

Curriculum Vitae

Rio S. Tate

School of Aging Studies
College of Behavioral and Community Sciences
University of South Florida
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EDUCATION

Ph.D., Aging Studies (August 2020-Present)
University of South Florida
Advisor, Dr. Gizem Hueluer

B.S., Psychology (May 2019)
Eastern New Mexico University
Advisor, Dr. Gary D. Bond

A.A.S., Aviation Maintenance Technology (November 2018)
Community College of the Air Force

A.A., Transfer Studies (May 2016)
Anne Arundel Community College

GRANTS/FELLOWSHIPS

August 2020-Present. Graduate Student Success Fellowship.

ONGOING RESEARCH

January 2021-Present. Vietnam Era Twin Study of Aging (VETSA)
University of South Florida. School of Aging Studies.

- Elucidating role of occupational complexity on brain health
- Responsible for descriptive and correlational statistics, and revising manuscript
- Collaborating with other students and advisers in program

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 advisers in program as well as College of Nursing

August 2020-Present. Physical Activity and Cognitive Performance
University of South Florida. School of Aging Studies.

- Studied relationship of frequency and intensity of exercise on cognitive performance
- Ran multilevel regression using Health and Retirement Study data on physical activity and cognitive performance
- Currently refining manuscript with hopes to publish this summer
Tate, R. (2021). *Physical Activity and Episodic Memory* [Unpublished manuscript]. School of Aging Studies, University of South Florida.

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

- Studied relationship of exercise on cognitive performance in African-American adults
- Ran multilevel regression using Health and Retirement Study data on physical activity and cognitive performance in exclusively African-American adults
- Currently refining manuscript with hopes to publish next year
Tate, R. (2021). *Exercise and Cognition in Older African-American Adults* [Unpublished manuscript]. School of Aging Studies, University of South Florida.

RESEARCH ASSISTANTSHIPS

June 2020-Present. Project: VITAL. Collaborator.

University of South Florida. Gizem Hueluer, Assistant Professor, School of Aging Studies.

- Partnered with Florida Department of Elder Affairs.
- Attempted to measure use of iN2L programs in reducing social isolation.
- Used survey to quantify social isolation in older adults during COVID-19 pandemic.

February 2019-March 2019. Carolinas Psychology Conference (CPC). Research Assistant.
Eastern New Mexico University. Gary Bond, Professor, Psychology Department.

- Researched how individuals in rural environments perceive LGBT community.
- Ascertained if usage of adjectives could elevate level of empathy and tolerance.
- Recruited participants for survey study as well as completed method and discussion sections

PROFESSIONAL EXPERIENCE

March 2020-Present. Doctoral Student (University of South Florida)

- Examining behavioral interventions of cognitive decline in older adults
- Identifying risk factors for cognitive decline in older adults
- Engaging in classwork designed to enhance knowledge and research skills

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 are 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, and documented actions using applicable work guidance.
- Replaced structural components in order to ensure most efficient operation of aircraft.
- Rank: Airman First Class

January 2017-December 2017. Aerospace Maintenance Technician (Cannon Air Force Base)

- Serviced and inspected 10 AC-130W aircraft.
- Articulated findings and fixed discrepancies such as underinflated landing gear tires.
- Read databases and applied findings to learn job tasks.
- Rank: Airman First Class

December 2016. Student. United States Air Force (Little Rock Air Force Base)

- Acquired knowledge of maintaining and servicing MC-130J aircraft.
- Rank: Airman First Class

August 2016-November 2016. Student. United States Air Force (Sheppard Air Force Base)

- Read multiple volumes about job duties of aviation maintenance technician.
- Completed servicing tasks to demonstrate efficiency of AC-130W aircraft.
- Rank: Airman First Class

May 2016-July 2016. Basic Trainee. United States Air Force (Lackland Air Force Base)

- Learned basic customs & traditions of the United States Air Force.
- Partook in classroom lessons about the history of the United States Air Force.
- Rank: Airman Basic

CONFERENCE PRESENTATIONS

Bond, G., Sturtevant, D., & **Tate, R.** (2019) Language of Empathy. *Carolinas Psychology Conference*. Campbell University, NC.

Bond, G., Sturtevant, D., & **Tate, R.** (2019) Language of Empathy. *Student Research and Creativity Conference*. Eastern New Mexico University, NM. (First-place)

COURSE RESEARCH PROJECTS

Tate, R., Aguilera, J., & Dennis, F. (2019). The Importance of Consent in Adolescent Relationships. *Senior Seminar 484*. Eastern New Mexico University, NM.

Tate, R., Hernandez, C. E., Ainsworth, M., Metcalf, L., & Swain, A. (2018). Stereotyping and sentencing: Exploring a bias in the criminal justice system. *Experimental Psychology* 350. Eastern New Mexico University, NM.

COURSE PRESENTATIONS

Tate, R. (2019). Traumatic Brain Injuries & Their Intrapersonal Effects: A Case Study. *Senior Seminar 484*. Eastern New Mexico University, NM.

UNIVERSITY HONORS AND AWARDS

University of South Florida

- High Honors, GPA 4.0 (2020 & 2021)

Eastern New Mexico University

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

Anne Arundel Community College

- 2014-2015: Dean's List (2014 & 2015)
- High Honors, GPA 3.5 (2014) 3.9 (2015)

ASSOCIATION MEMBERSHIPS

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

American Psychological Association (APA) - Student Member

Association for Psychological Sciences (APS) - Student Member

Psi Chi, Eastern New Mexico University - Student Affiliate

Phi Theta Kappa, Anne Arundel Community College - Student Affiliate

EXTRA-CURRICULAR ACTIVITIES/ VOLUNTEER INVOLVEMENT

- Meals on Wheels - Tampa (2021)
- Designated Driver for 27th Special Operations Aircraft Maintenance Squadron (2018)
- 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)