

Diana Morales, B.S.

Curriculum Vitae

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EDUCATION

- 2022- **Doctor of Philosophy in Kinesiology**
University of Illinois at Urbana-Champaign
Emphasis: Exercise Psychology
Advisor: Susan Aguiñaga, Ph.D.
- 2018-2022 **Bachelor of Science in Speech and Hearing Science**
Neuroscience Concentration | Honors: Summa Cum Laude, James Scholar
Honors Program, Dean's List
Minors: Spanish and Psychology
University of Illinois at Urbana-Champaign

RESEARCH EXPERIENCE

- 2022- **Graduate Research Assistant**
University of Illinois at Urbana-Champaign
Health Equity and Aging Lab | Director: Susan Aguiñaga, PhD
Department of Kinesiology and Community Health

OCEAN: *Optimizing Cognition via Exercise And Nutrition* (Funded by: NIH Midwest Roybal Center for Health Promotion and Translation (5P30AG022849-18); PI: Susan Aguiñaga)

A pilot randomized controlled trial that involves a multi-domain intervention of Latin dance and the MIND diet delivered remotely that aims to improve cognitive performance in Latinos ages 50+.

Primary responsibilities include study design, material design, participant recruitment and retention, data collection and management, implementation, analysis, undergraduate research assistant management, overseeing dance sessions, and data/manuscript preparation.

STAND UP: *Sitting Time, Activity, and Dementia in Underserved Populations*
(Alzheimer's Association, AARFD-17-531338, PI: Susan Aguiñaga)

Primary responsibilities include data collection and manuscript preparation for a prospective study designed to examine physical activity, sedentary behavior, cognitive function, and quality of life of older adults attending adult day centers in central Illinois and Chicago, IL.

2022-

Graduate Research Assistant

University of Illinois at Urbana-Champaign

Aging and Diversity Lab | Director: Andriara Schwingel, PhD

Department of Kinesiology and Community Health

Online Certificate Programs for Community Health Workers: From Overlooked and Under-Researched Employees to Well-equipped Frontline Agents in the Fight to Reduce Health Disparities in Communities of Color: (PI: Andriara Schwingel)

A research study focused on developing, evaluating, and disseminating online learning strategies through certificate programs that will train CHWs to address community health needs. Primary responsibilities include Spanish translation and transcriptions and recording audio/video for Spanish modules of the program.

2019-2022

Undergraduate Research Assistant

University of Illinois at Urbana-Champaign

Health Equity and Aging Lab | Director: Susan Aguiñaga, PhD

Department of Kinesiology and Community Health

ADVANCE: Addressing Disparities Via the Assessment of Nutrition, Cognition, and Exercise in Older Latinos (PI: Susan Aguiñaga)

Primary responsibilities include data cleaning and input, analysis, and manuscript preparation for a prospective study to assess the physical activity, nutrition, and cognition of older Latinos in Chicago, Illinois.

2021-2022

Undergraduate Research Assistant

University of Illinois at Urbana-Champaign

Neurocognitive Health Behaviors Lab | Director: Naiman Khan, PhD, RD

Department of Kinesiology and Community Health

STRONGKids2 (*subproject: BRIGHT Kids*) (Registered at clinicaltrials.gov as NCT03341858; IRB # 13448; Funded by the National Dairy Council, the Gerber Foundation, the Christopher Family Foundation, U.S. Department of Agriculture, NIH (DK107561); PI: Barbara Fiese, PhD., Kristen Harrison, PhD., Kelly Bost, PhD., Brent McBride, PhD., Sharon Donovan, PhD, RD):

The purpose of this subproject is to explore outcomes of cognitive development and body composition and their predictors (diet, physical activity, parent characteristics, etc.) in greater detail as these children turn 4 and 5-years-of-age. Primary responsibilities include developing literature

reviews, data cleaning, and observing cognitive testing and neuroimaging on participants.

2021-2022

STRONG Kids Program Research Assistant

University of Illinois at Urbana-Champaign

Family Resiliency Center | Supervised by: Brenda Koester, MS and Jennifer Barton, PhD

Department of Human Development and Family Studies

The STRONG Kids Program is a two-semester long research-intensive program that provides students with first-hand experience working in the STRONG Kids research studies and help them develop a working knowledge of the theories and applications of transdisciplinary approaches used to guide Food and Family Programs. Findings will serve as the basis for obesity prevention and interventions programming.

2020

Undergraduate Research Assistant

University of Illinois at Urbana-Champaign

Voice and Speech Rehabilitation Lab | Director: Keiko Ishakawa, PhD

Department of Speech and Hearing Science

Served on the Spanish Transcription team—transcribed English-Spanish qualitative data from participants. Other primary responsibilities were managing datasets and audio recordings, attended weekly lab meetings and gained research knowledge surrounding vocal fatigue and bilingual vocal parameters.

2019-2020

Research Program Fellow

Student Aging Researchers in Training (START) Program | Director: Andriara Schwingel, PhD

University of Illinois at Urbana-Champaign

College of Applied Health Sciences

Trained in gerontology and aging research; Completed laboratory experience and presented in a conference.

PROFESSIONAL EXPERIENCE

2022-

Project Coordinator

Student Aging Researchers in Training (START) Program

Developed curriculum for teaching undergraduates about aging research principles, assisted with the coordination of meetings, collaborating with guest speakers, mentoring undergraduate students, and data management.

2022

Summer Predoctoral Institute

This program provides incoming underrepresented graduate students at UIUC with an early introduction to graduate study and an opportunity to

work with a summer research advisor in their department. Attended series of seminars on research writing, grant writing, graduate school, and presented summer project at a research symposium.

2021-2022

Office Assistant

Center for Social and Behavioral Science | University of Illinois at Urbana-Champaign

Primary responsibilities included developing monthly grant search reports and direct them to research faculty across campus, managing funding reports, excel databases, and special individual project management.

2020-2021

Teaching Assistant

BADM 420: Advanced Marketing Management | Professor: Aric Rindfleisch, PhD | Gies College of Business

Primary responsibilities included taking attendance during class sessions, grading quizzes and assignments, programming and designing attendance database and managed a variety of research projects for professor and presentations.

2020-2021

COVID-19 Contact Tracer

Champaign-Urbana Public Health District (CUPHD)

Primary responsibilities included coordinating healthcare guidance/resources for community members after being exposed/testing positive for COVID-19. Served as a Spanish translator for Spanish-speaking community members, disseminated health information to this population, and managed vaccine clinics in predominately Spanish-speaking communities around Champaign County.

2019-2020

Student Development Representative

University of Illinois Foundation

Primary responsibilities included forming an important bridge between students and alumni relationships by building rapport, maintained positive relationships with donors of the university, and raised over \$3,000 for all three University of Illinois campuses.

2019-2020

Bilingual Telephone Interviewer

Behavioral Risk Factor Surveillance System (BRFSS) | College of Health and Human Sciences Survey Research Laboratory, Northern Illinois University, DeKalb, IL

Primary responsibilities included cold calling Spanish-speaking Illinois residents by phone and asking general health questions about individuals' health-related risk factors. Provided data for the allocation of healthcare resources in the Illinois Behavioral Risk Factor Surveillance System, which serves part of a federal health study for the Centers for Disease Control and Prevention (CDC).

SCHOLARLY ACTIVITY

Manuscripts in Refereed Journals

Keye, S. A., **Morales, D.**, Walk, A. M., Cannavale, C. N., & Khan, N. A. (2023). Neuroelectric indices of attention are related to academic skills in preschool-aged children. *Trends in Neuroscience and Education*, 32, 100205. <https://doi.org/10.1016/j.tine.2023.100205>

Morales, D., Guzman, J., Soto, Y., Aguiñaga S: The Mediterranean and MIND Dietary Patterns: associations with cognition and psychological distress among Latinos. In: Angel, J., Andrade, F.C.D., Riosmena, F., Mejia S, editors. *Where Worlds Meet: Growing Older in Mexico and Aging Latinos in the United States*. Springer US, 2023.

Manuscripts in Review

Selzer Ninomiya, A. L., Canton, I. J., Soto, Y., Guzman, J., **Morales, D.**, Aguiñaga, S. The Relationship Between Physical Activity, Secondhand Smoke Exposure and Cognitive Performance in Older Adults: Findings from the National Health and Nutrition Examination Survey (NHANES 2011-2012), In Review.

Refereed Presentations

Morales, D., Guzman, J., Soto, Y., Selzer, A., Aguiñaga, S. MIND Diet Adherence among Mexicans: Findings from ENSANUT 2018. Poster presentation at the Alzheimer's Association Satellite Symposium. Mexico City, Mexico, May 2023.

Aguiñaga, S., **Morales, D.**, Soto, Y., Selzer Ninomiya, A.L., & Guzman, J., Regional differences in MIND diet adherence among Mexican adults: Findings from the National Health and Nutrition Survey (ENSANUT) 2018. Poster presentation at the Alzheimer's Association Satellite Symposium. Mexico City, Mexico, May 2023.

Morales, D., Selzer Ninomiya, A. L., Aguiñaga, S., Schwingel, A. Student Aging Researchers in Training (START): Promoting diversity in aging research among college undergraduate students. Poster presentation at the 44th Annual Meeting and Scientific Session for the Society of Behavioral Medicine. Phoenix, Arizona, USA, April 2023.

Canton, I., Selzer Ninomiya, A. L., **Morales, D.**, Guzman, J., Soto, Y., Salgado Bonilla, H., Aguiñaga, S. An examination of perceived stress and sleep quality on informal caregivers' strain. Poster presentation at the 44th Annual Meeting and Scientific Session for the Society of Behavioral Medicine. Phoenix, Arizona, USA, April 2023.

Guzman, J., Salgado Bonilla, H., Soto, Y., **Morales, D.**, Canton, I., Selzer Ninomiya, A. L., Aguiñaga, S. Self-efficacy, Barriers, and facilitators to the MIND diet among ADRD caregivers. Poster to be presented at the 44th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Phoenix, AZ, April 2023.

Academic Presentations

Morales, D., Guzman, J., Soto, Y., Selzer Ninomiya, A. L., Canton, I. J., Aguiñaga, S. The Mediterranean and Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diets: Associations with Executive Function and Psychological Distress Among

Latinos. Oral presentation at the Illinois Summer Research Symposium, Champaign, Illinois, USA, July 2022.

Morales, D., Kravitz, S., Keye, S., McMath, A., Cannavale, C., Khan, N. Diet, Physical Activity, and Aerobic Fitness Relationships with Academic Performance in Preschool-Aged Children. Poster presented at the Undergraduate Research Symposium, Champaign, Illinois, April 2022.

Morales, D., Guzman, J., Soto, Y., Selzer Ninomiya, A. L., Canton, I. J., Aguiñaga, S. The Mediterranean and Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diets: Associations with Working Memory and Psychological Distress Among Latinos. Poster presented at the Undergraduate Research Symposium, Champaign, Illinois, April 2022.

Morales, D., Aguiñaga, S. MIND Diet and Physical Activity Among Middle-Aged Latinos. Poster presented at the Undergraduate Research Symposium, Champaign, Illinois, April 2021.

Morales, D., Guzman, J., Soto, Y., Aguiñaga, S. Can the MIND Diet Affect Psychosocial Outcomes of Middle-Aged Latinos? Poster presented at the Undergraduate Research Symposium, Champaign, Illinois, April 2020.

AWARDS

- 2023 **Leadership & Diversity Training Program (LDTP)**
American College of Sports Medicine (ACSM)
The LDTP encourages ACSM student members from marginalized backgrounds to participate in 1:1 successful mentorship at the Annual Meeting, leading to enhanced pathways to degree completion and opportunities, as well as increased ACSM service and fellowship
- 2022 **Illinois Aspire Graduate Fellowship**
Graduate College, University of Illinois at Urbana-Champaign
The Graduate College Aspire Graduate fellowship program is a competitive fellowship for outstanding students from populations that have been historically underrepresented in graduate study.
- 2022 **Susan and Gerald Connor Scholarship**
Department of Speech and Hearing Science, University of Illinois at Urbana-Champaign
The distinguished research awards are provided to students who demonstrate outstanding achievements in the Speech and Hearing Science Department.
- 2022 **Illinois Dad's Association Scholarship**
University of Illinois at Urbana-Champaign
One of the primary purposes of The Dads Association at the University of Illinois at Urbana-Champaign is to support Illini students in the pursuit of their academic goals. The Dads Association awards scholarships to students who show both merit and need as determined by the Dads Association.
- 2022 **Illinois Mom's Association Scholarship**

University of Illinois at Urbana-Champaign

The Moms Association awards scholarships to students who show both merit and need as determined by the Moms Association.

2021

Illinois Legislative Latino Caucus Foundation Scholarship

Illinois Legislative Latino Caucus

The ILLCF select outstanding people who meet the eligibility criteria to receive The Michael W. Gonzalez scholarship to help them achieve their educational objectives.

2020

Dean's Scholarship

College of Applied Health Sciences

These scholarships are awarded to top students to the College of Applied Health Sciences.

2018-2022

Dean's List Honoree

College of Applied Health Sciences

Students who have achieved grade point averages for a given semester in the top 20 percent of their college class will be included on a list prepared for the Dean of the college.

2018-2022

James Scholar Honors Student

College of Applied Health Sciences

James Scholar Honors students are selected based on GPA and are required to complete honors project each semester. This program offers opportunities for growth in four areas: academics, research, community and global engagement, and leadership. These areas serve as the foundation of our program and students are encouraged to explore all four areas over their time on campus.

2018-2022

President's Award Scholarship

College of Applied Health Sciences

The President's Award Program (PAP) assists the University of Illinois to enroll high achieving students who have been admitted to one of the U of I campuses and are members of historically underrepresented groups.

MENTORING

University of Illinois at Urbana-Champaign

2023-	Jaqueline Carrillo, MPH Student
2023-	Ashley Madison, MPH Student
2022-	Joshua Medina; SPARK Program
2022-	Monserrat Ponce; Undergraduate Research Assistant
2022-2023	Nixie Lopez; Undergraduate Research Assistant
2022-2023	Paulina Renteria; START Program
2022-2023	Leslie Olivares; START Program
2022-2023	Kalia Davis; START Program
2022-2023	Hahnbit Lee; START Program
2022-2023	Favour Ojerinde; START Program
2022-2023	Jesiah Bradshaw; START Program

2022-2023	Melissa Suarez; START Program
2022-2023	Tasdiq Khan; START Program
2019- 2021	Elvia Malacara; I-LEAP Program
2019- 2021	Mia Jayes; I-LEAP Program

SERVICE

Professional Service

2023-	<p>Student Liaison <i>Student Special Interest Group (SIG), Society of Behavioral Medicine</i> Serve as a student representative with other SIGs, including advocating for students' interests in event planning for the Annual SBM Meeting and Conference</p>
2023-	<p>Student Advising on Graduate Education (SAGE) Member <i>The Graduate College, University of Illinois Urbana Champaign</i> Contribute to the enhancement of graduate student life at UIUC by providing guidance and feedback to students, administrators, and faculty through student-run committees.</p>
2023-	<p>First-Gen Steering Committee Member <i>Student Affairs Student Success, Inclusion, and Belonging, University of Illinois Urbana Champaign</i> Appointed to serve on the inaugural First-Gen Steering Committee as a graduate student representative, as UIUC becomes a First-Generation Forward Campus as part of NASPA's Center for First-Generation Student Success. Attended monthly meetings with executive directors of the University, as well as helped guide efforts to enhance support for first-generation students on campus.</p>
2023-	<p>Marketing Director <i>Graduate Organization for Latine Students (GOLS) University of Illinois Urbana Champaign</i> Serve as an executive board member to develop marketing strategies in order to promote and retain organizations' membership, assisted with managing budgets for events, and collaborate with cross-functional teams.</p>
	<p>Search Committee Member <i>College of Applied Health Sciences</i></p>
2023	<p><i>Brain Health Faculty Committee</i> –Served as the Graduate Student Representative for an Assistant and Assistant/ Associate Professor in Brain Health Faculty Search.</p>
2022	<p><i>Academic Skills Specialist Committee</i> –Appointed to a committee for the hiring an Academic Skills Specialist at the University of Illinois Urbana-Champaign.</p>
2021	<p><i>Speech and Hearing Science Advising Committee</i>- Served as the Undergraduate Student Representative involved in the hiring process for the new academic advisor within the Department of Speech and Hearing Science.</p>
2021-2022	<p>Diversity, Equity, and Inclusion Undergraduate Committee Member <i>Department of Kinesiology and Community Health</i></p>

Serve as an undergraduate student committee member representative, with the purpose to develop short and long-term initiatives that increase accountability for promoting diversity, equity, and inclusion within and outside the Department of Kinesiology and Community Health.

2021

Homecoming Court

University of Illinois at Urbana-Champaign

Nominated as a student leader across campus based on academic achievement, campus leadership, and community involvement. Selected out of thousands of applicants and served on a court among 19 other students across campus and served as a representative of the UIUC student body (55,000+ students).

2020-2021

Research Fellow/Alumni Mentor

Student Aging Researchers in Training (START) Program | College of Applied Health Sciences, Champaign, IL

Responsibilities involved serving as a peer mentor to incoming START students and advised them throughout their research program.

2020-2021

President

Mannie L. Jackson Illinois Academic Enrichment and Leadership Program (I-LEAP) | College of Applied Health Sciences, Champaign, IL

Duties involved arranging program events, workshops, and volunteering opportunities geared towards underrepresented students in the college of Applied Health Sciences. Collaborated with program advisors to keep track of program members and events, increasing participation rates by 50% and served as a mentor for incoming freshman and transfer students. Also served as the secretary and vice-president in 2019.

Community Service

2022

The Mini Mercadito at La Casa – Volunteer

Assisted in organizing and setting up an event offering first-generation undergraduate, graduate, and transfer students free new and gently-used clothes and household essentials.

2022

LA BROCHA Arte, Salud y Tradicion Anniversary Event- Volunteer

Latinas/os Buscando Refugio y Optimismo Cuando Hacen Arte (LA BROCHA) is a Chicago-based art collective comprised of artists, art therapists, and aging professionals who provide free art workshops to older Latinos. I served as a volunteer for their anniversary celebration by helping with registrations, setting up the event and cleaning afterwards.

2019

Latino Family Visit Day- Volunteer

University of Illinois at Urbana-Champaign

The program aimed to create a series of experiences and events for Latina/o families to increase their knowledge, comfort level, and understanding of college life for their students; integrate both the academic and co-curricular dimensions of campus life into the visit day and provide opportunities for the Latina/o parents to meet and

build relationships with individuals on campus who are integral to their students' success at the University. I was involved in preparation of materials, serving as a guide, and communicating with visitors and families.

PROFESSIONAL MEMBERSHIPS

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| 2023- | Society of Behavioral Medicine (SBM)
<i>Student Member</i> |
| 2022- | American College of Sports Medicine (ACSM)
<i>Student Member</i> |
| 2022- | Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment (ISTAART)
<i>Student Member</i> |

RELEVANT KNOWLEDGE

- English (native)
- Spanish (native)
- Experience using RStudio, Python, SPSS, Salesforce, Qualtrics, Praat
- Proficient in Microsoft Office
- Certificate in Collaborative Institutional Training Initiative (CITI)
 - 2025
- Certificate in COVID-19 Contact Tracing
 - *John's Hopkins Program*
 - August 2020
- Certificate in Undergraduate Research
 - *Office of Undergraduate Research, UIUC*
 - May 2021