

Curriculum Vitae

Sara Atherton Choate, M.S. Ed., Doctoral Candidate

GENERAL INFORMATION

OFFICE

485 E. Gray St., Room 202
Louisville, KY 40202
Phone: (502) 852-3443
Email: sara.choate@louisville.edu

PERSONAL

1063 E. Kentucky St.
Louisville, KY 40204
Mobile: (502) 640-1003
Email: sarachoate@gmail.com

EDUCATION

University of Louisville, Doctor of Philosophy, School of Public Health & Information Sciences, Department of Health Management and Systems Sciences, Public Health Policy (anticipated dissertation defense, May 2022)
The City College of New York, Master of Science in Education, School of Education, TESOL-Childhood Education (2010)
University of Wisconsin-Madison, Bachelor of Arts, College of Letters & Science, History (2001)

FELLOWSHIP

New York City Teaching Fellow (2008-2010)

NON-ACADEMIC EMPLOYMENT

University of Louisville Health Promotion, Louisville KY
Program Manager (2018-Present)
Program Coordinator, Sr. (2015-2018)
The Center for Women and Families, Louisville KY, Prevention Education Training Coordinator (2014-2015)
Boys & Girls Club of the Austin Area, Austin TX, Health Education Director (2011-2013)
Bronx Latin High School, Bronx NY, Teacher of English Language Arts & ESL (2010-2011)
Samuel Gompers High School, Bronx NY, Teacher of ESL (2008-2010)
A Woman's Touch Sexuality Resource Center, Madison WI, Sexuality Facilitator (2001-2005)

NON-ACADEMIC GRANTS & IN-KIND DONATIONS AWARDED

Choate, S.A. & Mattingly, E.J. Mobile Kitchen Funding. Student Government Association, Engage Lead Serve Board. Amount \$11000. Approved 2019.
Choate, S.A. You@College Online Platform Funding. Student Government Association, Engage Lead Serve Board, Department of Health & Sports Science, School of Music, College of Arts & Sciences. Amount \$15000. Secured 2019.
Choate, S.A. Sexual Lubricant In-Kind Donation. Good Clean Love. Amount: \$3000. Approved annually 2016-2018.
Choate, S.A. Condom In-Kind Donation. AIDS Healthcare Foundation. Amount \$9000. Approved annually 2016-2018.
Choate, S.A. ESL/Health/Tech Funding. Donors Choose. Amount \$4200. Approved 2009.

Choate, S.A. Summer Health & Education Program. United State Agency for International Development. Amount \$10,000. Approved 2006.

HONORS AND AWARDS

University of Louisville Student Champion (2021)
The Mary K. Bonsteel Tachau Gender Equity Award (nominated 2017)

CERTIFICATION

The Center for Koru Mindfulness, Certificate of Completion, Koru Mindfulness Teacher Training Program, Lexington KY, Certification (2020-Present)
Question, Persuade, Respond Certification Training, Louisville KY, Certification (2019-Present)
Unitarian Universalist Association, Our Whole Live Grades 7-12th Facilitator Training, Boone NC, Certification (2015-Present)
Unitarian Universalist Association, Our Whole Live Grades Young Adult-Adult Facilitator Training, Louisville KY, Certification (2015-Present)
Green Dot Bystander Intervention Training, Lexington KY, Certification (2014-Present)
American Association for Sexuality Educators, Counselors, and Therapists, Sexuality Attitude Reassessment Certification Training, New York City NY (2014-Present)

PROFESSIONAL MEMBERSHIPS

Commission on the Status of Women (2019-Present)
American College Health Association (2015-Present)
Mid-American College Health Association (2015-2017)

TEACHING EXPERIENCE

University of Louisville 2017-present
Health Equity (Undergraduate)
Public Health Intervention Principles & Strategies (Undergraduate)
Public Health Practice, Guest Lecturer (Undergraduate)
Koru Mindfulness 4-class series (Undergraduate, Graduate, Faculty & Staff)
Hebron Middle School 2015
Our Whole Lives Healthy Relationship 4-class series
Burnett Middle School 2012-2014
Our Whole Lives 7-9th grade sexuality curriculum 12-class series
Bronx Latin High School 2010-2011
ESL
Samuel Gompers High School 2008-2010
English Language Arts & ESL

TRAINING EXPERIENCE

University of Louisville, Louisville KY

Orwick, J., Hamilton, R., **Choate, S.A.**, Brown, O., Bendapudi, N. & Buford, B. (2021). Koru mindfulness sampler. Growing Mindfulness Initiative kick-off event.
Choate, S.A. (2021). Mindful movement. Campus-wide service.

- Choate, S.A.** (2021). Mindful 20. Campus-wide service.
- Choate, S.A.** (2017-2020). Trauma resilience training. Engage Lead Serve Board, College Mentors, Invisible Wound Project, School of Nursing, Building Resilience in Campus & Community.
- Choate, S.A.** (2017-2019). Stress resilience basics. Housing & Residence Life, The Cultural Center, registered student organizations, academic department classes.
- Choate, S.A.** (2017-2018). Stress & Trauma Resilience Training for Advisors. College of Arts & Sciences, Speed School of Engineering.
- Choate, S.A.** (2017). Trauma-informed care for patients training for front desk & clinical staff. UofL Physicians.
- Choate, S.A.** (2016-2018). Flash nap workshop. Housing & Residence Life, registered student organizations, academic department classes.
- Choate, S.A.** (2016). Healthy sexuality: Clinical implications. Department of Clinical Psychology.
- Choate, S.A.** (2016). Meeting the sexual health & relationship needs of aging populations. Institute for Sustainable Health & Optimal Aging. Kent School of Social Work.
- Choate, S.A.** (2015-2020). Health advocate leader training. Health Promotion.
- Choate, S.A.** (2015-2019). Sexual responsibility program. Athletics – Football, Non-income generating men’s sport, Women’s sports.
- Choate, S.A.** (2015-2019). Intro to college health promotion overview, programs, and skill-building. College of Arts & Sciences, College of Business, School of Music, Health Sciences Center undergraduate majors, College of Education & Human Development.
- Choate, S.A.** (2015-2019). First-year orientation program. Office of Admissions.
- Choate, S.A.** (2015-2019). Transfer orientation program. Office of Admissions.
- Choate, S.A.** (2015-2019). Lunch and learn sexuality series. School of Medicine.
- Choate, S.A.** (2015-2018). Condoms & candy workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). The consent conversation. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Safer sex workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Sex talk workshop. Housing & Residence Life, The Cultural Center, The LGBT Center, registered student organizations.
- Choate, S.A.** (2015-2018). Residential education training. Housing & Residence Life.
- Choate, S.A.** (2015-2016). Lunch and learn trauma-informed care series. Student Affairs professional development.
- Choate, S.A.** (2015). Sex-positivity: Taking a comprehensive approach to sexual health issues with students. Career Development Winter Institute.

Louisville Collegiate School, Louisville KY

- Hanson, B. J. & **Choate, S.A.** (2017). The circles of sexuality, values voting, and the language of sexuality.

Community Shield, Louisville KY

- Choate, S.A.** & Engels, L.A. (2017). Trainer of trainers: Recognizing & building resilience in youth. Family & Children's Place.
- Choate, S.A.**, Engels, L.A., King, K. (2016). Recognizing & building resilience in children exposed to trauma childcare training. 4Cs.
- Choate, S.A.** & Engels, L.A. (2016). Recognizing & building resilience in children exposed to trauma: K-5 staff, teacher, & administrative training. Greenwood Elementary, Zachary Taylor Elementary.

Center for Women & Families, Louisville KY

- Bloomer, R.M. & **Choate, S.A.** (2016). Youth worker training: Modules 1 & 2. Bounce Coalition.
- Bloomer, R.M. & **Choate, S.A.** (2016). Trauma-informed approach to out of school time settings. Metro Summer Learning Summit.
- Pickett, D. & **Choate, S.A.** (2016). Workshop your content: Part I.
- Pickett, D. & **Choate, S.A.** (2016). Workshop your content: Part II.
- Choate, S.A.**, Collins, K.V., & Englander, F. (2016). Health sexuality.
- Choate, S.A.** & Bishop, C. (2015). Sex in the city. Metro Community Services.
- Miller, M. & **Choate, S.A.** (2015). Working with high risk adults and youth: Skills training. St. Vincent de Paul.
- Miller, M. & **Choate, S.A.** (2015). Healthy relationships. Atherton High School.

Children Exposed to Violence Collective Impact Initiative, Louisville KY

- Choate, S.A.** & Engels, L.A. (2015). Trauma-informed care training. St. Mary's of Elizabeth.

The Peace Corps, Theis Senegal

- Lockhart, B.J., Bartlein, B.J., & **Choate, S.A.** (2007). New volunteer training.
- Choate, S.A.** (2006). Taking care of your sexual self during your service.

A Woman's Touch Sexuality Resource Center, Madison WI

- Choate, S.A.** (2002-2004). Female sexuality workshop.
- Barnard, E., Wilhite, M., & **Choate, S.A.** (2001). Female sexuality workshop.

ADVISING ACTIVITY

University of Louisville 2015-Present

MPH Faculty Advisor, 2021-

Professional and Student Staff Supervisor, 2018-Present

Sexperts Advisor, 2018-2019

Masters Practicum Advisor. Kent School of Social Work, School of Public Health & Information Sciences, 2016-2019

Well-being Coach, 2016-Present

Sexual Health Advisor, 2015-2016

UNIVERSITY SERVICE

University of Louisville

Green Dot Team, Faculty & Staff Trainer (2021-)

Growing Mindfulness Initiative, Co-Creator (2020-Present)
MASKot Program, Coordinator (2020-Present)
Building Resilience in Campus & Community, Coordinator (2020-Present)
Commission on the Status of Women
Mentor (2021-)
Commissioner (2019-Present)
Integration of Work & Family Committee Member (2019-Present)
Student Well-being Committee
Student Wellbeing & Resilience Subcommittee Chair (2020-Present)
Member (2019-Present)
Sustainability Council Member (2018-2020)
UofL Sleep Forum, Event Coordinator & Director (2018-2019)
Wellbeing & Resilience Survey Workgroup
Co-Principal Investigator & Chair (2018-Present)
Coordinator (2016-2018)
Health & Sports Science School Sexual Health Curricula Workgroup, Co-Developer (2016)
School of Medicine and the American Medical Student Association, Sexual Health
Leadership Course Facilitator (2015)

PROFESSIONAL SERVICE

Community Shield
Member (2017-2020)
Training & Capacity Committee Co-Chair (2017-2020)
Annual Conference Co-Coordinator & Designer (2017-2020)
Louisville Health Advisory Board
Community Coordination of Care Committee Member (2018)
Children Exposed to Violence Collective Impact Initiative
Training & Capacity Committee Co-Chair (2017)
Member (2014-2017)
The Center for Women and Families, Trauma Informed Care Committee Co-Chair (2014-2015)

PUBLIC SERVICE

White Women Demand Justice for Breonna Facebook Group
Community Liaison (2020-Present)
Louisville Sex Ed Now
Member, Spokesperson (2016)
Jefferson County Public School District
Curriculum Developer, Healthy Relationships Project, 3-Day Teacher Training (2016)
The Peace Corps
Primary Health Agent (2005-2007)

RESEARCH AND OTHER EXTERNAL SUPPORT GRANTS

GRANTS AWARDED

Kolander, C., Philips, M., Rogers, C., Southerland, K., & **Choate, S.A.** (2015). Integrating the National Teacher Preparation Standards for Sexuality Education into Existing School Health Curricula. University of Louisville Department of Health & Sports Sciences. Amount: \$1500.

Approved 2016.

EXECUTIVE SUMMARIES

Choate, S.A., Vickers-Smith, R., Hall, L. (2019). UofL Wellbeing & Resilience Survey Executive Summary. University of Louisville Health Promotion.

Newton, K., Staten, R., Ridner, L., Crawford, T., & **Choate, S.A.** (2018). UofL Wellbeing & Resilience Survey Executive Summary. University of Louisville Health Promotion.

PEER-REVIEWED JOURNAL ARTICLES

Hartson, K. R., Hall, L., & **Choate, S.A.** (*under review*). Stressors and resilience are associated with well-being in young adult college students. Submitted to *Journal of American College Health*.

Johnson, D., Cahill, M., **Choate, S.A.**, Roelfs, D., Walsh, S. (*under review*). The influence of public health faculty on college and university plans during the COVID-19 pandemic. Submitted to *Public Health Reports*.

POSTER PRESENTATIONS

Hartson, K. R., Hall, L., & **Choate, S.A.** (*accepted*). Stressors and resilience are associated with well-being in young adult college students [poster presentation]. Midwest Nursing Research Society Annual Conference 2021, Des Moines IA, March 24-27, 2021.

PRESENTATIONS

Kentucky Prevention Network Annual Conference

Choate, S.A. (2019). Effective use of trauma-sensitive mindfulness practices in high risk/need communities. Lexington KY

College Personnel Association of Kentucky Annual Conference

Choate, S.A. (2018). Recognizing & building resilience in our colleague and student interactions. Lexington KY

Jefferson County Public Schools Homeless Senior Conference

Choate, S.A. (2017). Using trauma-informed approach and mindfulness in interactions with high-need youth. Louisville KY

American College Health Association Annual Conference

Choate, S.A. & Kimble, A. (2017). The consent conversation. Washington D.C.

Mid-America College Health Association Annual Meeting

Choate, S.A. (2015). Sex-positivity: A comprehensive approach to sexual health & relationships for emerging adults. Louisville, KY

Choate, S.A. (2015). Trauma-informed approaches to student engagement. Louisville KY

University of Louisville School of Medicine Cultural Competency Conference

Choate, S.A. (2015). Rethinking difference: Meeting the healthcare needs of your BDSM patients. Louisville KY

PUBLIC SPEAKING ENGAGEMENTS

Choate, S.A. (2016). Sexuality Guest Speaker. Diversity at the Table. Louisville KY
Henson, B. J. & **Choate, S.A.** (2017). Why comprehensive sex ed should be in our public
school health education curriculum. Women in Health Speaker Series. Louisville KY

Updated July 22, 2021