SOYOUNG CHOI

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I. Current Academic Appointments

University of Illinois at Urbana-Champaign, Urbana, IL

10/2021-Present	Assistant Professor Director of the Accessible Healthcare Lab (AHL) (https://publish.illinois.edu/a11yhealth) Department of Kinesiology and Community Health College of Applied Health Sciences
11/2021-Present	Affiliated Faculty, Illinois Informatics Institute
11/2021-Present	Affiliated Faculty, Personalized Nutrition Initiative (PNI), Carl R. Woese Institute of Genomic Biology

II. Educational Background

2017-2020	**The Pennsylvania State University**, University Park, PA Ph.D. in Nursing Science Dissertation: *Exploring Family Caregiving Experiences in Heart Failure: Utilization of Machine-Assisted Text Analysis*
2014-2016	**Yonsei University**, Seoul, South Korea Master of Science in Nursing Thesis: *Relationship of Self-Care Agency, Social Support, and Self-Care Practice in People with Spinal Cord Injuries*
2007-2011	**Yonsei University**, Seoul, South Korea Bachelor of Science in Nursing

III. Employment History

3/2021-7/2021	**Yonsei University**, Seoul, South Korea Research Assistant Professor, College of Nursing
2017-2020	**The Pennsylvania State University**, University Park, PA Graduate Research & Teaching Assistant, College of Nursing
2011-2014	**Severance Hospital, Yonsei University Health System**, Seoul, South Korea Registered Professional Nurse

IV. License and Certification

Activated   Registered Professional Nurse, New York, USA
Activated   Registered Professional Nurse, Seoul, South Korea
Activated   Basic Life Support (CPR, AED), American Heart Association

Activated   Accessibility Expert, International Association of Accessibility Professionals

Permanent   IBM Data Science Professional Certification, IBM

Permanent   Data Science Specialization Certification, Johns Hopkins University

V. Publications

Peer Reviewed Journal Articles

1. **Choi, S.**, & Seo, J. (*Under review*). Health Literacy of People with Visual Impairments: A Scoping Review. *Journal of Visual Impairment and Blindness* [Impact Factor: 1.128]

2. **Choi, S.**, Vasudevan, D., Bhole, A., Hong, J., Steg, K., Marquez, J., Chong, I., & Cai, E. (*Under review*). A Review of the Utilization of Digital Health Technologies for College Students with Disabilities. *Journal of American College Health* [Impact Factor: 2.395]

3. **Choi, S**. (*Under review*). The Relationship Between Time-Related Characteristics of Visual Impairment and Psychological Symptoms in Adults Who are Blind. *Journal of Visual Impairment and Blindness* [Impact Factor: 1.128]

4. **Choi, S.**, Nanda, P., Yuen, K., & Ong, K. (*Under review*). Health Literacy Research for People with Visual Impairments: Challenges, Critical Issues, and Future Directions. *Patient Education and Counseling* [Impact Factor: 3.467]

5. Lee, J., Lee, K., Lee, B., **Choi, S.**, Seo, J., & Choe, E.K. (*In press*). Personal Health Data Tracking by Blind and Low-Vision People: A Survey Study. *Journal of Medical Internet Research* [Impact Factor: 7.08]

6. Lee, H., **Choi, S.**, & Lim, A (*In press*). Examining the Dietary Patterns of Young Adults with Visual Impairments: Analysis of the Korea National Health and Nutrition Examination Survey (2013-2016). *Journal of Visual Impairment and Blindness* [Impact Factor: 1.128]

7. **Choi, S.**, Lee, H., & Lim, A (*In press*). Exploring the Health Behaviors of Young Adults Who are Blind in South Korea. *Journal of Visual Impairment and Blindness* [Impact Factor: 1.128]

8. **Choi, S.**, & Harrison, T. (*In press*). The Roles of Stress, Sleep, and Fatigue on Depression in People With Visual Impairments. *Biological Research for Nursing* [Impact Factor: 2.318] [Advance online publication] https://doi.org/10.1177/10998004231165022

9. Seo, J., & **Choi, S.** (2022). Are Blind People Considered a Part of Scientific Knowledge Producers?: Accessibility Report on Top-10 SCIE Journal Systems Using a Tripartite Evaluation Approach. *Journal of Technology and Persons with Disabilities*, 171.

10. Choi, J., Thompson, E., Choi, J., Waddil, C. B., & **Choi, S.** (2021). Effectiveness of Immersive Virtual Reality in Nursing Education: Systematic Review. *Nurse Educator* [Impact Factor: 2.082], 47(3), E57-E61. DOI:10.1097/nne.0000000000001117.

11. **Choi, S.**, Kitko, L., Hupcey, J., & Birriel, B. (2021). Longitudinal Family Caregiving Experiences in Heart Failure: Secondary Qualitative Analysis of Interviews. *Heart & Lung* [Impact Factor: 3.149], 50(5), 627-633. DOI:10.1016/j.hrtlng.2021.05.002

12. Ko, I., Kim, J., & **Choi, S.** (2021). A Systematic Review of Measurement Properties of Spirituality Related Assessment Tools Published in Korean Journals. *Journal of Korean Academy of Fundamental Nursing* [Impact Factor: 0.984], 28(1), 133-148. DOI:10.7739/jkafn.2021.28.1.133

13. **Choi, S.**, & Seo, J. (2020). Trends of Healthcare Research for Visually Impaired and Blind People: Use of Bibliometrics and Hierarchical Clustering. *Ophthalmic Epidemiology* [Impact Factor: 1.648], 28(4), 277-284. DOI: 10.1080/09286586.2020.1863993

14. **Choi, S.** (2020). Evidence-Based Research in Nursing Science: A Reproducible Framework. *Western Journal of Nursing Research* [Impact Factor: 1.967], 43(9), 828-833. DOI: 10.1177/0193945920977792

15. Kim, S., **Choi, S.**, Seo, M., Kim, D., & Lee, K. (2020). Development of a Clinical Ethics Support Service (CESS) Education Program for Nurses Based on the ADDIE Model. *Research and Theory for Nursing Practice* [Impact Factor: 0.688], 34(3), 205-222. DOI:10.1891/RTNP-D-19-00135

16. **Choi, S.**, & Seo, J. (2020). An Exploratory Study of the Research on Caregiver Depression: Using Bibliometrics and LDA Topic Modeling. *Issues in Mental Health Nursing* [Impact Factor: 1.835], 1-10. DOI:10.1080/01612840.2019.1705944

17. Ko, I., **Choi, S.**, & Kim, J. (2020). Development and Validation of the New Version of Spirituality Assessment Scale. *Journal of Korean Academy of Nursing* [Impact Factor: 0.984], 50(1), 1-15. DOI:10.4040/jkan.2020.50.1.132

18. **Choi, S.**, & Seo, J. (2019). Analysis of Caregiver Burden in Palliative Care: An Integrated Review. *Nursing Forum* [Impact Factor: 1.89], 54(2), 280-290. DOI:10.1111/nuf.12328

19. Ahn, S., **Choi, S.**, Kim, H., & Chu, S. (2018). Current Pharmacogenetic Approach for Oxaliplatin-Induced Peripheral Neuropathy among Patients with Colorectal Cancer: A Systematic Review. *Journal of Korean Biological Nursing Science*, 20(2), 55-66. DOI:10.7586/jkbns.2018.20.2.55

20. **Choi, S.**, & Ko, I. (2017). The Influence of Self-Care Agency and Social Support as Factors Influencing Self-Care Practice in Spinal Cord Injured Patients. *Korean Journal of Adult Nursing* [Impact Factor: 0.74], 29(6), 569-578. DOI:10.7475/kjan.2017.29.6.569

21. Ko, I., **Choi, S.**, & Kim, J. (2017). Evolutionary Concept Analysis of Spirituality. *Journal of Korean Academy of Nursing* [Impact Factor: 0.984], 47(2), 242-256. DOI:10.4040/jkan.2017.47.2.242

Conference Proceedings

1. **Choi, S**., Lee, H., Lim, A., & Kim, S. (2022). Factors Influencing the Health Behaviors of Blind Young Adults: Application of the Health Action Process Approach. *Annals of Behavioral Medicine* [Impact Factor: 4.908], 56 (Supp 1), S178

2. **Choi, S.**, Kitko, L., Hupcey, J. E., Birriel, B., & Wang, S. (2020). Data Science and Computational Linguistics on a Collection of Interviews with Family Caregivers in Heart Failure. *Journal of Cardiac Failure* [Impact Factor: 6.59], 26(10), S88.

3. **Choi, S.**, & Seo, J. (2019). Trends in Self-Management among Adults with Heart Failure from 2011 to 2016 Using the National Health and Nutrition Examination Surveys. *Journal of Cardiac Failure* [Impact Factor: 6.59], 25(8), S4.

4. **Choi, S.**, & Seo, J. (2019). Heart Failure Research Using Text Mining: A Systematic Review. *Nursing Research* [Impact Factor: 1.715], 68(2), E119-E120.

5. **Choi, S.**, & Seo, J. (2018). Effects of Nonpharmacological Interventions for Fatigue in Patients with Heart Failure: A Systematic Review and Meta-Analysis. *Journal of Cardiac Failure* [Impact Factor: 6.59], 24(8), S73-S74.

VI. Conferences Presentations and Invited Talks

Conference Presentations

International

1. Donegan, S., Porter, C., Fogel, A., Seo, J., **Choi, S.**, & Eagan, B. U.S. *Media Coverage During COVID-19: An Epistemic Network Analysis of Bias, Topic, and Trajectory*. International Virtual Conference on Quantitative Ethnography 2020. Jan 30 - Feb 2, 2021. [Paper]

2. **Choi, S.**, Seo, J., & Kitko, L. *Exploring the Lived Experience of a Family Member with Advanced Heart Failure: Using a Text Mining Approach*, International Conference on Quantitative Ethnography 2019. Madison, WI, USA. Oct 20-22, 2019 [Poster]

3. **Choi., S.**, Ko, I., Choi, M., & Lee, J. *Relationship of Self-Care Agency, Social Support, and Self-Care Practice in Spinal Cord Injured Patients*, 4th China-Japan-Korea Nursing Conference. Beijing, China. Nov 12, 2016 [Poster]

National

1. Harrison, T., Nagel, C., Walker, L., **Choi, S.**, & Taylor, J. *Diverse Women's Lives: The Study of Bio-Psycho-Social Impact on Disability with Age?*. 2023 Annual Meeting of the

Gerontological Society of America. Tampa, FL. November 8-12, 2023. [Symposium Paper/*Pending*]

2. **Choi, S**. *Eliminating Sleep Health Disparities in Visual Rehabilitation: A Call for Action*. 2023 Rehabilitation Nursing Conference. Providence, RI. August 14-18, 2023 [Paper/*Accepted*]

3. **Choi, S.**, Seo, J., & Harrison, T. *Associations of Sleep Quality, Stress, Depression, Sleepiness, and Fatigue in Totally Blind People*. 44th Annual Meeting $ Scientific Sessions of the Society of Biobehavioral Medicine. Phoenix, AZ. April 26-29, 2023 [Paper/*Accepted*]

4. **Choi, S**. *Utilization of Self-Tracking Technologies for Managing Nurses' Shiftwork Related Fatigue: A Study Protocol*. 2023 Sigma Creating Healthy Work Environments. Austin, TX. Feb 10-12, 2023 [Paper]

5. Seo, J., & **Choi, S**. *Are Blind People Considered a Part of Scientific Knowledge Producers?: Accessibility Report on Top-10 SCIE Journal Systems Using a Tripartite Evaluation Approach*. 37th CSUN Assistive Technology Conference. Anaheim, CA. Mar 14-18, 2022 [Paper]

6. **Choi, S.**, Kitko, L., Hupcey, J., Birriel, B., & Wang, S. *Data Science and Computational Linguistics on a Collection of Interviews with Family Caregivers in Heart Failure*. Heart Failure Society of America Virtual Scientific Meeting 2020 [Poster]

7. **Choi, S.**, & Seo, J. *Trends in Self-Management among Adults with Heart Failure from 2011 to 2016 Using the National Health and Nutrition Examination Surveys*. Heart Failure Society of America 23rd Annual Scientific Meeting. Philadelphia, PA. Sep 13-16, 2019 [Paper]

8. **Choi, S.**, & Seo, J. *Effects of Nonpharmacological Interventions for Fatigue in Patients with Heart Failure: A Systematic Review and Meta-Analysis*. Heart Failure Society of America's 22nd Annual Scientific Meeting. Nashville, TN. Sep 15, 2018 [Poster]

9. **Choi, S.**, & Seo, J. *A Global Snapshot of Simulation-Based Learning in Nursing Education*. The Korean Society of Adult Nursing Conference 2019. Seoul, South Korea. May 24, 2019 [Poster]

10. **Choi, S.**, & Seo, J. *Heart Failure Research using Text Mining: A Systematic Review*. Eastern Nursing Research Society conference, 31st Annual Scientific Sessions. Providence, RI. April 3-5, 2019 [Poster]

11. **Choi, S.**, & Seo, J. *Analysis of caregiver burden in palliative care: An integrated review*. Nursing Theory Conference, Nursing Theory: A 50-year perspective past and future. Cleveland, OH. Mar 21, 2019 [Paper]

12. Ko, I., **Choi, S.**, & Kim, J. *Concept Analysis of Spirituality: Evolutionary Method*. The Korean Society of Nursing Science Annual Meeting. Seoul, South Korea. Oct 19, 2016 [Poster]

13. Lee, J., Lee, S., **Choi, S.**, Kim, S., Lee, J., Lee, H. *Analysis of Research Trends in Journals of Korean Geriatric Nursing from 2005 to 2015*. The Korean Gerontological Nursing Society 2016 Conference. Seoul, South Korea. Jun 17, 2016 [Poster]

Invited Talks

1. Title: *A Small Step to Take Your Data Analysis to Another Level*
: Invited guest talk to CNU to teach nursing faculty and students for basic concept of machine learning, computer-assisted text mining, and topic modeling to improve their data analysis. Chonnam National University, Gwangju, South Korea, July 2019

General Education for Healthcare Professionals

1. Title: *Designing Accessible Healthcare Services for People with Visual Impairments.* 2023 Rehabilitation Nursing Conference. Providence, RI. August 14-18, 2023: Introduced the concepts of accessibility and usability to rehabilitation nurses to improve the healthcare service utilization among patients with severe vision loss and blindness.

VII. Creative Works

Software Development

1. Seo, J., & **Choi, S.** (2020). youtubecaption: Downloading YouTube Subtitle Transcript in a Tidy 'Tibble' Data_Frame. Retrieved from https://cran.r-project.org/web/packages/youtubecaption Over 9543 download.

2. Seo, J., & **Choi, S.** (2019). Ezpickr: Easy data import using gui file picker and seamless communication between an excel and r. Retrieved from https://CRAN.R-project.org/package=ezpickr Over 19k download.

3. Seo, J., & **Choi, S.** (2019). Mboxr: Reading, extracting, and converting an mbox file into a tibble. Retrieved from https://CRAN.R-project.org/package= mboxr Over 15k download.

VIII. Grants and Funding Activities

Sponsored Research Administered by the Office of Research Administration (ORA)

1. National Institute on Disability, Independent Living, and Rehabilitation Research. HHS-2023-ACL-NIDILRR-IFDV-0000, $600,000 (UIUC: $180,000) [*Pending*], 2023-2026., Title: *Developing an Accessible Mobile Food Tracking Application With and For Blind People*, **Choi, S. (Site PI: UIUC)**, Choe, E.K. (Principal Investigator & Site PI: University of Maryland), Seo, J. (Co-PI: UIUC), Lee, B. (Co-PI: Microsoft Research).

Sponsored Research Not Administered by the ORA

1. University of Illinois at Urbana-Champaign, CSBS Small Grant Program, $14,100 [*Pending*], 2023-2024, Title: *Health Literacy and Health Behaviors among People with Visual Impairments: An Explorative Study*, **Choi, S. (PI)**, Chin, J., Chiu, C. (Co-PIs).

2. University of Illinois at Urbana-Champaign, CHAD Pilot Grant Program, $29,866 [*Pending*], 2023-2024, Title: *Co-designing an Alexa-Based Conversational mHealth System with Visually Impaired People to Promote Physical Activities*, **Choi, S. (PI)**, Seo, J., Hernandez., Kitsiou, S. (Co-PIs).

3. University of Illinois at Urbana-Champaign, Carl R. Woese Institute of Genomic Biology, Personalized Nutrition Initiative's External Partners Directed Research Program, $99,810 [*Funded*], 2023-2024, Title: *Bioequivalence of Xanthophyll Gummies and Softgels: Innovation in Methodology and Clinical Translation*, Khan, N. (Principal Investigator), Erdman J, Fonseca B., **Choi, S. (Co-I)**.

4. University of Illinois at Urbana-Champaign & Georgia State University, TechSAge ACCESS Archival Research Grant, $5,000 [*Funded*], 2022-2023, Title: *Mobile Accessibility and Usability Evaluation for Aging Populations with Visual Impairments*, **Choi, S. (PI)**

5. University of Illinois at Urbana-Champaign & Georgia State University, TechSAge ACCESS Archival Research Grant, $500 [*Funded*], 2022-2023, Title: *Exploring the Lived Experiences of Older Adults with Disabilities: A Computational Grounded Theory Approach*, **Choi, S. (PI)**

6. University of Illinois at Urbana-Champaign, Center on Health, Aging, & Disability (CHAD), 2022 CHAD Pilot Grant, $30,000 [*Unfunded*] Title: *Understanding the Sleep Patterns of Blind Populations Using Self-Tracking Technologies: What is it Like and How Can We Support it?*, **Choi, S. (PI)**

7. University of Illinois at Urbana-Champaign, Personalized Nutrition Initiative (PNI) 2022 PNI Seed Grants, $50,000 [*Unfunded*] Title: *Seeing MyPlate: Monitoring system for blind people using mobile cloud computing*, **Choi, S. (PI)**

8. Sigma Theta Tau International Honor Society of Nursing, Sigma Small Grants, $5,000 [*Unfunded*] Title: *Investigating Relational Patterns Between Circadian Rhythm Disturbances, Stress, Depression, and Fatigue of Totally Blind People*, **Choi, S. (PI)**

IX. Fellowships and Awards

2020	Postdoctoral Fellowship (Offered) School of Nursing, Duke University (***The fellowship offer was withdrawn due to the financial impacts of the COVID-19 pandemic on Duke University's new employee recruitment.**)
2020	GKNF-USA Ann S. Jhin Scholarship Award (Gift: $500) Global Korean Nursing Foundation, USA
2019	HFSA Nursing Investigator Award, Finalist Heart Failure Society of America, USA
2017-2018	Fund for Excellence in Graduate Recruitment

The Pennsylvania State University, University Park, PA, USA

2016   Seoul Nursing Scholar Award
                 Seoul Nurses Association, South Korea

2010   Inducted into STTI as an undergraduate student who demonstrates
                 academic excellence
                 Sigma Theta Tau International Honor Society of Nursing

2008-2009   Academic Achievement Excellence Award
                 Yonsei University, Seoul, South Korea

X. Teaching, Mentoring, and Advising

Courses Taught

- University of Illinois at Urbana-Champaign, Champaign, IL (Instructor)
  - CHLH/KIN 494 Special Topics: Health Assessment
    (Elective, Undergraduate–3 credits, Graduate–4 credits)
    - Fall 2022 (Enrollment 28)
    - Fall 2021 (Enrollment 15)
  - CHLH/HDFS 404 Gerontology
    (General Education, Undergraduate level–3 credits, Graduate level–4 credits)
    - Spring 2023 (Enrollment 27)
    - Fall 2022 (Enrollment 28)
  - CHLH 260 Medical Ethics
    (General Education, Undergraduate level–3 credits, Graduate level–4 credits)
    - Fall 2021 (Enrollment 47)

- Yonsei University, Seoul, South Korea (Instructor)
  - NUR 2025 Health Assessment
    (Required, Undergraduate–3 credits)
    - Summer 2021 (Enrollment 90)
  - NUR 2013 Pathophysiology (Co-Teaching)
    (Required, Undergraduate–3 credits)
    - Spring 2021 (Enrollment 16)
  - NUR 4114 Nursing Research (Co-Teaching))
    (Required, Undergraduate–3 credits)
    - Spring 2021 (Enrollment 20)
  - NUR 4006, NUR 4114 Nursing Practice (Co- Teaching)
    (Required, Undergraduate–3 credits)
    - Spring 2021 (Enrollment 20)

Undergraduate–Independent Study/Research Advisor

Fall 2022 – Spring 2023	Emilee Lauren Bates	Student Aging Researchers in Training (START) Program
Fall 2022 – Spring 2023	Alyssa Marie Holguin	Student Aging Researchers in Training (START) Program
Fall 2022	Grace Song	Undergraduate Open Seminar Course: INFO 199 SC (2 credits)
Fall 2022	Lina Hong	Individual Study Course: INFO 399 SC (3 credits)
Fall 2022	Kelly Yuen	Individual Study Course: INFO 399 SC (1 credit)
Fall 2022	Ina Chong	Special Projects Course: CHLH 393 SC (2 credits)
Fall 2022	Ayo Dugbo	Special Projects Course: CHLH 393 SC (2 credits)
Fall 2022	Jacqueline Marquez	Special Projects Course: CHLH 393 SC (2 credits)
Fall 2022	Pearl Nanda	Special Projects Course: CHLH 393 SC (2 credits)
Fall 2022	Aarushi Raathor	Special Projects Course: CHLH 393 SC (2 credits)
Fall 2022	Krystal Steg	Special Projects Course: CHLH 393 SC (2 credits)

Master's–Degree Program/Independent Study/Research Advisor

Spring 2023 – Present	Eisa Marie Casaclang	CHLH MS Program
Fall 2022	Apoorva Bhole	Individual Study Course: INFO 597 SC (2 credits)
Fall 2022	Deepthi Vasudevan	Individual Study Course: INFO 597 SC (2 credits)

XI. Service and Outreach

Editorial Review Boards

- Journal of Gerontology and Geriatric Medicine

Reviewing Activities for Journals

1. Disability and Health Journal
   Editor: Margaret A. Turk; Manuscript No. DHJO-D-23-0017X
2. Nursing Open (2023)
   Editor: Amanda Lee; Manuscript No. NOP-2022-Dec-208X
3. Heart & Lung (2023)

Editor: Nancy Redeker; Manuscript No. HL-D-23-000XX

4. Gerontology & Geriatric Medicine (2022)
   Editor: Ron Hamdy, Manuscript No. GGM-22-00XX.
5. Heart & Lung (2022)
   Editor: Nancy S. Redeker, Manuscript No. HL-D-22-004XX
6. BMC Medical Ethics (2022)
   Editor: Anne Menard, Manuscript No. C506B715XX
7. Heart & Lung (2021)
   Editor: Nancy Redeker; Manuscript No. HL-D-21-006XX
8. Heart & Lung (2021)
   Editor: Nancy Redeker; Manuscript No. HL-D-21-006XX
9. Heart & Lung (2021)
   Editor: Nancy Redeker; Manuscript No. HL-D-21-003XX
10. Journal of Hospital Management and Health Policy (2021)
    Editor: Audrey Lin; Manuscript No. JHMHP-21-X
11. Heart & Lung (2020)
    Editor: Ardis O'Meara; Manuscript No. HL-D-20-006XX
12. BMC Palliative Care (2020)
    Editor: Michael Connolly; Manuscript No. PCAR-D-20-003XX
13. Heart & Lung (2020)
    Editor: Ardis O'Meara; Manuscript No. HL-D-20-005XX
14. Cancer Immunology, Immunotherapy (2020)
    Editor: Haidong Dong; Manuscript No. CIIM-D-20-003XX
15. BMC Palliative Care (2020)
    Editor: Nuriye Kupeli; Manuscript No. PCAR-D-20-00XXX
16. Heart & Lung (2020)
    Editor: Nancy Redeker; Manuscript No. HL-D-20-000XX
17. Heart & Lung (2019)
    Editor: Ardis O'Meara; Manuscript No. HL-D-19-001XX
18. Nursing Forum (2019)
    Editor: Patricia Yoder-Wise; Manuscript No. NF-07-19-OA1XX

Academic Society Membership

- Member, Association of Rehabilitation Nurses
- Member, International Association of Accessibility Professionals
- Member, National Federation of the Blind
- Member, Global Korean Nursing USA Foundation
- Member, Heart Failure Society of America
- Member, Sigma Theta Tau International Honor Society of Nursing

Campus Service–College

2023-Present   Committee Member, Collaborations in the Advancement of Research on Disability (CARD) Supported by Center on Health, Aging, & Disability (CHAD), The 2nd Collaborative Disability Research Theme

Campus Service–Department

2021-Present   Member, Graduate Program Advisory Committee

4/2022   Invited Faculty Research Talk, Exercise Physiology Seminar, Title: *Circadian Rhythm Disturbances in Blind People*

Community Health Service–Invited Lecture

1. Title: *How to Sleep Better*
    : Introduced a self-tracking health strategy to people with visual impairments and blindness. I taught older adults with visual impairments and blind adults how to model healthy sleep and revise problematic sleep habits to reduce daytime sleepiness. Ski For Light International (The SFL is an international ski event for blind people and wheelchair users), Snow Mountain Ranch, Granby, Colorado, 2023 Special Interest Sessions, February 2nd, 5:15-6:15 pm