

Sonja D. Koukel, PhD

Assistant Professor Community & Environmental Health Specialist
Department of Extension Family and Consumer Sciences
College of Agricultural, Consumer and Environmental Sciences
New Mexico State University

Education

Doctor of Philosophy (2005) – Department of Applied and Professional Studies, College of Human Sciences, Texas Tech University, Lubbock Research: Teaching Style and Computer Use in Family and Consumer Science Teacher Education Programs

Master of Science (2001) – Department of Education, Nutrition, and Restaurant/Hotel Management, College of Human Sciences, Texas Tech University, Lubbock Research: Survey of Family and Consumer Science Education Association Members: Organization Affiliation and Perceived Professional Development

Bachelor of Science (1999 with Honors) – Department of Family and Consumer Sciences, College of Agriculture and Home Economics, New Mexico State University, Las Cruces Research: New Mexico Cooperative Extension Service Home Economists' Perceived Technical Knowledge and Estimated Client Needs

Experience

Certified Healthy Homes Specialist (2010-Current) – The National Environmental Health Association and The National Center for Healthy Housing

Community and Environmental Health Specialist/Assistant Professor (July 2010 – Present) NMSU Cooperative Extension Service. Provide direction and support for the health and wellness programs, both physical and mental, for all New Mexico residents – children, individuals and families. Serve as liaison between the university campus research center, county agents and community members building programs that are sustainable and relevant to the needs of New Mexicans.

Extension Home Economics Agent/Assistant Professor (January 2005 – June 2010) Cooperative Extension Service University of Alaska Fairbanks, Juneau/Southeast District. Bipartite Responsibilities (90% Service/10% Teaching). Provide leadership for development and delivery of Extension programs to both adult and youth audiences, and facilitate the delivery of other Extension programs as needed. Obtain and distribute a variety of educational materials, utilizing various methods, in meeting the needs of clientele within the district. Encourage collaboration, cooperation, and sharing between Extension and other agencies, organizations, and groups serving adults, youth, and families in the district.

Graduate Teaching Assistant (August 2002 – May 2004) Family and Consumer Sciences Education Program, Texas Tech University, Lubbock. Responsibilities for graduate courses: Updating and maintaining the online course website and tracking threaded discussion participation. Responsibilities for undergraduate courses: Organizing and implementing lessons, developing syllabus, grading assignments, posting grades, and assisting individuals with undergraduate research.

Research Associate/Project Specialist (January 2000 – August 2002) Family and Consumer Sciences Curriculum Center, Texas Tech University, Lubbock. Responsibilities: Research and develop curriculum and instructional materials based on State academic standards. Collaborate with team members and partner with subject matter experts to provide input for course content. Work within designated time lines to achieve specified goals.

Academic Advisor (May – August 2003) Advising Center at Texas Tech University, Lubbock.

Substitute Teacher (Fall 1999) Las Cruces Public Schools, Las Cruces, New Mexico.

Student Teacher (Spring 1999) Lynn Middle School, Las Cruces, New Mexico.

Family and Consumer Sciences Department Aide (Fall 1998 – Spring 1999) College of Agriculture and Home Economics, New Mexico State University, Las Cruces.

English Composition Tutor and Educational Assistant (1996 – 1997) Adult Education Program, College Learning Center, University of New Mexico – Gallup.

Honors: Koukel, S. (2013). Early Career Award, Epsilon Sigma Phi – Epsilon Chapter.

Selected Peer-reviewed Publications:

Dinstel, R. R., Casico, J., & Koukel, S. (2013, September). *The antioxidant level of Alaska's wild berries: high, higher and highest*. Proceedings of the 15th International Congress on Circumpolar Health August 5–10, 2012, Fairbanks, Alaska, USA. Int J Circumpolar Health 2013, **72**: 21188
<http://dx.doi.org/10.3402/ijch.v72i0.21188>

Koukel, S. (2013, August - Revised). *Suicide Prevention and Intervention in Schools*. Guide I-107. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces.

Koukel, S., & Jimenez, D. (2013, July - Revised). *Osteoporosis*. Guide I-105. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces.

Moyers, C., & **Koukel, S.** (2013, April). *Food recalls and alerts: What you should know*. Guide I-109. New Mexico State University Cooperative Extension Service, College of Agricultural, Consumer and Environmental Sciences, Las Cruces.