

## Curriculum Vita

Shannon Carter, M.S.  
carter.413@osu.edu  
740-653-5419



Assistant Professor and Extension Educator  
Ohio State University Extension, Family and Consumer Sciences  
College of Food, Agriculture and Environmental Sciences  
The Ohio State University

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## Areas of Specialization

Organizational Capacity Building, Health and Wellness

## Career Positions

2025–current	Assistant Professor, Ohio State University Extension
2019–2024	Extension Educator IV
2004–2005, 2012–2018	Extension Educator III
1998–2004	Extension Educator II
1996–1997	Extension Agent-in-Training
1995–1996	Extension Program Assistant

## Education

M.S. in Human Development and Family Studies, The Ohio State University  
B.S., Summa Cum Laude, With Distinction in Human Development and Family Studies, The Ohio State University

## Certifications

- 2017 - 2020 Level 2 Food Safety Instructor: State of Ohio Health Department
- 2017 Certification Adult Vision Screening: Prevent Blindness Ohio
- 2016 Certified ServSafe Exam Proctor: State of Ohio Health Department
- 2015 Research Certification: Human Research Refresher C: University of Miami
- 2015 Real Colors Facilitator Certification: National Curriculum and Training Institute

## Extension and Continuing Education Instruction

My teaching includes both group and individual instruction around four themes: Organizational Capacity Building, Health and Wellness, Food Safety and Preservation, and Financial Wellness. Through my programs, I create opportunities for people to explore how science-based knowledge can enrich their physical, social, and financial health. In 2025, I reached 1,801 participants in group settings, and 94 individuals one-on-one.

## Curriculum Development

My curriculum development focuses on areas of gluten free eating and mindfulness to help participants improve their health and wellness.

2016 (revised in 2025) Mastering Gluten Free Living – a series of three, one-hour lessons including speaker’s slides with notes, activities, a follow-up evaluation, action guides, and resource materials. This is designed to help participants understand how to purchase and prepare foods safe for a gluten free diet. I authored and updated 100% of this curriculum.

2018 (revised in 2025) Mindful Wellness – a series of 5, one-hour lessons including speaker’s slides with notes, activities, a follow-up evaluation, and resource materials. I authored 2 of the 5 original lessons in 2018 and revised the same 2 lessons in 2025.

### **Unpublished Scholarly Presentations**

1. Carter, S.L. (2026). *Invest in Community*. Online webinar series, Epsilon Sigma Phi.
2. Carter, S.L. (2025). *Beating the Winter Blues*. Women in Agriculture webinar series. Ohio State University Extension.
3. Kendle, C., Carter, S. Dellifield, J. and Hook, L. (2025). Ohio State Fair Clothing Judging and Related Opportunities. Ohio 4-H Conference. Columbus, Ohio.
4. Carter, S.L., Power-Barker, P. and Rupp, M.J. (2025). *Manage Your Spark to Ignite Your Passion and Power Your Potential*. National Extension Association of Family and Consumer Sciences Annual Meeting in Grand Rapids, MI.
5. Carter, S.L. (2025). *Purpose Driven Approach to Managing Priorities*. National Association County Agriculture Agents Leadership Academy.

### **Scholarly and Creative Works**

1. Carter, S.L. (2025). Digital and Electronic Media, Blog. Published. Live Healthy Live Well blog entries: Our Epidemic of Loneliness/ Tree-mendous Benefits, and Every Bite Counts: The Hidden Struggles of Food Allergies. Platform: [u.osu.edu/livehealthyosu](http://u.osu.edu/livehealthyosu).

### **Service**

- 2025-present Strategic Alignment for Reaching Success, College of Food, Agriculture and Environmental Sciences
- 2022-2024 State Family and Consumer Sciences Advisory Committee, OSU Extension
- 2021-present Buckeye Wellness Innovator, Active Contributor
- 2019-present Co-Leader, Mindful Wellness Team
- 2018-present NEAFCS Sponsorship & Support Committee, Active Contributor
- 2018-present Proposal Reviewer for NEAFCS Proposals
- 2016-present Co-Director, State 4-H Clothing Evaluation
- 2016-present Healthy Living Coalition of Fairfield County, Fairfield Department of Health
- 2015-present Contributor, Healthy Relationships Team, Active Contributor
- 2012-present Contributor, Live Healthy Live Well team, Active Contributor
- 2012-present Healthy People Programs Team, Active Contributor
- 2012-present County Family and Children First Council

### **Awards**

- 2025 Distinguished Extension Professional of the Year, College of Food, Agriculture and Environmental Sciences
- 2025 College of Food, Agriculture and Environmental Sciences, Strategic Alignment for Reaching Success Program
- 2024 National Epsilon Sigma Phi, Administrative Leadership
- 2020 Ohio State University Extension, Marilyn R. Spiegel Award Excellence in Family and Consumer Sciences
- 2020 National Epsilon Sigma Phi, Mid-Career Award
- 2017 National Extension Association of Family and Consumer Sciences, Continued Excellence
- 2015 National Extension Association of Family and Consumer Sciences, Distinguished Service Award