

Jessica A. Schulman, PhD, MPH, MA, RDN

Specializing in public health, nutrition, school counseling (K-14), and dual enrollment.

CONTACT

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ACADEMIC DEGREES & CREDENTIALS

- In Progress* M.B.A., University of Massachusetts Global
Concentration: Health Administration
- 2020 P.P.S.C., Brandman University, Irvine
Awarded: Pupil Personnel Services Credential
Concentration: School Counseling (K-14) and Dual enrollment
- 2014 M.A., Antioch University, Los Angeles
Awarded: Masters of Arts in Psychology
Concentration: Wellness and Close Relationships
- 2000 Ph.D., University of Florida, College of Health and Human Performance
Awarded: Doctor of Philosophy
Concentration: Health Education and Behavior
- 1996 R.D./N., Combined UCLA-Veteran's Affairs Medical Center, West Los Angeles
Awarded: Registered Dietitian/Nutritionist #813092
- 1995 M.P.H., University of California, Los Angeles, School of Public Health
Awarded: Masters of Public Health | Community Health Sciences
- 1992 B.A., University of California, Los Angeles, Department of Psychology
Awarded: Bachelor's of Arts in Psychology | Minor: Chemistry

CERTIFICATES | INSTRUCTIONAL INNOVATION

- 2023 Introduction to OnlineLive & HyFlex Instruction (#116F), College of the Canyons
- 2023 Equity and Culturally Responsive Online Teaching, Los Angeles Mission College
- 2021 OnlineLIVE Instructor Training, College of the Canyons
- 2000 COVID-19 Compliance Officer Certificate (C19CO)
- 2016 Canvas LMS - Instructor Certificate, College of the Canyons
- 2015 Certificate BlackBoard LMS - Instructor Certificate, Umass Global
- 2003 Certified Lactation Educator, UCLA Extension
- 2000-2003 Certified Health Education Specialist (CHES) – Renewable upon request.
- 1993 Fitness Instructor Training (FIT) Certification – UCLA, John Wooden Center

PROFESSIONAL EXPERIENCE | ACADEMIC & CLINICAL

- 2016 Adjunct Faculty: Los Angeles Mission College, Health and Human Performance. Los Angeles, CA.
- 2015- Adjunct Faculty: UMassGlobal, Department of Psychology. Laguna Beach, CA.
- 2015- Adjunct Faculty: College of the Canyons, Health Science Dept. Santa Clarita, CA.
- 2015-2017 Adjunct Faculty: Chicago School of Professional Psychology, Division of Public Health. Los Angeles, CA.
- 2014- Private Practice, Medical Nutrition Therapy, Santa Clarita, CA.
- 1998-2003 Adjunct Assistant Professor: University of Florida, Dept of Health Education and Behavior; Dept. of Health Services Administration. Gainesville, FL.
- 1999-2001 Clinical Dietitian: North Florida Regional Medical Center. Gainesville, FL.
- 1994-1995 Clinical Dietitian: Cedars-Sinai Medical Center. Los Angeles, CA.
- 1992-1995 Fitness Instructor, UCLA John Wooden Center. Los Angeles, CA.

TEACHING EXPERIENCE | COURSE DEVELOPMENT

University - Undergraduate and Graduate Levels

University of Massachusetts Global, Psychology Dept. (2015-present)

- PSYU 301: Scientific Writing for the Behavioral and Social Sciences
- PSYU 306: Critical Thinking
- PSYU 322: Theories of Personality
- PSYU 480: Psychology Capstone Course
- PSYU 508: Lifespan, Development, Aging, Long-Term Care
- PSYU 565: Child & Adolescent Psychology, Child Abuse & Reporting
- PSYU 581: Assessment and Treatment of Sexual Disorders (Human Sexuality)
- PSYU 533: Psychopharmacology

The Chicago School of Professional Psychology, Dept. of Public Health (2015-2017)

- PH 500: Foundations of Public Health and Public Health Policy
- PH 550: Healthcare Access and U.S. Payment Systems
- PH 557: Public Health Access, Design & Evaluation
- PH 670A: Supervised Fieldwork Seminar
- PH 692: Health, Wellness: Populations & Community

University of Florida, Dept. of Health Education & Behavior (1999-2004)

- HSC 6318: Advanced Methods in Health Science Education
- HSC 6235: Patient Health Education

University of Florida, Dept. of Health Services Administration (1999-2004)

- HSA 6407: Health and Disease
- HSA 6409: Measurement of Health and Illness
- HSA 5103: Introduction to the Health Care System

Community College - Undergraduate & Dual Enrollment

College of the Canyons, Health Science Dept. (2015-present)

- HLHSCI 149: Nutrition for Fitness & Balanced Living
- HLHSCI 150: Nutrition & Fitness

Los Angeles Mission College, Dept. of Health/Kinesio/Dance/Nutrition (2016-present)

- NUTRITION 21: Nutrition – Course development (Canvas) and teaching

Santa Fe College, Dept. of Health Professions (2002-2004)

- HUN 1201: Human Nutrition

PUBLICATIONS | BOOKS, MEDIA, JOURNALS

Peer Reviewed

- Schulman, J.A. and Karney, B.R. (2003). Gender and Attitudes Toward Nutrition in Prospective Physicians: Is There a Socialization Effect? *Am J of Health Behavior*, 27, (6), 623-632.
- Schulman, J.A. and Karney, B.R. (2001). Progress Note: Gender and Attitudes Toward Medical Nutrition Therapy in Prospective Physicians. *J of the Am Medical Women's Assoc*, 36, (3), 115.
- Schulman, J.A. and Rienzo, B. (2001). The importance of physicians' nutrition literacy in the management of diabetes mellitus. *Medical Education Online*. Dec:6(1):4530.
- Schulman, J.A. and Rienzo, B. (2002). The authors reply to comment on the importance of physicians' nutrition literacy in the management of diabetes mellitus. *Medical Education Online*, Dec 6(1):4530.
- Schulman, J.A., Trujillo, M.J., & Karney, B.R. (2001). Facets: Computer software for evaluating assessment tools. *Am J of Health Education and Behavior*, 25,(1), 75-77.
- Schulman, J.A. and Wolfe, E.W (2000). The nutrition self-efficacy scale for prospective physicians: Evaluating reliability and validity through Rasch modeling. *J of Applied Measurement*, 1, (2), 107-130.
- Schulman, J.A. (2000). Prescription drug misuse in the elderly and strategies for prevention, *Health Education Monograph*, 17, (3) 28-34.
- Schulman, J.A. (1999). Nutrition education in medical schools: Trends and implications for health educators. *Medical Education Online*, 4:1, 4307, DOI: 10.3402

Health Education Writing Samples (Not Complete List)

- Schulman, J.A. (2018). National Institutes of Health. In D.C.S. James, C. Christie & R. Misra (Eds.), *Nutrition and Well-Being A to Z*. New York: Macmillan Publishers.
- Schulman, J.A. (2016). Eating Behaviors: It's Not What We Eat But Why We Eat. *Elite Magazine*. May, 10. <https://scvelitemagazine.com/2016/05/eating-behaviors-not-eat-eat-qa-jessica-schulman-t-katz/>
- Schulman, J.A. (2009). Nutrition Therapies for Autoimmune Disease. *I.G. Living*. Aug Sept, 14-17. http://www.igliving.com/magazine/articles/IGL_2009-08_AR_Nutrition-Therapies-for-Autoimmune-Conditions.pdf
- Schulman, J.A. (2008). Healthy Eating Away From Home. *I.G. Living*. Jun-Jul, 5-7. <https://www.igliving.com/Assets/Downloads/EatingWellOnTheGoNoLongerTheRoadLessTraveled.pdf>

- Schulman, J.A. (2008). Troubled Waters: Preventing Waterborne Diseases. *I.G. Living*. Apr-May, 38-42.
http://www.igliving.com/magazine/articles/IGL_2008-04_AR_Troubled-Waters-Preventing-Waterborne-Ilnesses.pdf
- Schulman, J.A. (2007). National Breastfeeding Week and Q & A. *I.G. Living*. Aug-Sept, 15.
- Schulman, J.A. (2007). Optimizing Nutrition for Older Adults. *I.G. Living*. Jun-Jul, 10- 13.
[http://www.igliving.com/magazine/articles/IGL_2007-06_AR_Optimizing-Nutrition for-Older-Adults.pdf](http://www.igliving.com/magazine/articles/IGL_2007-06_AR_Optimizing-Nutrition-for-Older-Adults.pdf)
- Schulman, J.A. (2007). Probiotics & Mucosal Immunity: Promise and Pitfalls. *I.G. Living*. Feb-Mar, 36-39. http://www.igliving.com/magazine/articles/IGL_2007-02_AR_Probiotics-and-Mucosal-Immunity-Promise-and-Pitfalls.pdf
- Schulman, J.A. (2006). Nutrition Immunology. *I.G. Living*. June-July 6-7.
[http://www.igliving.com/magazine/articles/IGL_2006-06_AR_Nutritional-Immunology An-Introduction.pdf](http://www.igliving.com/magazine/articles/IGL_2006-06_AR_Nutritional-Immunology-An-Introduction.pdf)

Books, Media, & Community Education

- Doctor Proctor, KHTS Radio: Behavioral Nutrition (2015) Part 1 <https://youtu.be/eUpqWHcDs> Part 2, [https://youtu.be/OsmkXGsq\\$nk](https://youtu.be/OsmkXGsq$nk)
- Doctor Proctor, KHTS Radio: Food Safety & Holiday Eating (2015) Part 1 https://youtu.be/grmDzVP_XIA Part 2 <https://youtu.be/DoiTYW8lujl>
- Schulman, J.A., *Relational Nutrition: The Psychology of Attachment and Eating Behavior*. Skyrocket Press, 2014. [https://www.amazon.com/Relational-Nutrition Psychology-Attachment-Behavior-ebook/dp/B00QFVDWEO](https://www.amazon.com/Relational-Nutrition-Psychology-Attachment-Behavior-ebook/dp/B00QFVDWEO)
- Schulman, J.A. *Nutrition in Sickness and in Health*. Audiobook, ACX, 2014. Trafford Press, 2008. <https://www.amazon.com/Nutrition-in-Sickness-Health/dp/B00OYOAY4A>

APPLIED TEACHING TECHNOLOGY | LEARNING MANAGEMENT SYSTEMS

- Learning Management Systems: Canvas and Blackboard
- Human Resource Management: PeopleSoft
- Synchronous Learning and Conferences: Zoom, Adobe Connect and GoToMeeting
- Website Development: Weebly and WordPress
- Learning tools: Screencast-O-Matic, Kahoot, Prezi, Google classroom, PowerPoint, YouTube, Adobe, Workday, Excel, Responda, Kaltura, and others.

SERVICE | EXTRACURRICULAR | HONORS & PROFESSIONAL AFFILIATIONS

2020	Consultant for Capax University, Dept. of Health Professions, Valencia, CA
2017	Patients' Choice Winner: Commitment to Quality Patient Care & SCV Community
2016	Awarded "Ultimate Nutritionist" for best in the field in Santa Clarita, CA
2010	Continuing Education Provider, California Board of Behavioral Sciences
2004	Advocate, Immune Deficiency Foundation
2002	Emerging Dietetic Leader of the Year, Florida Dietetic Association
2001	Emerging Dietetic Leader of the Year, Gainesville District Dietetic Association
2000	Outstanding Graduate Student Award, UF, Dept of Health Science Education
2000	American Association for Health Education, Graduate Scholarship

1999 American Dietetic Association Foundation, Eleanora Sense Memorial Scholarship
1999 Prize for Scholarly Work in Aging, UF College of Medicine's Center for Health Policy
1998 Norma M. Leavitt Scholarship, College of Health & Human Performance, UF
1998 Florida Dietetic Association's Sister Helen Marie Scholarship
1996 American Public Health Association
1996 VA Medical Center, Gertrude Miller Award – Most Outstanding Dietetic Intern
1995 Oncology Grant for Students in Health Professions, American Cancer Society
1995 Academy of Nutrition and Dietetics

CONTINUING EDUCATION | TRAINING

2016-2023 Mandated Reporter Education Training
2016-2023 The Family Educational Rights & Privacy Act (FERPA) Certificate
2016-2023 Title IX Training: Eliminate Campus Sexual Violence Certificate
2020 COVID-19 Contact Tracing Certificate, John's Hopkins University (Coursera)

SPECIAL INTEREST

2023 USA Triathlon (Hawaii)
2022 Pan American Masters Swim Championships, Medellin, Colombia
2018- U.S. Masters Swim Team
2015-2020 Tesoro del Valle Elementary School, Running Club – Assistant Coach (2015-2020)