

Emma Sypes, BSc

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Masters Student, Health Services Research

Department of Community Health Sciences, University of Calgary

Email: emma.sypes@ucalgary.ca

Education

Undergraduate

2013-2017 Honours Bachelor of Science with distinction, Bio-Medical Science
University of Guelph, Guelph, Ontario

Graduate

2017-present Master of Science (Health Services Research specialization)
Department of Community Health Sciences, Cumming School of Medicine
University of Calgary, Calgary, Alberta

Honours & Awards

2017 University of Guelph Bio-Medical Science Research Award of Merit
2013-2017 University of Guelph Bio-Medical Science Dean's List
2013 University of Guelph Entrance Scholarship, \$3000
2013 Chalk River Professional Employee Group Scholarship, \$2000
2013 James & Roli Wendorf Scholarship for Science & Engineering, \$2500

Publications

Sypes, E. Racey, M. Netwon, G. Characterization of website use associated with school-based nutrition education intervention: Do students independently access internet materials? *Journal of Medical Internet Research*. (in prep)

Racey, M. Sypes, E. Wosnick, D. Newton, G. What is the effectiveness of a parent-targeted email campaign as a follow-up strategy to a web and school based dairy nutrition education intervention? Impact on website use and student knowledge, behavior and intentions. *Journal of Nutrition Education and Behavior*. (in prep)

Sypes E, Parkin PC, Carsley S, Birken CS, Maguire JL, Borkhoff CM. Association between obesity and iron stores in early childhood. *Pediatrics*. (in prep)

Undergraduate Research Projects

2017 Honours Research Project, Population Medicine, University of Guelph, Guelph ON

- ◆ Conducted under the supervision of Dr. Jennifer McWhirter in the Department of Population Medicine
- ◆ Investigated health policy in the United States regarding the requirement of Health Warning Labels to be posted in indoor tanning salons
- ◆ Conducted an in-depth content analysis of required Health Warning Labels including visual components, health risk information and components of Health Communication Theories
- ◆ Conducted data analysis to synthesize results for manuscript preparation and seminar presentation

Undergraduate Research Projects

- 2017 Literature Review, Human Health and Nutritional Sciences, University of Guelph, Guelph, ON
- ◆ Completed a systematic review evaluating the effectiveness of using fitness trackers in physical activity or weight loss interventions in non-clinical populations
 - ◆ Designed an intensity evaluation to investigate the relationship of level of intensity of the intervention with significant outcomes
 - ◆ Lead investigator in review design and manuscript preparation
- 2016 Honors Research Project, Human Health and Nutritional Sciences, University of Guelph, Guelph, ON
- ◆ Conducted with the Teaching, Learning & Knowledge Transfer Group of the Human Health & Nutritional Sciences Department, evaluating a dairy nutrition intervention in elementary schools
 - ◆ Used automated data from Google Analytics to evaluate website use during the intervention period use including most viewed content, timing of website sessions and common traversal taken when navigating the website and to determine the degree of website use by parents and students after the intervention period
 - ◆ Analyzed data generated from MailChimp to evaluate effectiveness of emails advertising the intervention website sent to parents after the intervention period

Knowledge Mobilization Projects

- 2016 Interactive activity book for Kenyan students as a tool for malaria education and awareness
- ◆ Completed this project as a culminating group assignment for POPM*3240 Epidemiology (University of Guelph)
 - ◆ Conducted background research regarding gaps in malaria awareness in Kenyan children and ideal methods for knowledge translation among this population
 - ◆ Constructed an activity book including coloring pages and take-home activities to further malaria awareness and prevention education
 - ◆ Developed a hypothetical integration and distribution plan for the activity book

Work Experience

- 05/17-08/17 Summer Research Student, The Hospital for Sick Children, Toronto, ON
- ◆ Conducted a research project investigating the association between obesity and iron deficiency in early childhood
 - ◆ Responsibilities included background literature review, statistical analysis and manuscript preparation
 - ◆ Presented project details and findings at team meetings and academic rounds
- 06/16-08/16 Summer Student, Patient Information, Pembroke Regional Hospital, Pembroke, ON
- ◆ Filed inpatient and outpatient medical reports in to patients' charts
 - ◆ Data entry of 500 patient files per day into Microsoft Access database in preparation for file destruction
 - ◆ Purged oversize patient charts and prepared files for shipment to offsite storage
 - ◆ Completed e-learning modules in Health & Safety, Emergency Preparedness and Patient Confidentiality

Work Experience

- 01/16-04/16 Bounce Back Facilitator, Centre for New Students, University of Guelph, Guelph, ON
- ◆ Conducted one-on-one weekly meetings with 5-10 first year students on academic probation to identify current stressors and develop strategies for improvement
 - ◆ Cultivated self-agency and self-confidence in participants to promote positive development towards personal and academic success
 - ◆ Regularly connected with program coordinators and collaborated with team members to develop participant outreach and engagement strategies

Extra-Curricular Activities

- 09/15-05/17 Undergraduate Science Case Competition Coordinator, University of Guelph, Guelph, ON
- ◆ Organized the Guelph chapter of the USCC, designed to foster scientific innovation amongst undergraduate students
 - ◆ Developed promotional materials and conduct outreach with undergraduate students to advertise the competition in collaboration with other student groups on campus
 - ◆ Met with students to provide constructive feedback on their research proposals and presentation skills as they prepare for the competition
- 09/15-05/17 Supported Learning Groups (SLG) Leader, University of Guelph, Guelph, ON
- ◆ Facilitated 3 hours/week of review sessions for 5-20 students using strong verbal communication skills to provide a collaborative learning experience that enhances understanding of challenging subject concepts
 - ◆ Empowered students to develop their own study skills by providing advice and support, accommodating different learning styles and referring students to support services as necessary
 - ◆ Engaged in ongoing training in collaborative learning strategies and group facilitation

Volunteer Experience

- 09/14-01/17 Wellness Program Volunteer, YMCA-YWCA of Guelph, Guelph, ON
- ◆ Assist clients with neurological conditions as they work through personalized fitness plans while acknowledging their limits and providing support and encouragement
 - ◆ Report clients' progress to the Program Supervisor and suggest new activities to help clients achieve their personal fitness and health goals
 - ◆ Work with staff and other volunteers to develop new low-activity group exercises that challenge the group and foster motivation and collaboration between clients
- 08/12-08/14 Student Volunteer, Pembroke Regional Hospital, Pembroke, ON
- ◆ Delivered ice water to patients in an efficient manor while maintaining patient confidentiality
 - ◆ Conducted Patient Satisfaction Surveys in the Emergency Department using an iPad
 - ◆ Trained and supported new volunteers