions. *Plos one*, 18(8), e0289533. (July 2023)
10. Haile, Z., Woldu, D., Okubatsion, D. & **Wachira, E.** Association between premarital HIV testing and ability to negotiate sexual relations among married women in Ethiopia: A population-based study. *AIDS Care* (Accepted May 2023)
9. Ajayi, K., Flores, S., Fan, Q., Ezenwanne, F., Whitney G. & **Wachira, E.** Prevalence, correlates, and source of women’s health-seeking behaviors in the United States.” *Patient Education and Counseling* (Accepted March 2023)
8. **Wachira, E.**, Laki, K., Chavan, B., Aidoo-Frimpong, G., & Kingori, C. (2023). Factors Influencing COVID-19 Prevention Behaviors. *Journal of Prevention*, 44(1), 35-52. (Accepted December 2022)
7. Ajayi, K., **Wachira, E.**, Onyeaka, H.K., Montour, T., Olowolaju, S. & Garney, W.R. The use of Digital health tools for health promotion among women with and without chronic diseases: Insights from the 2017-2020 Health Health Information National Trends Survey. *JMIR* (Accepted July 2022)
6. Gandhi, S., Glamanb, R., **Wachira, E.**, Bashir, M., Sharma, S., Mowles, C. & Luttrell, J. Mental Health, Chronic Disease, and Substance Use: Findings from Rural Texas. *Journal of Social, Behavioral, and Health Sciences*, 16(1), 134-150
5. Ajayi, K. V., **Wachira, E.**, Bolarinwa, O. A., & Suleman, B. D. (2021). Maternal mental health in Africa during the COVID-19 pandemic: a neglected global health issue. *Epidemiology and health*, 43, e2021078. <https://doi.org/10.4178/epih.e2021078>
4. Roselli, A., Roberts, S., **Wachira, E.**, Prewitt, S., Culpepper, D., Mackenzie, M. & Bolton, C. (in press). Improving perceptions of Individuals with Disabilities through a wheelchair basketball tournament: A quantitative analysis. *The Physical Educator*.
3. Ajayi, K., **Wachira, E.**, Bolarinwa, O.A., Panjwani, S. COVID-19 and Public Health: Global Responses to the Pandemic. *Battle of the Sexes: The Gendered Impact of the COVID-19 Pandemic* (Accepted Book Chapter Proposal June 2021)
2. Buster, R., **Wachira, E.** & Yeatts, P. (Accepted May 2021). Examining Relationship between Social Media and Cross-Cultural World Mindedness among College Students: A Cross-Sectional Study. *Journal of Social Sciences and Humanities*.
1. Killion, L., Culpepper, D., & **Wachira, E.** (Accepted Feb 2020). Bullying Behaviors in Physical Education: A Tempest in the Making. *American Journal of Educational Science*, 6(1), 1-4.

WORKS IN REVIEW

- **Wachira, E.**, Myers, C. & Komaki, M. Sociodemographic and Health Influences on Telehealth Adoption: Insights from the 2022 Health Information National Trends Survey. *Journal of Health Care for the Poor and Undeserved* (Submitted December 2024)
- Dawit, A., Haile, Z, **Wachira, E.** Rwandan Women’s Empowerment and Their Ability to Negotiate Safe Sex with Their Partners. *Violence Against Women* (Submitted July 2024)

WORKS IN PROGRESS

- **Wachira** et al. Perspectives on the Racial-Ethnic Disparities of Current College Students' Vulnerability to Sexual Violence Victimization. Journal of Social, Behavioral, and Health Sciences (working on revisions)
- **Wachira, E.** Health-Related Causes of Disability in Sub-Saharan Africa – Book Chapter

PRESENTATIONS

American Public Health Association	Minneapolis, MN	October 2024	<i>Factors influencing telehealth adoption and utilization in the United States: Insights from the health information national trends survey (HINTS) national survey</i>
Texas Public Health Association	Galveston, TX	May 2024	<i>*In-depth Analysis of Mental Health Challenges Faced by International Students in the USA</i>
American Public Health Association	Atlanta, GA	November 2023	<i>The win-win of service-learning curriculums: Student navigation of class to career pipeline through collaboration with academia and internship sites.</i>
Texas Public Health Association	San Antonio, TX	May 2023	<i>*Oral Health Knowledge and Behavior among College Students in Rural Northeast Texas</i>
SOPHE Annual Conference	Atlanta, GA	March 2023	<i>Is There an Association Between COVID-19 Preventive Behaviors and Mental Health Conditions?</i>
American Public Health Association	Boston, MA	November 2022	<i>Female Circumcision and Sexual Negotiation Ability of Ethiopian Women</i>
Kenya Scholars and Studies Association	Dallas, TX	September 2022	<i>Activating Mental Health Youth Champions to Close the Mental Health Knowledge & Care Gap among Kenyan University Students</i>
Kenya Scholars and Studies Association	Dallas, TX	September 2022	<i>Rwandese Women's Empowerment and their Ability to Negotiate Sex with their Partner</i>
Texas Public Health Association	Virtual Education Conference	May 2022	<i>* Unraveling of Disease Management in the Wake of Pandemics and War: A Case Study of Asthma in Myanmar</i>
Sigma Nursing Convention	Indianapolis, Indiana	November 2021	<i>Interprofessional Poverty Simulation on a University Campus</i>
Texas Public Health Association	Virtual Education Conference	May 2021	<i>Behavioral Health Needs Assessment in a Rural Texas County: A CrossSectional Study</i>

American Public Health Association	Virtual Event	November 2020
<i>Service -Learning Curriculum Level-Up: How Undergraduate Public Health Students can Drive College Health Initiatives</i>		
Texas Public Health Association	Irving, TX	March 2020 – Canceled
<i>Impact of Service-Learning Projects in Undergraduate Public Health Courses.</i>		
American Public Health Association	San Diego, CA	November 2018
<i>Let's Show IT: Tackling Social Inequalities among Individuals Experiencing Homelessness through Digital Storytelling</i>		
Research on Women and Education Conference	San Antonio, TX	October 2018
<i>Understanding the role of identity in determining sexual violence victimization</i>		
Texas American Public Health Association	Waco, TX	March 2018
<i>An Exploration of Service Providers Perception of Vulnerability among Individuals Experiencing Homelessness</i>		
American Public Health Association	Chicago, IL	November 2015
<i>A Spatial Analysis of Cardiovascular Disease in Texas</i>		
Health in Africa Conference	Champaign, IL	May 2015
<i>A Political Ecology of Africa's Brain Drain Crisis</i>		

RESEARCH PROJECTS/GRANTS

Help a Child Organization

Covid-19 Rapid Needs Assessment Data Analysis and Report Writing Support (May 2020)

- *Help finalize Assessment report for Kenya office to disseminate with local County Government officials, Ministry of Health and other implementing partners*

Texas A&M University –Commerce

Service-Learning Public Health Initiatives (Fall 2018 – Current)

Adapt BSPH curriculum to create learning opportunities for students that provide a service to the immediate community while providing hands on public health experience.

Main Role: Program and research coordinator to students working on a community needs assessment to inform the planning and implementation of health initiatives within and outside the university.

Building Bridges Study (Fall 2017 – Spring 2019)

Co-Investigator for a mixed method study to explore the effect of dance and narrative knowing in defining relational capacity for university-aged students.

Main Role: Informed research methodology, assist with data collection and creation of digital stories to tell of students experience regarding dance therapy and improved relational capacity.

GRANTS

East Texas A&M University

Department of Justice Office of Violence Against Women Grant - \$399,703.00

- Funding to Reduce Domestic Violence, Dating Violence, Sexual Assault, and Stalking on Campus Program Solicitation

Applied for CVS Health Foundation with Co-PIs Drs. Dean Culpepper & Jeanette Vaughan– \$2,000,000 (Summer 2024)

- Focus on Healthy Aging Application College of Education and Health Science at Texas A&M University-Commerce (*not funded*)

Applied for TAMU-C Humanities, Social Sciences and Arts Research Support with Dr. Renee Buster - \$9,350 (Spring 2021)

- Funding to collect nation-wide data assessing what factors contribute to COVID-19 vaccination decision making (*not funded*)

Applied for TAMU-C Student Service Fee Grant with Dr. Vipa Bernhardt- \$23,607.76 (Spring 2020 & 2021)

- Funding for Academy of Health Potential for student-based health promotion initiatives (*not funded*)

Applied for TAMU-C Pride Grant Funding - \$1000 (Spring 2019)

- Funding for “Service-Learning Assessment Project to provide students opportunities to gain public health skills through community needs assessment and health education projects (*not funded*)

Texas Woman’s University

Quality Enhancement Scholar (2015-2016):

(PI) Ethnographic qualitative study aimed at operationalizing the occurrence of vulnerabilities as social determinants of health

(2015) Texas Woman’s Quality Enhancement Scholar -\$1000

(2016) Texas Woman’s Quality Enhancement Scholar -\$2000

SERVICE

PROFESSIONAL SERVICE

TAMUC World AIDS Day Planning (Every Fall since 2021)

- Assist with preparation for World AIDS Day campus event
 - Identify and engage with Keynote speaker
 - Identify and engage with vendors to provide HIV screening and prevention information

TAMUC First Responder Conference (Fall 2020 – Current)

- Assist with preparation for Spring 2022 conference hosted at TAMUC
 - Provide insight on participant engagement and agenda
 - Public Health representative on program planning and implementation

Service Providers Training and Development

- Workshop on Cultural Competence to improve the Clinical Encounter (Every Semester)
 - Virtual In-service for Licensed Texas Substance & Drug Abuse Professional Counselors hosted by ETAMU Counseling Department

Manuscript Reviewer

- Plos ONE Journal (January 2022 – Current)
- International Journal of Translational Medical Research and Public Health (2019 – Current)
- CDC Preventing Chronic Disease Manuscript (2019, 2020)
- International Journal of Kinesiology in Higher Education (May, 2018)

Abstract Reviewer (Spring 2018 – Current)

- American Public Health Association Conference for Caucus on Homelessness

HHSC Center for Elimination of Disproportionality & Disparities (February – August 2014)

Program Intern, State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas

- Assist with the development and implementation of the State Partnership Grant to Improve Minority Health (SPGIMH) in the Dallas-STAR and Hidalgo-START PLUS areas.
 - Project's goal is to promote the voluntary adoption and implementation of the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (National CLAS Standards) by healthcare providers. □ Facilitated Community Engagement Interviews

INTERNAL – UNIVERSITY SERVICE

- Chair, Faculty Search Committee (2022)
- *WellNation* Living Learning Community – Committee Member (10/2020 – Present)
- Employee Wellness Book Club – Coordinator (Fall 2020 – Present)
- Faculty Search Committee (2020)
- Covid-19 Task Force – Team Lead for Public Health Sub-Committee (Spring 2020 – Spring 2022)
- Faculty Senate – Committee Member (Fall 2019 – Present)
- Staff Search Committee (2019)
- Wellness Council – Committee Member (07/ 2018 – Present)
- Annual Research Student Symposium – Judge (April 2018 & 2019)
- Public Health Committee, Program Director & Chair (10/2017 – present)
- Academy of Health Potential Committee, Chair (10/2017 – 1/2021)

Invited Presentations/Activities

Speaker – Jakes Divinity School Fall Symposium (November 9-11, 2025). Spiritual Formation in times of Uncertainty, Dallas, TX

Speaker - Global Women in Finance Leading Summit (, September 5–6, 2024) Africa Global Chamber of Commerce, Chicago, IL

Breakout Session Panelist (May 4, 2024). Women Empowerment Panel - One Voice Consortium Expo, Dallas TX

Breakout Session Panelist (Nov. 18, 2021). COEHS Workshop: Demystifying the Tenure and Promotion Process – International Faculty Issues Session at TAMUC, Commerce, TX

Breakout Session Moderator (Sept. 24, 2020). What Truth Sounds Like: A Virtual Symposium - Student Voices Session at TAMUC, Commerce, TX

Schmit, E. L., Schmit, M. K., **Wachira, E.**, Lauderdale, S. (Sept. 30, 2019). Mental health in college students: A panel discussion. Session presented at Professional Development Day at TAMUC, Commerce, Texas

Wachira, E. (Fall 2019 - Current). Health and Human Performance Showcase presented at Mane Event Preview Day at TAMUC, Commerce, Texas

Merrem, A., Baghurst, T., Flaud, V., Holden, S., **Wachira, E.** & Zarco, E. International Faculty Perspectives on Kinesiology in Higher Education in the US (January, 2019). Informed Panel Session. Panel Session at National Association for Kinesiology in Higher Education, Savannah, GA.

Thayer, J., **Wachira, E.**, Moseley, S. (April 2, 2018). Exercise for Mental Health. Session presented at Mental Health Matters Day at TAMUC, Commerce, Texas

Wachira, E. (Spring 2018). What the Public Health? Invited class presentation to Honors Students enrolled in Thesis Preparation courses at TAMUC, Commerce, Texas

COMMUNITY SERVICE

Task Force Coordinator, Diaspora Mental Health Group (April 2023 – Current)

Facilitating the mobilization of diaspora Kenyans to come together to understand the impact of suicide in our community to raise awareness through grass root initiatives. To also connect with Nairobi, Kenya based organizations doing the same such as Ryculture Health and Nivishe Foundation

Commerce ISD & Psychology Department Initiative (Fall 2020)

Creating a community health initiative to promote emotional wellness among Commerce ISD families through health education efforts and connecting needy families to the Psychology clinic for services

Project Coordinator, AFYA Day: Fun Run and Wellness Expo (May 2019 & April 2020)

Community wide health promotion event in the Kenyan community aimed at mobilizing our community to promote wellness across all sectors.

Inspire Spaces, Youth Organization (December 2018 to 2023)

Develop and deliver Youth Development training program during the 3-day Annual Retreat for secondary school students supported by the organization as well as training material for workers.

Organizer, Kenya Youth Summit (Every August: 2018 -2020)

Two-day event as part of International Youth Day aimed at bringing together the youth and supporters to discuss youth-driven initiatives focused on issues impacting youth.

Denton County Health Department (2012-2023)

(2012 – 2013) Health Education Volunteer - Led Diabetes community focus group, assisted with planning and coordination of annual 5K county run and health fair

(2013-2023) Medical Reserve Corps Health Team Volunteer – Support MRC initiatives during major events or needs. COVID-19 Calling Center volunteer.

HONORS, AWARDS, AND LISTINGS

Awarded

Professional Excellence in University Teaching Innovation Award (Spring 2023)

Award given in recognition of upholding the highest standards of excellence in teaching and innovation.
Chuck Arize Jr. Faculty Award (Fall 2020)
Highest award given to a university Assistant Professor at Texas A&M University – Commerce. Named in honor of Dr. Augustine “Chuck” Arize, a Regent’s Professor in the Texas A&M System and the University’s most distinguished professor.

QEP Global Fellow (Spring 2020 - Current)

Not Awarded

Nominee for Neill Humfeld Distinguished Faculty Award For Service (Spring 2020, 2021)

Nominee for Faculty Senate Awards for Professional Excellence – Community Service Award (Spring 2020, 2021)

Distinguished Faculty Awards for Teaching (Burrus, Gilstrap, Davis and Plata – Spring 2021).

PROFESSIONAL ASSOCIATIONS (*denotes current membership)
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- American Public Health Association
- Texas Public Health Association*
- Health Education & Public Health Nursing Group (TPHA)*
- Kenya Scholars and Studies Association*

CERTIFICATIONS, CONTINUING EDUCATION, AND PROFESSIONAL DEVELOPMENT

- Demystifying the Tenure and Promotion Process COEHS Workshop (11/2021)
- IRB Protection of Human Services Training (2017, 2019, 2021, 2023)
- Utilizing the Nuventive(tm) Improvement Platform for Annual Assessment Reporting – For Academic Programs (07/2020)
- Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper Training (2019, 2024)
- TAMUC Annual Research Symposium (2018, 2019, 2022- Current)
- TAMUC Professional Development Day (2018, 2019, 2022)
- NAKHE Leadership Conference (2018)
- Essentials of myLeo Online (2018)
- Certified in Public Health (CPH) (2012)
- Certified Health Education Specialist (CHES) (2012)
- Registered Nurse (RN) (2007)