

MIKAYLA L. SCHOWALTER

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EDUCATION

University of Wisconsin – Madison

PhD, Epidemiology (Expected May 2025)

Eastern Virginia Medical School

Master of Public Health, Epidemiology (May 2020)

University of Wisconsin – Parkside

Bachelor of Science, Applied Health Science (May 2018)

Bachelor of Science, Psychology (May 2018)

Minor: Exercise Science

Certificate: Human Measurement and Research

Certificate: Neuroscience

RESEARCH

Eastern Virginia Medical School Department of Public Health (December 2018 – May 2020)

Graduate Researcher

Identified and developed a research question utilizing a nationally represented survey. Analyzed data through the use of SPSS software pertinent to the research question. Interpreted research findings and summarized data into reports through the collection and analyzation of the data. Prepared reports and manuscripts that were presented at local, state and national conferences.

UW-Parkside Department of Psychology (September 2016 – May 2018)

Undergraduate Researcher

Involvement in the research included identifying hot button issues and the design of questions that would be presented to participants. A Qualtrics survey was created, participants were presented with the survey, and data was analyzed using SPSS software. Gained valuable skills in the process of conducting research and analyzing data.

PRESENTED RESEARCH

Schowalter, M., & Holt, N. (2019). *The Effect of Parental Characteristics on Specialty Therapy Service Utilization Among Children*

Poster Presentation - American Public Health Association Conference (November 2019)

Poster Presentation - Eastern Virginia Medical School (October 2019)

Oral Presentation / Poster Presentation - Old Dominion University (May 2019)

Poster Presentation - Virginia Public Health Association Annual Conference (March 2019)

Poster Presentation - Eastern Virginia Medical School (March 2019)

Beyer, S., Schowalter, M., Andrews, A., Poehler, M., Alberth, J. (2018). *Relations Among College Students' Modern Sexism, Conservatism, Religiosity, Global Belief in a Just World, Feelings Towards Social Groups, and News Sources*

Poster Presentation - American Psychology Association (May 2019)

PUBLICATIONS

Virginia Journal of Public Health

Schowalter, M., & Holt, N. (2019). *The Effect of Parental Characteristics on Specialty Therapy Service Utilization Among Children*

COMMUNITY ENGAGEMENT

Norfolk State University (August 2019)

STEAM (Science, Technology, Engineering, Arts, and Math) Workshop

Participation in this STEAM camp facilitated a fun and educational activity to children ranging from 6-17 years of age. The goal of this educational activity was to promote oral health by avoiding sugar sweetened beverages and was implemented using two strategies targeting different age groups within the camp.

MacArthur Mall, Norfolk, VA (February 2019)

Community Care Day

Promote oral health by addressing individual questions and concerns from community members. Consult with other professionals regarding the promotion of oral health and effective ways to improve community health outcomes. Educate families regarding community resources and advised families on realistic oral health plans to improve wellbeing.

Maury High School, Norfolk, VA (February 2019)

Poster Judge

Produced performance reports for high school students presenting public health posters. Coordinated with other judges to develop a winner of the poster competition. Developed questions and engaged with students regarding presentation, ensuring all presentation material was accurate and thoroughly explained.

Racine's Recreational Activities for the Developmentally Disabled (RADD), Racine, WI (October 2016)

RADD is a nonprofit organization governed by volunteers supporting individual's and their families with developmental disabilities. Duties included working closely with individuals suffering from developmental disabilities, coordination of activities and promoting growth. In addition, communication with parents and other leaders to discuss progress in program.

SCHOOL ENGAGEMENT

Program Planning & Evaluation Committee (June 2019 – May 2020)

The Program Planning and Evaluation Committee reviews the effectiveness of the Master of Public Health programs at Eastern Virginia Medical School. As a student representative, it was required to provide feedback on evaluations, and recommend changes that should be considered within the program and ways that these changes should be implemented.

Student Government (September 2018 – May 2020)

President

Roles and responsibilities associated with this title came with overseeing student activity events and planning, school policy support from students, budget allocation, fiscal planning, recognition of developing issues pertaining to students, and communication between faculty/staff and the student body.

Public Health Student Association (September 2018 – May 2020)

Chair – Field Day (April 2019)

Organized a field day event at a local elementary school using clear communication with director of program and committee members. Organized event activities that promoted physical activity and health education. Worked directly with children by engaging the students and providing encouragement to participate in all activities.

Committee – Alumni Panel (March 2019)

Coordinated alumni panel event through communication between chair of committee, current MPH students and alumni of Eastern Virginia Medical School. Brainstormed thoughts, questions and ideas to create a successful event where dialogue was presented to engage students and alumni.

Committee – Health Fair (March 2019)

Worked directly with community members to put on health fair to underprivileged population within Norfolk, Virginia. Health promotion was targeted within this committee to provide services that are unavailable such as blood pressure, cholesterol, blood glucose, etc. Moreover, services were provided that would improve the individual's well-being such as haircuts and resume building workshops.

MEMBERSHIPS

American Public Health Association (2019)

Virginia Public Health Association (2019)

American Psychology Association (2019)

Wisconsin Public Health Association (2019)

SCHOOL RELATED ACHIEVEMENTS

Grants:

Eastern Virginia Medical School Research Travel Grant (October 2019)

Traditions of Excellence Academic Achievement Award (May 2018)
Collaborative Undergraduate Research Grant (Fall 2017 – Spring 2018)

TRAINING

Collaborative Institutional Training Initiative (CITI Program)

Completion Date: November 1st, 2017

Expiration Date: October 31st, 2021

VOLUNTEER EXPERIENCE

Milwaukee VA Medical Center, Milwaukee, WI (February 2017 – April 2017)

Transport patients from one location to another while communicating fluently. Maintain open areas for wheelchair passage and ambulatory patients. Stabilize wheelchair for patients transfer. Supervise exercise programs as directed by therapist. Set goals for future performance and monitored progression of patients.

Aurora Rehabilitation Center, Racine, WI (February 2017 – April 2017)

Greet patients and assist them to therapy area. Supervise exercise programs as directed by physical therapist. Change and discard used linens promptly after use. Stock linen cabinets and maintain appropriate levels of linen. Communicate with patients to assist in progression of therapy.

William Horlick High School, Racine, WI (December 2015 – December 2017)

Coordinated Horlick High School Madrigal Feast by training new parents involved in production. Secured parent involvement and promoted participation from students in activities. Set goals for future performance and monitored progress of production.

Athletico Physical Therapy Racine Aquatic Center, Racine, WI (September 2016 – November 2016)

Prepare equipment for patient treatment while keeping treatment area clean and orderly. Greeted and escorted patients to and from therapy area. Assisted in pool activities for therapists by coordinating exercises with leading therapist. Set goals for future therapy appointments.

Athletico Physical Therapy, Racine, WI (October 2016 – November 2016)

Communicated with patients by encouraging participation in daily exercises and therapies. Assist group leaders during exercises. Greet and escort patients to and from therapy area. Return equipment to proper place and maintain cleanliness throughout therapy area. Monitor progression of patient's therapy.

Manor Park Rehabilitation Center, Milwaukee, WI (April 2015)

Transport patients from one location to another with fast and friendly care. Assist with patient care and preparation of treatment area. Kept therapy area clean, orderly and safe. Return proper equipment to respected place. Provide patient engagement with communicating encouragement and support.

EMPLOYMENT

Survey of the Health of Wisconsin (SHOW), Madison WI (September 2020 – Current)

Project Assistant (PA)

Work with multiple datasets creating codebooks and data requests. Work primarily with SAS Statistical Software computing data analysis. Collaborate with data team in multitudinous facets to gain valuable, transferable skills in areas like communication, teamwork, and leadership.

University of Wisconsin – Madison Survey Center, Madison WI (February 2020 – October 2020)

Field Interviewer

Conduct in-person interviews with individuals selected to be in the Wisconsin Parents Study. Assist in delivery of program incentives and referral materials to participants in a timely manner. Provide updates on progress of study to supervisor's while supplying suggestions to improvements that could be made to the survey instrument. Track and follow up with participants, make phone calls, mail letters, send text messages and re-engage participants as necessary. Assist participants in completing assessment.

Sebastian's, Racine WI (December 2017 – July 2018, January 2020 - Current)

Wait Staff

Assisted guests with making menu choices in an informative and helpful fashion. Effectively communicated with kitchen staff regarding customer allergies, dietary needs and other special requests. Managed opening and closing duties including preparing the dining room. Adhered to quality expectations and standards of restaurant.

Schlesinger's Chophouse, Hampton, VA (August 2018 – December 2019)

Wait Staff

Communicates with guests and co-workers in a friendly and professional manner. Converses with guests, makes suggestions, and answers questions regarding food and beverages accordingly. Ability to work on a set scheduled timeline while following proper procedures from manager.

Washington Park High School, Racine, WI (August 2015 – November 2016)

Volleyball Coach

Coordinated with staff to facilitate recruitment of volleyball players. Developed and implemented practice and game plans. Worked directly with players to facilitate progression and development, and to ensure the implementation of weekly game plans. Collaborated with parents to discuss optimal playing level with player.

Harbor Lite Yacht Club, Racine, WI (September 2012 – November 2015)

Wait Staff

Deliver exceptional, fast and friendly service. Answered questions about menu selections and made recommendations when requested. Accurately recorded orders and partnered with team members to serve food and beverage selections to guests.

University of Wisconsin – Parkside, Kenosha, WI (Summer 2015)

Sports and Activities Secretary

Performed miscellaneous tasks such as data entry, preparing mailings, organizing files, responding to phone inquiries, maintaining client files, and updating systems.

Racine Juniors Volleyball Club, Racine, WI (December 2015 – April 2016)

Volleyball Coach

Delegated and assigned certain tasks both in game and in practice to assistant coach to ensure organization. Provide skills instruction and motivational coaching to group. Instill confidence and provide encouragement to all players. Set goals for future performance and monitor progress. Answer questions, provide feedback, and otherwise communicate with parents, as appropriate.