Elizabeth Allyne Yost, Ph.D.

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Department of Sociology

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ACADEMIC POSITIONS

2026- Current Professor of Instruction, Director of the Dementia and Aging Studies Program. Department of Sociology. Texas State University.

2020- 2026 Associate Professor, Director of Public Health minor, Director and Chair of Premedical Committee, Director of Pre-Health Programs. Department of Sociology. Washington College.

2016- 2020 Assistant Professor and Director of Public Health Minor. Department of Sociology. Washington College.

2013- 2016 Visiting Assistant Professor. Department of Sociology. College of William and Mary.

2012-2013 Visiting Assistant Professor. Department of Sociology. Samford University.

EDUCATION

2012 Ph.D. University of Alabama at Birmingham
Fields of Study: Medical Sociology, Gerontology (Certificate), STEM Education

2008 M.A., University of Alabama at Birmingham
Field of Study: Sociology

2005 B.A., Birmingham- Southern College
Fields of Study: Sociology (Minors in Biology and Studio Art)

PEER-REVIEWED PUBLICATIONS

Yost, Elizabeth (Ed). Health and Wellness for Life 2nd ed. Human Kinetics. *Forthcoming.*

Yost, Elizabeth. "Stress: Intergenerational Meaning" Blackwell Encyclopedia of Health, Illness, Behavior, and Society 2nd ed. Edited by William C. Cockerham, Robert Dingwall, and Stella Quah. 2025.

Yost, Elizabeth, and Marianne Sade. "Research as Inquiry" In *Framing Health Care Instruction: An Information Literacy Handbook for Health Sciences.* Lantham, MD: Roman and Littlefield. 2019

Berkowsky, Ronald, **Elizabeth Yost** and Shelia Cotten. "Using Technology to Enhance Resiliency Among Older Adults." In *Resilience in Aging: Concepts, Research and Outcomes*. 2nd ed. Edited by Barbara Resnick, Lisa P. Gwyther, and Karen Roberto. 2018.

Cotten, Shelia R., **Elizabeth Yost,** Ronald Berkowsky, Vicki Winstead, and William Anderson. *Designing and Implementing Technology Training Programs for Older Adults in Continuing Care Retirement Communities*. Boca Raton, FL: CRC Press- Taylor Francis Group. 2017.

Yost, Elizabeth; Vicki Winstead; Ronald Berkowsky; Shelia R. Cotten. "Googling Grannies: How Technology Can Improve Health and Well-being in Aging Populations" I*n Digital Media Usage Across the Lifecourse*. Edited by P. Nixon, R. Rawal and A. Funk. Ashgate. 2015.

Tsai, Hsin-yi, Ruth Shillair, Shelia Cotten, Vicki Winstead, and **Elizabeth Yost**. "Getting Grandma Online: Are Tablets the Answer for Increasing Digital Inclusion for Older Adults in the U.S.?" *Educational Gerontology. 41(10): 695-709, 2015.*

Winstead, Vicki; **Elizabeth Yost**; and Shelia R. Cotten. "The Impact of Activity Interventions on the Well-Being of Older Adults in Continuing Care Communities." *Journal of Applied Gerontology. 33(7): 888-911, 2014.*

Yost, Elizabeth. "Stress: Intergenerational Meaning" Blackwell Encyclopedia of Health, Illness, Behavior, and Society. Edited by William C. Cockerham, Robert Dingwall, and Stella Quah. *2298–2300, 2014.*

Berkowsky, Ronald, Shelia R. Cotten, **Elizabeth Yost** and Vicki Winstead. "Attitudes Towards and Limitations to ICT Use in Assisted and Independent Living Communities: Findings from a Specially-Designed Technological Intervention" *Educational Gerontology. 39 (11): 797-811, 2013.*

Yost, Elizabeth, Vicki Winstead; Shelia Cotten, and Donna Milam Handley. "The Recruitment and Retention of Women in STEM: Results from a National Web-Based Survey of Graduate Students, Post-Doctoral Fellows and Junior Faculty." *Journal of Women and Minorities in Science and Engineering, 19(2): 143-163, 2013.*

Winstead, Vicki, Will Anderson, **Elizabeth Yost**, Shelia R. Cotten, Ron Berkowsky, and Amanda Warr. "You Can Teach An Old Dog New Tricks: A Qualitative Analysis of the Impact of ICT Usage on Institutionalized Senior Adults' Perceptions of Spatial and Social Barriers.*" Journal of Applied Gerontology, 32(5): 540-560, 2013.*

Yost, Elizabeth, Donna Milam Handley, Shelia R. Cotten, and Vicki Winstead. "Mentoring Women in Engineering, Science, and Technology: Understanding the Links between Self-Efficacy and Career Expectations in the New Generation of Women Scholars" Pp. 97-117. Women in Engineering, Science & Technology: Education and Career Challenges. Edited by Aileen Cater-Steel and Emily Cater. IGI Global. Hershey, PA. 2010.

MEDIA

Cited in Newsweek (12/12/24) "Millennial Man's Realization About Why the World Feels Wrong Goes Viral."

COURSES TAUGHT

Sociology- Introduction to Sociology, Research Methods (including lab), Social Psychology, Medical Sociology, Sociology of Aging, Sociology of Deviance, Sociology of Mental Health, Sociology of Disability, and Senior Seminar in Sociology

Public Health- Introduction to Public Health, Global Health Disparities, Introduction to Global Health, and Social and Behavioral Science in Public Health

Other- Health and Technology (First Year Seminar), Adulting 101 (First Year Seminar), and Gender and Race Difficult Dialogs

AWARDS

2020 **Washington College Faculty Enhancement Funds**
Creation of Premedical Course and growth of Premedical Program

2018 **Washington College Faculty Enhancement Funds**
Attendance to ASPPH Undergraduate Public Health and Global Health Education Summit

2017 **Washington College Faculty Enhancement Funds**
Attendance to Teaching Undergraduate Global Health Institute- Allegheny College

2017 **Washington College Faculty Travel Funds**
Attendance to Southern Gerontological Society- Ashville, NC

2015 **The Bishop James Madison Recognition**
College of William and Mary

2014 **WISE Travel Grant**
College of William and Mary

2009 **Janet P. Boldizar Social Medicine Award**
University of Alabama at Birmingham
Gender Paper Award for "A Gender Analysis of STEM Postdoctoral Education"

PROFESSIONAL DEVELOPMENT

2018 ASPPH Undergraduate Public Health and Global Health Education Summit. Arlington, VA.

2017 Teaching Undergraduate Global Health Summer Institute. Meadville, PA.

2017 Library and Academic Technology Dept. 2nd Annual Faculty Institute, "Fifty Shades of Gray Matter: Critical Thinking in the Liberal Arts." Chestertown, MD.

2016 Washington College Knapsack Institute on Diversity- The Culturally Inclusive Educator: Preparing for a Multicultural World.

2013 Gulf South Summit on Service Learning. Louisville, KY.

2012 Grounded Theory Workshop with Kathy Charmaz at Society for the Study of Symbolic Interaction. Denver, CO.

2010 Career Development Programs at NIH - Off to a Running Start. Birmingham, AL

2009 UAB Graduate School "Graduate Education Retreat" Birmingham, AL

2008 National Science Foundation: Grant Workshop. Huntsville, AL

2008 Intergroup Dialogue- Intergroup Relations Program. Birmingham, AL

2007 Research Talk Qualitative Data Workshop "Coding? Qualitative Software? Why? How?" New York, NY

2007 ASA Teaching Workshop "Teachers are Made, Not Born" New York, NY

RESEARCH APPOINTMENTS

2014 **Consultant to the Presidential Precinct/ Young African Leaders Institute**
Worked with leaders from the Presidential Precinct and Young African Leaders Conference to facilitate health behavior related projects in various African countries. Mentored three Young African Leaders on how to develop and implement change in their communities.

2009-2013 **Assistant Project Manager (Research Assistant 2009-2011)**
Worked with Dr. Shelia Cotten on an NIA funded five-year longitudinal project evaluating the impact of technology on individuals in assisted and independent living facilities. Assisted in coordination and implementation of technology training, attention control activities, and surveying of older adult participants in three different study arms.

2009-2011 **Statistical Consultant**
Prepared statistical reports for university wide undergraduate supplemental instruction and retention programs.

2007-2009 **Research Assistant**
Worked with Shelia Cotten and Donna Handley on "Strategies for Recruitment and Retention of Women in Small STEM departments: Examining Various Stakeholder Perspectives." Study funded by UAB ADVANCE/National Science Foundation. Assisted in sample selection, data collection, literature analysis, and project organization.

2006 **Research Assistant**
Worked with Michele Wilson on "A Gender Analysis of Postdoctoral Education in Engineering and the Sciences: The Case of the University of Alabama at Birmingham" Study funded by UAB ADVANCE/National Science Foundation. Assisted in literature analysis, data collection (personal interviews and focus groups), and organization.

2005 **Grant Writer**
Worked with Waterkeeper Alliance and Black Warrior Riverkeeper writing grants for community activism and environmental research. Constructed and compiled all grant applications.

CONFERENCE PRESENTATIONS

April 2020 *"Assessing Differences in Rural ICT Use Among Older Adults"* Elizabeth A. Yost. Presented at the Southern Gerontological Society Annual Conference. Norfolk, VA. *Conference Cancelled due to COVID-19.*

April 2019 *"Teaching Charrette"* Elizabeth A. Yost and Julie Brown. Presented at the Southern Gerontological Society Annual Conference. Destin, FL.

April 2017 *"Cross National Study on Building Aging Communities in Japan and the U.S"* Wei Chang (Student at College of William and Mary), Elizabeth A. Yost. Presented at the Southern Gerontological Society Annual Conference. Ashville, NC.

November 2016 *"Attitudes Towards ICTs in CCRCs: Impacts of Training Interventions"* Ronald W. Berkowsky, Elizabeth A. Yost and Shelia Cotten. Presented at Gerontological Society of America Annual Conference. New Orleans, LA.

April 2016 *"21st Century Belonging: Digital Inclusion Among Older Adults in Continuing Care Retirement Communities"* Elizabeth Yost, Vicki Winstead and Shelia Cotten. Presented at Southern Gerontological Society. Charlottesville, VA.

November 2015 *"Not Alone: Examining the Effects of Different Types of Activities on Social support among Residents of CCRCs"* Elizabeth A. Yost, Ronald W. Berkowsky, and Vicki Winstead. Presented at Gerontological Society of America Annual Conference. Orlando, FL.

April 2015 *Technology Across the Lifecourse*- Panel Organizer. "*Digital Divide: The IPad Generation*" Elizabeth A. Yost and Vicki Winstead. Presented at Southern Sociological Society Annual Conference. New Orleans, LA.

November 2014 "*Getting Grandma Online: Process, Outcomes, and Challenges Associated with Conducting a 5 Year ICT and Quality of Life Randomized Controlled Trial in Assisted and Independent Living Communities*" Shelia R. Cotten, William A. Anderson, Elizabeth A. Yost, Vicki P. Winstead, and Ronald W. Berkowsky. Symposium presented at Gerontological Society of America Annual Conference. Washington, DC.

April 2014 "*Impacts of Internet Use on Civic Engagement in Older Adults in Assisted and Independent Living Communities*" Ronald W. Berkowsky, Shelia Cotten, Elizabeth Yost, and Vicki Winstead. Presented at the Southern Sociological Society Annual Conference. Charlotte, NC.

November 2013 "*You Don't Mess with Bingo: Recruitment and Retention of Technology Intervention Study Participants from Independent and Assisted Living Communities*" Shelia R. Cotten, William A. Anderson, Elizabeth A. Yost, Vicki P. Winstead, and Ronald W. Berkowsky. Presented at Gerontological Society of America Annual Conference. New Orleans, LA.

August 2013 *"Scaling the Wall: Decreasing the Digital Divide in Assisted and*

Independent Living Communities" Shelia R. Cotten, Ronald W. Berkowsky, Vicki P. Winstead, William A. Anderson, Elizabeth A. Yost, and Brandi McCullough. Presented at American Sociological Association Annual Meeting. New York, NY.

April 2013 "*Different Strokes for Different Folks: A Qualitative Analysis of Activities in Continuing Care Retirement Communities"* Elizabeth Yost, Vicki Winstead, and Shelia Cotten. Presentation at Southern Gerontological Society Annual Meeting. Charlotte, NC.

April 2013 "*Why Does Grandma Never Answer the Phone?: Increasing Quality of Life Outcomes Through Activities in Continuing Care Retirement Communities"* Vicki Winstead, Elizabeth Yost, Shelia Cotten, Will Anderson, Ronald Berkowsky, Sarah Khalidi, and Sierra Nicely. Presentation at Southern Gerontological Society Annual Meeting. Charlotte, NC.

August 2012 "*Activity and Well-being"* Vicki Winstead, Elizabeth Yost and Shelia Cotten. Presentation at American Sociological Association Annual Meeting. Denver, CO.

June 2012 "*Can Information and Communication Technology Usage by Older Adults Decrease Stress, Social Isolation, and Loneliness? Results from a Randomized Trial*." Shelia R. Cotten, William A. Anderson, Ronald Berkowsky, Elizabeth Yost, and Vicki Winstead. Presentation at the 13th International Conference on Social Stress Research. Dublin, Ireland.

March 2012 "*Activity and Well-being: The impact of activity interventions on older adults in continuing care communities."* Vicki Winstead, Elizabeth Yost, Shelia Cotten. Presentation at Southern Sociological Society Annual Meeting. New Orleans, LA.

April 2011 "*The Role of Social Support in Older Adults' Motivation to Use ICTs"* Elizabeth Yost, Will Anderson, Amanda Warr, Shelia Cotten, Ron Berkowsky, and Vicki Winstead. Presentation at Southern Sociological Society Annual Meeting. Jacksonville, FL.

October 2010 "*You Can Teach An Old Dog New Tricks: A Qualitative Analysis of the Impact of ICT Usage on Institutionalized Senior Adults' Perceptions of Spatial and Social Barriers."* Vicki Winstead, Ron Berkowsky, Amanda Warr, Shelia Cotten, Will Anderson, and Elizabeth Yost. Poster presentation at the University of Alabama at Birmingham Center for Aging Annual Meeting. Birmingham, AL.

August 2010 "*You Can Teach An Old Dog New Tricks: A Qualitative Analysis of*

the Impact of ICT Usage on Institutionalized Senior Adults' Perceptions of Borders and Barriers and the Formation of Self." Elizabeth Yost, Vicki Winstead, Ron Berkowsky, Amanda Warr, Shelia Cotten, and Will Anderson. American Sociological Association Annual Conference. Atlanta, GA.

April 2010 "*Connectedness in the Postmodern World: An Assessment of ICT Training with Senior Adults"* Elizabeth Yost, Vicki Winstead, Ron Berkowsky, Amanda Warr, Shelia Cotten, and Will Anderson. Southern Sociological Society. Atlanta, GA.

August 2009 "*The Recruitment and Retention of Women in STEM*" Elizabeth Yost, Vicki Winstead, Shelia Cotten, and Donna Handley. American Sociological Association Annual Conference. San Francisco, CA.

April 2009 "*The Recruitment and Retention of Women in STEM: A Case Study of Graduate Students, Post Doctoral Fellows and Jr. Faculty.*" Elizabeth Yost, Vicki Winstead, Shelia Cotten, and Donna Handley. Southern Sociological Society (Panel Leader) New Orleans, LA.

February 2009 *"The Changing Face of Science: New Scholars versus Traditional Scholars"* Elizabeth Yost, Shelia Cotten, Donna Handley, and Vicki Winstead. American Association for the Advancement of Science. Chicago, IL.

August 2008 "*Strategies for Recruitment and Retention of Women in Small STEM Departments: Examining Various Stakeholder Perspectives"* Shelia Cotten, Donna Handley, Elizabeth Yost and Vicki Winstead. National Science Foundation ADVANCE Symposium. Birmingham, AL.

August 2008 "*Gender Inequity and Citizenship: An Analysis of STEM Postdoctoral Education*" Elizabeth Yost. American Sociological Association Annual Conference. Boston, MA.

April 2008 *"Perceptions and Expectations of Female PhD Students in STEM Field"* Elizabeth Yost, Vicki P. Winstead, Shelia Cotten, Donna Handley, Elizabeth Yost. Southern Sociological Society. Richmond, VA.

April 2008 "*Stressful Science? Understanding the Impact of Stress on Recruiting and Retaining Female Scientists*" Elizabeth Yost. Southern Sociological Society. Richmond, VA.

August 2007 "*A Gender Analysis of Postdoctoral Education in Engineering and the*

Sciences" Elizabeth Yost. Sociologists for Women in Society. New York, NY.

April 2007 "*Gender Differences in Postdoctoral Education: The Case of the University of Alabama at Birmingham*" Elizabeth Yost. Southern Sociological Society. Atlanta, GA.

March 2007 "*Marketing Yourself After College"* Elizabeth Yost. Alabama Greek Leadership Conference. Birmingham, AL.

February 2006 *"Religion, Spirituality, and Health: A Review of Richard Sloan's Field Analysis"* Elizabeth Yost. Religion, Spirituality, and Health Research Working Group University of Alabama at Birmingham.

SERVICE TO THE COLLEGE AND DEPARTMENT

Washington College

Tenure and Promotion Committee- F24- F25
Chair of Premedical Committee and Director of Premedical Program F20- current
Faculty Council: Non-tenured Representative- S19- S20, Social Sciences Tenured Representative S20- 2023, Chair 2021- 2023.
WAC Heron Point Lecture Series- S19
Presidential Fellows Interviewer- S19
Senior Capstone Experience Thesis Advisor F16- current
Assessment Committee- F17- F18
Sociology Department Search Committee for new tenure-track hire- F17
Sociology Department Search Committee for two VAPs- F16
Selection Committee- Washington College Signature Internship (Children's National Medical Center) - S18

SERVICE TO THE COMMUNITY

ARC of Northern Virginia- Board of Directors (2017-2019)
Homeports- Board of Directors (2017- 2024)
University of Maryland Health Center Community Board Member (2021- 2025)
Eastern Shore Area Health Education Center Board Member (2024- 2026)
Independent Identity Board Member, Secretary (2024- current)
Rebuilding Together Kent County- Project Manager- Kent County Housing Survey (2023- 2026)

PROFESSIONAL ASSOCIATIONS

Association of Schools and Programs of Public Health
Southern Gerontological Society
- Local Arrangements Committee (2014, 2024)
- Board Member (2018-current)
- Co-Chair Awards Committee (2019- current)
- Gerontological Education Committee (2020- 2024)
- President Elect (2026)

Gerontological Society of America
Association for Applied and Clinical Sociology
American Sociological Association
Alpha Kappa Delta

SERVICE TO THE DISCIPLINE

Southern Gerontological Society- Board of Directors
Reviewer for *Journal of Gerontology: Social Sciences*
Reviewer for *Journal of Applied Gerontology*
Reviewer for *Communication and Information Technologies*
Reviewer for *Social Media and Society*
Reviewer for *Journal of Racial and Ethnic Health Disparities*
Reviewer for *Taking Sides: Clashing Views in Social-Psychology*
Reviewer for *Journal of Women and Minorities in Science and Engineering*