



**January 2026**

**Instructor: Rahmatu Kassimu, PhD, MPH, ME.d**  
**Academic Department: Health and Human Performance**

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<b>EDUCATION</b>
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M.Ed	2021	Educational Leadership University of North Texas at Dallas
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PhD	2017	Health Studies, Texas Woman's University
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Dissertation Title:

"I'm Good: Examining the Role of Individual and Interpersonal Factors on Mental Health Status in Women of Color who were Teenage Mothers.

This quantitative study was grounded in the Life Course Theory and examined the individual and interpersonal factors that affect mental health status in women of color who were teenage mothers.

MPH	2011	Social and Behavioral Science, Community Health, University of North Texas Health Science Center
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BA	2008	Sociology-Pre-Medicine, Baylor University
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## TEACHING EXPERIENCE

### East Texas A&M Commerce

August 2025-Present

*Adjunct Faculty: Health & Human Performance*

- Led Spring 2026 instruction for Nutrition, Current Issues in Public Health, and Health and Healthcare Disparities using structured weekly learning cycles (preview → guided practice → case application) to promote critical thinking, real-world transfer, and consistent student engagement in online and in-person.
- Teach Biostatistics and Infectious Disease Epidemiology (HHPH 520) in online formats, integrating quantitative methods, applied data interpretation, and population health principles.
- Authored and implemented the full course curriculum and scope for *Infectious Disease Epidemiology*, ensuring alignment with Council on Education for Public Health (CEPH) standards and evidence-based pedagogy.
- Designed interactive, case-based learning modules utilizing CDC outbreak simulations, epidemiological datasets, and peer-reviewed research analysis to strengthen applied competency.
- Instruct students in biostatistical reasoning, regression modeling, and data visualization, emphasizing public health decision-making and policy implications.
- Apply inclusive and culturally responsive instructional strategies to engage diverse learner populations and promote equity in health education.
- Evaluate student performance using formative and summative assessments tied to program-level learning outcomes and accreditation criteria.
- Support departmental initiatives and outreach efforts, including World AIDS Day programming and public health awareness events, to promote applied learning and community engagement.
- Contribute to departmental innovation by modeling digital teaching excellence and integrating best practices for online learning environments.

#### **Course Design Highlight:**

*HHPH 520 – Infectious Disease Epidemiology:* Developed a comprehensive course framework, weekly modules, and an assessment system aligned with CEPH competencies and real-world epidemiological case analysis.

### Dallas ISD/New Tech High School

June 2021- August 2025

*Biology/Environmental Systems Educator*

- Created and implemented a culturally responsive project-based learning curriculum that encouraged cross-content collaboration.
- Served as campus SEL champion and designed and implemented SEL programs for students and staff.
- Served on campus threat assessment team assessing and managing threats to campus.
- Demonstrated a 40% increase in passing percentage on Biology district tests.

- Demonstrated a 50% increase in passing percentage on AP Environmental Science test.
- Achieved Distinctions in Science via the state accountability rating scale 3 years in a row.
- Designed and delivered weekly wellness and mindfulness curriculum to students spanning relevant topics.
- Designed and delivered weekly wellness messaging to staff members to increase morale and decrease staff burnout.

### **Dallas ISD/Seagoville Middle School September 2018 – June 2021**

#### *Astronomy and Eighth Grade Science Educator*

- Created innovative and culturally responsive curriculum for multiple subjects using cross-content collaboration
- Demonstrated a 24% increase in passing percentage on 8<sup>th</sup> grade Science district tests
- Facilitated content planning meetings using evidence-based practices that yielded improvements in formal and informal assessments
- Analyzed standardized assessment data and created internal benchmarking for Science and Astronomy curriculum
- Facilitated campus SEL implementation planning many initiatives targeting students and staff to increase campus morale and school cohesion and culture.
- Distributed relevant information to teachers regarding TEI evaluation system as TEI Campus Expert
- Served as Faculty Advisory Chairwoman facilitating solution-based meetings and reporting them to administration to enact department and campus-wide change

### **H. Grady Spruce High School/Teach For America May 2013 – September 2018**

#### *Science Department Lead*

- Compiled and analyzed department-wide data monthly with a team of 15 science teachers to determine growth goals
- Demonstrated 45% increase in passing percentage of Physics and Environmental Systems district tests
- Facilitated implementation of department-wide goals, which increased department-wide district exam scores
- Collaborated with other department leads to create and implement campus-wide initiatives that increased parental involvement in the PTA from 5% to 35%
- Managed and fundraised student activities budget of \$75,000

#### *Anatomy and Physics Educator*

- Successfully advocated for the inclusion of Anatomy to course catalog based on needs assessment data
- Created innovative and culturally responsive curriculum for multi-grade students in both Anatomy and Physics
- Consistently surpassed school and district averages on district-provided semester exams by at least 5 percentage points

- Coordinated cross-content lessons and activities that were differentiated based on student learning level

**Texas Woman's University**

**October 2016 - June 2017**

*Graduate Research Assistant*

- Collected data for need assessment stage of \$5 million NtaRupt Teenage Pregnancy Prevention Grant in Dallas, TX
- Recruited participants for online surveys and in-person focus groups through multiple formats both on and offline
- Facilitated and lead focus groups concerning culturally sensitive topics
- Transcribe focus groups and analyze for trends in teenage pregnancy and prevention in Dallas teens, parents, and teachers

**RESEARCH PRESENTATIONS**

*American Public Health Association Conference* 2025

Public Health Impact Academy: Advancing Equity Through Leadership-Centered Professional Development

Presented at the American Public Health Association Conference

*The Teach for America RockCorps, Year 2:* 2016

Using Authentic Research Experiences in Geophysics for STEM Teachers to Inspire Earth Science- Themed Lessons in High School Classrooms

Presented at the American Geophysical Union Fall Meeting

*The 5<sup>th</sup> Annual Texas Campaign to Prevent Teen Pregnancy Symposium* 2016

Assessing Resources and Gaps in Preventing Teen Pregnancy in Dallas County (Advisor: Dr. Mandy Golman & Dr. Nila Ricks)

Presented at the Texas Campaign's 5<sup>th</sup> Annual Symposium

*Implementing the School Health Index in a Texas School District* 2011

Presented at the University of North Texas Health Science Center, Ft. Worth, TX

*Health Referral System* 2011

Presented at the University of North Texas Health Science Center, Ft. Worth, TX

## PUBLICATIONS

Kassimu, R. & Wachira, E. (Eds.). (2026). *Navigating Black Maternal Mental Health and Well-Being*. IGI Global Scientific Publishing. <https://doi.org/10.4018/979-8-3693-4272-5>

Kassimu, R. & Wachira, E. (2026). You Good, Sis?: Analyzing the Role of Individual and Interpersonal Factors on Mental Health in Former Teenage Mothers of Color. In R. Kassimu & E. Wachira (Eds.), *Navigating Black Maternal Mental Health and Well-Being* (pp. 67-100). IGI Global Scientific Publishing. <https://doi.org/10.4018/979-8-3693-4272-5.ch005>

Telfer, N. A. (2022). *Our Doctoral Journey: A Collection of Black Women's Experiences*. United Kingdom: Xlibris US.

Wachira, E., Wachira, P. W., & Kassimu, R. (2023). Major Depressive Disorder Among African-Americans. In *Changing the Stigma of Mental Health Among African Americans: Moving From Denial to Acceptance* (pp. 163-181). IGI Global.