

CURRICULUM VITAE FOR EXTENSION EDUCATOR FACULTY

University of Idaho

NAME: Paige Wray

DATE: October 31, 2025

RANK OR TITLE: Associate Extension Professor/ Extension Educator

DEPARTMENT: University of Idaho Extension, Eastern District

OFFICE LOCATION: University of Idaho Extension, Bonneville County
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DATE OF FIRST EMPLOYMENT AT UI: June 12, 2022

DATE OF TENURE: July 2025

DATE OF PRESENT RANK OR TITLE: July 1, 2025

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

M.S., 2017, Agriculture Extension and Education, Utah State University, Logan, Utah.
B.S., 2014, Agriculture Education, Brigham Young University-Idaho, Rexburg, Idaho.

Certificates and Licenses:

Collaborative Institutional Training Initiative (CITI), Investigator/Student Researcher
Certificate, 2018-present.
University of Florida/Utah State University, Program Planning and Evaluation, 2020.
Botvin Lifeskills, 2020.
Iowa State University, Strengthening Families, 2020.
National Council on Mental Wellness, Mental Health First Aid, 2018.
Guiding Good Choices, 2018.
Utah 4-H, Shooting Sports Leader, 2017.
Utah State University Extension, Nutrition Education Assistant, 2014.

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Extension Professor, University of Idaho, Bonneville County, Idaho Falls, Idaho, 2025-present.
Assistant Extension Professor, University of Idaho, Bonneville County, Idaho Falls, Idaho, 2022-2025.
Extension Assistant Professor, Utah State University, San Juan County, Monticello, Utah, 2017-2022.

Academic Administrative Appointments:

County Director, Utah State University, San Juan County, Monticello, Utah, 2019-2022.

Non-Academic Employment including Armed Forces:

Website Assistant, Utah Agriculture in the Classroom, Logan, Utah, 2016-2017.
Extension Program Assistant, Cache County Extension, Logan, Utah, 2015-2017.
Nutrition Education Assistant, Cache County Extension, Logan, Utah, 2014-2017.
4-H Intern, Bannock County Extension, Pocatello, Idaho, 2013.
After School Teacher, Madison School District, Rexburg, Idaho, 2011-2014.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

4-H & Youth Development
 Agricultural Literacy
 Foods & Nutrition
 Health & Wellness

Interns/Students Advised:

Mannion, Bridget, 2025
 Stoddard, Kendra, 2025
 McCoy, Zachary, 2024-2025
 Peel, Mariah, 2024
 Summers, Shelby, 2024
 Fitzgerald, Gavin, 2023
 Murdock, Madeline, 2023
 Mayo, Mary-Catherine, 2022
 Ben, Shaila, 2021
 Dayish, Jordan, 2021.
 Grover, Brooklyn, 2019-2020.
 Monson, Mikell, 2018.

Materials Developed:**Workbooks, Manuals:**

Wray, P., C. Meier, J. Huber, and J. Dayish. Youth Community Needs Assessment Manual. Utah State University Extension and University of Idaho Extension. 2022.
https://issuu.com/usuextension/docs/youth_community_needs_assessment_manual

Video Productions:

Wray, P., L. Cady, and E. Smith. Bean puree as a fat replacement in recipes. YouTube Video. Utah State University Extension. <https://www.youtube.com/watch?v=vvYpg40baaw>. 2022.
 Howard, T. and **P. Wray**. Utah Talks, Answers, Connects: A model for response to mental health. YouTube video. <https://youtu.be/RuOLH22UUmU>. 2022.
 Dallin, J., C. Ward, J. Hadfield, T. Howard, and **P. Wray**. Farm stress and mental health. YouTube Video. <https://youtu.be/6nqgtrNfW5o>. 2021.
 Dallin, J., C. Ward, J. Hadfield, T. Howard, and **P. Wray**. Farm stress and mental health. YouTube Video. <https://www.youtube.com/watch?v=uiFTVNcljC0>. 2021.

PowerPoint/Slide Presentations:

Howard, T., **P. Wray**, and B. Morrisroe. 4-H mental health upholding fences. 2023.
 Howard, T., **P. Wray**, and B. Morrisroe. 4-H mental health mending fences. 2023.
 Howard, T., **P. Wray**, and B. Morrisroe. 4-H mental health building fences. 2023.
 Howard, T. and **P. Wray**. Utah talks, answers, and connects, 4-H volunteer presentation. 2022.
 Howard, T., **P. Wray**, C. Ward, J. Dallin, and J. Hadfield. Mending fences: Utah talks, answers, & connects, Ag Wellness curriculum. 2021.
 Howard, T. and **P. Wray**. The biggest asset is you, Ag Wellness curriculum. 2020.

Non-Credit Classes, Presentations, Workshops, Seminars, Invited Lectures, etc.:**4-H Youth Development and Volunteer Development**

- Wray, P. Lead 2 change, Idaho 4-H LEADS Summit, Twin Falls, Idaho, Invited, 2025.
- Wray, P. Youth for the Quality Care of Animals ethics training, Idaho Falls, Idaho, 2 sessions, 2025.
- Wray, P. Advanced quilling, Idaho Falls, Idaho, 2025.
- Wray, P. Pickleball, Idaho Falls, Idaho, 2025.
- Wray, P. and Bonneville County 4-H Youth. Empowering youth voice: Transform your community, one idea at a time, National 4-H Ignite Summit, Washington D.C., 2 sessions, 2025.
- Wray, P. and Bonneville County 4-H Youth. Building fences for 4-H mental health, National 4-H Ignite Summit, Washington D.C., 2 sessions, 2025.
- Wray, P. Robotics, Homeschool Hobbyists 4-H Club, Idaho Falls, Idaho, 2025.
- Wray, P. Junior youth council, Idaho Falls, Idaho 3 sessions, 2025.
- Wray, P. 4-H Cooking, Idaho Falls, Idaho, 3 sessions, 2025.
- Wray, P. 4-H information presentation, Idaho Falls Nonprofit Alliance Monthly Meeting, Idaho Falls, Idaho, 2025.
- Wray, P. Lifesmarts team lessons and practice, Idaho Falls, Idaho, 19 sessions, 2024-2025.
- Wray, P. County youth leadership council, Idaho Falls, Idaho, 7 sessions, 2024-2025.
- Wray, P. The science of sugar, Idaho Falls, Idaho, 2024.
- Wray, P. Christmas quilling, Idaho Falls, Idaho, 2024.
- Wray, P. Freeze drying, Idaho Falls, Idaho, 2024.
- Wray, P. Lifesmarts team lessons and practice, Idaho Falls, Idaho, 7 sessions, 2023-2024.
- Wray, P. Public speaking, 4-H state officer retreat, Idaho Falls, Idaho, 2024.
- Wray, P. County youth leadership council, Idaho Falls, Idaho, 5 sessions, 2023-2024.
- Wray, P. Robotics, Homeschool Hobbyists 4-H Club, Idaho Falls, Idaho, 2 sessions, 2024.
- Wray, P. Prepare for fair, Idaho Falls, Idaho, 2024.
- Wray, P. Fences for mental health, Military teen adventure camp, Cascade, Idaho, 2024.
- Wray, P. Travel tic tac toe pocket, Adult sewing training, Idaho Falls, Idaho, 2024.
- Wray, P. Lego robotics, Bush Elementary, Idaho Falls, Idaho, 15 sessions, 2024.
- Wray, P. Sphero jousting, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 11 sessions, 2024.
- Strupp, H., C. Willmore, and **P. Wray**. Alpine camp counselor training, Blackfoot, Idaho, 4 sessions, 2024.
- Wray, P. Power protectors, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 13 sessions, 2024.
- Wray, P. All about 4-H, Troop Teton 4-H Club meeting, Idaho Falls, Idaho, 2024.
- Wray, P. Embroidery, Spring Fling, Idaho Falls, Idaho, 2024.
- Wray, P. Youth for the Quality Care of Animals ethics training, Idaho Falls, Idaho, 2 sessions, 2024.
- Wray, P. & T. Howard, Fences, St. Maries, Idaho, 2024.
- Wray, P. Makey makey music, Spring Fling, Idaho Falls, Idaho, 2024.
- Wray, P. Clover cooking, Spring Fling, Idaho Falls, Idaho, 2024.
- Wray, P. Spheros, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 12 sessions, 2024.
- Wray, P. Makey makey electricity, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 15 sessions, 2024.
- Wray, P. Paper circuits, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 18 sessions, 2024.
- Wray, P. Lego robotics, Woodland Hills Elementary, Idaho Falls, Idaho, 4 sessions, 2024.
- Wray, P. Robotics, Homeschool Hobbyists 4-H Club, Idaho Falls, Idaho, 2023.
- Wray, P. Science, technology, engineering, and math lesson, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 12 sessions, 2023.
- Wray, P. Lego robotics, Woodland Hills Elementary, Idaho Falls, Idaho, 8 sessions, 2023.
- Wray, P. Science, technology, engineering, and math lesson, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 16 sessions, 2023.
- Wray, P. Lead 2 change, Idaho 4-H LEADS Summit, Cascade, Idaho, 2 sessions, Invited, 2023.
- Wray, P. Spheros robots, Bush, Woodland Hills, Ethel Boyes, and American Heritage Elementary Schools, Idaho Falls, Idaho, 26 sessions, 2023.

- Wray, P. Pressure canning, One jar at a time club meeting, Idaho Falls, Idaho, 2023.
- Wray, P. Prepare for fair, Idaho Falls, Idaho, 2023.
- Wray, P. and T. Howard. 4-H building fences, 4-H State Teen Association Conference training, Moscow, Idaho, Invited, 2023.
- Wray, P. and T. Howard. 4-H fences, 4-H State Teen Association Conference steering committee training, Moscow, Idaho, Invited, 2023.
- Wray, P. Pickleball, Blitz Week, Idaho Falls, Idaho, 2023.
- Wray, P. Cloverbud living, Blitz Week, Idaho Falls, Idaho, 2023.
- Wray, P. Sphero robot mini-golf, Blitz Week, Idaho Falls, Idaho, 2023.
- Wray, P. Cloverbud citizenship, Blitz Week, Idaho Falls, Idaho, 2023.
- Wray, P. Pinch bowl, Adult sewing training, Idaho Falls, Idaho, 2023.
- Wray, P. Youth for the Quality Care of Animals ethics training, Idaho Falls, Idaho, 2 sessions, 2023.
- Strupp, H., C. Willmore, and **P. Wray**. Alpine camp counselor training, Blackfoot, Idaho, 4 sessions, 2023.
- Wray, P. Resources for 4-H leaders, Idaho Falls, Idaho, 2023.
- Wray, P. & A. Rasmussen, Frozen pizzas, Spring Fling, Idaho Falls, Idaho, 2023.
- Wray, P. Sphero robot mini-golf, Spring Fling, Idaho Falls, Idaho, 2023.
- Wray, P. Makey Makey circuits, Spring Fling, Idaho Falls, Idaho, 2023.
- Wray, P. Quilling, Spring Fling, Idaho Falls, Idaho, 2023.
- Wray, P. Papercrafts, Spring Fling, Idaho Falls, Idaho, 2023.
- Wray, P. Robotics, Homeschool 4-H Club, Idaho Falls, Idaho, 3 sessions, 2023.
- Pollock, M. C. M. and **P. Wray**. Sphero robots, Bush, Woodland Hills, Ethel Boyes, and Fox Hollow Elementary Schools, Idaho Falls, Idaho, 10 sessions, 2023.
- Wray, P. County youth leadership council, Idaho Falls, Idaho, 6 sessions, 2023.
- Wray, P. and T. Howard. 4-H mending fences workshop, Central District 4-H Meeting, Burley, Idaho, Invited, 2023.
- Wray, P. Stop motion filming, Science technology engineering art & math Camp, Idaho Falls, Idaho, 2022.
- Wray, P. Sphero robots, Science technology engineering art & math camp, Idaho Falls, Idaho, 2022.
- Wray, P. Water bath canning, One jar at a time club meeting, Idaho Falls, Idaho, 2022.
- Wray, P. Food safety, One jar at a time club meeting, Idaho Falls, Idaho, 2022.
- Wray, P. County youth leadership council, Idaho Falls, Idaho, 2 sessions, 2022.
- Wray, P. and K. Weiland. Ethics training, Idaho Falls, Idaho, 2022.
- Wray, P. New leader training, Idaho Falls, Idaho, 2022.
- Wray, P. and C. Meier. Youth led community needs assessment, Utah State University Extension 4-H Inservice, St. George, Utah, 2022.
- Ben, S., **P. Wray**, and R. Wytsalucy. Discover 4-H, Aneth, Utah, 2021.
- Ben, S., **P. Wray**, and R. Wytsalucy. Discover 4-H, Blanding, Utah, 4 sessions, 2021.
- Wray, P. Tech Tuesday, Blanding, Utah, 6 sessions, 2021.
- Wray, P. Afterschool Science Technology Engineering & Math activities, Blanding, Utah, 2021.
- Wray, P. and R. Wytsalucy. 4-H ambassadors, Blanding, Utah, 2020.
- Wray, P. 4-H programming in San Juan County, Program Planning and Evaluation Course, Virtual, 2020.
- Nay, K. and **P. Wray**. Healthy living teens reaching youth team, Blanding, Utah, 2019
- Wray, P. and C. Ward. STEM concepts in family and consumer sciences, Jumpstart Afterschool Conference, St. George, Utah, 2019.
- Ward, C. and **P. Wray**. Discover 4-H, Jumpstart Afterschool Conference, St. George, Utah, 2019.
- Wray, P. Using 4-H in the classroom, Utah Family and Consumer Science Teachers Fall Conference, Orem, Utah, 2018.
- Wray, P. Science in the kitchen, Utah 4-H leadermete, Vernal, Utah, 2018.

Agricultural Literacy

Ward, C. and **P. Wray**. Discover agriculture, Jumpstart Afterschool Conference, St. George, Utah, 2019.

Health and Wellness

Healthy Relationships

- Wray, P., and S. Sherrow. Strengthening families, Blanding, Utah, 7 sessions, 2022.
- Wray, P. and S. Sherrow. Strengthening families, Virtual, 7 sessions, 2021.
- Wray, P. and S. Sherrow. Strengthening families, Blanding, Utah, 7 sessions, 2021.
- Wray, P. LifeSkills, Blanding, Utah, 13 sessions, 2021.
- Wray, P. and S. Sherrow. Guiding good choices, Blanding, Utah 5 sessions, 2021.
- Wray, P. and S. Sherrow. Guiding good choices, Virtual, 5 sessions, 2020.
- Wray, P. Family traditions: Create a positive atmosphere and guide good choices in your family, Utah State University Extension Virtual Date Night, Virtual, 2020.
- Wray, P. and S. Sherrow. Guiding good choices, White Mesa, Utah, 5 sessions, 2019.
- Wray, P. and S. Sherrow. Guiding good choices, Monument Valley, Utah, 5 sessions, 2019.
- Wray, P. and S. Sherrow. Guiding good choices, Blanding, Utah, 5 sessions, 2019.
- Wray, P. and S. Sherrow. Guiding good choices, Blanding, Utah, 5 sessions, 2018.

Mental Health

- Howard, T. and **P. Wray**. UTAC: Utah talks, answers, & connects. Utah State University Extension Mental Health Website, 2022.
- Howard, T. and **P. Wray**. Mental health advocacy and awareness, Utah State University Extension 4-H Inservice, St. George, Utah, 2021.
- Murza, G., M. Jewkes, **P. Wray**, and T. Keady. Sharing your best practices for creating big impacts in a short timeframe: Lessons learned from the COVID messaging grant, Utah State University Extension Home & Community Inservice, Virtual, 2021.
- Jewkes, M., **P. Wray**, and T. Hunsaker. Food preservation and emergency preparedness working group update, Utah State University Extension Home & Community Inservice, Virtual, 2021.
- Killian, T., J. Dallin, **P. Wray**, C. Ward, and J. Hadfield. The biggest asset is YOU, Grouse Creek Community Info Night, Virtual, 2021.
- Killian, T., **P. Wray**, and C. Ward. Best practices: A cross-discipline approach to rural stress, Utah State University Extension Home & Community Inservice, Virtual, 2020.
- Killian, T. and P. Wray. Mental Health First Aid, Snowville, Utah, 2020
- Killian, T., **P. Wray**, and E. Parkhurst. Wellness triangle, Utah State University Annual Conference, Logan, Utah, 2019.
- Wray, P. and C. Ward. Hitting reset: Ideas for prioritizing and focusing, Western Region Leaders' Forum, San Diego, California, 2018.

Foods & Nutrition

- Wray, P., T. Hunsaker, and A. Schmutz. Examining the safety of low acid canning in “smart cookers”, Consumer Food Safety Education Conference, Virtual, 2021.
- Wray, P. and C. Jenkins. Canning tomatoes, Utah State University Extension, Virtual, 2021.
- Wray, P. Cultivate better health, Navajo Nation Special Diabetes Program, 10 sessions, Virtual, 2021.
- Wray, P. Create better health, Women, Infants, & Children, 12 sessions, Blanding, Utah, 2021.
- Wray, P. Create better health, Department of Workforce Services, Blanding, Utah, 2021.
- Wray, P. Freeze drying 101, Blanding, Utah, 2021.
- Merrill, C. and **P. Wray**. The dangers of canning in an “instant pot” style pressure cooker, Utah Extension Association of Family and Consumer Sciences Inservice, Provo, Utah, 2019.

Extension Presentations

- Wray, P. Budgeting 101, Iina Bihooaah Program, Virtual, 2021.
- Bravo, A.W., P. Hill, W. Garcia, **P. Wray**, and T. Killian. eXtension impact collaborative, Utah State University Annual Conference, Logan, Utah, 2019.
- Wray, P. and T. Killian. Impact collaborative overview, Utah State University Extension New Faculty Retreat, Kaysville, Utah, 2018.

SCHOLARSHIP ACCOMPLISHMENTS:

Description of personal contributions

* Corresponding author

1. Developed project idea
2. Obtained or provided project funding/resources
3. Collected data
4. Analyzed data
5. Contributed significantly to writing
6. Contributed significantly to editing

Publications, Exhibitions, Performances, Recitals:

Refereed:

Journals:

- Litchford, A., Allen, K., Jenkins, C., Timothy, E., & **Wray, P.** 2024. Increasing Access to Acceptable and Affordable Gluten-Free Baked Goods. *Journal of Human Sciences and Extension*, 12(2), 4. (3). (3)
- Murza, G., M. D. Jewkes, A. Yaughner, C. G. Wille, **P. Wray**, and C. Meier. 2021. COVID-19 messaging campaigns show impact and reach through strong collaborations. *Journal of the National Extension Association of Family and Consumer Sciences*, 16, 78-82. (3, 4, 5)
- Wray, P., C. Ward, C. Nelson, D. Bolton, C. Dakin, B. Thompson, D. DasGupta, M. Vierimaa, and S. Sulzer. 2021. Pickleball for inactive mid-life and older adults in rural Utah: A feasibility study. *International Journal of Environmental Research and Public Health*, 18(16), 8374. (3)
- Wray, P., J. Hadfield, M. Weirda, T. Howard, J. Dallin, C. Ward. 2021. Incorporating mental health continuing education units in statewide virtual pesticide workshops. *Journal of National Association of Agricultural Agents*, 14(1). (1, 3)
- Merrill, C. A., K. Allen, S. Haws, T. Hunsaker, P. Mathis, E. Serfustini, and **P. Wray**. 2020. Food safety of low acid canning in electric pressure cookers. *Journal of the National Extension Association of Family and Consumer Sciences*, 15, 27-31. (3, 4, 6)
- Swinton, J. J., T. Killian, and **P. Wray**. 2020. Importance of adding objective data to stakeholder data in needs assessments. *Journal of Extension*, 58(3). 1-8. (6)

Extension Publications:

Utah State University Fact Sheets:

- Keady, T., **P. Wray**, K. Zaman, G. Murza, G. Glissmeyer, E. Elsmore, M.W. Voss, S. Prevedel, and S. Sulzer. 2021. Opioid fast facts for parents. Utah State University. (5)
- Wray, P. and L Cady. 2021. Boost the benefits with beans. Utah State University. https://extension.usu.edu/nutrition/research/bean_puree. (*, 5, 6)
- Merrill, C. K. Allen, S. Haws, T. Hunsaker, P. Mathis, and **P. Wray**. 2020. Why electric pressure cookers are not pressure canners. Utah State University. <https://extension.usu.edu/preserve-the-harvest/research/why-electric-pressure-cookers-are-not-pressure-canners>. (3, 4, 6)
- Merrill, C., C. Jessen, **P. Wray**, and C. Ward. 2019. Buying a home freeze-dryer: what to know before you go. Utah State University. <https://extension.usu.edu/preserve-the-harvest/research/buying-a-home-freeze-dryer-what-to-know-before-you-go>. (5, 6)

LeBlanc, H., C. Brennand, and **P. Wray**. 2017. Preserving corn. Utah State University, <https://extension.usu.edu/preserve-the-harvest/research/corn#:~:text+=Hot%20pack%20%E2%80%93%20To%20each%20quart%C%20leaving%201%Dinch%20heads> pace. (6)

Refereed (in press):

Wray, P., T. Howard, and K. Ure. 2025. Building awareness in 4-H volunteers to support youth mental health. University of Idaho. In Press. (*, 5, 6)

Other:

Non-Peer-Reviewed Curricula:

Wray, P. and T. Killian. 2020. The biggest asset is you: A person-based approach to mental health, Utah State University Extension.

Wray, P., and D. Stewardson. 2018. Discover 4-H agricultural literacy. Utah State University Extension 4-H. <https://utah4h.org/discover/>

University of Idaho Extension Impact Statements:

Poulson, D., **P. Wray**, L. Sant, C. Carter, and J. Buck. 2025. Sewing workshop enhances adult leader knowledge to increase 4-H youth projects.

Buck, J., C. Carter, D. Poulson, L. Sant, and **P. Wray**. 2024. Sewing workshop participants learned new skills and gained confidence.

Howard, T., **P. Wray**, and B. Morrisroe. 2024. 4-H youth and volunteers learn about mental health and wellness.

Fisher, M., M. Knutz, M. Toomey, R. Baumgartner, T. Miller, **P. Wray**, A. Statz, C. Lockhard, C. Carter, and T. Tverdy. 2023. Idaho's 4-H Learn, Engage, Act, Develop, Summit (LEADS) builds youth leadership.

Gibbons, J., **P. Wray**, H. Strupp, and B. Henderson. 2023. Alpine 4-H Camp: The height of youth development.

Buck, J., L. Blanch, K. Hickok, L. Sant, and **P. Wray**. 2023. Sewing workshop provides training to local youth volunteers.

Utah State University Outcomes and Impacts Quarterly:

Wierda, M., C. Zesiger, J. Hadfield, M. Pace, and **P. Wray**. 2021. Providing pesticide license holders CEU credits during the COVID 19 pandemic, *Outcomes and Impacts Quarterly* 1(4), 2.

MacArthur, S., T. Keady, **P. Wray**, C. Jensen, M. Sorensen, C. Warnick, and L. Narine. 2021. A substance misuse prevention program to youth in rural Utah, *Outcomes and Impacts Quarterly*, 1(2), 3.

Howard, T, **P. Wray**, J. Hadfield, J. Dallin, and C. Ward. 2021. USU Extension's focus on stress and mental health in rural agriculture, *Outcomes and Impacts Quarterly*, 1(2), 1.

Thesis and Dissertations:

Wray, P. 2016. Evaluating the effectiveness of Utah farm field days, Master of Science thesis.

Scholarly Presentations and Other Creative Activities:

Displays and Posters:

Wray, P., D. Poulson, J. Buck, L. Sant, and C. Carter. 2025. 4-H sewing workshops: Empowering youth volunteers with the skills and confidence to teach sewing to youth. National Association of Extension 4-H Youth Development Professionals, Atlanta, Georgia.

- Howard, T. and **P. Wray**. 2023. Addressing mental health through a social-ecological approach with 4-H youth and volunteers. Epsilon Sigma Phi Annual Conference, Billings, Montana.
- Meier, C. and **P. Wray**. 2023. Youth led-community needs assessment: Introducing a facilitator manual. National Association of Community Development Extension Professionals, Coeur' D'Alene, Idaho.
- Howard, T. and **P. Wray**. 2023. 4-H building fences program. Extension Annual Conference, Sun Valley, Idaho.
- Wray, P. 2023. Youth led needs assessment manual. Extension Annual Conference, Sun Valley, Idaho.
- S. MacArthur, **P. Wray**, T. Keady, C. Jensen, M. Sorensen, C. Warnick, and L. Narine. 2022. Helping kids PROSPER in Utah: An evidence based, community approach to prevention. Annual Rural Health Conference, Albuquerque, New Mexico.
- Wray, P., S. MacArthur, T. Keady, C. Jensen, M. Sorensen, C. Warnick, and L. Narine. 2021. Helping kids PROSPER in Utah: An evidence based, community approach to prevention. National Extension Association of Family and Consumer Sciences, Virtual.
- Hadfield, J. A., J. Dallin, **P. Wray**, T. Howard, and C. Ward. 2021. Combating stress and promoting mental health in rural agricultural communities. Extension Risk Management Education, Virtual.
- Wytsalucy, R. and **P. Wray**. 2021. Cooking native foods and talking careers with indigenous chef Craig. National Association of Extension 4-H Youth Development Professionals, Memphis, Tennessee.
- Wray, P. and C. Ward. 2020. What kids really want to know about agriculture? An innovative approach to program evaluation and efficacy. National Association of Extension 4-H Youth Development Professionals, Virtual.
- Ward, C., **P. Wray**, A. Schmutz, K. Heaton, and B. Scow. 2020. Unplugged teen leadership. National Association of Extension 4-H Youth Development Professionals, Virtual.
- Killian, T., Z. Garcia, and **P. Wray**. 2020. Mental health first aid-an ecological approach to mental health. National Council on Family Relations, Virtual.
- Wray, P., C. Ward, C. Nelson, S. Sulzer, D. DasGupta, C. J. Dakin, B. J. Thompson, M. Vierimaa, and D. A. E. Bolton. Pickleball for sedentary mid-life adults in rural Utah-a pilot study. Utah State University Extension Annual Conference, Logan, Utah.
- MacArthur, S., N. Brower, C. Ward, **P. Wray**, and C. Nelson. 2020. Teaching youth through hands-on discover 4-H clubs. International Hawaiian Conference on Education, Honolulu, Hawaii.
- Wray, P. and S. MacArthur. 2019. Healthy living programming with Native American youth. Epsilon Sigma Phi, Colorado Springs, Colorado.
- Wray, P. 2019. Native American Science Technology Engineering & Math camps. Utah State University Annual Conference, Logan, Utah.
- Merrill, C., S. Haws, T. Hunsaker, T. Mathis, E. Serfustini, **P. Wray**, and K. Allen. 2019. Examining food safety of low-acid canning "smart cookers". Utah State University Annual Conference, Logan, Utah.
- Wray, P. and D. M. Spielmaker. 2017. Farm field days as a learning model for agricultural literacy. Utah State University Extension Annual Conference, Logan, Utah.

Professional Meeting Papers, Workshops:

- Wray, P. and A. Benes. 2025. Fostering belonging and connection in professional development, Epsilon Sigma Phi, Fort Worth, Texas.
- Wray, P., B. Morrisroe, and T. Howard. 2024. Building fences for 4-H mental health, National Association of Extension 4-H Professionals, Boise, Idaho.
- Wray, P. and C. Meier. 2024. Incorporating youth voice-A youth community needs assessment manual, National Association of Extension 4-H Professionals, Boise, Idaho.
- Ward, C., **P. Wray**, C. Nelson, D. Bolton, C. Dakin, B. Thompson, D. DasGupta, M. Vierimaa, and S. Sulzer. 2021. Pickleball for sedentary mid-life and older adults in rural Utah: A pilot study. National Extension Association of Family and Consumer Sciences, Virtual.
- Wille, C., G. Murza, M. Jewkes, E. Parkhurst, T. Hunsaker, T. Keady, A. Yaugher, **P. Wray**, C. Lyman, M. Whitesides, and D. Hinkamp. 2021. Utah Extension's COVID-19 messaging campaigns show impact and reach through strong collaboration. National Extension Association of Family and Consumer Sciences, Virtual.

- Ward, C., **P. Wray**, C. Nelson, D. Bolton, C. Dakin, B. Thompson, D. DasGupta, M. Vierimaa, and S. Sulzer. 2021. Pickleball for sedentary mid-life and older adults in rural Utah: A pilot study. National Extension Association of Family and Consumer Sciences, Virtual.
- Wille, C., G. Murza, M. Jewkes, E. Parkhurst, T. Hunsaker, T. Keady, A. Yaughner, **P. Wray**, C. Lyman, M. Whitesides, and D. Hinkamp. 2021. Government, university and community organizations partner to prevent the pandemic's effects on mental and emotional health: COVID-19 messaging campaigns show reach and impact through strong collaboration. International Conference on Health, Wellness & Society, Paris, France.
- Wray, P. and A. Schmutz. 2021. Get a handle on your workload: Strategies to help boost productivity and balance. Joint Council of Extension Professionals Extension Leadership Conference, Virtual.
- Ward, C. and **P. Wray**. Freeze drying 101. 2021. Montana State University Extension, Virtual.
- Ward, C. and **P. Wray**. Harvest right home food freeze dryers. 2020. National Extension Association of Family and Consumer Sciences, Virtual.
- Wray, P., S. MacArthur, S. Sulzer, S. Prevedel, and T. Keady. 2020. Utilizing a peer mentorship model to teach healthy living practices to Native American youth. International Hawaiian Conference on Education, Honolulu, Hawaii.
- Merrill, C., S. Haws, T. Hunsaker, T. Mathis, E. Serfustini, **P. Wray**, and K. Allen. Examining food safety of low-acid canning "smart cookers". 2019. National Extension Association of Family and Consumer Sciences, Hershey, Pennsylvania.

Grants and Contracts Awarded:

External Funding Awarded:

- Lindstrom, J. and **P. Wray**. Idaho Community Program Grant. Idaho Department of Health & Welfare, 2022-2023, \$60,000 (\$60,000 spending authority).
- Meier, C., C. Jensen, and **P. Wray**. Utah's Culture of Health. Robert Wood Johnson Foundation, Culture of Health Grant, 2022, \$19,000 (\$7,500 spending authority).
- Ward, C., T. Howard, J. Dallin, **P. Wray**, and J. Hadfield. State Farm Ranch Assistance Network Grant. USDA-NIFA through Utah Department of Agriculture and Foods. 2022, \$500,000 (No spending authority).
- Wray, P. 4-H Afterschool at Blanding Elementary. Utah State Board of Education, Sub award of San Juan Foundation, 2021-2024. \$402,726 (spending authority 402,726).
- Arungwa S., **P. Wray**, and D. Ivie. Utah, Utah State University, prevention science extension COVID-19 education, USDA-NIFA. 2021-2022. \$24,178 (No spending authority).
- Mitchell, A. and **P. Wray**. Expanding the guiding good choices program in San Juan County, 2020-2021. \$5,000 (No spending authority).
- Dallin, J., J. Hadfield, T. Killian, C. Ward, and **P. Wray**. Integrated pest management/ sustainable agriculture mini grant. 2020-2025, \$5,000 (\$1,000 spending authority).
- Meier, C., S. Sulzer, S. MacArthur, S. Prevedel, Z. Garcia, C. Jensen and **P. Wray**. Utah's culture of health. Robert Wood Johnson Foundation, Culture of Health Grant, 2019-2021, \$65,000 (\$18,000 spending authority).
- MacArthur, S., T. Keady, L. Narine, L. C. Jensen, **P. Wray**, and M. Sorensen. Opioid prevention for rural Utah youth through PROSPER. United States Department of Agriculture and the National Institute of Food and Agriculture. 2019. \$324,841 (No spending authority).
- Mitchell, A. and **P. Wray**. Expanding the guiding good choices program in San Juan County. Utah State Opioid Response. Utah Department of Human Services, 2019, \$39,085, (No spending authority).
- Simmons, R. and **P. Wray**. Promoting economic development on the Navajo Reservation. Partnership between San Juan County 4-H and the Dine Enterprise Education and Development course, American Express. 2019, \$51,325. (\$15,000 spending authority).
- Sulzer, S. and **P. Wray**. Partnership between Utah State University Extension and Blue Cross. Funded by Blue Cross. 2019, \$14,800 (\$8,000 spending authority).

MacArthur, S., D. Francis, and **P. Wray**. Teens Reaching Youth to Innovate Healthy Living in Utah. National 4-H Council/Walmart Foundation, 2018, \$86,000, (\$5,000 spending authority).
 Nay, K. and **P. Wray**. National Rifle Association, 2018, \$6,297, (No spending authority).

Internal Funding Awarded:

Wray, P. and Ure, K. 4-H Family Camp. University of Idaho, 2025, \$4,240 (\$4,240 spending authority).
 Wray, P., T. Howard, and B. Morrisroe. Teens reaching youth mental health 4-H pilot program. University of Idaho, 2023, \$6,950 (\$6,950 spending authority).
 Wray, P. and R. Wytsalucy. 4-H clubs in San Juan County. Utah State University Extension 4-H, 2022, \$20,000 (\$20,000 spending authority).
 Wray, P. and R. Wytsalucy. 4-H clubs in San Juan County. Utah State University Extension 4-H, 2021, \$20,000 (\$20,000 spending authority).
 Litchford, A., K. Allen, C. Jenkins, E. Timothy, and **P. Wray**. Increasing access to acceptable and affordable gluten-free baked goods. Utah State University Extension Grant, 2021, \$7,250 (no spending authority).
 Scow, B., K. Hepworth, S. Krieger, T. Beddes, C. Jenkins, J. Hadield, D. Miner, D., **P. Wray**, J. Dallin, J. Hadfield, B. Mills, and C. Wille. Agventures with Terry Tomato video series. Utah State University Extension Grant, 2021, \$30,000 (no spending authority).
 Wray, P., T. Howard, J. A. Hadield, J. Dallin, and C. Ward. Mental health literacy and awareness for rural agricultural youth organizations. Utah State University Extension Grant, 2021, \$18,500 (\$18,500 spending authority).
 Wray, P. and R. Wytsalucy. 4-H clubs in San Juan County, Utah State University Extension 4-H, 2020, \$20,000 (\$20,000 spending authority).
 Coombs, C., C. Meier, H. LeBlanc, L. Jimenez, S. Prevedel, **P. Wray**, A. Henderson, and C. Nelson. Thumbs up for healthy choices program expansion: Improving healthy food access and program sustainability in Utah's rural food pantries. Utah State University Extension Grants, 2020, \$29,760 (no spending authority).
 Bolton, D. A. E., **Wray, P.**, C. Ward, C. Nelson, S. Sulzer, D. DasGupta, C. J. Dakin, B. J. Thompson, and M. Vierimaa. Pickleball for sedentary mid-life adults in rural Utah. Utah State University Extension Grants, 2019, \$29,740 (no spending authority).
 Wray, P. San Juan County family and consumer science programs. Utah State University Extension Grant. 2018, \$10,000 (\$10,000 spending authority).
 Merrill, C. and **P. Wray**. Food safety of low-acid pressure canning in electric programmable pressure cookers. Utah State University Extension Grants. 2018, \$8,400 (no spending authority).

Scholarship Honors and Awards:

Excellence in Teen Programming, Idaho Association of Extension 4-H Youth Development Professionals, 2024.
 Food Safety Award for Preserve the Harvest Series, National Extension Association of Family and Consumer Sciences, Second Place National, First Place Western Regional, and First Place State Winner, 2023.
 Distinguished Team Award for Utah Talks, Answers, and Connects, Epsilon Sigma Phi: Western Region, 2022.
 Achievement in Service, National Association of Extension 4-H Youth Development Professionals, 2022.
 Distinguished Team Award, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, Epsilon Sigma Phi: IOTA Chapter, 2022.
 Diversity Team: Second Place, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, Utah Association of Extension 4-H Youth Development Professionals, 2022.
 Search for Excellence in Teen Programming Team Award, Mental Health Literacy and Awareness for Rural Agriculture Youth Organizations, National Association of Extension 4-H Youth Development Professionals, 2022.
 Excellence in Teamwork, Utah State University Extension combines efforts to create and disseminate COVID-19 health guidance, Utah Extension Association of Family and Consumer Sciences, 2021.
 Diversity Program Team Award: Second Place, The Biggest Asset is YOU, Utah Extension Association of Family and Consumer Sciences, 2021.
 Marketing/Public Relations Team, Virtual date nights, Utah Extension Association of Family and Consumer

Sciences, 2021.
 Innovation in Programming, COVID-19 educational campaign, Utah Extension Association of Family and Consumer Sciences, 2021.
 Excellence in 4-H Healthy Living Programming, Unplugged teen leadership, Utah Association of Extension 4-H Workers, 2021.
 Hermes Creative Awards-Platinum, COVID-19 Billboards, Association of Marketing and Communication Professionals, 2021.
 First Class of the National Extension Association of Family and Consumer Sciences Leadership Cohort, Leadership Experience, National Extension Association of Family and Consumer Sciences, 2021.
 Innovation in Programming: 3rd Place Western Region, Utah State University expands COVID-19 health guidance messaging to show the spread, National Extension Association of Family and Consumer Sciences, 2021.
 36th Annual Educational Advertising Award-Merit, COVID-19response materials, COVID-19billboards, Utah Media Group, Utah State University Extension, EduAWARDS, 2021.
 Communication Written Media Team, 2nd Place Western Region, Electric cookers are not for canning, National Extension Association of Family and Consumer Sciences, 2020.
 Marketing Team, Create an active winter, Utah Extension Association of Family and Consumer Sciences, 2019.
 Diversity Individual, Create better health on the Ute reservation, Utah Extension Association of Family and Consumer Sciences, 2019.
 Diversity Team, Relationship education for incarcerated females, Utah Extension Association of Family and Consumer Sciences, 2019.
 Marketing Team, Create an active winter, National Extension Association of Family and Consumer Sciences, 2019.
 Crowdfunding Award with LikeMinded, Impact Collaborative Summit, 2019.

SERVICE:

Major Committee Assignments:

National:

Epsilon Sigma Phi Scholarships, Grants, and Recognition Committee, 2025
 National 4-H Hall of Fame Selection Committee, 2023-2024
 National 4-H Positive Youth Development Academy Planning Committee, 3 academies served, 2023-2024

Extension:

University of Idaho Extension Advisory Committee, 2023-present
 Idaho 4-H State Teen Association Conference Steering Committee, 2023-2024
 Idaho 4-H Inservice Planning Committee, 2023-2024
 Utah State University Extension Faculty Search Committee Member, Grand County, 2021
 Utah State University Extension Food Preservation and Emergency Preparedness, Leadership 2020-2022
 Utah State University Extension Nutrition Working Group, Member, 2020-2022
 Utah State University Extension Health and Wellness 4-H Working Group, Member, 2019-2022
 Utah State University Extension State 4-H Horse Demonstrations, Facilitator, 2018-2019
 Utah State University Extension Grant Panel, Reviewer, 2018
 Utah State University Extension State 4-H Shop Smart Challenge, Facilitator, 2017

District:

Extension, Kari Ure Mentoring Committee, 2025
 Extension, Eastern District 4-H Committee secretary, 2024-2025
 Extension, Eastern District ZSuite Representative, 2023-present
 Alpine 4-H Camp Board,
 Past President, 2024-2025
 President, 2023-2024
 Vice President, 2022-2023

Eastern Idaho State Fair Swine Show Superintendent, 2022-present

County/Local:

Bonneville County 4-H Advisory Council, 2022-present
 Bonneville County 4-H Family and Consumer Science Council, 2022-present
 Bonneville County 4-H Horse Council, 2022-present
 Bonneville County 4-H Livestock Council, 2022-present
 San Juan County Prevention Action Collaboration Coalition Health and Wellness Subcommittee,
 Chairman, 2020-2021
 San Juan County Prevention Action Collaboration Coalition, Member, 2017-2022

Professional and Scholarly Organizations:

National Extension Association of 4-H Youth Development Professionals, 2017-present
 Idaho Extension Association of 4-H Youth Development Professionals, 2022-present
 Epsilon Sigma Phi, 2017-present
 Epsilon Sigma Phi: Theta Chapter, 2022-present
 Secretary, 2023-2024
 National Extension Association of Family and Consumer Sciences, 2017-2022
 Idaho Extension Association of Family and Consumer Sciences, 2022
 Utah Extension Association of Family and Consumer Sciences, 2017-2022
 President, 2021
 President Elect, 2020
 Secretary/ Treasurer, 2019
 Epsilon Sigma Phi, Utah Chapter, 2017-2022
 Utah Extension Association of 4-H Youth Development Professionals, 2017-2022

Outreach Service:

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

Bonneville County 4-H Awards Night, Idaho Falls, Idaho, 2025
 Bonneville County Fair, Idaho Falls, Idaho, 2025
 Bonneville County 4-H Record Book Workday, Idaho Falls, Idaho, 2025
 Bonneville County 4-H Blitz Week, Idaho Falls, Idaho, 2025
 Bonneville County 4-H Spring Fling, Idaho Falls, Idaho, 2025
 Bonneville County 4-H Open House/STEM Night, Idaho Falls, Idaho, 2024
 Bonneville County 4-H Awards Night, Idaho Falls, Idaho, 2024
 Bonneville County Fair, Idaho Falls, Idaho, 2024
 Bonneville County 4-H Record Book Workday, Idaho Falls, Idaho, 2024
 Bonneville County 4-H Blitz Week, Idaho Falls, Idaho, 2024
 Eastern District 4-H Training, Idaho Falls, Idaho, 2024
 Bonneville County 4-H Spring Fling, Idaho Falls, Idaho, 2024
 Eastern District Shooting Sports Training, Idaho Falls, Idaho, 2024
 Bonneville County Volunteer Fair, Idaho Falls, Idaho, 2024
 Bonneville County 4-H Awards Night, Idaho Falls, Idaho 2023
 Bonneville County Fair, Idaho Falls, Idaho, 2023
 Bonneville County 4-H Record Book Workday, Idaho Falls, Idaho, 2023
 Bonneville County 4-H Blitz Week, Idaho Falls, Idaho, 2023
 Bonneville County 4-H Spring Fling, Idaho Falls, Idaho, 2023
 Bonneville County Volunteer Fair, Idaho Falls, Idaho, 2023
 Eastern District 4-H Training, Rigby, Idaho 2023
 Eastern District Shooting Sports Training, Idaho Falls, Idaho, 2022
 Bonneville County 4-H Awards Night, Idaho Falls, Idaho, 2022
 Bonneville County Fair, Idaho Falls, Idaho, 2022
 Bonneville County Volunteer Fair, Idaho Falls, Idaho, 2022
 American Indian Services Prep Healthy Living Day, Blanding, Utah, 2021

American Indian Services Prep Healthy Living Day, Blanding, Utah, 2020
American Indian Services Prep Healthy Living Day, Blanding, Utah, 2019
American Indian Services Prep Healthy Living Day, Blanding, Utah, 2018

Miscellaneous Extension Publications:

Bonneville County 4-H Newsletter:
Announcements about upcoming activities and need to knows, monthly, September-August 2022-present.
Bonneville County Extension Newsletter:
Extension happenings, Distributed Quarterly, 2023-present.

Webpages/Social Media:

Bonneville County Extension Facebook page, 2022-present.

Review Activities:

University of Idaho Extension Publishing, FastTrack reviewer.
2023-present, five publications reviewed.
Utah State University Extension FastTrack, Reviewer, 2019-2022.

Community Service:

Youth Leader, Sandcreek LDS Ward, 2023-2025.

Service Honors and Awards:

Coalition Champion, San Juan Prevention Action Collaboration Coalition, 2019.

PROFESSIONAL DEVELOPMENT:**Teaching:**

New Faculty Orientation, Moscow, Idaho, 2022.
Tenure Academy, Virtual 2017.

Scholarship:

National Association of Extension 4-H youth Development Professionals, Atlanta, Georgia, 2025.
Epsilon Sigma Phi, Fort Worth, Texas, 2025.
National Association of Extension 4-H youth Development Professionals, Boise, Idaho, 2024.
National Association of Community Development Professionals, Coeur' D' Alene, Idaho, 2023.
National Extension Association of Family and Consumer Sciences, Virtual, 2021.
National Extension Association of Family and Consumer Sciences Leadership Experience, Virtual, 2021.
Public Issues Leadership Development, Virtual, 2021.
Joint Council of Extension Professionals, Virtual, 2021.
Program Planning and Evaluation Course, University of Florida, and Utah State University, Virtual, 2020.
National Association of Extension 4-H youth Development Professionals, Virtual, 2020.
National Extension Association of Family and Consumer Sciences, Virtual, 2020.
Joint Council of Extension Professionals, San Antonio, Texas, 2020.
Hawaii International Conference on Education, Honolulu, Hawaii, 2020.
Epsilon Sigma Phi, Colorado Springs, Colorado, 2019.
National Extension Association of Family and Consumer Sciences, Hershey, Pennsylvania, 2019.
Native American Nutrition Conference, Minneapolis, Minnesota, 2019.
Rural Stress Summit, Atlanta, Georgia, 2018.
Western 4-H Institute, Fort Collins, Colorado, 2018.
National Agriculture in the Classroom, Kansas City, Missouri, 2017.

Utah State University Faculty Grant Writing Seminar, Virtual, 2017.

Outreach:

National 4-H Conference, Washington D.C., 2025.
National 4-H Ignite Summit, Washington D.C., 2024-2025.
COMET (Changing Our Mental and Emotional Trajectory) Training, Virtual, 2024.
Positive Youth Development Academy, Virtual, 2024.
4-H Thriving Model Training, Idaho Falls, Idaho, 2023.
Idaho Out-of-School Network, Library Resources for Out-of-School Professionals, Virtual, 2023.
Idaho Out-of-School Network, Continuous Quality Improvement, Virtual, 2022.
Idaho Out-of-School Network, Behavior Management, Virtual, 2022.
Extension Foundation Impact Collaborative, Virtual, 2021.
Extension Impact Collaborative, Indianapolis, Indiana, 2018.
Master Food Preserver Training, Richfield, Utah, 2018.

Administration/Management:

University of Idaho Extension, Eastern District Fall Meeting, Salmon, Idaho, 2025.
University of Idaho Extension, Eastern District 4-H Meeting, Rigby, Idaho, 2025.
University of Idaho Extension Annual Conference, Boise, Idaho, 2025.
University of Idaho Extension, Eastern District Fall Meeting, Fort Hall, Idaho, 2024.
University of Idaho Extension, Eastern District Spring Meeting, Idaho Falls, Idaho, 2024.
University of Idaho Extension Annual Conference, Moscow, Idaho, 2024.
University of Idaho Extension, Eastern District 4-H Meeting, Idaho Falls, Idaho, 2024.
Idaho 4-H Inservice, Boise, Idaho, 2023.
University of Idaho Extension, Eastern District Fall Meeting, Swan Valley, Idaho, 2023.
University of Idaho Extension Annual Conference, Sun Valley, Idaho, 2023.
University of Idaho Extension, Eastern District Spring Meeting, Pocatello, Idaho, 2023.
University of Idaho Extension, Eastern District 4-H Meeting, Rigby, Idaho, 2023.
Idaho 4-H Inservice, Boise, Idaho, 2022.