



DR. KATHY SCHMEIDLER

Where were you born?

I was actually born in a hospital in New York City, but at the time my family was already living in Hastings-on-Hudson, New York.

Where did you grow up?

Hastings-on-Hudson, New York

What is your educational background? Hastings-on-Hudson, NY for K-12 (all in one building; we knew everyone); Smith College A.B. in Biology with a concentration in Cell and Molecular Biology; Ph.D. in Human Anatomy at Case Western Reserve University (CWRU) School of Medicine

Do you currently teach elsewhere and where have you taught in the past?

- I am a full-time professor at Irvine Valley College teaching Human Anatomy and Human Genetics, Biochemistry & Molecular Biology, and have taught many other classes there for the past 26 years.
- Taught at UCLA for one year teaching Biochemistry and Genetics.
- Taught Gross Anatomy at USC School of Pharmacy, as well as Biochemistry and Molecular Biology.
- Was at CSU-LB teaching Genetics, as well as Comparative Animal Physiology, Molecular Biology lab, and Human Anatomy lab.
- My first full-time teaching post was at Whittier College where I taught Anatomy, co-taught Anatomy & Physiology, Genetics, Molecular Biology, Cell Biology, Embryology, Developmental Biology.
- With rare exception, all of these were upper division or upper division/grad level courses until I came to the SOCCCD District.

When did you discover your passion for instruction?

I have been teaching professionally for a long time – since the mid 1970's -- in addition to tutoring as far back as elementary school!

What is your favorite aspect of your chosen career?

Variety; the diversity of students, colleagues, and subject matter.

What is the one quality you feel best describes you?

Thoughtful

What other interests, hobbies and pastimes are you passionate about?

My four children are grown and launched, but are still “my kids”. We have a dog who is my perpetual 3 year-old. My husband and I love to travel both in the U.S. and abroad. Last summer we drove across the U.S. to see our three kids. Last winter one of our offspring joined us to visit her sister living in Bangkok, so we traveled a bit in Thailand and also visited Cambodia.

What do you think you'll enjoy most about teaching for the Emeritus Institute?

The diversity of the students (and no grading).

What message would you like to send to your current and future Emeritus Students about yourself and/or what they can expect from your classes?

Learning is fun; the more the better. I intend to offer what I hope they will find interesting and worth their time.

What are your best tips that have helped you cope with the pandemic challenges to everyday life?

Chillax* – take each day as it comes. Enjoy what you have. Remember that there are others much worse off than you. Appreciate everything that you have today. Exercise.

(Merriam Webster definition: **chillax | \chi-'laks \ intransitive verb; slang; to calm down; blend of chill and relax)*

Tell us a “FUN FACT” about you.

I'm studying Wormian bones occurrence in human skulls, an on-going project I started during my sabbatical in Paris. I've been intrigued by them since I found out they exist, which would have been in grad school – late '70's. When the family was in Paris in 2004 we visited the catacombs do Paris as tourists, and as soon as I saw all the skulls I envisioned the project. It didn't come to fruition, though, until this sabbatical in 2018.