



EMAN ALZOGHBIEH

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Summary

As a knowledgeable person in the health field, teaching associate, communities' educator, provider, program coordinator, teacher, and others, I focused on improving health in individuals and specific groups by using education and public awareness strategies. Moreover, I believe that effective teaching starts with solid communication and relationship-building skills alongside the academic and extensive experience. I am prepared to bring 14 years of experience and passion to a challenging new role with growth potential at your institution. I am an experienced health education professional fluent in English and Arabic and worked with highly diverse communities. I can confidently reach out to a broader range of students and audiences to deliver a significant level of knowledge and important health/ life practices. I am dedicated to teaching, reaching, and advocating for public health objectives and wellbeing. I am Organized, driven, and collaborative with an in-depth understanding of program needs, research strategies, and trends in health issues.

Skills

- Research designing skills
- National and international experience within educational institutions and healthcare establishments
- Instructing/ training seminars
- Data gathering and analysis
- Testing and assessment protocols
- Materials and canicular building skills
- Team lead & organizational leadership skills
- Time management
- Fluent in Arabic
- Problem resolution
- Training & Development
- Positive atmosphere promotion
- Ability to construct quizzes, tests, and exams following the CSU system guidelines, Cambridge system, and framework.
- Ability to communicate through emails, group texting apps, Zoom, Google Meet, Teams, and others.
- Monitoring and evaluation skills
- Skills in community health education programs, topics, and delivery methods.
- Organizational skills
- Multitasking
- Ability to deliver teaching through various instruction such as online, virtual, Face to Face, self-paced, one-to-one, and group-based work.
- Excellent in using multi techniques and platforms such as blackboard, Microsoft teams, Zoom, Google Classroom, Canvas, Prezi, Microsoft Office, and others.
- Motivating students
- instructional practices that are unique by applying the national and international experiences into my career path.
- Classroom management
- Performance assessments using different methods based on modern and classical practices according to the resources and the learners' technical literacy.
- Peer-reviewed publications and research work

Experience

International Cambridge Academy-
Etifag Schools | Amman, Jordan
Health and Science Instructor
10/2021 - Current

- Helped students develop essential health-promoting skills, select nutritious foods, and integrate exercise practices.
- Adapted instructing and teaching methods and instructional strategies to promote learning in students of differing skill levels.
- Met with parents and guardians to discuss student progress and areas for improvement.
- Managed consistent, learning-focused classroom environments by establishing and communicating clear objectives for students.
- Delivered clear, informative classes on subject matter framed to meet state standards.
- Assessed student progress with course material through routine quizzes, final examinations, and standardized assessments.
- Evaluated submitted assignments for clarity and skills, assigned grades, and discussed results with struggling students to enhance understanding of course objectives.
- Explored different avenues of learning with students to help each prepare for later educational environments.
- Graded tests and papers and uploaded grading information to the district system.
- Coordinated materials and instructional plans for immersive activities exploring concepts.
- Created study guides and supporting materials to reiterate lecture details and prepare students for tests.
- Conferred with specialists to support the needs of students with individualized educational plans.
- Developed and taught classroom and online courses in various subjects.
- Collaborated with other subject and grade-level instructors and teachers to build complementary educational frameworks for students.
- Created lesson plans to address the needs of entry-level and upper-level students.
- Maintained school-wide culture of respect and actively used positive behavioral interventions and supports (PBIS) disciplinary methods.
- Guided students through exploration and analysis of different art forms and implemented a hands-on approach to art education.

CSUSB | San Bernardino, CA
**Health Sciences Instructor/ Public
Health Teaching Associates**
12/2018 - 01/2021

- Helped students develop essential health-promoting skills, select nutritious foods, integrate exercise practices, understand diseases prevention practices, and how to incorporate those skills in their lives actively.
- Selected and implemented effective materials and methods to properly teach students critical concepts using technology and different platforms.
- Fostered students' self-esteem and love of learning by maintaining a welcoming and positive classroom environment.
- Lectured students on health topics such as human body anatomy, physiology, Communicable/ non-communicable diseases, and STD

protection.

- Utilized diverse instructional and teaching methods, lectures, presentations, and class activities to deliver curriculum during the Face to Face (in-person), virtual, and online learning environments.
- Organized activities and class events to drive learning objectives and promote engagement using various methods and tools such as one-to-one, webinars, quizzes, group projects, individual projects, weekly assignments, and classic and modern assessment methods.
- Taught Health sciences courses during the COVID time for newcomers at the Health Sciences & Human Ecology department using virtual technology and a variety of platforms delivering theoretical and practical material.

San Bernardino County- Preschool
services | California

**Health Education Administrative
Intern**

01/2019 - 06/2019

- Provided necessary health education training for patients.
- Established and maintained positive relationships with government regulators, residents, families, other area health care providers, physicians, and the community at large.
- Out-reaching and communication with health community workers and public members about the importance of health, prevention, and treatment.
- Helped improve the quality of the content of training seminars and public health education materials.
- Presented public talks about promoting specific topics and work of the organization.
- Offered subject matter expertise for clinical assistance and program services.
- Supported program operations with database maintenance.
- Evaluated data to identify and address community-specific health needs.
- Devised new health education and promotion tools to meet specific or at-large needs of the local community.
- Educated community members on disease prevention, vaccines and first aid, and health-related resources.
- Designed and coordinated health-centered training programs for local beneficiaries.
- Helped with targeting public health services by developing needs assessments/evaluations.
- Promoted public health initiatives through media collaborations, organization websites, and Public Service Announcements.
- Monitoring and evaluation for organizational data and design a need assessment tools as required

Loma Linda University/ Physical
Fitness Laboratory

Research Assistant

01/2015 - 01/2019

- Reviewed literature to remain current with new procedures and apply learnings to related research.
- Prepared tables, graphs, fact sheets, and written reports summarizing research results.
- Executed qualitative and quantitative analysis on a wide range of data.

- Shared research findings through publications, presentations, and conferences.
- Developed reports and recommendations regarding research outcomes.
- Assisted in research and development of new equipment, products, and processes.
- Performed in-depth research to answer complex questions.
- Designed research and experimental studies and executed research techniques, tests, and essays.
- Identified relevant questions and determined the best methods of collection.
- Ordered supplies, stocked work areas, and prepared materials for research purposes.
- Set up and operated various scientific apparatus.
- Leveraged Microsoft Word, PowerPoint, Excel, SPSS to prepare reports, presentations, and other products.

Center For Victims of Torture | MN/
Amman
Physical Therapist
06/2009 - 12/2010

- Designed programs of physical therapy treatment tailored to individual needs, helping patients to improve, maintain and restore physical function and prevent injury.
- Instructed patients and family members on nature and rationale for treatment programs, teaching correct execution for therapies intended for home use.
- Conferred with outside medical practitioners, insurance providers, and patients to evaluate and refine intervention programs during administration.
- Provided counseling on planned treatments and successful strategies for achieving and maintaining health.
- Collaborated with other medical professionals and academics to design and implement new medical research, contributing to analysis and presentation.
- Mentored student interns and new practitioners in proper diagnosis and treatment techniques to help in developing proficiency.
- Devised and managed treatment plans for injured or disabled patients and those suffering from chronic conditions.
- Trained and supervised 15 physiotherapists.
- Met with patients for follow-up appointments to evaluate the efficacy of in-home treatment plans and provide updated recommendations based on outcomes.
- Observed safety protocols to minimize accidents and the spread of disease.
- Maintained confidential patient documentation to prevent data compromise and comply with HIPAA regulations.
- Collaborated with social workers to support patients.
- Recommended improved life choices to enhance client outcomes.
- Discussed available program services with potential participants and outlined procedures to facilitate smooth engagement in program processes.

- Worked successfully with a diverse group of coworkers to accomplish goals and address issues related to our products and services.
- Juggled multiple projects and tasks to ensure high quality and timely delivery.

CVT representative at the World Health Organization Meetings
06/2009 - 12/2010

- Participate in the health-related meetings at the (WHO) discussing health services, challenges, trends, resources, and updates to improve the related and desired outcomes among the beneficiaries of the International non-governmental organizations/ National non-governmental organizations in the area.
- Prioritized and organized tasks to efficiently accomplish service goals.
- Reviewing and discussing how the CVT can collaborate with the other INGOs & NGOs to serve and support the targeted beneficiaries and clients.
- Improved operations by working with team members and sponsors to find workable solutions.

Al Hussein Society Center for Training & Inclusion
Physical Therapist
04/2008 - 06/2009

- conducted therapeutic sessions, assessment, exercises, treatment plans, and the required reporting and follow-ups.
- I used to run a distinct therapy room, "Sitting Room," where Physical therapy sessions were carried out in groups through playing and different activities
- Children learned self-transfer and other caring skills in groups
- I also trained more than 60 college students yearly on conducting children group therapeutic assessments and training.
- I also taught children, families, and caregivers on ADL related to their children's cases.
- Conducted training and seminars for patients and families about self-care treatments and exercises that can be completed at home.
- Initiated appropriate intervention programs for patients suffering from accidents, illnesses, and injuries.
- Collaborated with multi-disciplinary staff to improve overall patient care and response times.
- Created and maintained facility documents and records, maintaining accuracy while managing sensitive data.

Ortho/Neuro Specialized Physical Therapy Clinic | Amman, Jordan
Physical Therapist
08/2007 - 08/2008

- Health service provider and I became a clinic partner
- Managed and treated pain in patients.
- Initiated appropriate intervention programs for patients suffering from accidents, illnesses, and injuries.
- Evaluated and assessed patients to establish measurable goals and promote restoration of functional abilities.
- Maintained organized documentation and patient files.
- Identified and properly documented patient goals, evaluated progress, and planned reevaluation.
- Instructed patients on proper hygiene, nutrition, exercise, lifestyle

changes, and ergonomic factors in daily activities.

- Rendered the highest quality of care when interacting with patients and families.
- Assisted patients with physical movements to help restore function and lessen pain and disability.
- Prescribed and demonstrated in-home exercises and therapies to help patients improve progress and physical health.
- Facilitated ADLs and assisted patients with functional mobility to increase comfort and quality of life.

Jordan University Center for Phonetics
Administration Assistant

07/2006 - 08/2007

- Greeted visitors or callers daily to handle questions or direct to appropriate staff.
- Processed financial documents, contracts, expense reports, and invoices.
- Coordinated project materials by managing physical and digital files, monitoring spreadsheets, and updating reports.
- Managed phone calls from clients during executives' absences and delivered informative answers to questions.
- Processed incoming mail and packages and placed envelopes in bins for employees.
- Monitored and tracked project performance data with spreadsheets to generate reports and keep management informed of significant trends.
- Organized and maintained filing and document management systems by coordinating, archiving, and purging files.
- Managed scheduling for staff, monitoring resource allocation to provide optimal coverage and service.
- Conducted research using various media sources to obtain relevant data for staff requirements.

Education and Training

California State University | Parkway, San Bernardino, CA, USA

Master of Public Health (MPH) in Community Health Education

05/2020

California State University | Parkway, San Bernardino, CA, USA

Master of Art in Education (MA. Ed) in Instructional/ Educational Technology

12/2020

Jordan University | Rehabilitation Sciences, Jordan

Bachelor of Science in Rehabilitation Sciences/ Physical Therapy

07/2007

National Commission for Health Education Credentialing | USA

CHES/ Certified Health Education Specialist

01/2020

Languages

English:

Native/ Bilingual

Turkish:

Elementary

Arabic:

Native/ Bilingual

Spanish:

Elementary

Activities and Honors

Grants, Honors, and Scholarships

- Honor Society of International Scholars Award
- 2020 Best Graduate Research Activities Nomination
- 2020 SSI Graduate Research Award
- 2020 Fulbright Semi-Finalist
- 2020 Deans list of Health Sciences graduates students
- 2020 CSUSB Presidents Recognition for Research activities
- 2019 and 2020 Excellent research award CSUSB
- 2019 and 2020 Extraordinary community service CSUSB
- 2019 and 2020 Teaching Associates recognition CSUSB
- 2019 Career Center Award
- 2019 L & P Wigington Scholarship
- 2020 Internship Award
- 2007 Dean's List

Practicum & applied Training

- 2019-4/2019: California State University- Health and Society: An Ecological Approach of Health Sciences teaching and laboratory instruction.
- 02/2012- 01/2015: Physical Fitness Laboratory at Loma Linda University. Research methods applied training on research designing, data collection, and data analysis.
- 2004-2007: Clinical training through the University of Jordan/ School of Rehabilitation 1116 training hours in Neuromuscular, Musculoskeletal, and Cardiopulmonary felids.
- 2004-2007: Laboratory and clinical training through the University of Jordan/ School of Medicine with 448 practical hours in Anatomy, Physiology, radiology, and internal medicine.

Training and Workshops

- COVID-19 Contact Tracing
- Biomedical Research Investigators and Key Personnel
- Biomedical Responsible Conduct of Research
- Humanities Responsible Conduct of Research
- Conflict of Interest
- Physical Science Responsible Conduct of Research
- Responsible Conduct of Research for Administrators
- Social and Behavioral Responsible Conduct of Research
- Introduction to Gender studies course
- First aid.

- The right healthy habit
- Aids (HIV) awareness.
- Communication skills
- Successful skills
- Qualifying volunteer mentors to work with at-risk children

Peer-Reviewed Publications and Presentations

- Eman Alzoghbieh, Raeeda Qutob, Faris Alshammari. Social Media and Smart Devices Effects on Postural Muscles among College Students. Phi Beta Delta 2020 Conference, California.
- Alshammari F, Petrofsky J, Daher N, Dehom S, Alzoghbieh E, Laymon M. The Effect of Visual Feedback on Sway in Elderly Compared to Age-Matched Diabetic Subjects. Neuroscience Conference, San Diego, 2013.
- Alshammari F, Petrofsky J, Daher N, Alzoghbieh E, Dehom S, Laymon M. The Effect of Visual Feedback on Sway in Elderly Compared to Age-Matched Diabetic Subjects. APTA Combined Sections Meeting 2014.
- Alshammari F, Petrofsky J, Daher N, Alzoghbieh E, Dehom S, Laymon M. The Effect of Tactile Feedback (Novel Treatment) On Body Sway in the Elderly Compared to Age-Matched Diabetic Subjects. APTA Combined Sections Meeting 2014.
- Alshammari F, Petrofsky J, Daher N, Alzoghbieh E, Dehom S, Laymon M. Promising Intervention in reducing body sway in elderly. 3rd International Physical Therapy Conference 2016. Kuala Lumpur, Malaysia
- Alshammari F, Petrofsky J, Daher N, Alzoghbieh E, Dehom S, Laymon M. The effect of visual feedback compared to tactile feedback in reducing sway in elderly. 3rd International Physical Therapy Conference 2016. Kuala Lumpur, Malaysia

Special Projects

- Food insecurity among college students
- Upper crossed syndrome among youth
- Lower crossed syndrome among youth
- Healthy Body Posture media products
- County of San Bernardino- Preschool Services Media educational products
- 2020 Census Modules for ESL students (completed)
- Learning disabilities training project for educational institution staff and professors.

References

Upon Request