

Michelle Kubicki

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Doctoral candidate and graduate research assistant in the University of Utah's Health and Kinesiology Department. Currently funded by University of Utah Interdisciplinary T32 Training Program in Computational Approaches to Diabetes and Metabolism Research. Close to five years of experience in sleep, chronobiology, and metabolism research as well as experience in medical settings.

Education:

University of Utah: August 2021 – Present

- Area of study: Ph.D. in Health and Kinesiology, Exercise and Disease Track
- Primary mentor: Christopher Depner, Ph.D.
- Anticipated graduation date: May 2025, preliminary exams completed December 2022
- GPA: 3.903
- Member of Health and Kinesiology Research Interest Group and Committee for Equality, Diversity, and Inclusion
- Relevant coursework: Introduction to Research Methods (PRT7102), Special Topics: Sleep and Circadian Physiology (KINES6950), Design and Analysis I (KINES7103), Design and Analysis II (KINES7104), Research Graphics Bootcamp (MDCRC6300), Macronutrient Metabolism (NUIP6440), Biomedical Data Wrangling (BMI6016), Grant Writing (MDCRC6450)

University of Utah Independent Study-Research: Fall 2021-Spring 2023

- Goals: Restoring Adequate Sleep Study protocol, analysis of plasma metabolites from night-shiftwork protocol
- Restoring Adequate Sleep Study: Creation of study forms, subject contact, recruitment, consent, and screening, assisting with research protocols, data collection and processing, shift leading during inpatient study shifts

University of Colorado Boulder: August 2016 – May 2020

- Area of study: B.A. in Molecular, Cellular, Developmental Biology
- Graduation date: May 2020
- GPA: 3.517
- Academic Honors: Dean's List Spring 2019, Fall 2019, Spring 2020

University of Colorado Boulder Independent Study-Editor for Journal 2020: Fall 2018 - Spring 2019

- Mentor: Jay Ellis, Ph.D.
- On-campus publication that showcases undergraduate creative nonfiction writing
- Managing Editor for 2018 Online Edition
- Acquisitions, working with authors during editing process, working with print shop, planning promotion events, coordinating staff work, and ensuring that deadlines are being met
- 25 - 50 hours per semester

Work Experience:

Graduate Research Assistant at University of Utah: January 2023-Present

- Funded by T32 Training Program in Computational Approaches to Diabetes and Metabolism Research
- Primary mentor: Christopher Depner, Ph.D.
- Computational mentors: Mary Playdon, Ph.D., Sheetal Hardikar, Ph.D.
- Research goal is to examine the efficacy of a circadian intervention in overweight and obese adults with habitual short sleep duration

Graduate Teaching Assistant at University of Utah: Metabolic Kitchen Manager August 2021 – December 2022

- Instructors: Tanya Halliday, Ph.D., R.D. and Mary Playdon, Ph.D.
- Assisting with nutrition-based protocols including Eating Mindfully to Prevent Weight Regain (EMPWR Study), Time Restricted Eating among Native Hawaiian and Pacific Islander Women at Risk for Endometrial Cancer (TIMESPAN Study), and Home-Based Lifestyle Intervention for Optimizing Surgical Outcomes Among Urinary Bladder Cancer Patients (BOOST Study)
- Meal preparation for participants, recipe development, data collection and entry, assisting with research protocols
- 14 hours per week

- Professional Research Assistant at University of Colorado Sleep and Chronobiology Laboratory: August 2020 – June 2021
- Principal investigator: Kenneth P. Wright Jr., Ph.D.
 - Coordination and point of contact for Restoring Adequate Sleep Study, creation of standard operating procedures and study forms, scheduling subject study visits and appointments, staff scheduling, subject contact, subject recruitment, training staff, assisting with research protocols, data processing, subject screening at University of Colorado Clinical Translational Research Center and shift leading during inpatient study shifts
 - 10 hours per week
- Medical Scribe at ScribeAmerica and Centura Health Southlands: June 2020 – June 2021
- Assisting with medical data documentation in pediatric primary care, secretarial and non-clinical functions
 - 32 hours per week
- Undergraduate Helper at University of Colorado Sleep and Chronobiology Laboratory: March 2019 - August 2020
- Assisting with research protocols, data processing, subject recruitment, training new volunteers, and shift leading during inpatient study shifts
 - 15 - 20 hours per week

Publications:

Ou, I, Zimmerman G, Kubicki M, Thomas J, Tobin S, Miranda V, Depner C, Drummond M, Halliday T. Body Composition and Athletic Performance Changes in Adolescent Athletes in Response to Whey Protein Supplementation. Poster presentation at the Utah Academy of Nutrition and Dietetics Annual Meeting. Salt Lake City, UT, March 2023.

Kubicki, M, Baron, K., Wright Jr., K.P., Depner, C.M. Effects of a Sleep Extension Intervention on Multiple Dimensions of Sleep Health. Advances in Sleep and Circadian Science 2023 Conference abstract, February 2023.

Zimmerman, G., Kubicki, M, Depner, C.M. Commentary: CrossTalk debate on ‘Insufficient sleep is responsible for increased risk of metabolic disease in shift workers.’ The Journal of Physiology.

- In press, accepted July 2022

Kubicki, M, McHill, A.W., Melanson, E.L., Reisdorph, N.A, Wright Jr., K.P., Depner, C.M. Effects of Simulated Night-Shiftwork Induced Circadian Misalignment on the Human Plasma Metabolome. SLEEP 2022 Conference abstract. 2022.

Zimmerman, G., Kubicki, M, Melanson, E.L., Wright Jr., K.P., Creasy, S.A., Depner, C.M. Associations Between Sleep Duration and Sedentary Behavior in Healthy, Young Adults. SLEEP 2022 Conference abstract. 2022.

Kubicki, M, Ryan, J., Shaw, J., Depner, C.M. Overview: Wearable Devices for Monitoring Sleep and Circadian Physiology. The Encyclopedia of Sleep and Circadian Rhythms. 2021.

Presentations:

- Effects of a Sleep Extension Intervention on Multiple Dimensions of Sleep Health Spring 2023
- Advances in Sleep and Circadian Science Conference 2023 Poster Presentation
- Effects of Simulated Night-Shiftwork Induced Circadian Misalignment on the Human Plasma Metabolome Fall 2022
- University of Utah Diabetes and Metabolism Research Retreat Poster
- Effects of Simulated Night-Shiftwork Induced Circadian Misalignment on the Human Plasma Metabolome Summer 2022
- SLEEP Conference 2022 Oral Presentation
 - Presentation about analysis of 24-hour profiles of plasma metabolites during circadian alignment and misalignment in a simulated night shift protocol
 - Also presented at University of Utah Sleep and Circadian Rhythms Journal Club (Fall 2022)
- Circadian Versus Behavioral Cycle Regulation of the Human Plasma Metabolome Spring 2022
- University of Utah Sleep and Circadian Rhythms Journal Club presentation about work to characterize regulation of the plasma metabolome during a simulated night shift protocol
- Circadian Versus Behavioral Cycle Regulation of the Human Plasma Metabolome Spring 2022
- Joint Metabolism Research in Progress presentation about work to characterize regulation of the plasma metabolome during a simulated night shift protocol

- Circadian Misalignment During Night Shifts: Fall 2021
- Journal Club presentation of “Individual Metabolomic Signatures of Circadian Misalignment During Simulated Night Shifts in Humans” by Laura Kervezeel, Nicolas Cermakian, Diane B. Boivin for University of Utah Sleep and Circadian Rhythms Journal Club
- Restoring Adequate Sleep Study: Fall 2019
- Journal Club presentation of Restoring Adequate Sleep Study Protocol for University of Colorado Sleep and Chronobiology Laboratory:
- CURE Symposium: Fall 2018, Spring 2018
- Project and poster presentations by groups of students enrolled in semester-long Molecular, Cellular, and Developmental Biology laboratory courses at the University of Colorado Boulder
 - Monitoring the Expression of BECLIN1 Homolog in *Tetrahymena Thermophila* Autophagy
 - Research conducted in Cell Biology Laboratory I course, Fall 2018
 - Finding a homolog of BECLIN1 protein in *Tetrahymena Thermophila* as a model of autophagy as it relates to the disease process and treatment of Alzheimer’s disease
 - Use of techniques including microscopy to characterize *Tetrahymena Thermophila*, PCR and primer design for amplification of sequences of interest, and agarose gel electrophoresis to determine success of PCR procedure
 - ThiccBoi and AlfonzodelRio DNA High Titer Lysate
 - Research conducted in Phage Genomics Laboratory I course, Spring 2018
 - Isolation and characterization of novel bacteriophages from the environment via techniques including phage culturing and amplification to isolate phages, DNA isolation for phage genome sequencing, restriction digest analysis to prepare DNA for analysis, and high titer lysates to determine whether phages were lytic or lysogenic

Awards:

- Gordon and Betty Browning Graduate Scholarship April 2023
- University of Utah
 - Award based on academic and service achievements
- Outstanding Research Assistant April 2023
- University of Utah
 - Award based on performance as a Graduate Research Assistant
- Sleep and Circadian Science Scholar Award December 2022
- Award based on scientific merit of the abstract submitted for presentation at Advances in Sleep and Circadian Science Conference 2023
- Sleep Research Society Trainee Merit Based Award April 2022
- Award based on scientific merit of the abstract submitted for presentation at SLEEP Conference 2022, combined with contribution to the abstract and future plans in sleep research
- Faculty Choice Award April 2022
- University of Utah
 - Nominated by Christopher Depner, Ph.D.
- Robert O. Ruhling Scholarship Award March 2022
- University of Utah
 - Award based on academic and service achievements
- Graduate Student Travel Assistance Award March 2022
- University of Utah
 - Award covering costs associated with travel to SLEEP Conference 2022
- HKRIG Award Funding March 2022
- University of Utah Health and Kinesiology Research Interest Group
 - Award covering costs associated with presentation at SLEEP Conference 2022
- Undergraduate Research Opportunities Award, University of Colorado Boulder: Fall 2019-Spring 2020
- Developing a Sleep Extension Intervention to Mitigate Risk of Type 2 Diabetes
 - Goals: Implementation of a new research study at the University of Colorado Sleep and Chronobiology Laboratory, analysis of data collected

- Planned processing of insulin sensitivity and actigraphy data from a group of subjects in the Restoring Adequate Sleep Study, study setup
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Teaching Experience:

Teaching Assistant for Wilderness First Responder Pre-Medical Course: January 2020

- Helping to teach course at University of Colorado School of Medicine and Camp Granite Lake
- Evaluating students, helping students during scenarios, answering questions, teaching lecture about patient care and prevention in adverse weather situations
- 117 hours over 2 weeks

Teaching Assistant for Wilderness First Aid Course: May 2019

- Helping to teach course offered on Colorado State University Campus through University of Colorado Wilderness & Emergency Medicine Program
 - Evaluating students, giving demonstrations, helping students during scenarios, answering questions
 - 6 hours
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Service:

Special Events at Boulder County AIDS Project: September 2019 – March 2020

- Working for and assisting in the setup of special events including fundraising galas
- Completed training with physicians, employees, and speakers about the science behind HIV and AIDS, cultural and social factors, and the organization's community involvement
- 9 hours

Medic at Rock 'n' Roll Marathon Course Medical: October 2019

- Scribing, helping nurse staff with patient care and registration
- 5 hours

Project Lead for CU in the Community Project: September 2019 - October 2019

- Planning and organizing a group volunteering project at Luvin Arms Animal Sanctuary that includes animal care and shelter maintenance through the University of Colorado Volunteer Resource Center
- 8 hours

Medic at Ironman Boulder 70.3 Medical Tent: August 2019

- Completing primary assessments, taking patient vitals and documentation, and helping paramedic, nurse, and physician staff with patient care and registration
- 8 hours

Undergraduate Assistant at University of Colorado Sleep and Chronobiology Laboratory: March 2018 - March 2019

- Promoted to paid position in March 2019
 - Assisting with research protocols, data processing, and lab cleaning and upkeep
 - 10 hours per week
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Certifications:

Heartsaver Provider / Instructor (2021):

- Via Colorado Cardiac CPR

BLS Provider / Instructor (2021):

- Via Colorado Cardiac CPR

Wilderness First Responder (2019, 2020), CPR / Basic Life Support (2019, 2020):

- Via University of Colorado Wilderness & Emergency Medicine Program

Blood Draw (2018), Electroencephalogram Setup (2018), Sleep Stage Scoring (2018):

- Via University of Colorado Sleep and Chronobiology Laboratory
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Professional Memberships:

Sleep Research Society 2021-Present

- Predoctoral student member