



Shawna Hopper

MASTERS OF SCIENCE STUDENT
BROCK UNIVERSITY - FACULTY OF APPLIED HEALTH SCIENCE

ABOUT ME

I am a first-year masters student interested in aging, mental health, and cognitive decline. Outside of academia I am an avid reader, hiker, runner, and yoga enthusiast. I have lived in 4 provinces across Canada including Ontario, Quebec, Alberta and British Columbia, as well as Australia and the Caribbean. Recently I ran 7km every 4 hours for 48 hours (84km total) to raise money for a local woman's shelter.

GOALS FOR SPA2021

During SPA 2021 I hope to build on my current knowledge of longitudinal research, foster professional relationships with other researchers interested in aging, and gain skills that can be applied to future PhD work.

LET'S CONNECT!



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MY BACKGROUND

I have a Bachelor of Applied Science in Adult Development from the University of Guelph. During my undergraduate degree I completed a semester abroad in Australia where I studied aging from a public health lens. Alongside my education, I have spent countless hours volunteering with seniors in my community, specifically those living with dementia and Parkinson's disease.

CURRENT RESEARCH

My current research, funded through a SSHRC CGS-M scholarship, looks at prospective biopsychosocial correlates of cognitive decline, using data from the Canadian Longitudinal Study on Aging (CLSA). I am also involved in projects focused on driving cessation in later life.

CAREER DEVELOPMENT

After the completion of my MSc, I aim to continue my academic journey with a postgraduate degree where I hope to build on my current research surrounding cognitive decline, in order to to earlier predict cognitive decline and improve quality of life for older adults.

LOOKING FORWARD TO (VIRTUALLY) MEETING YOU ALL!