

Inspire. Innovate. Impact MAGAZINE



FROM THE DEAN

Greetings Alumni, Students, Colleagues and Friends! The past academic year has been exciting. In 2019, we celebrated the 60th anniversary of the formation of the College of Education at Lamar University and the 30th anniversary of the college’s current name Education and Human Development. We hosted a historic event and included the inaugural bestowment of two new awards, the Ruth Olcott Faculty Award, Dr. Kaye Shelton, and the Lena Mae Francis Award, Ms. Dimples Jones. The recognition of key current educators and staff is important to the college’s mission, as is honoring its past leaders. We continue to have much to celebrate as we look back on the accomplishments of our predecessors, current faculty, staff and students, and with a bright optimistic view as we move into the future.

The Department of Family and Consumer Sciences was renamed the Department of Nutrition, Hospitality and Human Services. This name change aligns the department more completely with the current trends within its disciplines. Other new programs are the Counseling Certificate to position people for the Licensed Professional Counselor exam. Our Health and Kinesiology Department has revised the B.S. in Health degree to a bachelor’s in Public Health to align with the new MPH program and has created a new coaching minor. Also, our Educational Leadership Department continues to produce the majority of K-12 school administrators in the state of Texas.

Great talent has been added to our leadership team as we recently welcomed our new Director of Assessment, Dr. Kyle Boudreaux. He has served LU since 2007 in online learning and central IT. He comes to us with expertise in the various learning and student systems leveraged by the university to facilitate the student and faculty experience. In August of 2019 he finished his PhD in Learning Technologies at University of North Texas, completing research focused on the professional development of higher education faculty members. He has extensive experience in instructional design, online teaching, systems administration, and data reporting with enterprise systems. Aside from tackling the various accreditation needs across the college, he is also facilitating assessment research for faculty through data reporting, training, and relevant technologies.

With our staff, administrations, dedicated students and all stakeholders, the future is bright. Please visit our webpage at lamar.edu/education and social media outlets frequently to learn about the next 60 years of accomplishments.

As always, it is a great time to be at Lamar University!

Go Cardinals,



Robert J. Spina, Ph.D., F.A.C.S.M.



IMPACT MAGAZINE

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

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THIS ISSUE



IMPACT LAMAR UNIVERSITY TODAY AND TOMORROW

Have you ever considered how you can make a lasting impact on the College of Education and Human Development? There are ways to make a transformational gift to benefit the college while also providing for family and other charitable interests. Current gifts can be in the form of appreciated stock, a life insurance policy, real estate and cash. One technique currently being used by a number of alumni and friends of the university is the IRA charitable rollover. Current federal tax laws allow a donor over the age of 70 ½ to direct a distribution from their IRA to a qualified charity up to \$100,000 per year. The distribution is not considered a taxable distribution and may satisfy all or a part of the annual required minimum distribution from the IRA. While not considered a charitable contribution, the distribution from the IRA to the charity is not taxable to the donor. Deferred gifts to benefit the College of Education and Human Development may include a bequest through a will, a beneficiary of an IRA, annuity or other deferred investment. There are a number of deferred giving techniques such as a charitable gift annuity and a charitable remainder trust, which can provide lifetime income to the donor with the remainder going to benefit the designated charity.

All of the charitable giving options referenced above can be instrumental in making a huge impact on current and future generations of students and faculty in the College of Education and Human Development. We encourage you to consult your tax and legal advisors when considering a deferred gift. We would be glad to work with you and your advisors to explore ways to achieve your planning goals.

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“I hope faculty in the college are excited and ready to dive into assessment.”



DIRECTOR OF ASSESSMENT KYLE BOUDREAUX

Kyle Boudreaux, Ph.D. started as the new Assessment director for the college in April 2019. Though he is new to the college, he has been at Lamar University since 2007—aside from a one-year foray to McNeese State University. Consequently, he has had the pleasure of working with many wonderful faculty members in the college from his days in online education and information technology. Boudreaux bears an extensive background in systems administration, data collection and reporting, online learning and learning technologies, as well as faculty and staff professional development. He has taught at the K-12, community college and university levels and recently completed his Ph.D. in learning technologies at the University of North Texas.

The college has heavily invested in the faculty and is working to bolster their endeavors concerning assessment, assessment research and accreditation. The most visible element of that investment is our new Office of Assessment Research, a space for faculty to conduct their assessment research efforts. The office was designed with teamwork and sharing in mind and features two collaboration pods with adjustable height tables and 55-inch monitors to wirelessly share device screens with others. In addition to the collaboration pods, the office sports an 85-inch Smartboard that affords you to wireless sharing of device screens, shared screen annotation with electronic pens, and even capture and save of annotations for later study.

“Data are such key components of what we do in the college,” says Boudreaux, “whether we’re leveraging student engagement data from Blackboard for a research project, creating a custom Argos report to better facilitate data extraction from Banner for an accrediting body, or analyzing course assessment data to know if you’re accurately measuring students’ learning.” Boudreaux’s goal is to facilitate access to data from the systems on campus and be a resource for faculty data needs. The Office of Assessment Research will be a data haven, where together faculty can collaborate in producing original scholarship concerning assessment and generate the reporting needed to meet accreditation requirements and goals. Boudreaux is excited to be in the college and humbled by the opportunity presented.



Anniversary Party!

On Friday, Feb. 1, 2019, the College of Education and Human Development held a 60/30 anniversary party. The celebration memorialized the college's 60th year in existence and its 30th year since integrating 'Human Development' into its title.

The historic event included bestowing two awards, the Ruth Olcott Faculty Award and the Lena Mae Francis Staff Award. The recognition of key educators and staff is important to the college's mission, as is honoring its past leaders.

The anniversary falls during a time in which the college looks to the future with the launch of a new strategic plan focused on innovation, diversity and growth. But as the college prepares to cross into a new era, Dean Robert Spina, realized how little was known

work and rise to chairman of the Division of Education, which included the departments of elementary education, secondary education, home economics, health and physical education.

During the following decade, the division would undergo a tectonic shift. In 1955, the education department awarded students its first ever four-year degrees and, from 1959 to 1960, Olcott served as the first dean of the College of Education.

Years later, when Olcott retired, students dedicated the 1963 yearbook to her. The copy on the opening pages reads: "We, the 1963 CARDINAL staff, dedicate this edition to one who has given much in both the teaching and administrative fields. She has given of her time and of herself to develop the fields of education and psychology

“She is, historically, one of the most important leadership figures within the institution.”

about its history and those who had laid the groundwork for what it would become.

“Dean Spina asked me to dig through the records to find out a little about the history of the college,” said Mandy Arceneaux, marketing manager for the college. In her research, Arceneaux learned of Ruth Olcott, founding dean of the college, honored during the ceremony with an award in her name. She is, historically, one of the most important leadership figures within the institution. From the start of her time as head of the Department of Education and Teacher Training in 1947, she oversaw many of the college's milestones.

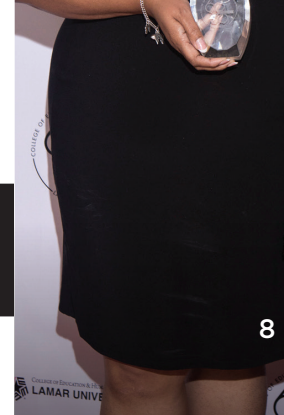
In 1951, Lamar University, then named Lamar State College of Technology, had just become a four-year institution and listed education under its Division of Humanities. In 1954, Olcott would complete her doctoral

on this campus, and has furthered the development of the graduate program in education.”

“It is obvious from the information that we do have about her that she was highly respected by her peers and a very admired educator to her students,” said Arceneaux.

By 1989, Lamar State College of Technology had become Lamar University and the college of education updated its names to College of Education and Human Development.

Although many of the specifics of who Olcott was are lost to time, it is important to Lamar University and the College of Education and Human Development to honor those who played key roles in our school's growth from its humble beginnings and to urge us all to be reminded that, at every turn, we too have a chance at making a lasting impression for future educators, staff and students.



1-Allen W. Jackson & Dan Chilek, 2-Amber Woods, 3-Bo & Rebecca Weinbaum, Robert & Elizabeth Spina, William & Ann Holmes

4-Dancing guests, 5-Ruth Olcott, 6-Kaye & Ricky Shelton, 7-Guests enjoy the program, 8-Dimples Jones & Lena Mae Francis

9-Jessica Martin & Lula Henry, 10-Kayle Fisher, 11-Aja Baise

Welcome to the family



Valerie Handley, assistant professor of counseling, is a marriage and family therapist. She is highly passionate about teaching marriage and family therapy to student therapists and working with them to understand their goals as therapists. She received her doctoral degree in marriage and family therapy at Texas Tech University. She has research interests in social justice and solution-focused brief therapy. Her dissertation was titled "Using Solution-Focused Brief Therapy and Animal-Assisted Therapy with Sexual Minorities: A Pilot Microanalysis Study." Additionally, Handley has a therapy dog named Tank who assists her in research and clinical work. Handley is excited to join the Lamar University team and looks forward to working with the students at LU.

Faculty retreat

The Department of Counseling held their fall faculty retreat Aug. 22, 2019, at the Eleganté Hotel. This year's theme was "The Fundamentals of Grant Writing: The Whys and Hows on Research and Scholarship." The guest speaker was Andrew P. Daire, dean of the School of Education at Virginia Commonwealth University since June 2016. Daire previously served as a professor and associate dean for research at the University of Houston. His resume also includes more than 25 years in higher education, 13 of which were spent at the University of Central Florida, where he was a professor in the College of Education's counselor education program and also associate dean for research. Additionally, Daire is an accomplished researcher with an extensive list of refereed publications and presentations and also co-founded the UCF Marriage and Family Research Institute. He has brought in more than \$16 million in external research dollars.

During this one-day workshop, Daire reviewed the funding landscape and the impact on universities and focused on what our faculty in counselor education need to know. He also assisted faculty with converting their research interests to fundable research science and creating a line of research statement and presented useful tips and strategies for success with scholarship and productivity. This one-day retreat left faculty energized and equipped to propel their research agenda and further increase research productivity.

The Department of Counseling plans to host a part two of this event in spring 2020 when Daire will delve deeper into the fundamentals of grant writing.



Digital learning & leading professors

Establish STEM Communities of Practice

The digital learning and leading master's program is a collaborative learner-centered program that embraces technological innovation through collaboration, active and authentic learning, and the creation of significant learning environments. We believe that we must inspire and prepare our learners to lead organizational change using technology innovations as a catalyst for enhancing learning and help graduates drive innovation in a digitally connected world.

Program background

In the digital learning and leading program, students are immersed in a significant learning environment where they are given **choice, ownership and voice through authentic learning opportunities**. These opportunities are significant innovation projects that include but are not limited to, the implementation of maker spaces, innovation labs, app development and computational thinking, robotics development, ePortfolio initiatives, inquiry-based science and STEM projects, blended/online/mobile learning, and many other STEM/STEAM-related initiatives. The DLL program also brings students together and leverages peer collaboration to develop their organizational leadership abilities and bring organizational change to their spheres of influence.

Broader impact

In order for students to transfer what they are learning in a program of study to their own organizations, they need to have support of a community that holds the same principles and goals. For this reason, the program professors have established a **community of practice** with a STEM/STEAM focus. The mission of the community is to help teachers, administrators and other stakeholders to learn about and model what an authentic STEM/STEAM learning environment really looks like. Successful STEM teachers can create a significant learning environment by giving their learners choice, ownership and voice through authentic learning opportunities.

Our agenda

To mitigate the challenges of effectively implementing authentic learning and STEM projects, the digital learning and leading program professors have assembled several communities of practice nationwide (Texas, New Jersey, Pennsylvania and California) selected from a group of LU DLL graduates. Allcommunity leads are currently using the framework (developed by Educational Leadership

faculty) in their STEM/STEAM learning environments. Just under 15 current and former digital learning and leading graduates have become community leads as we begin to expand the initiative into the next phase. From this group, 9 videos have been developed that address topics such as "A Day in the Life of a STEAM Learning Environment," "STEM+COVA," "Innovation and Design" and "STEM in the Elementary Classroom." **Our goal is to recruit teachers to teach in the STEM fields.** In the current phase of the project, digital learning and leading program professors and community leads are contributing to a collaboratively authored book "The Learner's Mindset" which describes topics such as differentiated mindset thinking and shares several case studies from real classrooms. The community leads also collaborate with students currently in the program working on similar innovation initiatives and use their organizational change strategy that they developed in the DLL program to begin helping their colleagues join them by implementing a similar initiative in their own learning environments.

Next steps

We will continue building our community nationally and internationally, and it is our hope that we can promote best practices and high-leverage strategies that give teachers opportunities to learn to build learning environments that are **student-centered and promote authentic learning**. The community leads will become coaches who will help their colleagues work through the development or implementation of an innovation plan in their own classroom helped establish the STEM CoP's idea and collaborative work with graduates along with a portion of the video production software and hardware. The Mason STEM Gift awarded to the digital learning and leading program professors in 2018.

Hall of Fame Inductee



Kaye Shelton is a professor in the Department of Educational Leadership in the College of Education and Human Development. Shelton has distinguished herself as someone who is filled with passion about improving teaching and learning in the online arena, advancing research and scholarship for distance education, and the profession—from invited keynotes with the Online Learning Consortium to her position as director of doctoral studies at Lamar University, also a fully distance education program. She strives to be someone who has an assertive level of commitment to excellence, leadership and service that benefits everyone around her.

Shelton has consistently made an impact in digital learning and online education all over the world. She has conducted workshops and presentations with colleagues and students in Spain, South Africa, Thailand, Israel and Columbia, to name a few. The development of the quality scorecard for online programs has been adopted as the official scorecard of the Online Learning Consortium. The scorecard has reached Latin America and South Africa where Shelton facilitates many presentations and workshops to help institutions set up their online programs. As such, Shelton is at the forefront of digital and online learning and continues to define her leadership role in the prestigious Online Learning Consortium as she impacts others locally and globally. She is also a member of the Texas Distance Learning Association, among several other organizations.

Shelton has served as a college dean, department chair, director, professor, campus technology manager and consultant for various institutions. She has chaired or served on

almost 40 dissertations and committees and has written or contributed to more than 40 peer-reviewed publications. Additionally, she has presented a combined 200+ workshops, keynotes, invited presentations, and presentations with students. She has demonstrated a willingness to take on new tasks and be successful with the demands of her role as a leader and innovator in the field of education. Shelton has a superior level of expertise in all that she does and is regarded by her colleagues as such.

Shelton finds solutions and thinks critically about problems and issues that arise. She has a passion to help others grow and learn around her, especially students. She consistently develops new avenues of thinking and pursues her goals without letting her own needs or interests get in the way. She is a very unique individual with a sense of purpose and mission in all that she does, exhibiting the “above and beyond” dedication, enthusiasm, service and commitment that qualified her as recipient of the Texas Distance Learning Association Hall of Fame Award. Shelton was inducted in the Texas Distance Hall of Fame in the spring of 2019 at the annual conference in Galveston, Texas.



WHO

Katherine Spratt, assistant professor of teacher education
Clementine Msengi, visiting assistant professor of educational leadership

PRESENTATION

A Delphi Study: Culturally Competent Practices



WHO

Donna Azodi, assistant professor of educational leadership
Daryl Ann Borel, clinical professor of educational leadership

PRESENTATION

Curriculum Leadership and Instructional Improvement Survey



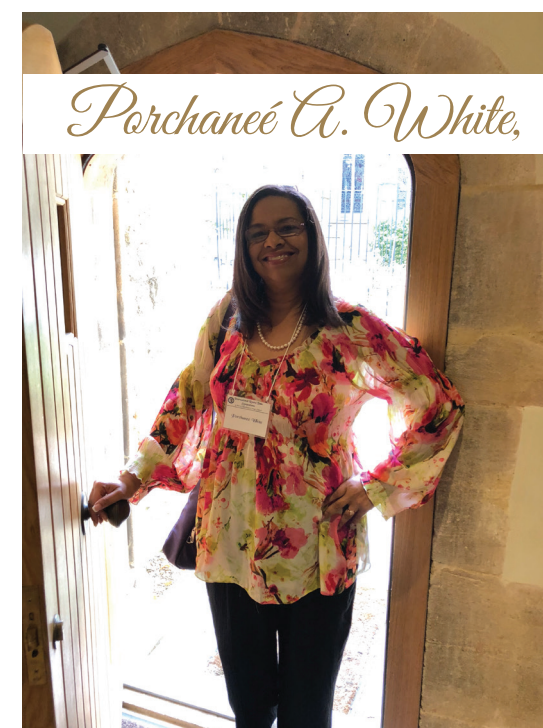
Educational Leadership Faculty **Robert Nicks**, associate professor, **Ken Young**, associate professor, **Kelly Brown**, assistant professor, **Donna Azodi**, assistant professor, **Gary Martin**, professor and **Daryl Ann Borel** clinical instructor, presented at the 2019 International Council of Professors of Educational Leadership conference at Soka University, Aliso Viejo, California, July 14-16. Additionally, Young and Brown serve on the ICPEL Executive Board.

Azodi and Borel presented *Educational Leadership Graduate Students' Perceptions of Online Learning*.

Brown provided the following two presentations: *Moving from Pocket Change to Cultural Change: A Leadership Framework for Equity*, and *Equity Focused Leadership for Sustainable Change*.

Nicks, Young, Borel and Martin presented *School Principal Interns' Perceived Level of Preparedness for Technology Leadership*.

PRESENTATIONS



Porchaneé White, clinical instructor of educational leadership, was invited to speak at the International Round Table Symposium at Harris Manchester College at the University of Oxford in Oxford, England, in 2018. The purpose of the International Round Table Symposium is to promote education, art, science, religion, environmental studies and charity. Each session is designed around a format that enables participants to present papers and to engage in discussion regarding those papers in both formal colloquy and informal dialogue. White participated in the Women and Education track. She presented *Navigating Barriers on the Journey to Success: Women in Higher Education and Transforming Girls' Futures by Reviving Self-Efficacy*. In addition to serving as a delegate, White was selected to lead a discussion at the 45th International Round Table Symposium.



Inspirational Women

Kelly Brown

The Office of Global Diversity and Inclusive Excellence at Lamar University recognizes inspirational women that contribute to the institution. Each of the nominees exemplify Lamar University’s core values and have actively contributed to the growth and success of women at the university. In 2019, Kelly Brown, assistant professor in the Center for Doctoral Studies was honored to receive this award for the faculty.

Brown has been a faculty member in the College of Education and Human Development since 2017. While at Lamar University, she supported the Beaumont community through a partnership with High Point University where students donated school and personal items to the children in the Beaumont school district. Brown is actively involved in many professional organizations such as the American Educational Research Association, Association for Supervisors and Curriculum Developers and the International Conference for Professors in Educational Leadership. More recently, she is committed be supporting the advancement of women of color at Lamar University through a network community in partnership with Center for Teaching and Learning Enhancement. Brown is dedicated to engaging in and creating a culture of support, unity and success for all women at Lamar University.

Dwaine Augustine is the superintendent of Hamshire-Fannett Independent School District and a graduate of Lamar University. He has four degrees from LU: Doctorate in education administration (2009), M.Ed. (2001), B.A., English (1997), and B.S., criminal justice (1995). Like many educational leaders, Augustine chose a different career path before dedicating himself to education. He was a firefighter for seven years and entertained the idea of joining the FBI before making his decision to focus on education.

Augustine is married to his wife, Stacie, who received her bachelor’s degree and master’s degree from Lamar University. Stacie is an attorney in Beaumont, and together Augustine and Stacie have two daughters; Gabrielle, 16 and Hannah, 12. In addition to busy careers, the couple enjoys family



A VISIT WITH ALUMNUS

Dr. Dwaine Augustine

activities and events, many of which are centered on the interests and activities of their daughters. Augustine is a published author, having written articles for several professional publications, and has presented at local, state and national conferences. In addition to several educational awards, he is also an active community member and currently is the board chair for the United Way of Beaumont and north Jefferson County. He has served as a member of the Chamber of Commerce Economic and Workforce Development Committees and as a member of several committees representing

public education for Lamar University and Lamar Institute of Technology. The College of Education and Human Development is proud of Augustine and other educational leaders who have participated in the many programs offered by Lamar University.

“The most satisfying part of being a superintendent of schools is the opportunity to watch students grow and to work with dedicated educators who give their time and talents in providing a quality education for all children. In many ways, education is like a ministry—believing that what you do is important and will make a difference in the lives of children today and the families they will raise in the future. Another satisfying element to the job is that no two days are alike. One day you are addressing issues associated with curriculum and instruction, and the next day the biggest challenge may be a problem with the sewer plant. You are never quite sure what problems will be brought to your door on any given day.”

New name

Points to the future

The Family and Consumer Sciences Department has a new name: **The Department of Nutrition, Hospitality and Human Services**. In following the Texas Career and Technical Education Career Clusters, the nutrition, family studies and fashion retailing program areas fall in the human services career cluster. The nutrition program area is also in the health sciences career cluster. The hospitality program area is in the hospitality and tourism career cluster. Currently, courses taught by junior high and high school family and consumer science teachers are in their respective career cluster. By changing the department name, we are situating the department and the university to better assist students in identifying their respective career field prior to entering into college. In addition to the alignment with the state college and career initiative, the Department of Nutrition, Hospitality and Human Services name will also reflect the national Alliance for FCS brand messaging. The name change intent is to align the department with the current trends in each of the respective fields.

The request to change the name from the Department of Family and Consumer Sciences to Department of Nutrition, Hospitality and Human Services **better aligns with the department program** areas and the mission to serve and create global consumers. The department is characterized by professional disciplines bound by the common theme of rendering service to individuals, families, and communities, addressing fundamental human needs.

Coinciding with the name change, faculty members have updated all degree plans and developed the following new course abbreviations: FASH (Fashion Retailing), FMST (Family Studies); HOSP (Hospitality Administration);

and NUTR (Nutrition). Other exciting news in the department includes the development of several minors: students across the campus can now minor in culinary arts, event planning, hospitality administration, fashion retailing, Family Studies and nutrition.

In addition, the department in collaboration with the Department of Communication, now offers an undergraduate online **Certificate in Nutrition Communication**. The goal of the certificate program is to attract both current and prospective nutrition or communication majors, non-majors who are interested in nutrition communication and those students who are completing their Didactic Program in Nutrition and Dietetics at other universities and applying for dietetic internship programs.

The purpose of this certificate is to focus on the integration of nutrition and communication knowledge to provide accurate and cohesive nutrition messaging through a variety of media platforms. The Certificate in Nutrition Communication will also provide students with an interdisciplinary approach in gaining the knowledge and skills necessary to properly disseminate nutrition education information. The certificate will provide a distinctive opportunity to increase the students' knowledge areas not traditionally addressed in each individual discipline. The Lamar University online nutrition communication certificate program creates a niche in the market and fills a void in the area of undergraduate certificate programs being offered.

It's a great time to be a part of the Department of Nutrition, Hospitality and Human Services!



COLLEGE OF EDUCATION & HUMAN DEVELOPMENT
LAMAR UNIVERSITY
Department of Nutrition, Hospitality & Human Services

Carving out a new way to serve

Kent O'Quinn recently joined the Department of Nutrition, Hospitality and Human Services as administrative associate denior. After being employed more than 20 years in paralegal real estate work in the Houston area, O'Quinn became certified in medical billing and coding. His prior service at LU includes holding the positions of student records assistant senior and administrative associate senior to the registrar.

In addition to his skills of organization and multitasking, O'Quinn enjoys working with faculty and staff to assist students in meeting both short-and long-term goals. Whether it is resolving problems for students or helping them meet with the appropriate individual who can assist them with their questions, O'Quinn gains much satisfaction in being "part of the solution."

Faculty and staff members of the department appreciate O'Quinn for his humble and calm demeanor as well as his willingness to tackle challenges with a positive approach. A native of Louisiana, O'Quinn enjoys living in the Golden Triangle area where he is closer to family. In his spare time, he enjoys camping and wood working. Visit his office in the Nutrition, Hospitality and Human Services building where you can see some of his beautiful woodwork displayed!



Spreading sunshine



After working more than 15 years in housekeeping at a hotel in her native state of Louisiana, Elvina Sartin was looking for a change. She applied for a position in custodial services at Lamar University in 2010 and has worked on campus since that time, primarily in the Department of Nutrition, Hospitality and Human Services. It wasn't long after being hired at LU, that she earned the nickname of "Sunshine" when members of custodial services began calling her this after noticing she embraces every day with a sincere smile on her face as she cheerfully greets others.

Working in the department has been a "win-win" situation for everyone. "Miss Elvina" describes the experience as one where her sunny approach to work, and life in general, results in optimistic responses from other staff and faculty members—the result? A team of individuals spilling positive energy into the lives of students as well as to one another. It's beautiful to me," beams Elvina. "I love being a part of the family of the NHHS Department! We laugh together, appreciate each other and work together to reach common goals to benefit students and the environment of the building." Elvina credits God for the blessings she has received while working at LU.

Whether it is mopping a floor or scrubbing a sink, Elvina smiles through her work...spreading sunshine to all who come in contact with her. Her positive outlook on life is appreciated by students, staff and faculty!

LU student receives state honor

Israa Altimawi, undergraduate nutrition major, was one of three students in Texas to receive the Donna Culliton Memorial Scholarship; the other two recipients were from Texas Tech University. Israa is honored to receive the scholarship, given in memory of Donna Culliton, who worked in the field of family and consumer sciences and was dedicated in supporting young family and consumer sciences professionals.

A member of Phi Kappa Phi and LU's Chapter of Kappa Omicron Nu, Israa plans to pursue LU's online M.S. in nutrition after completing her undergraduate degree. Her career goal is to open her own nutrition business in the Middle East.



2021 *National Council on Family Relations* annual conference program chair



Tammy Henderson, professor, has been named as the 2021 conference program chair for the National Council on Family Relations annual conference to be held in Baltimore, Maryland. Henderson, a family policy, law, and advocacy scholar, has been actively engaged in the organization for more than 27 years and has served in numerous roles, including chair of the family policy section, student new professional on the board of directors, and member and co-chair of the elections council. Professionals interested in serving as program chair for the NCFR conference were required to develop and submit a proposal addressing their vision for the conference. Henderson's proposal appealed to the board as she detailed how the 2021 conference uses research, instruction, practice, leadership, policy and advocacy to explore and enhance family development through the concepts of hope, happiness, health, resilience and agency. The 2021 conference theme is "The Science of Families: Nurturing Hope, Happiness, & Health."

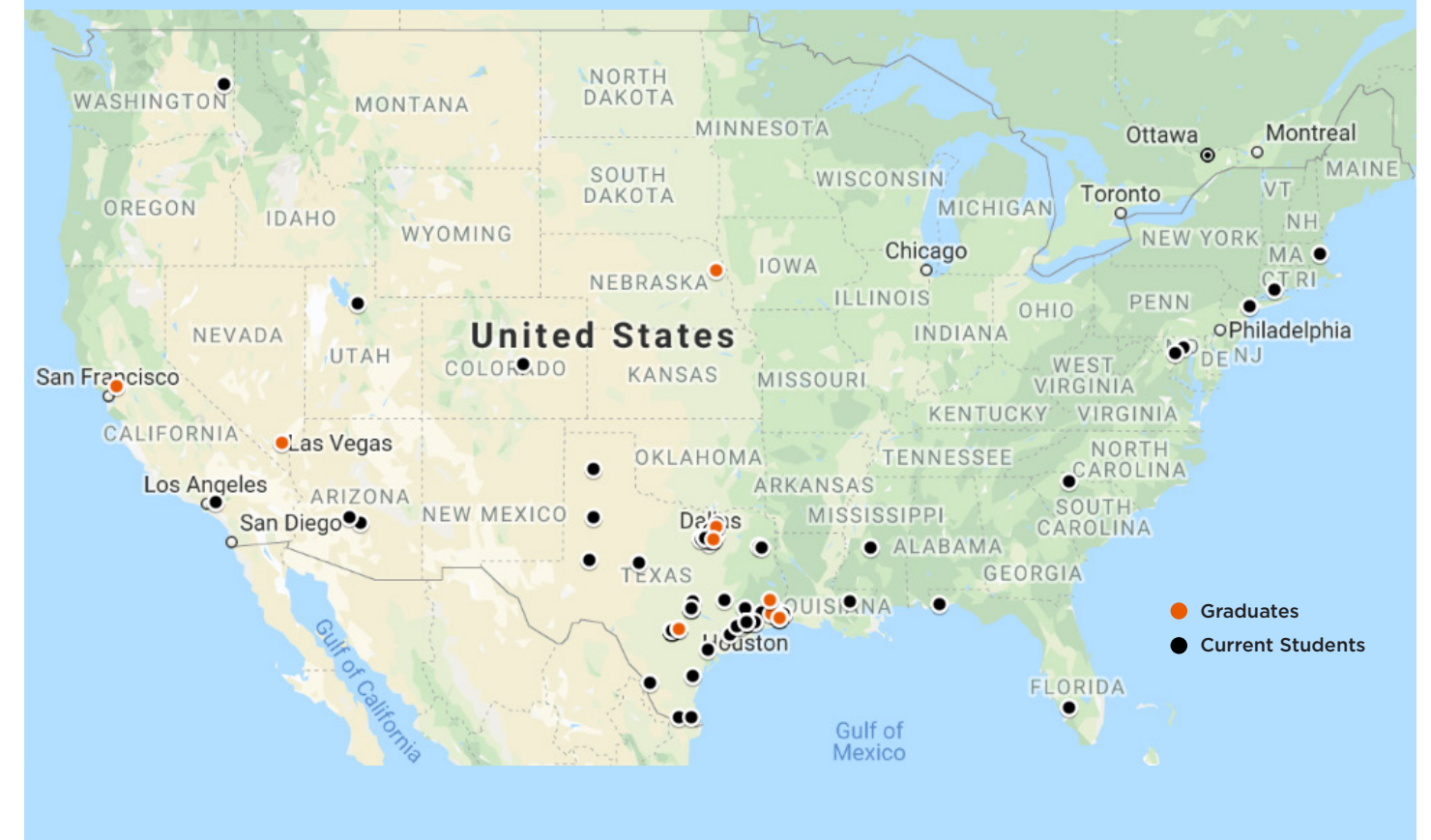
Online M.S. in nutrition reaches texas and beyond

August 17, 2019, celebrated the graduation of the initial class of students receiving the degree of M.S. in nutrition. The eleven students who graduated were Elissa Bradberry, Nederland; Angelica Figueroa, Port Arthur; Gabby Gralino, McKinney; Tessa Hughes, West Point, Nebraska; Sandra Juarez, China; Meagan Murray, Warren; Michael Parker, Schertz; Madeline Rigler, Benicia, California; Terina Terlizzi, Las Vegas, Nevada; Jordan Trahan, Dallas; and Cristina Villa, Port Arthur. Graduate, Gabby Gralino states, "Students will explore the many facets of nutrition while developing critical thinking and counseling skills for their future career. Each professor supports their students by providing the stepping stones to a higher level of education."

The M.S. in nutrition is 100% online. Amy Shows serves as the program director and is excited to see the growth of the program. Although the degree has only been in existence for more than one year, in addition to the 11 August 2019 graduates, the program has more than 90 majors enrolled. Program graduates and

current students represent numerous geographical locations of Texas as well as more than a dozen other states across the country.

Courses in the general nutrition track include weight management; eating disorders; nutrition in pregnancy and infancy; nutrition in aging; vitamins and minerals; sports nutrition; nutrition research; integrative nutrition; food, culture, and health; sports nutrition; the energy nutrients; nutrition education and counseling; and nutrition capstone. Applicants to the program who hold a B.S degree in nutrition or a related field have no additional undergraduate courses. Those with undergraduate degrees from other areas may be required to take up to 21 hours of undergraduate co-requisite courses that can also be obtained online. In addition, the program offers a dietetics track that is limited to those graduate students matched into LU's nationally accredited dietetic internship program.



This graph shows the location of our current students and our graduates.

Senior of significance makes fashion statement



Jenora Haynes received a B.S. in fashion retailing and merchandising with a minor in business in May 2019. As an undergraduate student, Haynes served as President of LU's Fashion Merchandising Association and was also a member and officer of LU's chapter of Kappa Omicron Nu honor organization. She has her own fashion blog and was featured on Wardrobe Wednesdays on the 12 News program, The Beat, where she presented "Fashion Tips for Spring Break." These are just some of the reasons Haynes was recognized as one of the 2019 Seniors of Significance. The award was developed by the LU Division of Student Engagement and honors students for scholarship, leadership and service to the campus and community.

Haynes applauds Janice Kimmons and Molly Dahm for connecting her to new opportunities and preparing her for graduate school. She feels believes are her for a career the fashion industry. Haynes often relates to a group project where she and fellow classmates were required to plan a fashion show from start to finish, stating this course project helped her in many ways with events she coordinated. Dahm's senior seminar course helped Haynes develop skills in resume writing, time management, and professional portfolio development, which also helped her in applying for graduate school and scholarships.

Haynes has continued her education with Savannah College of Art and Design in Atlanta, Georgia, pursuing a luxury and fashion management master of arts degree in fall 2019. She plans to use this degree to help further expand her knowledge of the fashion industry and global marketing. Her goals are to open her own boutique and own her own fashion brand, titled Incassable Fashion. Haynes is also looking into starting her own business in the hair and makeup industry.

Each year, students in LU's accredited dietetic internship present the Preceptor of the Year Award. The local award is given annually to the individual identified by the interns as providing an excellent educational experience and being an outstanding mentor. For the first time in the history of the award, two preceptors were identified by the students as outstanding: Sara Hatfield and Chrissy Stagg.

Both Hatfield and Stagg are registered dietitians, graduates of LU and previous LU interns themselves. Under Hatfield's supervision at The Medical Center of Southeast Texas, students learned marketable skills in general medicine and the intensive care unit. Similarly, at Mid-Jefferson Extended Care Hospital, Stagg mentored the students in the area of long-term acute care. Jill Killough, LU internship director and department chair, appreciates the support of all preceptors in the program. "It is preceptors such as Sarah Hatfield and Chrissy Stagg who make our internship a successful program," states Killough. LU interns and nutrition faculty thank all preceptors who are willing to invest in training future dietitians.

CONTINUING THE LEGACY: QUALITY PRECEPTORS

Give Back

Dynamic duo: Hospitality student soars with faculty mentor encouragement

Odalys Colón Rentas received a B.S. in mathematics from the University of Puerto Rico—Cayey several years ago, and an M.S. degree in statistics from the University of Arizona in 2010. However, it wasn't until last fall, when she began a second undergraduate degree at LU that she realized she was finally pursuing her passion. While working on her MS degree, she was employed as a research analyst with Arizona State. She also worked in the field of epidemiology with the U.S. Department of Health and Human Services. Although she enjoyed these positions, Odalys found great satisfaction in cooking and baking Puerto Rican pastries for friends and family. Her deep love for Caribbean cuisine led her to enroll in her first course in LU's hospitality administration program in August 2018. The course was Hospitality Financial Basics and the instructor was Eunjin Kwon.

Like any other fall semester, Kwon encouraged students to apply for undergraduate research funding through the LU Office of Undergraduate Research. As Kwon interacted with Odalys and learned of her dream to own and operate a Caribbean restaurant, instructor began to challenge student by asking questions such as, "What do you want to know prior to opening your restaurant so that it will be successful?" This question, and others posed by Kwon, sparked a research interest in

Odalys, who applied for an undergraduate research grant to explore how people in this country perceive Caribbean cuisine. The proposal written by Odalys was selected to be funded, and Kwon served as her faculty mentor. The funding allowed the opportunity to conduct research and present findings at LU's Research and Creative Activities Expo in April 2019, where "Customer Perceptions about Caribbean Cuisine in the U.S." was awarded first place poster presentation in the College of Education and Human Development category. The experience also gained exposure for Odalys as she was asked to cater a Caribbean meal for LU's Physics Honor Society. Again, Kwon, seeing an opportunity to benefit Odalys as well as other students in the hospitality administration program, arranged for Alpha Sigma Beta, the hospitality student organization, to cater the event while Odalys made sure the meal had a Caribbean flair.

Whether making quesitos (puff-pastry with sweet cream cheese), pan sobabo (a soft, chewy Puerto Rican bread) or bizcocho puertorriqueno (moist cake), or pursuing research opportunities allowing her to ponder the logistics of a prosperous restaurant, Odalys uses every opportunity to move forward and make her dream of operating a Caribbean eatery a reality. . . and it all started with a successful faculty mentor-student experience!



Senior of significance

Cade Johnson, a May 2019 graduate, was selected as a seniors of significance from the pool of the nominees, and was awarded the C. Robert Kemble Award. The award is given to a senior of significance who demonstrates outstanding contributions and service to the university along with scholastic achievement.



RESEARCH AWARD

Julio Benjamin Morales, a senior in exercise science and fitness management, received the Summer Undergraduate Research Fellowship. This award is sponsored by LU's Office of Undergraduate Research and is a competitive grant. The project is titled "Relationship Between Exercise Intensity and Blood Lactate Levels." Data collection began in Summer 2019 and was completed in fall 2019. Results were presented at the LU STEM conference in fall 19 and the spring 2020 meeting for the Texas Chapter American College of Sports Medicine.

Distinguished alumni

The distinguished Alumni Award is the highest award presented to a University of Pittsburgh alumni. **Bob Spina** was honored by the university's School of Education, as the Department of Health and Physical Activity's Distinguished Alumnus. Spina has 30 years of combined teaching, research, service and administration experience in higher education after graduation from the doctoral program in health, physical and recreation education at the University of Pittsburgh. Currently, he serves as dean of the College of Education and Human Development at Lamar University and is a fellow in both the National Academy of Kinesiology and the American College of Sports Medicine.



Community involvement



Exercise science and fitness management students attended the Gift of Life 5k Color Run in downtown Beaumont in fall 2018. At this event, students staff a booth at the health and wellness village to hand out information to the public on the benefits of living a healthy, active lifestyle. Students design all material distributed in the cardiopulmonary exercise physiology class.

National conference presentation

Alan Moore, Shannon Jordan and Julio Morales presented research at the national conference for the American College of Sports Medicine in Orlando, Florida, in May and June 2019. Former master's student Joshua Kern presented his thesis research titled "Effect of Gas Exchange Measurements on Critical Power and Determination of Peak Oxygen Uptake during 3 min Critical Power Tests." The purpose of the study was to determine if differences exist between critical power measurements performed with metabolic gas exchange data and without (control) during 3—min leg cycling tests. A second aim of this study was to determine if VO2 peak can be determined using data from the 3—min CP test.



Mindfulness international workshop

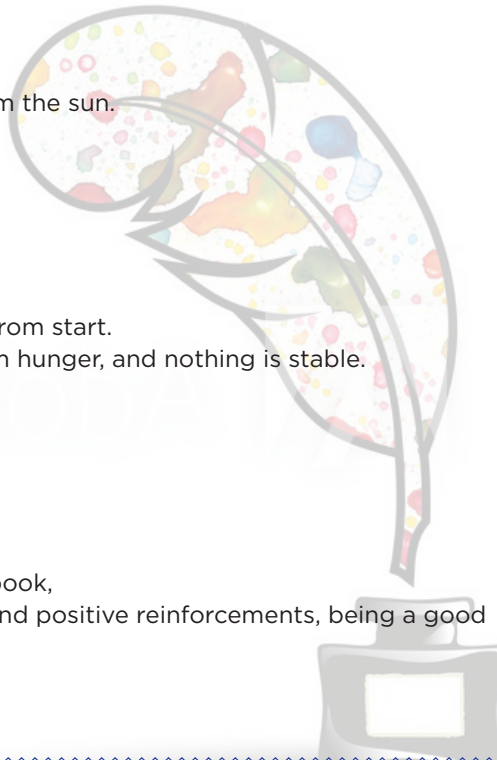
Dorothy Sisk, professor of teacher education, conducted a pre-conference workshop with international participants at the World Council for Gifted and Talented Children—July 24, 2019 in Nashville, Tennessee. The session was based on Sisk’s book *Planting Seeds of Mindfulness (2018)*, co-authored with Michele Kane of Northeastern University. The workshop focused on mindfulness strategies that can be used to address anxiety and depression, as well as promoting creative productivity and a sense of wellness. The 30 participants were from Brazil, Canada, China, Mexico, Malaysia, the Netherlands, Saudi Arabia, Sweden, Tasmania and the U.S.

Each participant will plan and develop mindfulness workshops in their work place and contribute articles to an upcoming issue of the journal *Gifted International*. Sisk was a founding member of WCGTC in 1975 and served as council president, as well as executive administrator and editor of its journal (1985-1995).



Motivating readers poem by *Cierra Broussard*

As motivated as a seedling pushing through the soil to receive its blessings from the sun.
Emerging from the darkness, fighting just to become.
It’s innate, from a mere seed he will grow to be great.
Like our little seed, our children need to be nourished,
Planted in a language rich soil,
Watered with phonemic awareness,
And warmed by a love of reading.
Seems simple, but this is misleading, because not all will have what they need from start.
Some children are not motivated because of pains in their hearts, or pangs from hunger, and nothing is stable.
And mama’s at work to put food on the table.
So, they’re home alone, barely reaching basic needs.
And they struggle in school and can’t focus when they read.
Getting bumped a couple grades, and yes, they’re growing physically.
Mentally still a seed, lacking in the art of language,
Not all hope is lost because a teacher could change this.
By letting our children know the benefits and the fun that could be found in a book,
By not punishing with literature, and using reading as hooks, encouragement, and positive reinforcements, being a good model.
Let us walk the journey so that our students will follow,
And read a book.



CLINICAL
TEACHER
OF THE YEAR
AWARD
RIKKI BODIN

Rikki Bodin, a senior in teacher education has been awarded the Texas Directors of Field Experience Clinical Teacher of the Year Award. Bodin will be honored at the Consortium of State Organizations for Texas Teacher Education annual fall conference in Frisco. Paula Hussey was her clinical teacher supervisor who recognized her excellence and nominated her for this award.

Only three teachers from across the state of Texas receive the distinction each year. Candidates are selected based on their abilities to manage the classroom; implement and execute instructional strategies; develop relationships with students, parents,

faculty and staff; and reflect deeply and meaningfully about the learning and teaching processes.

Bodin said she was surprised to receive the award but it’s confirmation of her commitment to teach. “It just showed me that everything I have been learning and doing over the last four years of my college career has led me to this point in my life,” said Bodin.

In addition to her success in the classroom, Bodin also met academic requirements, including a GPA of 3.0 or higher.

Gayle Butaud, a clinical instructor and director in the Office of Field Experience in the College of Education and Human Development said Bodin is most deserving

“It just showed me that everything I have been learning and doing over the last four years of my college career has led me to this point in my life.”

of the award because of her approach to teaching and commitment to students.

“She is one of those students that you hope your own children or grandchildren get as a teacher because she demonstrates caring and content knowledge in the classroom before going into the field,” said Butaud. “As her supervisor and observer, it was evident from her very first observation that she put in the extra effort to have students involved in their own learning. Written lesson plans demonstrated consistency in this thought process. She has a strong understanding that students

learn by doing.”

Bodin will be teaching second grade at Bridge City Elementary School before returning to Lamar University to obtain her master’s degree. Bodin joins Lauren Solis and April Roberts of Lamar University, both of whom were past award winners, according to Butaud.

The Consortium of State Organizations for Texas Teacher Education is a nonprofit organization dedicated to the continual support and refinement of preparation and development programs for certificated school personnel in Texas.



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