

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Lance J. Hansen

DATE: November 1, 2023

RANK OR TITLE: Associate Extension Professor

DEPARTMENT: University of Idaho Extension, Eastern District

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DATE OF FIRST EMPLOYMENT AT UI: December 1, 2017

DATE OF TENURE: 2023

DATE OF PRESENT RANK OR TITLE: July 1, 2023

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.B.A., 2017, Business Administration, Western New Mexico University, Silver City, New Mexico.
B.A., 2004, Family Consumer Sciences-Emphasis Family Finance, Utah State University, Logan, Utah.

Certificates and Licenses:

Everyday Democracy Facilitator, 2022.
Accredited Financial Counselor (AFC), 2021.
Mental Health First Aid (MHFA), Youth Mental Health First Aid Instructor, 2021.
Mental Health First Aid (MHFA), Adult Mental Health First Aid Instructor, 2020.
National Nutrition Certification Program (NNCP), 2020.
Michigan State University Extension, Farm Stress Management Programs, 2019.
Collaborative Institutional Training Initiative (CITI), Investigators, IRB Investigators and Student Researchers Certificate, 2021.
Collaborative Institutional Training Initiative (CITI), Conflicts of Interest, Primary Investigator Certificate, 2018.
Collaborative Institutional Training Initiative (CITI), Conflicts of Interest, Named Investigators Certificate, 2018.
Collaborative Institutional Training Initiative (CITI), Conflicts of Interest, All Other Faculty and Staff Involved in The Project Certificate, 2018.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Extension Professor and Extension Educator, University of Idaho, Madison County, Rexburg, Idaho, 2023-present.
Assistant Extension Professor and Extension Educator, University of Idaho, Madison County, Rexburg, Idaho, 2017-2023.

Academic Administrative Appointments:

County Chair, University of Idaho Extension, Madison County, Rexburg, Idaho, 2017-present.

Non-Academic Employment including Armed Forces:

Self-Reliance Specialist, Idaho Department of Health and Welfare, Pocatello, Idaho, 2005-2017.
Credit Manager, Wells Fargo Financial, Pocatello, Idaho, 2004-2005.

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:**

Personal Finance
Health, Food Safety and Nutrition
4-H Youth Development

Interns/Students Advised:

Nielsen, Tiffany, Brigham Young University, Family Consumer Sciences, 2023.
Laird, Dallon, Brigham Young University, AmeriCorps, 2022.
Popoca, Emily, Brigham Young University, Family Consumer Sciences, 2021.

Materials Developed:**Video Productions:**

Hansen, L. and N. Usabel. U and I together: Perfect pizza dough with practice. YouTube Video. https://youtu.be/RAGEgD3_Kes. 2022.

Hansen, L. Cooking under pressure Indian food. YouTube video.
<https://www.youtube.com/watch?v=3kRIJTyOKUE>. 2020.

Hansen, L. Credit freeze Mealtme Inspirations. YouTube video.
<https://www.youtube.com/watch?v=XJXvzURxyo&list=PLEaOqsoYB536cQfEgwgJzB0WX083n5M&index=4&t=0s>. 2018.

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**Personal Finance and Family Economics:****Basic Financial Management:**

Hansen, L. Budgeting like a pro, Rexburg, Idaho, May 5, 2023.

Hansen, L. Retirement a look into the best years of life, Stanley, Idaho, May 9, 2023.

Hansen, L. Retirement on the farm, Zoom presentation, January 17, 2023.

Hansen, L. Financial tune up, Zoom presentation, November 21, 2022.

Hansen, L., B. Henderson, and D. Callester. Stress awareness, Twin Falls, Idaho, June 21, 2022.

Hansen, L. and B. Henderson. Stress awareness, Twin Falls, Idaho, February 24, 2022.

Hansen, L., B. Henderson, and D. Callister. Farm stress management, Shoshone, Idaho, January 13, 2022.

Hansen, L. and L. Ellis. Farm stress management, Zoom presentation, June 1, 2021.

Hansen, L. and L. Ellis. Farm stress management, Zoom presentation, February 19, 2021.

Hansen, L. and L. Ellis. Farm stress management, Zoom presentation, February 12, 2021.

Hansen, L. Money management, Zoom presentation, October 21, 2020.

Hansen, L. and L. Erickson. Financial apps, Zoom presentation, October 2, 2020.

Hansen, L. and L. Ellis. Farm stress management, Pocatello, Idaho, September 23, 2020.
 Hansen, L. Don't corona my cash getting back to normal, Zoom presentation, May 28, 2020.
 Hansen, L. Don't corona my cash stretch your dollars part 1, Zoom presentation, May 14, 2020.
 Hansen, L. Credit score millionaire, Rexburg, Idaho, March 3, 2020.
 Hansen, L. Retirement for farmers, Blackfoot, Idaho, February 18, 2020.
 Hansen, L. and L. Ellis. Farm stress management, Ashton, Idaho, February 7, 2020.
 Hansen, L. and L. Ellis. Farm stress management, Idaho Falls, Idaho, February 5, 2020.
 Hansen, L. and L. Ellis. Farm stress management, Pocatello, Idaho, February 4, 2020.
 Hansen, L. and L. Ellis. Farm stress management, Burley, Idaho, February 3, 2020.
 Hansen, L. Credit score millionaire, Pocatello, Idaho, January 26, 2020.
 Hansen, L. Credit score millionaire, Idaho Falls, Idaho, January 26, 2020.
 Hansen, L. and L. Ellis. Farm stress management, Pocatello, Idaho, January 22, 2020.
 Hansen, L. Financial preparedness in emergencies, Rexburg, Idaho, January 2, 2020.
 Hansen, L. Smart choice insurance basics, Zoom presentation, October 17, 2019.
 Hansen, L. Smart choice insurance basics, Zoom presentation, September 17, 2019.
 Hansen, L. Smart choice insurance basics, Zoom presentation, August 22, 2019.
 Hansen, L. Credit score millionaire, Rexburg, Idaho, January 31, 2019.
 Hansen, L. Smart choice insurance basics, Twin Falls, Idaho, December 7, 2018.
 Hansen, L. Smart choice insurance basics, Jerome, Idaho, November 30, 2018.
 Hansen, L. Smart choice insurance basics, Twin Falls, Idaho, November 29, 2018.
 Hansen, L. Credit freeze, Blackfoot, Idaho, November 6, 2018.
 Hansen, L. Credit freeze, Mackay, Idaho, November 5, 2018.
 Hansen, L. Financial preparedness in emergencies, St. Anthony, Idaho, May 16, 2018.
 Hansen, L. and L. Erickson. Credit score millionaire, Rupert, Idaho, February 15, 2018.
 Hansen, L. and L. Erickson. Night of the living debt, Rexburg, Idaho, February 13, 2018.
 Hansen, L. Retirement for farmers, Preston, Idaho, February 8, 2018.
 Hansen, L. Credit score millionaire, Preston, Idaho, February 8, 2018.
 Hansen, L. Retirement for farmers, Rexburg, Idaho, February 7, 2018.
 Hansen, L. Credit score millionaire, Rexburg, Idaho, February 7, 2018.
 Hansen, L. Retirement for farmers, American Falls, Idaho, February 6, 2018.
 Hansen, L. Credit score millionaire, American Falls, Idaho, February 6, 2018.

Youth Financial Literacy:

Hansen, L. Night of the Living Debt, Ammon, Idaho, 2 sessions October 12, 2023.
 Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 2 sessions October 11, 2023.
 Hansen, L. Employment Feud, Ammon, Idaho, 2 sessions, October 10, 2023.
 Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, September 6, 2023.
 Hansen, L. Employment Feud, Rexburg, Idaho, 2 sessions, September 5, 2023.
 Hansen, L. Youth Financial Literacy Programs from Extension, Rigby, Idaho, June 20, 2023.
 Hansen, L. Night of the Living Debt, Sugar City, Idaho, May 11, 2023.
 Hansen, L. Employment Feud, Rexburg, Idaho, 5 sessions, May 10, 2023.
 Hansen, L. Welcome to the real world workbook, Sugar City, Idaho, May 4, 2023
 Hansen, L. and J. Gibbons. Employment feud, Sugar City, Idaho, May 3, 2023.
 Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 2 sessions, February 28, 2023.
 Hansen, L. Employment feud, Ammon, Idaho, 2 sessions, February 1, 2023.
 Hansen, L. Welcome to the real world workbook, Sugar City, Idaho, January 13, 2023.
 Hansen, L. Employment feud, Sugar City, Idaho, January 11, 2023.
 Hansen, L. Welcome to the real world workbook, Pocatello, Idaho, December 9, 2022.
 Hansen, L. Employment feud, Pocatello, Idaho, December 8, 2022.
 Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 2 sessions, October 20, 2022.
 Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, October 17, 2022.
 Hansen, L. Employment feud, Ammon, Idaho, 2 sessions, October 13, 2022.
 Hansen, L. Night of the Living Debt, Ammon, Idaho, 2 sessions, October 11, 2022.
 Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, 4 sessions, May 10, 2022.

Hansen, L. Employment feud, Rexburg, Idaho, 4 sessions, May 9, 2022.
Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 3 sessions, May 6, 2022.
Hansen, L. Employment feud, Ammon, Idaho, 3 sessions, May 5, 2022.
Hansen, L. and A. Bingham. Youth investing 101, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. Night of the living debt, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. Employment feud, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. How to live like a millionaire, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. Welcome to the real world workbook, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. Financial escape room, Archer, Idaho, April 2, 2022.
Hansen, L. and A. Bingham. Financial escape room, Archer, Idaho, 3 sessions, April 1, 2022.
Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 3 sessions, February 17, 2022.
Hansen, L. Employment feud, Ammon, Idaho, 3 sessions, February 16, 2022.
Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 2 sessions, May 11, 2021.
Hansen, L. Employment feud, Ammon, Idaho, 2 sessions, May 7, 2021.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, April 21, 2021.
Hansen, L. Employment feud, Rexburg, Idaho, April 20, 2021.
Hansen, L. Night of the living debt, Rexburg, Idaho, April 19, 2021.
Hansen, L. Employment feud, Ammon, Idaho, 3 sessions, March 2, 2021.
Hansen, L. Welcome to the real world workbook, Ammon, Idaho, March 2, 2021.
Hansen, L. Employment feud, Rexburg, Idaho, 4 sessions, February 25, 2021.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, February 24, 2021.
Hansen, L. Employment feud, Rexburg, Idaho, February 23, 2021.
Hansen, L. Night of the living debt, Rexburg, Idaho, February 22, 2021.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, 4 sessions, February 18, 2021.
Hansen, L. Welcome to the real world workbook, Ammon, Idaho, 3 sessions, January 12, 2021.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, February 21, 2020.
Hansen, L. Employment feud, Rexburg, Idaho, February 20, 2020.
Hansen, L. Levy gulch, Rexburg, Idaho, February 19, 2020.
Hansen, L. Night of the living debt, Rexburg, Idaho, February 13, 2020.
Hansen, L. Pirate loot, Rexburg, Idaho, February 11, 2020.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, November 15, 2019.
Hansen, L. Employment feud, Rexburg, Idaho, November 14, 2019.
Hansen, L. Levy gulch, Rexburg, Idaho, November 13, 2019.
Hansen, L. Pirate loot, Rexburg, Idaho, November 12, 2019.
Hansen, L. Night of the living debt, Rexburg, Idaho, November 11, 2019.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, May 16, 2019.
Hansen, L. Hot budget game, Rexburg, Idaho, May 16, 2019.
Hansen, L. Employment feud, Rexburg, Idaho, May 15, 2019.
Hansen, L. and L. Erickson. Levy gulch, Rexburg, Idaho, May 14, 2019.
Hansen, L. and L. Erickson. Night of the living debt, Rexburg, Idaho, May 13, 2019.
Hansen, L. Welcome to the real world workbook, Malad, Idaho, March 20, 2019.
Hansen, L. Hot budget game, Malad, Idaho, March 20, 2019.
Hansen, L. and J. Rickman. Employment feud, Malad, Idaho, March 19, 2019.
Hansen, L. Saving for the future time value of money, Rexburg, Idaho, February 23, 2019.
Hansen, L. Hot budget game, Arimo, Idaho, February 20, 2019.
Hansen, L. Welcome to the real world workbook, Arimo, Idaho, February 20, 2019.
Hansen, L. and L. Foist. Employment feud, Arimo, Idaho, February 13, 2019.
Hansen, L. Hot budget game, Rexburg, Idaho, 2 sessions, February 5, 2019.
Hansen, L. Employment feud, Rexburg, Idaho, 2 sessions, February 4, 2019.
Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, 2 sessions, February 5, 2019.
Hansen, L. Welcome to the real world workbook, Pocatello, Idaho, June 27, 2018.
Hansen, L. Hot budget game, Pocatello, Idaho, June 27, 2018.

Hansen, L. Welcome to the real world workbook, Rexburg, Idaho, May 10, 2018.
 Hansen, L. Hot budget game, Rexburg, Idaho, May 10, 2018.
 Hansen, L. Teen credit card, Rexburg, Idaho, May 9, 2018.
 Hansen, L. Teen credit card, Inkom, Idaho, April 21, 2018.
 Hansen, L. Welcome to the real world workbook, Inkom, Idaho, April 21, 2018.
 Hansen, L. Hot budget game, Inkom, Idaho, April 21, 2018.
 Hansen, L. Welcome to the real world, Rexburg, Idaho, March 1, 2018.

Business:

Hansen, L. Tax implications of selling the farm, Zoom presentation, January 17, 2023.
 Hansen, L. Cost basis farm succession, Zoom presentation, January 17, 2023.
 Hansen, L. Enterprise budgets, Rexburg, Idaho, February 14, 2019.
 Hansen, L. Sweet 16 financial ratios, Rexburg, Idaho, February 14, 2019.
 Hansen, L. Marketing, Preston, Idaho, February 1, 2019.
 Hansen, L. QuickBooks online, Montpelier, Idaho, April 10-11, 2018.
 Hansen, L. Marketing, Rexburg, Idaho, January 31, 2018.
 Hansen, L. Marketing, American Falls, Idaho, January 30, 2018.
 Hansen, L. Employee compensation, Rexburg, Idaho, January 17, 2018.

4-H Youth Development and Volunteer Development

Hansen, L. and J. Gibbons. Intermediate drone applications, Terreton, Idaho, 4 sessions, October 16-19, 2023.
 Hansen, L. Intermediate drone applications, Sugar City, Idaho October 12, 2023.
 Hansen, L. and J. Gibbons. Dutch Oven Cooking, Rexburg, Idaho, July 5-6, 2023.
 Hansen, L. and J. Gibbons. Drone Camp, Rexburg, Idaho, June 26-29, 2023.
 Hansen, L. Camp Fire Cooking Safety, Alpine, Wyoming, 8 sessions, June 14-15, 2023.
 Hansen, L. WeDo Lego Robotics Level 2, Rexburg, Idaho, July 13, 2022.
 Hansen, L. Dutch Oven Cooking, Rexburg, Idaho, July 12-13, 2022.
 Hansen, L. WeDo Lego Robotics Level 1, Rexburg, Idaho, July 12, 2022.
 Hansen, L. Drone Camp, Rexburg, Idaho, June 27-30, 2022.
 Hansen, L. Hiking Camp, Rexburg, Idaho, June 20-24, 2022.
 Hansen, L. Introduction to Drones, Alpine, Wyoming, 5 sessions, June 16, 2022.
 Hansen, L. and A. Bingham. LifeSmarts, Archer, Idaho, April 2, 2022.
 Hansen, L. 4-H Volunteer youth stress awareness, February 26, 2022.
 Hansen, L. Drone camp, Rexburg, Idaho, October 4,6,11,13,19,20, 2021.
 Hansen, L. Introduction to drones, St Anthony, Idaho, July 21, 2021.
 Hansen, L. WeDo Lego Robotics Level 2, Rexburg, Idaho, July 15, 2021.
 Hansen, L. WeDo Lego Robotics Level 1, Rexburg, Idaho, July 13, 2021.
 Hansen, L. Hiking camp, Rexburg, Idaho, July 12,14,16, 2021.
 Hansen, L. Drone camp, Rexburg, Idaho, June 21-25, 2021.
 Hansen, L. Camping fire safety, Alpine, Wyoming, June 17, 2021.
 Hansen, L. LifeSmarts, Zoom presentation, October 14, 2020.
 Hansen, L. Drone video editing, Rexburg, Idaho, July 22, 2020.
 Hansen, L. Introduction to drones, St Anthony, Idaho, July 16, 2020.
 Hansen, L. Drones in action, Rexburg, Idaho, July 2, 2020.
 Hansen, L. Drone safety, Rexburg, Idaho, July 1, 2020.
 Hansen, L. Introduction to drones, Rexburg, Idaho, June 30, 2020.
 Hansen, L. Conflict resolution: control your story, February 29, 2020.
 Hansen, L. LifeSmarts, Idaho Falls, Idaho, January 29, 2019.
 Hansen, L. Drone video editing, Rexburg, Idaho, November 7, 2019.
 Hansen, L. Drone video editing, Rexburg, Idaho, November 6, 2019.
 Hansen, L. Drones in action, Rexburg, Idaho, November 5, 2019.
 Hansen, L. Drones in action, Rexburg, Idaho, November 4, 2019.
 Hansen, L. Introduction to drones, Rexburg, Idaho, October 28, 2019.
 Hansen, L. Introduction to drones, Rexburg, Idaho, October 7, 2019.
 Hansen, L. Conflict resolution: control your story, Archer, Idaho, June 27, 2019.
 Hansen, L. Hiking safety, Rexburg, Idaho, June 24 and 26, 2019.

Hansen, L. Coding for beginners, Rexburg, Idaho, June 15-17, 2019.
 Hansen, L. Drone video editing, Rexburg, Idaho, June 14, 2019.
 Hansen, L. Drones in action, Rexburg, Idaho, June 12, 2019.
 Hansen, L. Drone safety, Rexburg, Idaho, June 11, 2019.
 Hansen, L. Introduction to drones, Rexburg, Idaho, June 10, 2019.
 Hansen, L. Coding for beginners, Rexburg, Idaho, June 3, 2019.
 Hansen, L. Drones in action, Rexburg, Idaho, May 1, 2019.
 Hansen, L. Drone safety, Rexburg, Idaho, April 3, 2019.
 Hansen, L. Introduction to drones, Rexburg, Idaho, March 27, 2019.
 Hansen, L. Junior achievement entrepreneurs, Menan, Idaho, November 5, 2018.
 Hansen, L. Drone video editing, Rexburg, Idaho, July 10, 2018.
 Hansen, L. Drones in action, Rexburg, Idaho, July 10, 2018.
 Hansen, L. Introduction to drones, Rexburg, Idaho, July 9, 2018.
 Hansen, L. Drone safety, Rexburg, Idaho, July 9, 2018.
 Hansen, L. Coding for beginners, Rexburg, Idaho, June 22, 2018.
 Hansen, L. Cyber security basics, Rexburg, Idaho, June 22, 2018.
 Hansen, L. Introduction to drones, Alpine, Wyoming, 5 sessions, June 14, 2018.

Food Safety

Hansen, L. Food preservation: jams and jellies, Rigby, Idaho, March 30, 2023.
 Hansen, L. Food preservation: jams and jellies, Rigby, Idaho, March 29, 2023.
 Hansen, L. Food preservation: low acid, Rigby, Idaho, March 15, 2023.
 Hansen, L. Cooking under pressure for youth, Rigby, Idaho, May 31, 2022.
 Hansen, L. U and I together, Perfect pizza dough with practice, Zoom presentation, March 8, 2022.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 6 sessions, April 7-8, 2021.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 4 sessions, February 9, 2021.
 Hansen, L. Cooking under pressure for youth, Zoom presentation, Pennsylvania, February 2, 2021.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 8 sessions, January 19-20, 2021.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 6 sessions, October 19-20, 2020.
 Hansen, L. Food preservation: jams and jellies, Zoom presentation, April 1, 2020.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 6 sessions, January 14-15, 2019.
 Hansen, L. Mealtime inspiration quick and easy snacks, Rigby, Idaho, November 6, 2019.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 6 sessions, October 29-30, 2019.
 Hansen, L. Cooking under pressure, Rexburg, Idaho, August 15, 2019.
 Hansen, L., B. Hutchings, and J. Buck. Instant pot cooking class, Idaho Falls, Idaho, June 4, 2019.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 2 sessions, April 22, 2019.
 Hansen, L., B. Hutchings, and J. Buck. Instant pot cooking class, Pocatello, Idaho, March 29, 2019.
 Hansen, L. My plate, Rigby, Idaho, 4 sessions, March 5, 2019.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 4 sessions, January 29-30, 2019.
 Hansen, L. Homemade, preparing meals at home, Rexburg, Idaho, January 29, 2019.
 Hansen, L. Mealtime inspiration cooking under pressure, Mackay, Idaho, November 5, 2018.
 Hansen, L. Cooking under pressure for youth, Rexburg, Idaho, 3 sessions, October 16-17, 2018.
 Hansen, L. Cooking under pressure, Rexburg, Idaho, August 17, 2018.
 Hansen, L. and L. Dye. Food preservation: jams and jellies, Salmon, Idaho, March 29, 2018.
 Hansen, L. and L. Dye. Cooking under pressure, Rexburg, Idaho, 3 sessions, March 21, 2018.
 Hansen, L. and L. Dye. Cooking under pressure, Rigby, Idaho, January 24, 2018.

Health and Wellness

Hansen, L. and L. Sant. Mental health first aid for youth, Zoom presentation, April 21, 2023.
 Hansen, L. and T. Hoene. Rural mental health, Zoom presentation, September 28, 2022.
 Hansen, L. and T. Hoene. Rural mental health, Zoom presentation, September 22, 2022.
 Hansen, L. and L. Sant. Mental health first aid for adults, Zoom presentation, May 4, 2022.
 Hansen, L. and L. Sant. Mental health first aid for youth, Zoom presentation, April 19, 2022.
 Hansen, L. and L. Ellis. Choosing and growing healthy vegetables, Zoom presentation, February 17, 2021.

Human and Social Capital Development:

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Winchester, Idaho, May 19, 2023, April 21, 2023, March 10, 2023, February 10, 2023, January 13, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Malad, Idaho, March 7, 2023, February 7, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Glenns Ferry, Idaho. March 1, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Wendell, Idaho, April 10, 2023, March 6, 2023, January 30, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Hazelton/Eden, Idaho, May 22, 2023, April 24, 2023, April 7, 2023, March 27, 2023, February 27, 2023, January 30, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Cambridge, Idaho, January 23, 2023, February 22, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Shoshone, Idaho, March 10, 2023, January 27, 2023, January 20, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Weiser, Idaho, January 23, 2023, December 6, 2022.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. New Meadows, Idaho, April 4, 2023, March 7, 2023, February 7, 2023, January 3, 2023, December 6, 2022, November 1, 2022.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Kellogg, Idaho, February 15, 2023, January 25, 2023, December 1, 2022.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Carey, Idaho, March 9, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Driggs, Idaho, July 19, 2023, June 21, 2023, May 24, 2023, April 19, 2023, March 23, 2023.

Hansen, L., D. Callister, T. Hoene, B. Henderson, T. Howard, and K. Tift. Rural mental health community conversations. Western Regional Agricultural Stress Assistance Program. Rigby, Idaho, October 25, 2023, September 26, 2023, July 26, 2023, July 18, 2023.

SCHOLARSHIP ACCOMPLISHMENTS:

Description of personal contributions

a. Graduate work

* Corresponding author

1. Developed project idea

2. Obtained or provided project funding/resources

3. Collected data
4. Analyzed data
5. Contributed significantly to writing
6. Contributed significantly to editing

Publications, Exhibitions, Performances, Recitals:

Refereed:

Extension Publications:

Bulletins/Pacific Northwest (PNW) Publications:

Hutchings, B., J. Buck, S. Greenway, **L. Hansen**, and A. Robertson. 2021. Guide to using and caring for your electric programmable pressure cooker. University of Idaho Extension. PNW 747.
<https://www.extension.uidaho.edu/publishing/html/PNW747-Electric-Programmable-Pressure-Cooker.aspx?title=Recent&category1=Recent&category2=NULL#Authors>.
 (2,3,4,5,6)

Hansen, L.* and A. Bingham. 2020. Being financially aware when divorce occurs: an Idaho guide. University of Idaho Extension. BUL 977.
<https://www.extension.uidaho.edu/publishing/html/BUL977-Being-Financially-Aware-When-Divorce-Occurs.aspx?title=Recent&category1=Recent&category2=NULL#Authors>.
 (1,2,3,4,5,6)

Other:

University of Idaho Extension Impact Statements:

Andrew, B., and L. Hansen. 2023. Idaho teens gain financial literacy in immersive, overnight seminar. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2023/19-23-abingham-financial-literacy.pdf?la=en&hash=FDC4622F249A51ED435024532D83D2AD0457B69E>.

Hansen, L., D. Callister, A. Robertson, S. Greenway, and A. Bingham. 2022. Idaho youth learn essential skills to apply and interview for their first job. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2022/22-22-lhansen-youth-job.pdf?la=en&hash=335867FD8CCF9C5157FBC914918498367B66FF50>.

Hansen, L. and K. Boice. 2021. 4-H youth learn how they will influence the future of drones. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2021/38-21-lhansen-drones-4h.pdf?la=en&hash=EDCE28AB5E7F8721085F59042D7DB1452C256DA6>.

Ellis, L., **L. Hansen**, and J. Hogge. 2020. Farm stress management skills for Idaho agriculture producers. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/38-20-lellis-farm-stress.pdf?la=en&hash=4B8DA53502A577B343A6532D01D461B695EF819F>.

Foist, L., L. Blanch, J. Buck, L. Dye, **L. Hansen**, K. Hoffman, and L. Sant. 2020. Mealtime inspirations provides new ideas to save time and money. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/24-20-lfoist-mealtime-inspirations.pdf?la=en&hash=E834B520E69229665D2E6837476DC4F0C571DDE8>.

Hogge, J. and **L. Hansen**. 2020. Homeowners learn winterization techniques for their landscape. <https://www.uidaho.edu/-/media/UIIdaho-Responsive/Files/Extension/admin/Impacts/2020/12-20-jhogge-winterization.pdf?la=en&hash=714E7C8DCDA64C751B0026C9BC7AB8DA0BE0B096>.

Hutchings, B., **L. Hansen**, J. Buck, S. Greenway, A. Robertson, and N. Ghimire. 2020. Statewide trainings help Idahoans realize the benefits of cooking at home. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2020/3-20-bhutchings-cooking-home.pdf?la=en&hash=F3FB0CE8D261E996DDC84264BD5FACF5267A2C31>.

Hansen, L., S. Greenway, A. Robertson, J. Buck, B. Hutchings, and S. Martinez. 2020. Youth cooking program builds knowledge and instills confidence in participants. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2020/1-20-lhansen-cooking-program.pdf?la=en&hash=47B42BA66FE1CFE83CD30E83EDF789C15AC822F9>.

Sant, L., J. Buck, L. Dye, K. Hoffman, **L. Hansen**, L. Foist, and L. Blanch. 2019. Mealtime inspirations improves participant knowledge and projected behaviors. <https://www.uidaho.edu/-/media/UIDaho-Responsive/Files/Extension/admin/Impacts/2019/17-19-lsant-mealtimes.pdf?la=en&hash=C985795FD6F30C8D2ADE4F8E5CDE2AA24FE4F095>.

Abstract and Proceedings:

Hansen, L., B. Henderson, D. Callister, and T. Hoene. 2022 Stress awareness. University of Idaho Extension Annual Conference, Moscow, Idaho.

Hansen, L. and B. Henderson. 2021. Farm stress management, Tri State Grain Grower Convention, Spokane, Washington.

Hansen, L., L. Erickson, A. Bingham, and K. Richel. 2020. Don't corona my cash, Association for Financial Counseling & Planning Education, Virtual Symposium.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. 2020. Cooking under pressure for youth, National Association of Extension 4-H Youth Development Professionals, Virtual Conference.

Martinez, S., **L. Hansen**, S. Greenway, A. Robertson, J. Buck, and B. Hutchings. 2020. Cooking under pressure for youth, Idaho Out-of-School Network Annual Power Up Summit: emPower Up, Virtual Conference.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. 2020. Cooking under pressure for youth, National Extension Association of Family and Consumer Sciences Annual Session, Virtual Conference.

Bingham, A., L. Erickson, and **L. Hansen**. 2020. Escape the ordinary: Educating through escape rooms, National Extension Association of Family and Consumer Sciences Annual Session, Virtual Conference.

Hansen, L. 2020. Employment feud, Idaho 4-H State Teen Association Convention, Virtual Convention.

Hansen, L. 2020. LifeSmarts, Idaho 4-H State Teen Association Convention, Virtual Convention.

Ghimire, N., J. Hogge, S. Hines, **L. Hansen**, T. Ewers, B. Glaze, J. Buck, N. Dalton, M. De Haro Marti, K. Hart, R. Norell, N. Olsen, A. Ruth, and A. Roe. 2020. Program reporting in the Cooperative Extension: Focus, expectations, practices, and views, Extension Leadership Conference, San Antonio, Texas.

Scholarly Presentations and Other Creative Activities:**Displays and Posters:**

Hansen, L., S. Greenway, and J. Buck. 2021. Cooking under pressure for youth, Extension Leadership Conference, Virtual Conference.

Hansen, L. and L. Ellis. 2019. Farm stress management. University of Idaho Extension Annual Conference, Idaho Falls, Idaho.

Professional Meeting Papers, Workshops:

Hansen, L., B. Henderson, and D. Callister. 2023 Stress awareness (Spanish). Idaho Potato Conference, Pocatello, Idaho.

Hansen, L., B. Henderson, and D. Callister. 2023 Stress awareness. Idaho Potato Conference, Pocatello, Idaho.

Hansen, L., B. Henderson, D. Callister, and T. Hoene. 2022 Stress awareness. University of Idaho Extension Annual Conference, Moscow, Idaho.

Hansen, L. and B. Henderson. 2021. Farm stress management, Tri State Grain Grower Convention, Spokane, Washington.

Hansen, L., L. Erickson, A. Bingham, and K. Richel. 2020. Don't corona my cash, Association for Financial Counseling & Planning Education Symposium, Virtual Symposium.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. 2020. Cooking under pressure for youth, National Association of Extension 4-H Youth Development Professionals Conference, Virtual Conference.

Martinez, S., **L. Hansen**, S. Greenway, A. Robertson, J. Buck, and B. Hutchings. 2020. Cooking under pressure for youth. Idaho Out-of-School Network Annual Power Up Summit: emPower Up, Virtual Conference.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. 2020. Cooking under pressure for youth, National Extension Association of Family and Consumer Sciences Annual Session, Virtual Conference.

Bingham, A., L. Erickson, **L. Hansen**. 2020. Escape the ordinary: Educating through escape rooms, National Extension Association of Family and Consumer Sciences Annual Session, Virtual Conference.

Hansen, L. 2020. Employment feud, Idaho 4-H State Teen Association Convention, Virtual Convention.

Hansen, L. 2020. LifeSmarts, Idaho 4-H State Teen Association Convention, Virtual Convention.

Ghimire, N., J. Hogge, S. Hines, **L. Hansen**, T. Ewers, B. Glaze, J. Buck, N. Dalton, M. De Haro Marti, K. Hart, R. Norell, N. Olsen, A. Ruth, and A. Roe. 2020. Program reporting in the Cooperative Extension: Focus, expectations, practices, and views, Extension Leadership Conference, San Antonio, Texas.

Grants and Contracts Awarded:

- Hansen, L., B. Henderson, D. Callister, T. Hoene, T. Howard, and K. Tiff. Continuing Farm Stress Awareness work in Idaho, Wester Region Agricultural Stress Assistance Program, 2023 \$62,000 (\$62,000 spending authority).
- McMoran, D., A. Myers, B. Fetch, T. Teegerstrom, T. Aller, E. Mandujano, **L. Hansen**, T. Le, K. Chen, E. Weybright, and B. French. Western Region Agriculture Stress Assistance Program III, 2023 \$1,971,908.
- Hansen, L., and T. Hoene. Mental Health First Aid training, Western Regional Agricultural Stress Assistance Program, 2022 \$9,983 (\$9,983 spending authority).
- Hansen, L. B. Henderson, D. Callister, T. Hoene, T. Howard, and K. Tiff. Farm stress/mental health, Wester Region Agricultural Stress Assistance Program, 2022 \$199,993.00 (\$199,993.00 spending authority).
- Hansen, L. B. Henderson, D. Callister, and T. Hoene. Farm stress awareness, Idaho Department of Agriculture, 2022, \$4,700 (4,700 spending authority).
- Hansen, L., and J. Lindstrom. LifeSmarts. Melaleuca, 2022, \$10,000 (\$5,000 spending authority).
- Hansen, L., and J. Lindstrom. LifeSmarts. Melaleuca, 2021, \$10,000 (\$5,000 spending authority).
- Hansen, L., and J. Lindstrom. LifeSmarts. Melaleuca, 2020, \$10,000 (\$5,000 spending authority).
- Hansen, L., and K. Boice. Drone Design. Idaho Stem Action Center, 2020, \$3,500.
- Hansen, L., and J. Lindstrom. LifeSmarts. Melaleuca, 2019, \$10,000 (\$5,000 spending authority).

Internal Funding Awarded:

- Erickson, L., and L. Hansen. financial movie project. University of Idaho Extension Innovative Projects, 2021, \$10,000 (\$2,000 spending authority).
- Hansen, L. Extension video proposal. University of Idaho Extension Innovative Projects, 2021, \$500 (\$500 spending authority).
- Hansen, L. Enhancement of virtual and online program delivery. University of Idaho Extension Innovative Projects, 2021, \$4,430 (\$4,430 spending authority).
- Hansen, L. Mental health first aid. University of Idaho Extension, Smith Lever Federal Funding, 2020, \$1,000 (\$1,000 spending authority).
- Hansen, L. Smart choice basic insurance. University of Idaho Extension Innovative Projects, 2018, \$2,550 (\$2,550 spending authority).
- Hansen, L. Mildred Haberly Endowment Award, School of Family and Consumer Sciences, 2018, \$1,806 (\$1,806 spending authority).
- Hansen, L. Hepworth Scholar Endowment Award, School of Family and Consumer Sciences, 2018, \$500 (\$500 spending authority).

In-kind and Industry Support:

- Hansen, L. Pizza 4 Producers Training, Wester Region Agricultural Stress Assistance Program, 2022, \$1461.67.

Hansen, L., B. Henderson, D. Callister, and T. Hoene. Farm Stress/Mental Health Billboards, Wester Region Agricultural Stress Assistance Program, 2022, \$4,625.

Hutchings, B., L. Hansen, and J. Buck. Cooking Under Pressure Cooking School. Post Register, 2019, \$6,995.

Hutchings, B., L. Hansen, and J. Buck. Cooking Under Pressure Cooking School. Broulim's Fresh Foods, 2019, \$450.

Hutchings, B., L. Hansen, and J. Buck. Cooking Under Pressure Cooker School. Idaho State Journal, 2019, \$6,995.

Hutchings, B., L. Hansen, and J. Buck. Cooking Under Pressure Cooker School. Bed Bath and Beyond, 2019, \$251.95.

Hansen, L. Smart Choice Basic Insurance. St Luke's 2018, \$560.

Scholarship Honors and Awards:

Hansen, L., D. Callister, A. Robertson, S. Greenway, and A. Bingham. Innovative Youth Development Programming Award for Employment Feud, National Extension Association of Family and Consumer Sciences, Third Place National, First Place Western Regional, and First Place State Winner, 2023.

Hansen, L. Greenwood Frysinger Award. National Extension Association of Family and Consumer Sciences, Second Place National, First Place Western Regional, and First Place State Winner, 2020.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. Innovative Youth Development Programming Award for Cooking Under Pressure for Youth, National Extension Association of Family and Consumer Sciences, Second Place Western Regional, and First Place State Winner, 2020.

Hansen, L., S. Greenway, A. Robertson, B. Hutchings, J. Buck, and S. Martinez. Excellence in Healthy Living Award for Cooking Under Pressure for Youth, Idaho Association of Extension 4-H Professionals, State Winner, 2020.

Hansen, L. Excellent Leadership and Creativity through Programming, R.W. Schermerhorn Extension Award for Cooking Under Pressure for Youth, University of Idaho Extension Faculty, 2020.

SERVICE:

Major Committee Assignments:

Regional:

Western Region Agricultural Stress Assistance Program Committee, 2020-present

College:

College of Agricultural & Life Sciences Hiring Committee for Mental Health Program Coordinator, 2021

Extension:

University of Idaho Extension Health and Wellness Priority Extension Theme, 2020-present

University of Idaho Extension 4-H Youth Development Priority Extension Theme, 2020-present

University of Idaho Extension Farm Stress Management Team, 2020-present

University of Idaho LifeSmarts State Coordinator, 2019-2022

University of Idaho Digital Measures team, 2019-2020

District:

Eastern District Hiring Committee for Bingham County Extension Educator, 2022

Eastern District Hiring Committee for Community Nutrition Advisor, 2022

Alpine Youth 4-H Camp Board Member, 2021-present
 Eastern Idaho State Fair Awards Chair, 2021-2023
 Eastern District Hiring Committee for Community Nutrition Advisor, 2021
 Eastern District Family and Consumer Sciences, 2019-present
 Secretary, 2019-2021
 Treasurer, 2022-present
 Eastern District Audit Committee, 2018-present, Committee Chair, 2019-present
 Eastern District Enhancement Grant Committee, 2018-2022
 Eastern Idaho State Fair Dog Show Committee, 2018-present
 Eastern District Promotion and Tenure Committee, 2019
 Eastern Idaho State Fair Super Shopper Contest Chair, 2018-2019
 Eastern District Hiring Committee for Bonneville Family and Consumer Sciences position, 2018

County/Local:

Advisory Board Committee, Family & Consumer Science BYU Idaho, Rexburg, Idaho, 2022-2023
 FCS Extension Education Senior Interview Committee BYU Idaho, Rexburg, Idaho, 2021-2023
 Madison County Census Committee, Rexburg, Idaho, 2019-2020
 Resilient Madison Committee, Rexburg, Idaho, 2019-2020
 Economic Development Committee, Rexburg, Idaho, 2019-2020
 Inspire Idaho Expert, 2018-2020

Professional and Scholarly Organizations:

Epsilon Sigma Phi, 2021-present
 Idaho Theta Chapter of Epsilon Sigma Phi, 2021-present
 National Association of Extension 4-H Youth Development Professionals, 2020-present
 Idaho Association of Extension 4-H Professionals, 2020-present
 National Extension Association of Family and Consumer Sciences, 2018-present
 Treasurer, 2023-present
 Idaho Affiliate of the National Extension Association of Family and Consumer Sciences, 2018-present
 Vice President of Awards and Recognition, 2022-2023
 Vice President of Professional Development, 2020-2021
 Association for Financial Counseling and Planning Education, 2018-present

Outreach Service:

Classes, Workshops, Seminars, Share Fairs and Tours Organized:

Eastern District Fall Professional Development Meeting, Swan Valley, Idaho, September 20-21, 2023.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, September 1, 2023.
 Madison County Fair, Rexburg, Idaho, August 16-19, 2023.
 Madison County 4-H camp, Alpine, Wyoming, June 14-16, 2023.
 Idaho state LifeSmarts competition, Rupert, Idaho, March 3, 2023.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, September 1, 2022.
 Madison County 4-H dog show, Rexburg, Idaho, August 8, 2022.
 Madison County 4-H camp, Alpine, Wyoming, June 15-17, 2022.
 Idaho state LifeSmarts competition, Rupert, Idaho, March 4, 2022.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, September 3, 2021.
 Tri County 4-H dog show, Rigby, Idaho, July 29, 2021.
 Madison County 4-H camp, Alpine, Wyoming, June 16-18, 2021.
 Winter livestock meeting, Virtual Training, February 20, 2021.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, September 4, 2020.
 Don't Corona my Cash, Zoom presentations, May 2020.
 Eastern Idaho State Fair super shopper contest, Blackfoot, Idaho, September 7, 2019.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, August 30, 2019.
 Madison County 4-H camp, Alpine, Wyoming, June 19-21, 2019.

4-H awards night, Rexburg, Idaho, October 16, 2018.
 Eastern District Fall Professional Development Meeting, Island Park, Idaho, September 20-21, 2018.
 Eastern Idaho State Fair Super Shopper Contest, Blackfoot, Idaho, September 8, 2018.
 Eastern Idaho State Fair 4-H dog show, Blackfoot, Idaho, August 31, 2018.
 Madison County 4-H camp, Alpine, Wyoming, June 13-15, 2018.

Miscellaneous Extension Publications:

Madison County Extension Newsletter:
 Inflation: the budget crusher. June 2022.
 Breaking the budgeting taboo. February 2022.
 LifeSmarts in Idaho. October 2020.
 What is a credit freeze, and why it is important? April 2019.
 Jefferson County Extension Newsletter
 Breaking the budgeting taboo. February 2022.

Popular Press:

Stress versus strain. Ag Proud Idaho, September 14, 2023.
 Understand your stress and control the outcome. Idaho Grain Magazine, pages 30-32, Summer 2023.
 Teaming up for farmer mental health. Ag Proud Idaho, September 19, 2022.
 Signs you may be stressed and 3 healthy ways to deal with it. East Idaho News, March 28, 2021.
 Farm stress management. Idaho Grain Producers Association Magazine, pages 26-29, Summer, 2020.

Interview Articles:

Hansen, L., B. Henderson, D. Callister, T. Hoene, and T. Howard. Managing stress as a farmer. KBOI Channel 2, May 31, 2023.
 Hansen, L., B. Henderson, D. Callister, and T. Hoene. UI Extension raising awareness about rural mental health challenges. Post Register, October 11, 2022.
 Hansen, L. Minidoka County 4-H'ers place third at National LifeSmarts Championships. Post Register, July 3, 2022.
 Hansen, L. and B. Henderson. A stress like no other. Ag Proud Idaho Magazine, pages 20-21, February 2022.
 Hansen, L., D. Callister, and B. Henderson. WRASAP partner highlight: University of Idaho Extension. WRASAP Newsletter, Winter, 2021.
 Hansen, L. and L. Ellis. Addressing stress. University of Idaho Extension, December, 2020.

Media Presentation:

Ag stress and mental health, God's tender mercies. Ag Proud Idaho, Ag Proud Idaho Podcast, February 28, 2022.
 Financial decision challenges in a divorce proceeding. U.S. Department of Agriculture, USDA Radio, January 26, 2021.
 Insurance considerations after a divorce. U.S. Department of Agriculture, USDA Radio, October 9, 2020.
 Financial awareness and support during divorce. U.S. Department of Agriculture, USDA Radio, October 2, 2020.
 Document dilemma after divorce. U.S. Department of Agriculture, USDA Radio, September 22, 2020.

Web Pages/Social Media:

University of Idaho Extension Personal Finance Facebook, 2020-Present.
 University of Idaho Extension and 4-H Madison County Facebook, 2019-Present.

Judging:

4-H youth demonstration contest, Rexburg, Idaho, August 17, 2023.
 National Association of County Agricultural Agents, communication award, April 20, 2023.
 Idaho state LifeSmarts competition, Rupert, Idaho, March 3, 2023.
 State FFA public speaking and essay competition, Sugar City, Idaho, January 26, 2023.
 4-H youth demonstration contest, Rexburg, Idaho, August 19, 2022.
 State FFA public speaking and essay competition, Sugar City, Idaho, March 1, 2022.
 State 4-H horse competition, Idaho Falls, Idaho, June 14, 2021.
 4-H youth demonstration contest, Rexburg, Idaho, August 21, 2020.
 State FFA job interview skills competition, Rigby, Idaho, February 25, 2020.
 State 4-H horse competition, Rigby, Idaho, July 1, 2019.
 National Conservation Foundation Environthon, Pocatello, Idaho, July 27, 2018.

Review Activities:

University of Idaho Publishing, FastTrack subeditor, 2019-present.
 2023, one publication.
 University of Idaho Publishing, FastTrack reviewer, 2019-present.
 2022, one publication.
 2021, two publication.
 2020, two publication.
 2019, one publication.

PROFESSIONAL DEVELOPMENT:

Outreach:

Farm Stress and Youth, Virtual Training, September 26, 2023.
 Eastern District Fall Meeting, Swan Valley, Idaho, September 20-21, 2023.
 National Extension Association of Family and Consumer Sciences Conference, Providence, Rhode Island,
 September 10-15, 2023.
 Eastern District Spring Meeting, Pocatello, Idaho, April 27, 2023.
 University of Idaho Extension Annual Conference, Sun Valley, Idaho, April 10-14, 2023.
 Conflict Management: A Practical Workshop for Leaders, Online Training, March 21, 2023.
 HR Issues for Supervisors, Online Training, March 21, 2023.
 Time Management: Focusing on Your Priorities and Purpose, Online Training, March 21, 2023.
 Eastern District Civil Rights Review Training, Virtual Training, February 2, 2023.
 Idaho Potato Conference, Pocatello, Idaho, January 18-19, 2023.
 Eastern Idaho 4-H annual meeting, Rigby, Idaho, January 10, 2023.
 Association for Financial Counseling and Planning Education Symposium, Orlando, Florida, November
 15-18, 2022.
 Eastern District Fall Meeting, Bear Lake, Idaho, November 2-3, 2022.
 Building a Strong Dossier for Promotion and Tenure, Virtual Training, November 1, 2022.
 Pizza 4 Producers Training, Burlington, Washington, October 27-28, 2022.
 National Extension Association of Family and Consumer Sciences Conference, Raleigh, North Carolina,
 September 12-15, 2022.
 Everyday Democracy Training, Virtual Training, July 22, 2022.
 University of Idaho Extension Annual Conference, Moscow, Idaho, April 11-15, 2022.
 Tri State Grain Growers Conference, Spokane, Washington, December 2-3, 2021.
 Association for Financial Counseling and Planning Education Symposium, Virtual symposium, November
 15-19, 2021.
 National Extension Association of Family and Consumer Sciences Conference, Virtual session, November
 2-5, 2021.
 University of Idaho, Minimizing Unconscious Bias in Recruitment and Hiring, Online Training, May 4,
 2021.
 University of Idaho Extension, You got funded: now what?, Virtual training, May 3, 2021.

University of Idaho Extension Annual Conference, Virtual conference, April 13-16, 2021.
 Extension Leadership Conference, Virtual conference, February 10-12, 2021.
 Horticulture & Small Farm In-Service, Caldwell, Idaho, July 19-20, 2021.
 Mental Health First Aid (MHFA), Youth Mental Health First Aid Instructor, Virtual training, May 5-6, 2021.
 Association for Financial Counseling and Planning Education Symposium, Virtual symposium, November 16-20, 2020.
 National Association of Extension 4-H Youth Development Professionals, Virtual conference, October 19-22, 2020.
 Idaho Out-of-Scholl Network, Power Up Summit, Virtual conference, October 14-16, 2020.
 Mental Health First Aid (MHFA), Adult Mental Health First Aid Instructor, Virtual training, September 28-30, 2020.
 National Extension Association of Family and Consumer Sciences Conference, Virtual session, September 14-16, 2020.
 Drone Designers, Online Training, August 3-5, 2020.
 University of Idaho Extension Annual Conference, Virtual conference, April 14-17, 2020.
 Association for Financial Counseling and Planning Education Symposium, Portland, Oregon, November 19-21, 2019.
 Coming Together for Racial Understanding, Boise, Idaho, October 24-25, 2019.
 University of Idaho State 4-H Leaders Forum, Boise, Idaho, October 21-23, 2019.
 University of Idaho Extension Annual Conference, Idaho Falls, Idaho, March 25-28, 2019.
 Mental Health First Aid, Ogden, Utah, January 15, 2019.
 Farm Stress Management Summit, Lansing, Michigan, January 23-25, 2019.
 Association for Financial Counseling and Planning Education Symposium, Norfolk, Virginia, November 14-16, 2018.
 University of Idaho State 4-H Leaders Forum, Boise, Idaho, October 22-24, 2018.
 National Extension Association of Family and Consumer Sciences Conference, San Antonio, Texas, September 24-27, 2018.
 University of Idaho New Hire Orientation, Moscow, Idaho, August 13-16, 2018.
 University of Idaho Extension Annual Conference, Moscow, Idaho, April 2-5, 2018.
 Inspire Idaho Expert Training with Apple Computers for Swift Coding, Coeur d'Alene, Idaho, February 19-23, 2018.
 Sitecore Training: Learning How to Update your County Webpage, Zoom meeting, January 12, 2018.

Administration/Management:

University of Idaho Extension County Chair Training, Role of County Chair, Addressing Conflict, Working with County Commissioners, Idaho Falls, Idaho, September 19-20, 2023.
 University of Idaho Extension County Chair Training, Navigating difficult situations, budget requests, MOU's, Virtual training, May 24, 2021.
 University of Idaho Extension County Chair Training, MOU's, budget planning, Virtual Training, April 28, 2020.
 University of Idaho Extension County Chair Training, Hiring, onboarding, and supervising dos and don'ts, Jerome, Idaho, June 5, 2019.
 University of Idaho Extension County Chair Training, Caldwell, Idaho, May 14-15, 2018.