

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Rebecca Mills

DATE: 11/17/2017

RANK OR TITLE: Associate Extension Educator

DEPARTMENT: Southern District

OFFICE LOCATION AND CAMPUS ZIP:
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WEB:

DATE OF FIRST EMPLOYMENT AT UI: June 5, 2017

DATE OF TENURE: N/A

DATE OF PRESENT RANK OR TITLE: June 5, 2017

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.Ag., 2008, Agricultural Education, Oklahoma State University, Stillwater, Oklahoma.
B.S., 2004, Animal Science/Ag Business, Brigham Young University, Provo, Utah.

Certificates and Licenses:

Produce Safety Alliance Train the Trainer, Produce Safety Alliance, Cornell University, 2017
Master Food Preserver Train the Trainer, Utah State University, 2015
Parenting the Love and Logic Way, Independent Facilitator, Love and Logic Institute, Inc., 2014
Project Learning Tree Liaison, Project Learning Tree, Inc., Utah Society for Environmental Education, 2012
Project Learning Tree Instructor Certification, Florida 4-H/ Project Learning Tree, Inc., 2012
Food Safety Managers Certification, Utah State University, 2012
P.I.C.K. (Premarital Interpersonal Choices & Knowledge) a Partner Certification, Love Thinks, LLC, 2011
Building Strong Families: Adult and Youth Programming, University of Missouri Extension, 2010
Master Food Preserver, Utah State University, 2010

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Extension Educator, Commercial Produce Safety, University of Idaho Extension, Boise, Idaho, 2017-Present
Extension Associate Professor with Tenure, Family & Consumer Sciences/4-H Youth, Utah State University Extension, Sevier County, Richfield, Utah, 2016-2017
Extension Assistant Professor, Family & Consumer Sciences/4-H Youth, Utah State University Extension, Sevier County, Richfield, Utah, 2010-2016
Instructor, 4-H Youth Development, Oregon State University Extension, Jefferson County, Madras, Oregon, 2004-2008

Academic Administrative Appointments:

Non-Academic Employment including Armed Forces:

Consulting:

TEACHING ACCOMPLISHMENTS:**Areas of Specialization:****Courses Taught:****Students Advised:**

Undergraduates:

Graduates:

Advised to completion of degree - major professor

Served on graduate committee

Materials Developed:**Workbooks, Manuals:****Web Pages:**

Mills, R., Agenbroad, A., 2017. Food Safety for Produce Growers.

<http://www.uidaho.edu/extension/food-safety-for-produce-growers>

Mills, R., Christensen, L., Biederman, A., Peterson, D., Baletka, J. (2013-2017). What's going on in Sevier County 4-H? Sevier County 4-H blog. Accessible online at:

<http://seviercounty4h.blogspot.com/>

Video Productions:

Mills, R. (2014). USU Extension Wellness Wisdom: Sleep. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=b7sY7BtMOL8>

Mills, R. (2014). USU Extension Wellness Wisdom: Mindful Eating. Sevier County Employee Wellness. YouTube video mini-class. Available online:

https://www.youtube.com/watch?v=z3p-kjg_68E

Mills, R. (2013). USU Extension Wellness Wisdom: Herbs and Spices. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=dRdfFTDxiLc>

Mills, R. (2013). USU Extension Wellness Wisdom: Packing a Lunch. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=qKSDFpwJxmo>

Mills, R. (2013). USU Extension Wellness Wisdom: Omega 3 Fatty Acids. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=1tdDlRmnHrU>

Mills, R. (2013). USU Extension Wellness Wisdom: Breakfast. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=KZNjQ4nXckk>

Mills, R. (2013). USU Extension Wellness Wisdom: Junk Food. Sevier County Employee Wellness. YouTube video mini-class. Available online:

<https://www.youtube.com/watch?v=uE8unxdzvKU>

Mills, R. (2013). Why track? Sevier County Employee Wellness program kickoff presentation via recorded video/slide presentation. Richfield, UT.

Displays and Posters:**Powerpoint/Slide Presentations:**

Courses Developed:**Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:****Honors and Awards:****SCHOLARSHIP ACCOMPLISHMENTS:****Publications, Exhibitions, Performances, Recitals:****Refereed:****Books:****Book Chapters:****Journals:**

Mills, R., Hawkins, J. (2015). Using Storytelling and YouTube Videos to Teach Nutrition in an Online Environment. The Journal of the National Extension Association of Family and Consumer Sciences. Available online at:
https://neafcsmemberclicks.net/assets/documents/journal/jneafcsmemberclicks%20volume%2010_2015-final.pdf

Mills, R., Saunders, K., Hill, P. (2015). Finding the Motivation, Time, Personal Techniques, and Confidence to Write. Journal of Extension, 54(1). Available electronically:
<https://joe.org/joe/2016february/comm2.php>

Hill, P., Mills, R., Peterson, G., Smith, J. (2013). Breaking the code: The creative use of QR codes to market extension events. Journal of Extension, 51(2). Available electronically:
<http://www.joe.org/joe/2013april/tt4.php>

Abstracts and Proceedings:**Peer Reviewed/Evaluated:****Extension Publications:**

Mills, R. (2015). Utilizing the Targeting Life Skills Model Puzzle in Volunteer & Staff Training. Utah State University. Available at Sevier County Extension office with puzzle.

Mills, R., Pearson, C. (2015). Recycling in Utah: Green Waste for Compost. Utah State University. Available electronically:
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1704&context=extension_curall

Biederman, A., Mills, R. (2014). Working with 4-H Youth who have Disabilities. Utah State University. Available electronically:
http://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1687&context=extension_curall

Mills, R., Pearson, C. (2012). Recycling in Utah: Paper. Utah State University. Available electronically:
http://extension.usu.edu/files/publications/publication/Sustainability_Recycling_2013-01pr.pdf

Mills, R. (2012). What it means to go GREEN: Reduce, Reuse, Repurpose, and Recycle. Utah State University. Available electronically:
http://extension.usu.edu/files/publications/publication/FC_Energy2012-01pr.pdf

Mills, R. (2012). Me? Take Minutes? Sure! Utah State University. Available electronically:
http://extension.usu.edu/files/publications/publication/4-H_LifeSkills_2012-01pr.pdf

Journals:

Abstracts and Proceedings:

Research Reports:

New Curricula Developed:

Biederman, A., Mills, R. (2014). Discover 4-H: Art of Math Discover Club. Utah State University. Available electronically: <http://utah4h.org/htm/discover4hclubs>

Refereed/Adjudicated (in press or submitted):

Peer Reviewed (in press or submitted):

Mills, R., Holt, B. (2017) Discover 4-H: Art around the World. Utah State University. Submitted and under review.

Mills, R., Biederman, A. (2015). Discover 4-H: Let's start a blog! Utah State University. Accepted for publication with minor edits.

Other:

Impact Statements:

Abstracts and Proceedings:

Research Reports:

Thesis and Dissertations:

Scholarly Presentations and Other Creative Activities:

Slide Sets/Power Point:

Web pages:

Video Productions:

Displays and Posters:

Professional Meeting Papers, Workshops:

National & Regional

Mills, R. 2015. Top 5 Benefits of Partnering with Teen Volunteers. National Extension Conference on Volunteerism. Portland, ME.

Weichel, J., Haugen, H., Mills, R. 2015. Volunteer Succession Planning and Negotiating the New Deal. National Association of Extension 4-H Agents webinar.

Haugen, H., Gleason, C., McKinley, S., Mills, R. 2014. How do I find volunteers? National Association of Extension 4-H Agents Annual Conference. Minneapolis, MN.

- Mills, R. 2014. What type are you? Using Energy Profiling in the classroom. Utah Family and Consumer Sciences Educators Summer Conference. Provo, UT.
- Mills, R. 2013. Recrafting with the Dumpster Divas: A New Era in 4-H Environmental Education. Galaxy IV National Association of Extension 4-H Agents poster session. Pittsburgh, PA.
- Mills, R. 2013. Pay it Forward Volunteer Recruitment Model: A New Era in Volunteer Recruitment. Galaxy IV National Association of Extension 4-H Agents concurrent session. Pittsburgh, PA.
- Mills, R. 2013. What type are you? Using Energy Profiling in the classroom. Utah Family and Consumer Sciences Educators Summer Conference. Provo, UT.
- Mills, R. 2013. Pay it Forward Volunteer Recruitment Model. National Extension Conference on Volunteerism. Frankenmuth, MI.
- Mills, R., Pearson, B. 2013. Pay it Forward Volunteer Recruitment Model. Western Region 4-H Leaders Forum. Honolulu, HI.)
- Mills, R. 2012. Hands-on environmental education: Recrafting with the Dumpster Divas. National Extension Association of Family & Consumer Sciences Conference. Columbus, OH.
- Mills, R. 2012. Help! I'm buried in plastic! Utah Family and Consumer Science Educators Summer Conference. Provo, UT.
- Mills, R. 2012. Principles of Risk Management: Are you in the know? Four Corners Regional 4-H In-Service. Albuquerque, NM.
- Brian, R., Mills, R. 2012. USU Extension: A resource in recycling and sustainability for residents, communities and organizations. Intermountain Sustainability Summit, Weber State University. Ogden, UT.
- Mills, R., Pearson, B. 2012. Recrafting Rendezvous with the Dumpster Divas. Western Region 4-H Leaders Forum. Cheyenne, WY.
- MacArthur, S., Mills, R., Smith, J. 2012. Effective Volunteer Recruitment through State and County Collaborations. Western Region 4-H Leaders Forum. Cheyenne, WY.
- Mills, R. 2011. To Your Health Wellness Program. National Extension Association of Family & Consumer Sciences Conference. Albuquerque, NM.
- Mills, R. 2011. It CAN be easy being GREEN. Utah Family and Consumer Science Educators Summer Conference. Provo, UT.
- Mills, R. 2011. Repurpose in Action: CD Cases to Picture Frames. Utah Family and Consumer Science Educators Summer Conference. Provo, UT.
- Mills, R. 2011. Volunteers and Staff Cruising to Excellence through Training. Western Region 4-H Leaders Forum. Seattle, WA.
- Smith, J., Mills, R. 2011. Cruising the Galley: Creating Culinary Memories. Western Region 4-H Leaders Forum Poster session. Seattle, WA.

State/Local

- Mills, R. 2015. Beaded Four Leaf Clover Pendant. Utah 4-H Leadermete. Bluffdale, UT.
- Mills, R. 2015. Best Practices: No, I will not pay you for my files! USU Extension Annual Conference. Thanksgiving Point, UT.
- Mills, R. 2014. What makes Utah 4-H unique, special, and different? Utah 4-H Leadermete. Torrey, UT.
- Mills, R. 2014. Volunteer Risk Management Discussion. Utah 4-H Leadermete. Torrey, UT.
- Hill, P., Memmott, M., Mills, R. 2014. Best Practices: Fixing Extension by Utilizing Innovative Technology. USU Extension Annual Conference. Logan, UT.
- Mills, R., Anderson, S. 2013. 4-H Marketing and Evaluation. Utah 4-H In-Service Training. Moab, UT.

- Mills, R. 2013. Introduction to 4-H Awards. Utah 4-H In-Service Training. Moab, UT.
- Mills, R. 2013. Recrafting with the Dumpster Divas. Utah 4-H Leadermete. Provo, UT.
- Mills, R. 2013. Best Practices: Making time for academic writing. USU Extension Annual Conference. Logan, UT.
- Mills, R., Haws, S. 2012. Introduction to 4-H Awards. Utah 4-H In-Service Training. Thanksgiving Point, UT.
- Mills, R. 2012. Best Practices: Central Utah Educational Efforts Increase Interest in Recycling Opportunities. USU Extension Annual Conference, Utah State University. Logan, UT.
- Mills, R., Pearson, B. 2012. Recrafting with the Dumpster Divas. Utah 4-H Centennial Celebration/Leadermete, 4-H Summer clubs, day camps. Logan, UT; Richfield, UT.
- Mills, R. 2012. Best Practices: Pay it Forward Volunteer Recruitment Model. Utah Extension Association of Family & Consumer Sciences In-Service. Thanksgiving Point, UT.
- Mills, R., Pearson, B. 2011. Building family traditions at YFP Family Night Out. Utah 4-H Youth and Families with Promise Staff In-Service. Provo, UT.
- Mills, R. 2011. A Crash Course in Volunteer Survival. Utah 4-H State Leadermete. St. George, UT.
- Mills, R., Pearson, B. 2011 Recrafting with the Dumpster Divas. Utah 4-H State Leadermete, 4-H Summer clubs, day camps. St. George, UT; Richfield, UT; Ephraim, UT.
- Mills, R., Pearson, B. 2011 Wii Be Fit. Utah 4-H State Leadermete. St. George, UT.
- Mills, R. 2011. Recycling Efforts in Central Utah. Utah Family & Consumer Science Spring In-Service - Agent Report. Provo, UT.
- Mills, R. 2010. Recycling Efforts in Central Utah. Recycling Coalition of Utah Quarterly Meeting. South Jordan, UT.
- Mills, R. 2010. 4-H Staff Retreat: Taking time to look at where we are and where we are going. Utah 4-H Annual In-Service Best Practices Session. Provo, UT.
- Mills, R., Pearson, B., Singleton, N. 2010. Minute to Win It at Family Night Out. Utah 4-H Youth and Families with Promise Staff In-service. Provo, UT.
- Mills, R., Pearson, B., Singleton, N. 2010. 4-H Summer of Fun: Incorporating 4-H Projects into YFP. Utah 4-H Youth and Families with Promise Staff In-service. Provo, UT.
- Mills, R. Ashton, C. 2007. Fun Development. Oregon 4-H Spring Conference. Sunriver, OR.

Patents:

Grants and Contracts Awarded:

- Mills, R., MacArthur, S., Christensen, A. Volunteer Orientation Extension Mini-Grant, Utah State University Extension, 2017-2019, \$14,311.
- Mills, R. STEM Intern, USU Extension Intern Grant, 2017, \$4,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2016, \$20,560.
- Mills, R. STEM Intern, USU Extension Intern Grant, 2016, \$4,000.
- Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2015, \$20,560.
- Mills, R. Sevier County 4-H Sci-Fi Camp, Utah Department of Education STEM Action Center, 2015, \$3,078.
- Mills, R. 4-H Marketing Intern, USU Extension Intern Grant, 2015, \$4,000.
- Mills, R. 4-H Youth Mentoring, Department of Workforce Services Temporary Assitsance for Need Families Fund, 2014-2017, \$584,869.

Dart, C, Mills, R. Teen Relationship Education, Department of Workforce Services Temporary Assistance for Needy Families Fund, 2014-2017, \$33,735.

Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2014, \$20,560.

Mills, R. Composter School Project, USU Extension Mini-Grant, Utah State University Extension, 2014, \$10,000.

Mills, R. 4-H Intern, USU Extension Intern Grant, 2014, \$4,000.

Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2013, \$26,868.

Mills, R. 4-H Intern, USU Extension Intern Grant, 2013, \$5,000.

Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2012, \$32,843.

Mills, R. 4-H Intern, USU Extension Intern Grant, 2012, \$5,000.

Mills, R. Recycling Intern, USU Extension Intern Grant, 2012, \$5,000.

Mills, R. USU Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$500.

Mills, R. USU Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$835.

Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2011, \$41,075.

Mills, R. Utah 4-H Youth and Families with Promise Mentoring Program, Utah Department of Workforce Services, 2011, \$28,080.

Mills, R. USU Healthy Marriage Initiative, Utah Department of Workforce Services, 2011, \$3,150.

Mills, R. Recycling Education Initiative, USU New Agent Grant, 2011, \$4,500.

Mills, R. Food Sense Nutrition Education Program, Utah Department of Workforce Services, 2010, \$28,639.

Mills, R. USU Healthy Marriage Initiative, Utah Department of Workforce Services, 2012, \$4,000.

Mills, R. Central Oregon Agricultural Enrichment Program, Oregon State University 4-H Association Youth Enhancement Grant, 2007, \$275.

Mills, R. The NEW 4-H Youth Development: Strengthening Families to Strengthen Youth, Jefferson County Commission on Children and Families, 2007, \$14,000.

Mills, R. High Desert Leadership Retreat, Oregon 4-H Foundation Regional Youth Leadership Grant, 2005, \$1,000.

Mills, R. Cycle of Life Education Lambing Project, Bank of the West, 2005, \$1,282.

Honors and Awards:

Excellence in Volunteerism Team Award, Discover 4-H Curriculum, Western Region winner, National Association of Extension 4-H Agents, 2017

Communications: Internet Education Technology State Award, Live Well Utah Blog, Utah Extension Association of Family & Consumer Sciences, 2016

Family Health and Wellness State Award, Utah Food Sense Program, Utah Extension Association of Family & Consumer Sciences, 2016

Gold Award (TEAM) for <http://LiveWellUtah.org> blog from Educational Digital Marketing, 2014

Innovative Program Award (TEAM), Utah Healthy Relationships Initiative, Utah Extension Association for Family & Consumer Sciences, 2013

Marketing/Public Relations Award (TEAM), Utah Healthy Relationships Initiative, Utah Extension Association for Family & Consumer Sciences, 2013

New Educator Award, Utah Extension Association of Family & Consumer Sciences, 2013

Peer Educator Award, Utah Extension Association of Family & Consumer Sciences, 2013

Florence Hall Award (Team), Utah Extension Association of Family & Consumer Sciences, 2012

Florence Hall Award (Team), 1st Place Western Region, National Extension Association of Family & Consumer Sciences, 2012

Human Development/Family Relationship Award (TEAM), Utah Extension Association of Family & Consumer Sciences, 2012

Human Development/Family Relationship Award (TEAM), 1st Place Western Region, National eXtension Association of Family & Consumer Sciences, 2012

New Educator Award, Utah Extension Association of Family & Consumer Sciences, 2012

Peer Recognition Award, Utah Extension Association of Family & Consumer Sciences, 2012

Excellence in Volunteerism, Utah Association of Extension 4-H Workers

SERVICE:

Major Committee Assignments:

National:

Regional:

Four Corners 4-H Conference Planning Committee member, 2011-2012

State:

Intermountain Sustainability Summit Planning Committee member, 2012

Utah State University:

4-H/Extension:

Utah 4-H Leadermete Host County/Committee Chair, 2015-2016

Extension Annual Conference planning Committee, 2013-2014

Screening Committee Member, 2011-2012

Utah 4-H Centennial Committee Member, Committee Chair, 2010-2012

Utah 4-H Roadmap Revisions Committee member 2010

County:

Sevier County Intergenerational Poverty Committee, Co-Chair, 2016-2017

Sevier County Fair Committee member, 2010-2016

Sevier County Fairgrounds Advisory Board 4-H/Youth Representative, 2010-2016

Sevier County Employee Wellness Committee, 2011-2015

Professional and Scholarly Organizations:

National Association of Extension 4-H Agents, 2010-present

Volunteerism Domain Committee Chair, 4-H Professional Research, Knowledge and Competencies (PRKC) Review Team, 2015-2016

Volunteer Development Task Force member, 2011-2016

Professional Development Committee, 2011-2016

Volunteer Development Task Force Committee Chair, 2013-2015

National Extension Association of Family & Consumer Sciences member, 2011-2017

Utah Association of Extension 4-H Workers, 2010-2017

Awards & Recognition Committee Co-chair, 2014-2015

Past President, 2015

President, 2013-2014

President Elect, 2012

Professional Development Committee Chair, 2011-2014

Secretary, 2011

Outreach Service:

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

Miscellaneous Extension Publications:

- Mills, R. 2013. Pay it Forward Template. Form used to help other counties/states develop the Pay it Forward program in their county.
- Mills, R. 2012. Sevier County 4-H Parent Orientation Guide. Booklet outlining opportunities for youth participating in Sevier County 4-H and statewide.
- Mills, R. 2012. Recrafting with the Dumpster Divas T-shirt Bag How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete
- Mills, R. 2012. Recrafting with the Dumpster Divas Aluminum Can Art How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete.
- Mills, R. 2012. Recrafting with the Dumpster Divas Washer Necklace How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete.
- Mills, R., Pearson, B. 2011. Recrafting with the Dumpster Divas Grass Head How-To. Sevier County distribution.
- Mills, R. 2011. Recrafting with the Dumpster Divas Bottle Cap Jewelry Project How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete, Sevier County Super Saturday youth.
- Mills, R. 2011. Recrafting with the Dumpster Divas Recycled Pop Bottle Beads Project How-To. Handout distributed to workshop attendees at Utah 4-H Leadermete, Utah Family and Consumer Science Educators Summer Conference
- Mills, R. 2011. Ten "Little Things" to do each day to strengthen your marriage. Fridge magnet incentive given at Marriage Week event. Sevier County distribution.
- Mills, R. 2011. Stretching Your Nutrition \$\$ "To Your Health!" Wellness program for Sevier County Employees. Richfield, UT.
- Mills, R. 2011. Stretching Your Food \$\$ "To Your Health!" Wellness Program for Sevier County Employees. Richfield, UT.
- Mills, R. 2010. 12 Steps to Successful Canning. Adapted from USU Extension, Uintah County. Richfield, UT. Mills, R. (2010-12). Marriage Tip of the Month. Newspaper ad campaign promoting healthy marriages. Richfield Reaper Newspaper distribution. Sevier County, UT.
- Mills, R. 2010. Shelter in Place Checklist. Handout distributed to participants at Emergency Preparedness events. Sevier County, UT; statewide.
- Mills, R. 2010. Sevier County New Leader Protocol. Sevier County 4-H staff use.
- Mills, R. 2008. Jefferson County 4-H Livestock & Breeding Records. Jefferson County 4-H Program distribution. Jefferson County, OR.
- Mills, R. 2007. Community Connections. Jefferson County Rural Living Handbook. Jefferson County, OR.
- Mills, R. 2007. Jefferson County 4-H Horse Records. Jefferson County 4-H Program distribution. Jefferson County, OR.

Popular Press:**Interview Articles:****Media Presentations:****Web Pages:****Applied Research/Demonstration Trials:****Judging:**

- Volunteer Judge, Sanpete County, Utah, 2016
- Volunteer Judge, Wayne County, Utah, 2015
- Volunteer Judge, Juab County, Utah 2014
- Volunteer Judge, Wayne and Piute Counties, Utah, 2013
- Volunteer Judge, Beaver County, Utah, 2012
- Volunteer Judge, Sanpete County, Utah, 2011
- Volunteer Judge, Sanpete County, Utah 2010

Review Activities:

Community Service:

Trained & Licensed: Utah Foster Care Foundation, 2012-2015

Honors and Awards:

Achievement of Service Award, National Association of Extension 4-H Agents (NAE4-HA), 2013

Distinguished Service Award, National Association of Extension 4-H Agents (NAE4-HA), 2017

PROFESSIONAL DEVELOPMENT:

Teaching:

Scholarship:

Outreach:

Administration/Management: