

OCTOBER 2015 NEWSLETTER



The SHSE Administrative Team

Janet L. Gooch, *Dean*
Paula Cochran, *Chair of CMDS*
Mona Davis, *Assistant to the Dean*
Roberta Donahue, *Chair of HES*
James Judd, *Director of the RPDC*
Pete Kelly, *Chair of Education*
Stephanie Powelson, *Chair of Nursing*

Message from Janet L. Gooch, Ph.D., CCC-SLP, Dean, School of Health Sciences and Education

We are moving into the busy time of the semester when many of you are counting the days until fall break. The busyness of this time of year sparked me to do a little research on “faculty burnout” which led me to an article in the Chronicle (June, 2012) explaining why associate professors are some of the unhappiest people in academe. Data has shown that they are significantly less satisfied with their work than either assistant or full professors. Life as an associate professor with tenure can be more isolating and overwhelming than being an assistant professor on the tenure track. The path to achieving tenure and promotion is well marked and includes guidance and mentoring from senior faculty. Once a professor earns tenure, mentoring typically stops, the amount of committee work piles on, and the expectations to do more, with less support, increase. It may become difficult for associate professors to figure out how to manage the varying demands of the job and to continue to enjoy their work. Faculty at all points along their career are susceptible to “burnout”. Burnout happens gradually and over time thus faculty may not know the extent to which they are experiencing feelings of burnout. Burnout levels have been measured in terms of emotional exhaustion, depersonalization (defined as “an unfeeling and impersonal response toward recipients of one’s service, care, treatment or instruction”) and perceptions of personal accomplishment. Many factors can contribute to burnout but studies have shown that a lack of time, poorly prepared students, cumbersome bureaucratic rules, high self-expectations, unclear institutional expectations, and low salary are the key contributors to burnout. Knowing all of this, what can we do to limit our risk of burning out? Say “no” when possible to avoid getting over committed. Change things up a bit – add variety to your teaching, try new things, maintain an attitude that all students can and will learn. Researchers have suggested that departments and schools should aim to adopt collectivistic values. It’s sometimes hard for professors to feel like they’re in a community, a community where they can share the workload. If one faculty member is really busy working on writing a grant or a new research project perhaps workloads can be redistributed for short periods of time. I encourage everyone to take advantage of the community we are trying to build in SHSE through our professional development opportunities, participation in joint service projects, joint research projects supported through the SHSE mini-grants, and the SHSE mini-conference that promotes and acknowledges the good work of our colleagues and students. Be sure to nominate your colleagues for the “SHSE Mission Award” when the time comes! Mentor each other, foster relationships, and submit ideas to me, as Dean, that will help me, help you to do the best work you can, while continuing to enjoy yourselves. Thank you for all you do.

2015 – 2016 School-Wide Initiative

This year, the faculty, staff, and students in the School of Health Sciences and Education are collaborating to create common shared experiences based around the theme, “Hunger/Food Insecurity.” The goals of this initiative are: 1.) for each department to take ownership of this initiative and plan a portion/piece with the result being a collaborative school-wide effort; 2.) to involve as many students, staff and faculty as possible; 3.) to promote faculty, staff, and student interaction around a common theme; and 4.) to promote learning about our programs and each other through these activities.

The concept of food security, as the United States Department of Agriculture (USDA) defines it, refers to “access by all people at all times to enough food for an active, healthy life.” Roughly 400,000 Missourians are experiencing hunger, as calculated by the *Missouri Hunger Atlas*. According to statistics from The Food Bank for Central & Northeast Missouri, one in every five children in central and northeast Missouri is hungry and more than 38,000 children in this region are living in poverty. A variety of poor outcomes result from inadequate nutrition. Chronic diseases can be brought on by calorie dense/low nutrition foods. Poor nutrition increases healthcare costs by increasing the amount of time needed to recover from illness and by worsening the effects of chronic disease. Poor nutrition reduces productivity at the workplace through low energy/illness and negatively impacts the performance of children in school. Hungry children cannot take full advantage of academic offerings, cannot focus and are more disruptive at school, and have higher rates of absence and drop-out than their classmates.

For these reasons, Dr. Peter Kelly and the Education Department jump-started the year-long initiative by issuing a challenge to the other departments to participate in the Buddy Pack Walk, September 26, to raise funds for the Food Bank of Central and Northeast Missouri’s Buddy Pack Program. The Buddy Pack Program serves more than 7,500 children weekly, working in close partnership with more than 150 schools. Each Buddy Pack contains nutritious food to meet the needs of a child over the weekend or during a school holiday. Most often, these Buddy Packs are the only sustenance these children have when they are not in school. Buddy Pack school partners report that the recipients demonstrate improved grades, behavior, and attendance.

Approximately 70 faculty, staff, students, emeriti, and alumni participated in the walk. Several local celebrities also loaned their support, including the Kirksville High School jazz band, ATSU’s Ram Bucky, and Truman’s Spike. The Education Department alone raised approximately \$3,000.00 and the Nursing and Health and Exercise Sciences Departments contributed another approximate \$1,000.00. A gift of \$180.00 allows the Food Bank to provide a Buddy Pack weekly to one child for an entire school year (the equivalent of 50 cents per day), so this initial School of Health Sciences and Education activity will support at least 21 children this school year. Overall, the walk raised \$9,561.00, with all money raised in Adair County staying in Adair County.

The Nursing Department added their own element of good-natured competition, with Stephen Hadwiger and Teak Nelson promising to have ice water dumped on them by students and Melissa Holcomb promising a public performance of a “Wicked” selection if the students raised more money than the faculty. The students were the greater fundraisers and Dr. Hadwiger and Dr. Nelson did receive the dousing, August 31. Ms. Holcomb has yet to deliver on the song. “I am impressed with not only the funds raised, but the effort our students and faculty have given to this one event,” Dr. Janet L. Gooch, Dean, said. “Our departments know how to motivate one another and I am excited to see future activities and challenges centered on the cause.”

For the next School of Health Sciences and Education “Hunger/Food Insecurity” theme related activity, the Health and Exercise Sciences Department faculty, staff, and students encourage participation in the Food Bank’s sponsorship of the Guinness Book of World Records Shaving Cream Pie Fundraiser, Friday, October 2, at 6:00 p.m., on Truman’s campus on the corner of Franklin and Patterson. Cost to participate is \$2.00 or a canned food item. A payment of \$2.00 is preferred so that money can be reallocated to items the Food Bank is in most urgent need. This event is open to the community and all ages are encouraged to participate. For the event to go into the Guinness Book of World Records requires at least 1,100 people in attendance, with at least 90% participation. For more information, contact Kellen at kjw4486@truman.edu or Matt at mmcc3463@truman.edu

Future activities throughout the academic year include book reading, film screening, and discussions. Related photos are on the following page.



Communication Disorders

The Communication Disorders Association (CoDA) student organization represented the Communication Disorders Department at the Preferred Family Healthcare Wellness Fair, September 25.

The Speech and Hearing Clinic will conduct speech-language-hearing screenings for children enrolled in Head Start programs in Northeast Missouri, Thursday and Friday, October 1 and 2.

The CMDS Department will host a Graduate Student Open House, Saturday, November 7. Invitations will be sent to Truman students (both majors and non-majors), students who have applied for future admission, and students who have contacted the University expressing interest in the master's degree in CMDS. CMDS Program Chairs in Missouri, Iowa, and Illinois are also sent information and are asked to share invitations with their current students. In the past, this event has been an excellent recruiting tool. Various stations of information/interest are established. Faculty will discuss internships, the curriculum, the Speech and Hearing Clinic processes/procedures, financial aid, and other topics of interest to prospective graduate students. Lunch will be provided.



New fall 2015 CMDS graduate students are pictured, left.

They received undergraduate degrees from Arkansas, Illinois, Iowa, Kansas, Massachusetts, New York, and Wisconsin, plus Fontbonne, University of Missouri, and Truman State University in Missouri.

Education

Nearly 100 students and faculty members attended the Welcome Back Education Barbecue, August 30, in the Ryle commons area, providing new and returning education students a chance to get acquainted while learning more about the MAE program. All of the Education student organizations participated and contributed food items: International Literacy Association, Kappa Delta Pi, Math and Science Secondary Education, Missouri State Teachers Association, National Education Association, and Students Supporting the Exceptional Community. Education professors prepared Peruvian meat kebabs and desserts. The event was topped off with lawn games including Frisbee, washers, and sand volleyball. The Department extends a big thank you to the student organizations for planning the barbecue and looks forward to it becoming an annual event.



The 7th Annual disABILITY Awareness Conference will be held Tuesday, October 6, in the Student Union Building. This is a community based event for self-advocates, families, professionals, and community members that promotes equality and leadership for individuals with disabilities. Registration at the door is requested. Vendors/exhibitors will be in the Activities Room from 8:00 a.m. to 10:00 a.m. Breakout sessions by self-advocates will follow until 2:30 p.m. The luncheon keynote address will feature Ms. Colleen Starkloff, of the St. Louis Starkloff Institute, who will speak on “A Good Life For People with Disabilities Is...” The keynote in the Georgian Room is open to everyone. On this 25th anniversary of the Americans with Disabilities Act, challenges remain. Ms. Starkloff will present the Global Issues Colloquium session titled: “Where in the World are we going with Disability Rights?” VH 1010, 7:00 p.m. The UN Convention on the Rights of Persons with Disabilities is joined by other global initiatives for disability rights. How are these both alike and distinct? What challenges remain?

The film for this semester’s MAE Film Series: Focus on Diversity is *Joe’s Place*. The film is a documentary about a residence in St. Louis for students who are homeless. Two Truman alumni, Jeremy and Rachel Mapp, currently serve as House Parents at Joe’s Place. Jeremy is a graduate of the MAE. The film will be screened Monday, October 12, 6:00 p.m., in the Baldwin Hall Little Theatre. After the film, Jeremy and Rachel will share their experiences at Joe’s Place.

The MAE program will develop and implement a Future Teachers’ Living and Learning Community (LLC) as part of Truman’s Residence Life program. Beginning in fall 2016, a block of rooms will be designated for students interested in teaching. This cohort of future teachers will engage in a variety of collaborative learning experiences working with MAE faculty, staff, and upperclassmen. The purpose of the Future Teachers’ LLC is to provide mentorship and a sense of community to incoming students with an interest in teaching. The program will elevate the profile of the MAE on Truman’s campus.

Dr. Paul Yoder will speak at the 2015 National Council of Teachers of English (NCTE) Annual Convention in Minneapolis, Minnesota, Saturday, November 21.

The MAE program, in conjunction with the Classical and Modern Languages Department and the Linguistics Department, is now able to offer teacher candidates add-on K-12 certification in ESOL with the appointment of Professor Luke Amoroso to the linguistics faculty. The program consists of four undergraduate linguistics courses, two graduate linguistics courses, and a 3.0-semester-hour internship. In addition candidates must have proficiency a second language. For more information, contact Dr. Timothy Farley tfarley@truman.edu or Ms. Sheila Berkowitz sberko@truman.edu

Dr. Sally Cook, professor of linguistics, is currently on sabbatical. She has been advising the Kirksville-RIII school district on matters related to meeting the needs of English language learners in the schools, in particular the Congolese community. Dr. Cook will travel to Kinshasa, Democratic Republic of Congo, to visit Congolese schools, learn about Congolese culture both in and out of the classroom context, and give workshops to English teachers about best-practice teaching approaches. Her trip is partially funded with a School of Arts and Letters Mini-Grant. Dr. Cook is hosted by Dr. Bryce Smedley, Senior English Language Fellow at the Congo American Language Institute (CALI) in Kinshasa, sponsored by the U.S. State Department.

Dr. Robert Martin, professor emeritus of education, had two major piano compositions released this summer by Parma Recordings on the Ravello Label. The two works, “100 Views of Mt. Fuji: 100 Pieces in 100 Minutes —Homage to Hokusai” and “Stone & Feather,” appear on the double CD, “Playful Edge of the Wave.” The “Stone & Feather” work and some of the “100 Views” have been performed at Truman.

Mr. Mark Stringer, alumnus of the Master of Arts in Counseling Program at Truman, was recently appointed Director of the Missouri Department of Mental Health by Governor Jay Nixon.

Health and Exercise Sciences



Pictured above left to right: Ciera Utter, Roberto Renteria, Brandi Jones, RaShaunda Fargo, Meghan Meyers and Chelsie Yokum.

Six students, including three Health Science students, represented the Truman McNair Program at the 16th Annual National McNair Undergraduate Research Conference, September 11-13, at the University of Maryland, Baltimore County. The scholars presented their projects conducted this past summer. Senior scholars who presented include: Ciera Utter (health science), Roberto Renteria (psychology), Brandi Jones (health science), RaShaunda Fargo (English/education), Meghan Meyers (health science) and Chelsie Yokum (communication). The McNair Program provides support for students interested in obtaining a Ph.D. who are income eligible, first-generation college students of any background or who are from underrepresented groups. McNair has been at Truman since 1992.

The 31st Annual NEMO Triathlon took place, September 13, at Forest Lake, in Thousand Hills State Park. Four Health and Exercise Science faculty members (Amanda Starks, Carla Smith, Jana Arabas, and Nancy Daley-Moore) competed in the event. SHSE was also represented by Dean Janet Gooch and Paul Yoder from English / Education. Michael Bird, Bryan Snyder and Adam King volunteered as part of race management. Jennifer Hurst was present as a safety kayaker during the swim portion of the race. In addition to faculty participation, many HES students volunteered at the event. Approximately 32 students from ES 190 Introduction to Exercise Science classes provided time and person-power. Students provided manual labor to set up the start/finish and transition areas, assisted athletes as they exited the water, and handed out water and hydration drinks at aid stations along the run route. As advocates for health and fitness, SHSE was a significant presence at this premier local event.



The Athletics Department, in conjunction with the School of Social and Cultural Studies and the Communication Department, sponsored a screening of *McFarland, USA*, September 16. Jim White, whose story inspired the movie starring Kevin Costner, discussed his life, the movie, and the importance of attitude prior to the screening. Thanks to White and his 20 years as a cross-country coach and mentor, dozens of children of poor immigrant field workers ended up going to college or into the armed forces.

The graduating Health Science students are currently working with Dr. Janice Clark on a range of service learning projects that benefit the community as part of their capstone experience. This semester the projects include:

After-School Programs at the YMCA - David Roach is administering exercise and nutrition plans for the children from the primary school (whose after-school program is run through the YMCA). Lessons concerning hydration, physical activity, and healthy eating habits will be taught to grades K-2. Each month has a specific lesson. September was healthy eating, October is hydration, November is exercise, and December is a review of each lesson.

Primary Care Week - Xavier Vaughn is partnering with Northeast Missouri Area Health Education Center to work on Primary Care Week. The main reason for Primary Care Week is the lack of medical students who choose to work as primary health care physicians. It is the goal of this week to raise awareness of the need for primary care providers. Primary Care Week events will be held on the campus of A.T. Still university, but Truman State University faculty, staff and students are more than welcome to attend the events on ATSU campus. Make sure to keep your eye out for more information about Primary Care Week, October 12-15.

Health Education for Refugee Women - Elizabeth Terrigino is developing a health education curriculum targeted to refugee women resettled in the United States. Elizabeth chose this project because it relates to her summer internship where she developed a similar curriculum, and she wanted to increase the breadth and depth of the content. Topics of the curriculum range from United States healthcare to women's health. She and her supervisor hope that one day this curriculum could become standardized and evidence-based.

AED Maintenance Project – Karlie Ashcraft's project is to maintain as many of the Automatic External Defibrillators (AEDs) in Kirksville as she can, update the AED information brochures, and to update the NEMO Heart Health website and literature. She has been partnering with Joe Schilling of the Kirksville Fire Department (KFD). One of her tasks is to contact all Kirksville businesses that have an AED and update their contact information, give them a monthly check sheet that is to be used routinely by the businesses and locations, and ask if they any concerns or questions about the AEDs and the maintenance that is needed. In addition, if these businesses and locations would like AED training for their employees, she will relay the information and requests back to the KFD so a time to receive the requested training and education can be scheduled.

Over-the-Counter Medications - Kelly Meade and Carrie Nelson are educating Truman students on proper use of over-the-counter medications (OTC). Through class and independent research, the two found that many students on Truman's campus aren't aware of how to manage dosing, complications of combining medications, and side effects. Kelly and Carrie have partnered with Missouri Partners in Prevention (MOPIP) to implement an awareness and education week on campus. The program will have three components: education on OTC labeling, dorm walk-throughs that include providing tips for properly taking over-the-counter medications, and informational presentations to Greek and other large organizations. They want not only to increase awareness of these issues, but also take the first step in making a change on our campus. Their goal is to provide students with enough information and resources so that each student leaves Truman with a better understanding of correctly using OTC drugs.

The Food Bank for Central and Northeast Missouri - Matt Coleman and Kellen Weiss are working with Susan Dublin to help the Food Bank raise money for the hungry, especially children. The Food Bank is responsible for creating and distributing Buddy Packs. Buddy Packs are given to children that do not have adequate food at home. Children receive Buddy Packs on the weekends and holidays so they have food to eat when school is not in session. In order to raise money, the Food Bank sponsors events such as the Buddy Walk. Matt and Kellen helped Mrs. Dublin with the Buddy Walk by prepping T-shirts, asking local businesses for donations, counting donations, organizing volunteer names and confirmations, setting up the event, checking people in and distributing tee-shirts, taking pictures of the event for the Food Bank to use, tearing it all down, and generally helping.

In addition, the Food Bank is also a sponsor of the Guinness Book of World Records Shaving Cream Pie Fundraiser on Truman's campus on Friday, October 2 at 6:00 p.m., on the corner of Franklin and Patterson. Cost to participate is \$2.00 or a canned food donation. The cash is preferred so it can be reallocated to whatever the Food Bank deems most needed. This event is open to the community, so all ages are encouraged to attend. For more information, contact Kellen at kjw4486@truman.edu or Matt at mmcc3463@truman.edu.



With classes and extracurricular activities back in full swing, stress is rising. Evonne Bird, Director of the Wellness Zone, hopes this designated relaxation space can be a place for students at least temporarily escape their stressors. The Wellness Zone is located on the first floor of Pickler Memorial Library, a location accessible for students regardless of major, extracurricular involvement, or schedule. It is open Monday – Thursday, 11:00 a.m. – 8 p.m. and Fridays, 11:00 a.m. – 3:00 p.m. This semester the Wellness Zone will continue to offer massage chair use for only \$1.00, puzzles, games, coloring sheets, and a quiet space for meditating, relaxation, and even naps. As in past semesters, the Wellness Zone will offer a Finals Week Open House on the Sunday before finals begin. This event not only gives students the opportunity to see and use the space, but also includes free food and chair massages. Truman, like many universities, has a culture of very high standards for achievement, which can place a great deal of pressure on students. The Wellness Zone is run by the Truman community, for the Truman community, so all feedback is not only welcomed, but also encouraged. If you have suggestions on ways to improve the Wellness Zone, please direct them to wellbeing@truman.edu. For more information on the space, wellness tips and wellness events on campus, visit the website at wellnesszone.truman.edu

Alumna Tabitha Killen started an unofficial club in HES in 2011, called the Pre-Physical Therapy/Occupational Therapy Club, which is now an official organization. The Pre-PT/OT Club includes students who are applying to physical therapy or occupational therapy programs and anyone who is just exploring their interest in these areas. All students, regardless of major or GPA, are invited to attend the club's meetings and events. Some of the events that the Pre-PT/OT Club hosts are graduate school and career center presentations, social events, and philanthropy events benefiting Wheels for Humanity. The club meets on selected Tuesday evenings at 7:30. At a recent meeting, an admissions representative from Creighton University met with club members. For more information, contact the Pre-PT/OT president Alicia Campbell at amc6783@truman.edu

The Body U Program is a research initiative at Stanford University and Washington University in St. Louis to promote health and wellness on campus. The Body U program is a confidential, online guided self-help program that combines information about body image and healthy eating behaviors with self-improvement tools. The program is based on 10+ years of research conducted at Stanford University and Washington University in St. Louis and is being offered to students at Truman. Take the anonymous 5-10 minute online screener at bodyu.golantern.com to receive personal feedback and gain access to online/mobile app programs that promote overall fitness, healthy eating, and positive body esteem. For more information, contact the project coordinator, Grace Monterubio, 314-286-1886 or monterubiog@psychiatry.wustl.edu

HLTH 160 Essentials of Stress Management is a 2.0-semester-hour course to be offered during the winter interim, January 5 – 8, 2016, with no pre-requisites or restrictions. This course encourages holistic stress management practices, including exploration of the importance of the psychosomatic (mind-body-spirit) relationship. Participants will learn skills to effectively manage personal stress using both cognitive strategies and relaxation techniques. To register for an interim class, you must go to the cashier's window to pay the tuition and then registrar's office to register. On-line registration is not possible. For more information, contact Dr. Roberta Donahue, 660-785-4456 or rdonahue@truman.edu



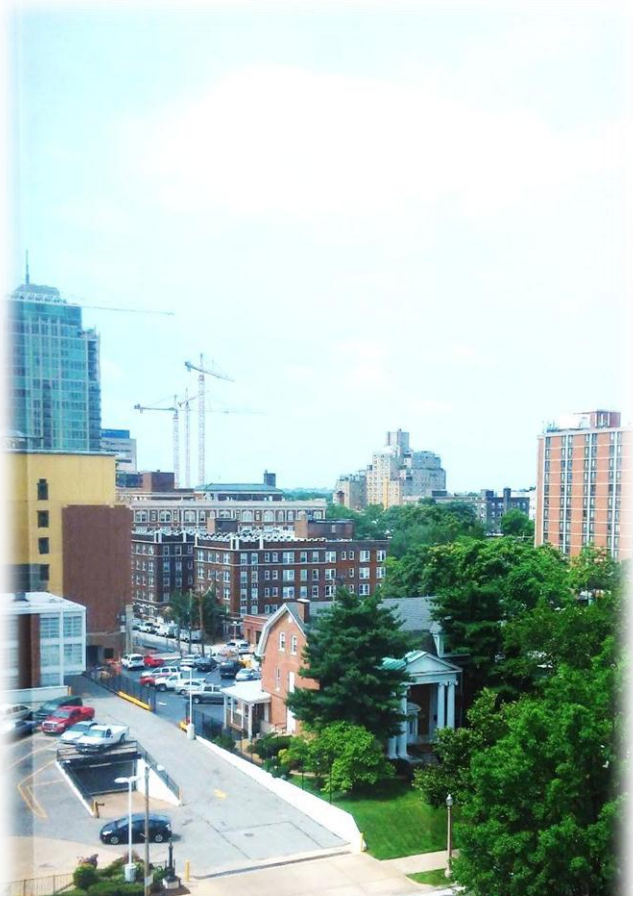
Ashley Kuykendall, Health Science, studied abroad in spring 2015 at Ben-Gurion University of the Negev in Be'er Sheva, Israel. Her courses included Health in the Age of Globalization, Minorities in Israel, and Hebrew. She took field trips to clinics, hospitals, and rural villages where she was able to see first-hand the health disparities that take place in the daily lives of the local populations. She experienced traveling to many different countries including Egypt, Jordan, Cyprus, Turkey, and Greece. Studying and traveling abroad allowed Ashley to experience the diverse and distinct cultures of many countries while also taking her out of her comfort zone. It encouraged her to be independent, proactive, and bold in her pursuit of learning new things. Looking back on her studying abroad experience, Ashley said, "I feel much more confident in my ability to participate in the world as a global citizen and certainly as a more competent person."



With over fifty countries to choose from through study abroad, Exercise Science student-athlete Emily Ponte chose the exciting land down under, travelling to Australia in summer 2015. She had memorable experiences both inside and outside the classroom. Some favorites included sky-diving, learning to surf, hiking mountains at sunrise, and scuba diving in some of the world's greatest reef systems. These once-in-a-lifetime experiences helped Ponte to stretch herself out of her comfort zone, and take on a new multi-cultural perspective to carry with her into her future career as a physical therapist. "I was expecting a crazy journey filled with adventure and many firsts. I got all of those things and a summer I will never forget."



Wyatt Beckman, Health Science, is currently studying in Ghana. He has had numerous fun, memorable and exciting moments already, from talking to chiefs and priestesses to touring the Cape Coast Castle where he walked through the door of no return. His favorite experience has been hiking to Wli waterfalls and Mount Afadjato where he stood under a waterfall. The views from this adventure are memories he will not forget. He is taking three public health related classes this semester: Introduction to Gender and Health, Introduction to Health Policy, and Medical Anthropology: Cultural Foundations. He particularly enjoys his Gender and Health course because he is interested in the idea of "gendering food" affecting nutrition choices and overall health. He hopes to make new friends and learn to embrace the culture.



Exercise Science student Conor Irwin was lucky enough to spend his time this summer doing something that he not only enjoyed but that also added invaluable experience to his future professional aspirations. He accepted an internship at Excel Sports and Physical Therapy in St. Louis and had the incredible opportunity to work as a physical therapy technician. Some of his day-to-day tasks included operating the stim-unit, applying hot or cold packs to patients, and assisting with documentation related to patient progress. Conor says that the interpersonal aspect of the job – communicating closely with patients, watching them progress in their therapy, and witnessing their never-ceasing dedication even when feeling intense pain – was by far his favorite part. The picture left shows the view from the building where Conor spent his summer, “Many clients loved the view and said that it was very easy to do their workout with a view such as this.” It is not hard to see how industrial beauty like this can make hard work, from technician or patient, just a little bit easier. Internships don’t have to be all work and no play – Conor and his patients can both attest to that.

Exercise Science alumnus David Owens was recently hired as librarian at East Central College, Union. He completed a master’s degree in library and information science at San Jose State University, California and was formerly employed at A.T. Still Memorial Library.

Health Science alumna Maggie DeDecker began a doctorate program in occupational therapy at Creighton University, Omaha, Nebraska. “I’m one week into the program and it’s already completely amazing and extremely challenging. They don’t waste any time getting started here! Truman has prepared me well, though,” Maggie said.

TruLifesaver American Heart Association Basic Life Support Course

The Basic Life Support class is designed to help people recognize and respond to several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

Tuesday, October 27, 5:00 – 10:00 p.m. – Monday, November 9, 5:00 – 10:00 p.m.

Cost: \$60.00 includes instruction, materials, and two year certification with the American Heart Association

Instructors: Liz Jorn and Jana Arabas

To Register: institute.truman.edu/trulifesaver

For More Information: institute@truman.edu



Senior nursing student Justin Parker represented the nursing program at the 2015 Summer Research Symposium, August 22. Justin and his research partner Miranda Ketcherside, from the department of health and exercise sciences, presented a poster during the symposium. Their project was titled “Inter-professional perceptions, skills, and behaviors among practicing health professionals who participated as health education or nursing students in an inter-professional clinical education program.” Dr. Carolyn Cox and Dr. Stephanie Powelson were the faculty mentors for this research project.



Each fall junior and senior level nursing students participate in “super lab” activities in the Nursing Simulation Center (NSC). The super labs allow students to practice their previously learned nursing skills in preparation for upcoming clinical rotations. The juniors (pictured above right) practiced transferring techniques using a gait belt and Hoyer lift, wrapping the lower extremity using an ACE wrap, emptying a Foley catheter bag, performing assessment skills, and performing blood glucose checks. The seniors (above left) practiced performing skills such as TB skin testing, immunization/vaccine administration, and venipuncture. Ms. Professor Pam Melvin (center) observes as senior nursing student Lauren Darter (left) performs a blood draw on classmate Paige Allen (right).

Nursing students will present their experiences abroad, Tuesday, October 13, 7:00 p.m., in the Student Union Building Alumni Room. This past summer, May 15 to June 7, thirteen senior-level nursing students studied abroad in the Philippines under the supervision of Kit and Steve Hadwiger. The presentation will focus on the students’ hands-on experience in clinical work and cultural immersion. Presentation topics include: geography, education, family organization and roles, maternity care, STI policies, scope/standards of practice, and expenses in health care. During the first week in Manila, the students participated in maternal and nursery care where they developed competencies in the assessment of birthing mothers and newborns and cross-cultural communication. Each student had the opportunity to assist in delivering a newborn baby. Students also had the opportunity to assist with patient care in units of their choice, including the major and minor operating room,

neonatal intensive care unit, burn unit and emergency department. Next, they traveled to Iloilo City where the students took part in the 16th Transcultural Nursing Program at West Visayas State University (WVSU). Experiences there included home visits, a social hygiene clinic, a leprosarium, and hospital rotations in the medical, pediatric and surgical wards of WVSU Medical Center. Communication and cultural accommodation during clinical experiences were facilitated by nursing student buddies from WVSU.



Pictured above: Shellie Brashears, Megan Doerhoff, Rachel Drury, Jacob Finke, Ellen Hargrove, Hannah Haywood, Tori Holt, Kristen Holwick, Kaylee McCune, Jaclyn Morris, Alyssa O'Brien, Lindsey Purcell and Kyle Sweeney.

Calendar of Selected Upcoming Events

October 1, Thursday: Study Abroad Fair, 12:00 noon - 4:00 p.m., SUB Georgian Rooms A & B

October 2, Friday: National Spirit Day

October 2, Friday: "World's Largest" Shaving Cream Pie Fight, 6:00 p.m., Franklin & Patterson

October 7, Wednesday: SHSE Mini-Research Funding Announced

October 8, Thursday: First Block Classes End

October 8, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.

October 9, Friday: Second Block Classes Begin

October 9, Friday: Board of Governors

October 10, Saturday: Homecoming

October 10, Saturday: Bulldog Forever Homecoming 5K in memory of William Batterson

October 12, Monday: MAE movie "Joe's Place" and speaker Mr. Jeremy Map

October 14, Wednesday: First Block Final Grades due in TruView before noon

October 15 – 16, Thursday – Friday: Midterm Break

October 21, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100

October 22, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
October 23, Friday: Movie “A Place at the Table”, 7:00 p.m., Pickler’s Famous
October 28, Wednesday: Lyceum The Official Blues Brothers Revue, 7:30 p.m., Baldwin Auditorium
November 7, Saturday: Visit Event
November 12, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
November 18, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100
November 19, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
November 23 – 27, Monday – Friday: Thanksgiving Break (University Open Monday & Tuesday)
December 3, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
December 4, Friday: Last Day of Fall 2015 Semester Classes
December 5, Saturday: Board of Governors
December 5, Saturday: Lyceum Christmas with the Celts, 7:30 p.m., Baldwin Auditorium
December 7, Monday: Finals Start
December 9, Wednesday: Reading Day
December 10, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
December 11, Friday: Finals End
December 12, Saturday: Commencement, 11:00 a.m.
December 12, Saturday: Winter Interim Begins
December 14, Monday: Graduate and Senior Grades due in TruView by 5:00 p.m.
December 18, Friday: All Other Grades due in TruView before noon (see above for senior grade deadline)
January 9, Saturday: Winter Interim Ends
January 11, Monday: Spring 2016 Semester and First Block Classes Begin
January 14, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
January 15, Friday: Winter Interim Grades due in TruView before noon
January 18, Monday: Martin Luther King, Jr. Holiday (University Closed)
January 20, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100
January 23, Saturday: Visit Event
January 28, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
February 2, Tuesday: Lyceum Vocalosity, 7:30 p.m., Baldwin Auditorium
February 6, Saturday: Board of Governors
February 11, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
February 17, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100
February 18, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
February 24, Wednesday: Early Progress Report for 100-200 level full-term courses due in TruView before noon
February 24, Wednesday: Lyceum Million Dollar Quartet Musical, 7:30 p.m., Baldwin Auditorium
February 25, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
March 2, Wednesday: First Block Classes End
March 3, Thursday: Second Block Classes Begin
March 3, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
March 4, Friday: First Block final grades due in TruView before noon
March 7 – 11, Monday – Friday: Midterm Break (University Open)
March 16, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100
March 19, Saturday: Visit Event
March 24, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
March 28, Monday: Spring Break
April 5, Tuesday: SHSE Mini-Research Conference, 3:30 p.m., VH 1010
April 9, Saturday: Board of Governors
April 14, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
April 19, Tuesday: Student Research Conference
April 20, Wednesday: Graduate Council, 3:40 – 5:00 p.m., BH 100
April 22, Friday: Eighth Annual Language and Literature Conference with Laura M. Justice, Ph.D., CCC-SLP,
speaking on *Enhancing Children’s Vocabulary Skills Using State-of-the-Art Techniques and Interventions*

April 23, Saturday: Visit Event
April 28, Thursday: Faculty Senate, 3:00 – 5:00 p.m.
April 28, Thursday: Undergraduate Council, 3:30 – 5:30 p.m.
April 29, Friday: Last Day of Spring 2016 Semester Classes
May 2, Monday: Finals Start
May 4, Wednesday: Reading Day
May 5, Thursday: Old Faculty Senate, 3:30 – 5:30 p.m.
May 5, Thursday: New Faculty Senate, 5:30 – 6:00 p.m.
May 7, Saturday: Commencement
May 7, Saturday: May Interim Begins
May 9, Monday: Graduate and Senior Grades due in TruView at 5:00 p.m.
May 13, Friday: All Other Grades due in TruView before noon (see above for senior grade deadline)
May 28, Saturday: May Interim Ends
May 30, Monday: Memorial Day (University Closed)
May 31, Tuesday: First Five Week & Ten Week Classes Begin
June 3, Friday: May Interim grades due in TruView before noon
June 6, Monday: Eight Week Classes Begin
June 11, Saturday: Board of Governors
June 27 – July 1, Monday – Friday: Advanced Placement Institutes TBA
July 1, Friday: First Five Week Classes End
July 4, Monday: Independence Day (University Closed)
July 5, Tuesday: Second Five Week Classes Begin
July 18 – 22, Monday – Friday: Advanced Placement Institutes TBA
July 29, Friday: Eight Week Classes End
August 5, Friday: Second Five Week & Ten Week Classes End

Mission Statement

The School of Health Sciences and Education is committed to preparing students to effectively serve as professionals and leaders in their communities and fields by providing an exceptional education grounded in the liberal arts and sciences, fostering interdisciplinary collaboration, promoting diverse learning experiences, and inspiring the pursuit of continued scholarship and research.

Five Pillars

Professional programs grounded in the liberal arts and sciences
Leadership development
Interdisciplinary collaboration
Diverse learning and service opportunities
Pursuit of continued scholarship and research

TRUMAN STATE UNIVERSITY

School of Health Sciences and Education