



EDUCATED

NEWSLETTER OF THE LU COLLEGE OF EDUCATION & HUMAN DEVELOPMENT

we're so glad you're here!**HEY, CARDINALS!****Online Master's in Education Program
named among best in nation by U.S.
News & World Report**[Click here to read the full article.](#)**FOLLOW
US!**

We'd love to meet you! Follow along on
our college adventures!



Senior Nutrition major Morgan Carnish featured in Admitted Student Day campaign

MORGAN SHARES HER EXCITEMENT FOR THE EVENT!

"What I love most about admitted student day: In one day you'll go from an admitted student into an enrolled student!"

[Read about Admitted Student Day here.](#)

In case you missed it:

"WOMEN IN THE WORKFORCE"

ALUMNAE PANEL



In honor of Women's History Month, the five colleges of Lamar University came together for one jam-packed panel with alumnae speakers to share their experiences in the workforce.

Left to right:

Britney Sumayah - Engineering

Angelica Figueroa - Education & Human Development

Kennetha Alvarez - Arts & Sciences

Hannah Letulle - Fine Arts & Communication

Tea Do - Business

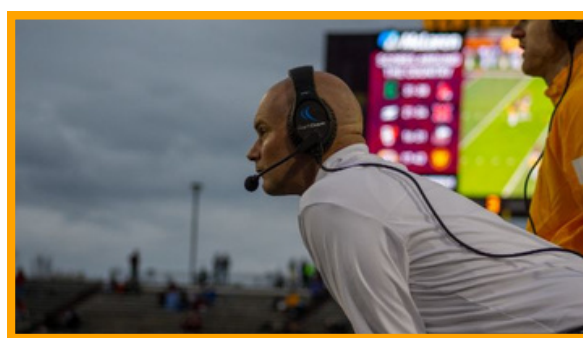


What's cooking in Nutrition, Hospitality & Human Services?

CHEF CASEY GATES JOINS THE CARDINAL FAMILY

"My plan is to get our students in the culinary lab and get them cooking." - Chef Gates

[READ THE STORY HERE](#)



Touchdown for Health & Kinesiology Alum

KEVIN BARBAY NAMED OFFENSIVE COORDINATOR/QUARTERBACKS COACH AT MISSISSIPPI STATE

"My true passion in coaching came from seeing how you are able to positively affect others' lives through sports." - Barbay

[READ THE STORY HERE](#)

more news...

Counseling professor presents research on PTSD

DR. MOHAMAD HAMZA STUDIES THE RISE OF **HUMAN DEVASTATION SYNDROME** IN SYRIA

"I came up with the term 'human devastation' because it's beyond what we know in the psychiatric world." – Dr. Hamza

[READ THE STORY HERE](#)



Teacher Education Alumna makes history in her district

JENNA DEAN RECEIVES PRESTIGIOUS MILKEN EDUCATOR AWARD

"Receiving this award is the highest recognition I can think of as an educator." – Mrs. Dean.

[READ THE STORY HERE](#)



Educational Leadership professor leads Texas Council of School Executives

DR. KATHRYN WASHINGTON PRESENTED RESEARCH TO OVER 600 WOMEN

"I am proud of the ladies in TCWSE and all their hard work that they've accomplished. I left them with the vision of growth. They will continue to do great things." – Dr. Washington

[READ THE STORY HERE](#)



Bird is the word!

SNAPSHOT AT SPRING 2023'S **CARDINAL VIEW**



[READ ABOUT THE EVENT HERE](#)



National Journal publishes research project of Senior English Teacher-Cert student

MARGO EUGENIO IS MAKING STRIDES IN THE EDUCATION FIELD

"I have always thoroughly enjoyed learning how I can best serve students in the classroom and ensure they receive an equitable education."

[READ THE STORY HERE](#)



Nutrition-Dietetics grad lands Internship at UTMB-Galveston

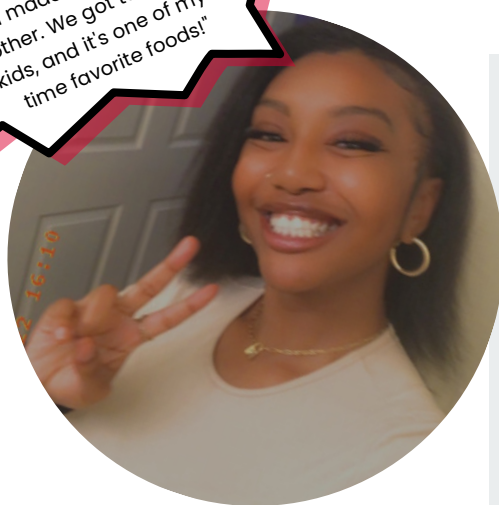
EMILY GLOVER CONTINUES ON HER JOURNEY TO BECOME A LICENSED DIETICIAN

"Being exposed to a wide variety of settings during my rotations is thrilling to think about. I am looking forward to my overall growth as an individual, both academically and personally."

[READ THE STORY HERE](#)

Cooking Corner:

"It's something my mom and dad made for me and my brother. We got to eat a lot as kids, and it's one of my all-time favorite foods!"



JUNIOR NUTRITION-DIETETICS MAJOR, **VICTORIA VISER**, SHARES HER FAVORITE RECIPE!

Egg Foo Young

Prep Time: 10 min

Cooking Time: 20 min

Serves: 4-10

FOR THE FOO YOUNG SAUCE:

- 1 cup plus 1 tbsp water, divided
- 1 tsp chicken or beef bouillon paste (such as Better than Bouillon), or 1 bouillon cube
- 1 tbsp cornstarch
- 1 tsp Shaoxing wine or dry sherry
- 1 tbsp soy sauce
- 2 tsp oyster sauce
- 1/2 tsp toasted sesame oil
- 1/4 tsp granulated sugar
- 1/8 tsp freshly ground black pepper:

FOR THE EGG FOO YOUNG:

- 6 tbsp water (optional), divided
- 4 tsp rice flour (optional), divided
- 4 large eggs, divided
- 2 tbsp Shaoxing wine or dry sherry, divided
- 1 teaspoon kosher salt, divided
- A few dashes of white pepper
- 4 oz peeled and deveined uncooked shrimp (optional)
- 4 garlic chive stalks
- 1 small slice peeled ginger
- 1/2 cup mung bean sprouts, divided
- Sliced scallions, for garnish
- 2-5 cups neutral oil with a high smoke point, such as vegetable or grapeseed oil, for deep-frying

[READ FULL INSTRUCTIONS HERE](#)

Note from the Dean...

"I am so very proud our faculty, staff, students
and alumni for their outstanding
accomplishments and achievements.
Our college continues to do great work.

I have decided to retire from higher education.
These past eight years have been a wonderful
opportunity for me, and I am grateful to have
served.

Going forward I am fully confident that the
future of the College is very bright.

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

Go Cardinals!

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



Go Cardinals!



COLLEGE OF EDUCATION & HUMAN DEVELOPMENT
LAMAR UNIVERSITY

Stay tuned for the next edition of

EDUCATED

INTERESTED IN BECOMING A CARDINAL?

APPLY TODAY!