Ohio University Patton College of Education
Higher Education & Student Affairs Newsletter

December Edition 2021

RETHINKING KNOWLEDGE POLITICS IN MIGRATION RESEARCH, TEACHING & PRACTICE - DR. LISA UNANGST

Did you know the amount of well-being resources that are available to you here as a student at Ohio University? Check out our comprehensive list of resources that will help you find your purpose here at Ohio University.

TEACHING STRUGGLING STUDENTS - DR. LAURA HARRISON & ALUMNI DR. KATY MATHEWS

HESA Professor, Laura M. Harrison and HESA alum, Katy Mathuews conducted research last year on the experiences of academically struggling students. They interviewed 50 students and 2 institutions; Laura presented this research at the Lilly Foundation Conference on College Teaching at Miami University this past November.

RECENT DOCTORAL GRADUATES

Dr. Katie Moleski
Dissertation Title: Examining the Academic Success of Student Athletes Participating in the National Association of Intercollegiate Athletics

Current position: Assistant Professor Sport and Exercise Studies, Deputy Title IX Coordinator at the University of Rio Grande, Rio Grande Community College

Dr. Marie Vasquez-Brooks
Dissertation Title: Measuring the Effects of Performance Funding on Associate Degree Completion by Students of Color at Two-Year Public Institutions of Higher Education

Current position: Dean, School of Allied Health, Valencia College, Orlando, Florida

FIRST YEAR CSP & PROFESSIONAL PHD COHORT STUDENTS WRAP UP FINAL CLASSES OF THE SEMESTER
THAT TIME OF YEAR: STOP, SLOW, AND SNOW

It’s that time again. It’s either the most wonderful time of the year or the most stressful time. Our perspective has much to do with how we frame our journey between now and January 10th.

First, plan to take time for yourself. I feel I say this a lot, but it is very important. Consider what you value and what you most enjoy. For me it is walking in nature, spending time with family and friends, sipping hot cocoa, reading a good book, and snuggling my puppy. Sometimes this is hard to do during the semester but as we wind down consider one thing you can do for yourself. I have some suggestions for you – STOP, SLOW, and SNOW.

STOP: Stop. Take a Moment and the Opportunity to Patiently breathe in and out. With each in breath, speak in your mind or aloud “I am calm” and on each out breath, “I am relaxed.” Try doing this for 1 minute. If you find this helpful, try doing this at least 3 times throughout your day. You could also come up with different statements that are meaningful to you. Breathing allows us to turn inward and ground us in the present moment.

SLOW: Smile. Listen. Open yourself to Wondering about the things for which you are grateful. Gratitude helps us appreciate the smallest things, brings a smile, and fills us with joy. It is a quality of being thankful that when affirmed can bring about goodness and personal warmth. Researchers have reported feeling grateful increases happiness and improves psychological and physical health.

SNOW: Smile. Nod to those you see, spend time Outside, and Wonder as you Walk. Immerse yourself in the nature that surrounds you. What can you hear, see, smell, or touch? Using all of your senses allows you to connect to yourself and the world around you with the benefits of decreasing stress and facilitating relaxation.

No matter where your journey takes you, I wish all of you time to watch in wonder, the opportunity to initiate time for yourself to sit still and have a Happy Holiday and a Wonderful Winter Break.

Take care of you,
Sincerely,
Tamarine Foreman, PhD, LPCC-S
Assistant Professor, Counselor Education

HESA ALUMNI SURVEY

We are now conducting the HESA Alumni Survey to celebrate your achievements and hear about your advice to improve the program and increase alumni participation. We are eager to invite you to help our future recruitment and internship/job opportunities to make sustainable growth. Our HESA alumni are represented across the map! Your advice and participation are so important to us! Please take 10-15 mins to complete the survey. We are looking forward to hearing from you! Thank you!

Use this link to take our survey:
https://ohio.qualtrics.com/jfe/form/SV_8bLV4AZaqZYQS58
PROFESSIONAL DEVELOPMENT

Ohio University and the HESA program strive to help students develop professional and personal skills. Professional development opportunities are offered throughout the year and include a wide range of topics from Microaggression, Backward Design, Salary Negotiation, and much more. Use this link to view all of the professional development opportunities available through the Graduate College. Click HERE to register for any of the events seen below.

2021-2022 Graduate Student Professional Development Calendar

- Developing a Philosophy Statement - Tuesday, February 15, 2022 @ 6 PM
- Challenging Bias and Microaggressions in the Classroom with Dr. Geneva Murray- Thursday, March 17, 2022 - @4 PM
- Creating/Assembling your Teaching Portfolio - Tuesday, March 22, 2022 @6 PM

FUNDRAISER IN COUNSELING EDUCATION SUPPORTS UGANDAN GIRLS

Female Students in Uganda need no longer miss school when they have their period. A project in the city of Mukono that aims at providing girls with menstrual pads is now supported by a fundraiser at Ohio University, organized by Paige Foster, a master’s student in Clinical Mental Health Counseling.

It started in 2017 when Jennifer Ojiambo Isiko, at the time director of the community organization Hand in Hand Uganda, noticed that girls were missing school during their period because they had no feminine hygiene products. She initiated a program that provides girls with reusable menstrual pads. Today, Jennifer is obtaining a Ph.D. in mental health counseling at Ohio University, where she met Paige, who organized a fundraiser through GoFundMe as soon as she heard about the project.

Dr. Tamarine Foreman, assistant professor and Interim Program Coordinator, wrote in an email, “Thank you so much for your advocacy and outreach! You truly are helping make a difference! And thank you to our colleagues in HESA for supporting this project!” As of today, the project is limited to the city of Mukono, but Jennifer hopes that initiatives such as Paige’s GoFundMe campaign will help to extend its reach.

You can support this worthwhile project at https://www.gofundme.com/f/give-the-gift-of-education-for-7

https://www.youtube.com/watch?v=4AQfobarsHk&t=2s

The fundraiser was immediately endorsed by faculty members in Counselor Education. Department chair Dr. Christine Bhat wrote: “Thank you Paige and everyone who has been involved in this effort to promote Jennifer’s work in Uganda.” She added, “Jennifer has a strong social justice orientation. Her work with young girls in Uganda provides needed support and ultimately serves the important purpose of retaining them in school.”
OHIO MEN'S BASKETBALL VS. MARSHALL WEDNESDAY, DECEMBER 15, 2021 7PM TO 9PM

STEM EDUCATOR FALL-WINTER PROFESSIONAL DEVELOPMENT SERIES WEDNESDAY, DECEMBER 15, 2021 3:30PM TO 4:30PM

COMMUNIVERSITY BAND HOLIDAY CONCERT SUNDAY, DECEMBER 19, 2021 4PM TO 5PM

ATHENS HOLIDAY MARKET DECEMBER 18TH @ 9:00 AM - 4:00 PM

ATHENS FARMERS MARKET: SATURDAYS 9AM - 12PM

WINTER SOLSTICE HIKE DECEMBER 21, 2021 2:00 PM - 4:00 PM BURR OAK STATE PARK

SANTA TRAINS NOV 30 – DEC 22, 2021 NELSONVILLE DEPOT 33 CANAL STREET NELSONVILLE, OH 45764

Do you have an event, photos, or news that you would like to share with the HESA community? Send an email to HESA@Ohio.edu with the subject: Newsletter Highlight so that we can feature you!

Want to see more of Athens? Visit the Athens County website for a full list of events.