

APRIL 2019 NEWSLETTER



The SHSE Administrative Team

Ms. Jeanne Harding, *Interim Dean of SHSE*

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Mr. James Judd, *Director of the RPDC*

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Ms. Mona Davis, *Assistant to the Dean/Newsletter Editor*

Message from Ms. Jeanne Harding, Interim Dean, School of Health Sciences and Education

In response to signs promoting white supremacy being posted around the Kirksville community, the following statement from Truman's Institutional Compliance Office and Department of Public Safety was issued on March 26: "Truman State University condemns hate and discrimination of any group regardless of race, color, religion, sexual orientation, gender, and national origin. Behaviors that threaten or endanger the lives of our students or any member of our community, whether on or off-campus, will not be tolerated."

In sharp contrast, the MAE Film Series, in partnership with the Global Issues Colloquium and Kirksville R-III Schools, screened the documentary, *I Learn America* on March 28. A cross-section of the Kirksville and Truman communities packed Violette Hall to watch the movie which provides a glimpse of what is like for immigrant students attending the International High School in New York City. Afterwards, Ms. Amy Brazier, Kirksville R-III ELL Coordinator, introduced some of her students who have moved to Northeast Missouri from the Democratic Republic of Congo and are attending Kirksville High School.

The students shared about winning the diversity lottery and traveling to the United States. They bravely read their own immigrant stories and helped the audience understand how hard and isolating change can be – even when it's what you most desire. Communication barriers, climate factors, and even different foods make it challenging. I saw the students' nervousness melt into smiles as attendees shared their gratitude to the students for being brave and applauded their efforts.

The evening was remarkable. It made me proud to be a part of a university who embraces learning and promotes understanding. Of all the events I've ever attended at Truman, this was one of the very best as it brought the town and campus together and helped vulnerable voices be heard.

In Maya Angelou's words – "Hate, it has caused a lot of problems in the world, but has not solved one yet." Thanks to the organizers of this event for reminding us we are all more alike than different and to listen to all voices.

Three Minute Thesis (3MT®)

Truman held their inaugural on-site Midwestern Association of Graduate Schools (MAGS) Three Minute Thesis (3MT®) competition on March 2, 2019. While the contestants were small in number for this first-time competition, they were mighty in skill and included three representatives from English (Sarah Muir, Derek Franklin, and Rowen Conry), one from Biology (Jake Friebohle), and one from Communication Disorders (Nikki Batinick). A panel of judges used the same rubric as that used at the MAGS competition to determine the Truman first and second place winners. The judges included Janet L. Gooch, Truman Provost, Katherine Jackson, Truman Business faculty; Victor Marquez, Truman Music faculty; Robert Theobald, ATSU faculty; and, Keith Jackson, Kirksville citizen. Nikki Batinick (pictured below, left) advanced to represent Truman at the MAGS 3MT Competition, March 21, 2019, in St. Louis. Nikki moved from the first round of competition to the final round along with seven other finalists. To have the first Truman representative in the MAGS 3MT Competition participate in the final round adds an element of excitement as an ongoing, annual competition at Truman is anticipated. 3MT is a research communication competition developed by The University of Queensland. Graduate students have three minutes to present a compelling oration on their thesis and its significance. 3MT challenges students to consolidate their ideas and research discoveries to present concisely to a non-specialist audience. 3MT is a competition that helps graduate students develop their verbal communication skills and helps all people understand the importance of research and how it positively affects lives.



SHSE Student Appreciation

Student Government designated the week after spring break as Student Appreciation Week. On March 18, students enjoyed snacks in the departments of Communication Disorders, Education, Health and Exercise Sciences, and Nursing, courtesy of the School of Health Sciences and Education Dean's Office.



Academic Honor Awards

The annual Academic Honor Awards Assembly will be held on Friday, May 10, in the Georgian Rooms of the Student Union Building. The reception will begin at 5:00 p.m., with the awards ceremony starting at 5:30 p.m. The Academic Honor Awards were established to recognize the outstanding senior / graduating student major in each discipline. Honorees from the SHSE are:

Communication Disorders

Sienna Pace - Graduate Student
Valerie Hagedorn - Undergraduate Student

Education

Rachael Reckamp - Elementary Education
Bailey Eames - Special Education
Rachel Flynn - Secondary Education (English)
Matthew Matheney – Secondary Education (STEM)

Health and Exercise Sciences

Mackenzie Snyder - Athletic Training
Michaela Mooney - Exercise Science
Anne Fitzgerald - Health Science

Nursing

Madeline Fitzgerald

SHSE Mini-Research Conference

The School of Health Sciences and Education (SHSE) will host its sixth annual Mini Research Conference, Tuesday, April 9, 2019, beginning at 3:00 p.m., in Violette Hall 1010. All are invited. The event celebrates student and faculty scholarly collaboration and serves as practice for the university-wide Student Research Conference (SRC) to be held Thursday, April 25. This year, nine SHSE mini-grants were awarded to projects that involve 23 different students and nine different Truman faculty mentors and one from ATSU. Since its inception, 45 research projects have involved 106 students and 30 different faculty members – several of them multiple times. The SHSE will be well represented at this year's SRC. Two hundred ninety-seven abstracts were submitted, with 69 (24%) from the SHSE. The SHSE Mini-Research Conference schedule of presentations follows:

- 3:00: *Knowledge and comfort levels of working with students affected by trauma*; Researchers: Kate Marnati, Rebecca Neilhouse; Mentor: Dr. Wendy S. Miner
- 3:15: *Questions: why do teachers ask them?*; Researcher: Hailey Rupprecht; Mentor: Dr. Wendy S. Miner
- 3:30: *The effects of the Firefly T-1 device on Delayed Onset Muscle Soreness (DOMS) in college athletes*; Researchers: Ashley Rose, Grace Pepple; Mentor: Ms. Michelle Boyd
- 3:45: *The use of nonsteroidal anti-inflammatory drugs in varsity athletes*; Researchers: Bethany Daniels, Kaylyn Olson, Alyssa Zuelke; Mentor: Dr. Janice Clark
- 4:00: *Health education on mental resilience through photo-voice event*; Researchers: Tori Thompson, Zara Shoune; Mentor: Dr. Janice Clark
- 4:15: *Speaking through pictures: showcasing the lives of college students with disabilities*; Researchers: Nicholas Rincon, Anne Richardson, Brenna Keniley; Mentor: Dr. Jennifer Hurst
- 4:30: *Retention of Life Saving Skills in Health Care Professionals and Students*; Researchers: Ashley Garlock, Kate Steiger, Natalie Moore, Alex Arabas; Mentors: Dr. Brandy Schneider, Ms. Jana Arabas, Ms. Lisa Archer
- 4:45: *Retention and knowledge of CPR skills in university ROTC program*; Researchers: Chad Verdier, Haley Mills, Jordan Dorsey, Hannah Higbie; Mentors: Dr. Brandy Schneider, Ms. Jana Arabas, Ms. Lisa Archer
- 5:00: *Current school health screening practices of Missouri school nurses*; Researchers: Cassidy Myers, Haley Bylina; Mentors: Ms. Pam Melvin, Dr. Carol Cox

Communication Disorders

Ms. Patricia Hanson accompanied CMDS students Alexandra Ginsberg and Shiloh Wilson to the spring Speech Pathology Association meeting, March 8, 2019. The Speech Pathology Association is a group of northeast Missouri speech language pathologists, speech language pathology assistants, implementers, and paraprofessionals who work in public schools. Meetings are held twice a year to share ideas, challenges, and new information, and to host professional development programs. The professional development program for the March 8 meeting featured two webinars, *The WHY of Social Communication* and *Ethical Considerations for Working with Early Childhood Intervention*.

Nikki Batinick, CMDS graduate student, represented Truman at the Midwestern Association of Graduate Schools (MAGS) Three-Minute Thesis Competition held March 21 in St. Louis. Nikki moved from the first round of competition to the final round along with seven other finalists. Though she did not win the competition, official word from the Truman representative to the conference was that she did "GREAT!" Truman held their inaugural on-site MAGS competition March 2, 2019. While the contestants were small in number for this first-time competition, they were mighty in skill and included three representatives from English (Sarah Muir, Derek Franklin, & Rowen Conry), one from Biology (Jake Friehohle), and one from Communication Disorders (Nikki Batinick). A judging panel used the same rubric as that used at the MAGS competition to determine the Truman first and second place winners. The judges included Janet L. Gooch, Truman Provost; Katherine Jackson, Truman faculty; Victor Marquez, Truman faculty; Robert Theobald, ATSU faculty; and, Keith Jackson, Kirksville Community. To have the first Truman representative in the MAGS competition participate in the final round adds an element of excitement as an ongoing, annual, competition at Truman is anticipated.

CMDS will host the annual Language and Literacy Conference, April 26, 2019 from 8:45 a.m. - 2:00 p.m., in the Georgian Room. Jennifer Walz Garrett, Ph.D., CCC-SLP, a Truman alumna, will present on *Theater, Drama & Pragmatics and Expository Texts*. Dr. Garrett is an associate professor of communication sciences and disorders at the University of Northern Iowa. Dr. Garrett received her doctoral degree at University of Cincinnati in 2007, prior to which she worked as a school speech-language pathologist. Dr. Garrett has interest in school-aged literacy and language disorders, genetics/syndromes and counseling skills. Cost will be \$50 for professionals and \$10 for students. ASHA CEUs will be available.

Melissa Passe presented a session entitled *Clinical Supervision Training with an Ethics Chaser: Let's Talk* at the 28th annual Iowa Conference on Communicative Disorders, March 28 and 29, 2019, in Cedar Falls, Iowa.

The Communication Disorders Association (CoDA), the CMDS Student Organization, in partnership with the Kirksville Salvation Army, successfully completed the sixth diaper drive in the Kirksville area. Diapers and wipes were collected at various locations on Truman's campus and surrounding areas in Kirksville. The collection stretched between August and November and then again in January and February. On February 23, 2019, the sixth distribution occurred at the Kirksville Salvation Army. An approximate two-week supply of diapers and wipes was given to 35 families. In addition to providing diapers and wipes, parents were educated on the importance of early literacy, and tips on reading with young children. Each family was given books to take home. CoDA will have a seventh distribution, which will occur on April 27, 2019.

CoDA, in partnership with the Adair County Library, hosted a literacy event for children in the Kirksville area. This event took place March 22, 2019. At the event, members read a variety of books to the children and worked on a bookmark craft with them afterwards.

CoDA volunteered at the Discovering Alternative Routes to Success (DARTS) Career Exploration event, March 27, 2019. CoDA members provided information to seventh graders about careers in speech-language pathology and audiology, including educational requirements, career trends, and salary range. The presentation also included a demonstration of appropriate music listening levels.

Education



Dr. Stacy Davis, assistant professor of Spanish and Spanish MAE, and two *Linguaprofs* student members, Nicole Orf and Megan Kraus, traveled to Macon High School, March 19, to give cultural presentations on Spain and Costa Rica. The three visited Truman alumna Miranda Walker's Spanish I, II, and III classes to present on their experiences studying abroad, as well as the impact of studying in a foreign country on increasing language skills, global consciousness, and personal growth. In addition to sharing information about the language, culture, places to see and activities to do in Costa Rica and in Spain, the pre-service teachers received invaluable experience in leading classes completely in Spanish. The Macon students thoroughly enjoyed the engaging activities designed by the two Truman Spanish majors, as well as the opportunity to ask questions about what it is like to learn a second language at the collegiate level and live in complete cultural and linguistic immersion. Dr. Davis hopes that this was the first of many visits, as a part of a new project to take Truman language and pre-MAE students to local schools with the goal of peaking interest in foreign language, culture, studying abroad, and perhaps even becoming future Bulldogs.



Dr. Summer Pennell, assistant professor of English Education, recently published a book entitled *Queering Critical Literacy and Numeracy for Social Justice: Navigating the Course*. The book uses kayaking as a metaphor to describe how middle school students in an interdisciplinary course learned about social justice issues. The course was planned using queer pedagogy, which allowed Pennell and her co-teachers to question their teaching methods and encouraged students to think about how knowledge is socially constructed. More information about the book can be found at <https://www.palgrave.com/us/book/9783030115838>



Lynnea Wootten (left) and Michaela Hylan (right) were each recognized as one of Missouri's Outstanding Beginning Teachers at the spring conference of the Missouri Association of Colleges for Teacher Education (MACTE), March 27, 2019, in Columbia. Ms. Wootten is a December 2016 graduate of the MAE in Music and is currently teaching in the St. Joseph School District. Ms. Hylan, an August 2018 graduate of the MAE in French, is employed at Raymore Peculiar High School in Peculiar.

Lynnea's nomination read, "Lynnea engages with her students in ways that demonstrate her genuinely caring nature, along with her skill as a musician and teacher. It is through the strength of the relationships she forms with her students, along with her high level of musicianship and content knowledge, that she earns their focus and respect while maintaining rigorous performance expectations. These qualities contribute to the high retention rates in her band program. Her strong interpersonal skills extend beyond the classroom and are evident with her colleagues. In addition to her ability to connect with her students and colleagues, Lynnea demonstrates excellent leadership skills. In her role at Truman State University, she was responsible for administration of many aspects of the band program - both athletic bands and concert bands. Now in her second year of teaching instrumental music in the St. Joseph School District, Lynnea has already assumed leadership positions, including serving as one of the St. Joseph delegates at the recent Missouri NEA conference. Lynnea handles these expectations with maturity, confidence, humor, humility, and grace." **Michaela's** nomination read, "Michaela learned about the opportunity to work with local Congolese students as a French-speaking tutor while at Truman State University and quickly recognized all she wanted to do for the rest of her life was to show others how speaking to someone in another language can create an immediate connection. Based on her experiences working with Congolese families, she wrote an award winning essay for the United Nations One World Global Youth Forum and was selected to address the United Nations about her work. Michaela was hired by the Raymore-Peculiar School District as a French teacher. She strives to share the value of learning new languages for self-development and to help her students make lasting global connections. This fall, she made two curriculum presentations at the 2018 Foreign Language Association of Missouri conference where she was recognized as the Outstanding Future Foreign Language Educator in Missouri. Michaela will be the 2018 Hooding ceremony speaker for Truman's Master of Arts in Education graduates. Michaela Hylan embodies all the qualities of an outstanding foreign language educator. She is compassionate, driven, and dedicated to promoting the language proficiency and cultural knowledge to her French students." The Missouri Association of Colleges for Teacher Education (MACTE) is a state affiliate of the American Association of Colleges for Teacher Education (AACTE) and represents the educator preparation programs across the state. The Outstanding Beginning Teacher Awards recognize teachers in their first two years of service who demonstrate excellence in serving children in school districts across Missouri. Sixty-seven of the approximately 8,000 teachers who were certified in the last two years received engraved glass apples for their dedication and service to Missouri's schools and communities. Award recipients were selected based on recommendations from Missouri's state and nationally recognized teacher education programs, and a recommendation from candidates' school districts. The ceremony was held at the Courtyard by Marriott Conference Center in Columbia, and was hosted by MACTE President Dr. Beth Kania-Gosche and Past-President Dr. Diana Rogers-Adkinson, as well as members of the MACTE Executive Board. MACTE recognizes the contribution of these extraordinary teachers, as well as all of our excellent, highly qualified teachers throughout Missouri who serve and educate our students.

“Immigrants who arrive in the United States on a diversity visa, randomly selected from among their country’s applicants, often come to the country the promise of a job and without being assigned a place to live, as refugees often are. With all of the U.S. to choose from, many recent immigrants from the Democratic Republic of Congo have chosen to make their home in Kirksville, Missouri.

Truman State University education students had a chance to hear the perspectives of students who are travelled a particularly long distance to Kirksville in an event Thursday at Violette Hall.

The event began with a screening of the documentary “I Learn America,” which focuses on the experiences of immigrant students at the International High School in New York City. The school exclusively serves students who are still learning English and have been in the U.S. for less than four years, bringing together students from countries all over the world. Afterwards, Congolese students at the local high school spoke about their own experiences.

Amy Brazier, the English language learning coordinator for Kirksville R-III Schools, said her student population at the high school is unique: all are recent immigrants from the Democratic Republic of Congo who came to the United States on the diversity visa lottery. The program awards visas by random selection in countries with low levels of immigration to the U.S.

“Even in little Kirksville, we have immigrant students now,” Brazier said. “They’re a very special group, and everyone needs to be prepared to support so that they can all have the kinds of opportunities that the kids from this film wanted to have.”

Kirksville High School students (left to right) Pricille Lukalu, Stanis Okenge, Ketsia Lubaki, Onaida Katoudi, Chaida Obiele and Grace Baluengdi spoke about their experiences as immigrants Thursday at Truman State University.



Eight Kirksville High School students who are English language learners spoke about their immigration experiences, from leaving the DRC to adjusting to life as a student at KHS. They told their immigration stories in English and answered questions from the audience with help from Brazier, who translated to their native French. In many ways, the Congolese students echoed the sentiments of the students profiled in the film who hailed from countries like Guatemala, Myanmar and Poland — they spoke about the difficulty of succeeding in school and making friends while speaking limited English, and about adjusting to America while missing the home they have left behind.

Divine Kamukanda has been in the U.S. the longest of Brazier’s students, arriving in 2016. She was born in Kinshasa, the DRC’s capitol city.

“In Africa, it’s easy to finish high school and university but it’s difficult to find jobs,” Kamukanda said. “In high school, I never liked the idea of learning English because I never thought one day we would come to the United States.”

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“When Kamukanda’s mother won the diversity visa lottery, she said she had mixed emotions and was nervous about her lack of English language skills.

“Some English speakers, native American speakers, they were sometimes laughing at us when we tried to speak,” Kamukanda said. “When somebody does that, it doesn’t give you the want of learning English.”

Kamukanda said she was afraid of presenting in class and would often answer questions asked by teachers with a simple “yes” to avoid misspeaking. After almost three years in Kirksville, she said she is not always confident in her English skills but has improved substantially.

“I try my best on everything at school. When I don’t get something, I ask for help,” she said.

Kamukanda is graduating from KHS this year and going on to college.

Ketsia Lubaki is also from Kinshasa, which has a population of approximately 11 million people. For comparison, New York City has approximately 8.6 million. She arrived in the U.S. in October of 2018.

“My city in Africa is big and is very different than Kirksville,” Lubaki said. “When my parents told me we were going to the United States, I was happy and at the same time sad. I felt bad to leave everything I had known since I was a kid. When I was coming to Kirksville, I found the city too different from Kinshasa. The food is different and the climate is different.” Lubaki said she struggles in school but does not plan to give up.

“With the aid of God and with my family, my teachers and my friends, I plan to reach my goal and to have more confidence,” she said.

Grace Baluengidi said it was always a dream of hers to come to the United States, but the culture shock was more than she expected.

“When I arrived at the high school, I was happy because I was tired of staying at home, but I was scared because I understood almost nothing,” Baluengidi said. “I was sad and too shy because in the room I was the only person who was like me about the language. I was just a spectator.”

Baluengidi said her language skills have improved and she is determined to continue her education after high school. She quoted former President Barack Obama: “No matter your origin or your status you can succeed in the U.S.A. if you are willing to try.”

Many of the students said they were grateful to be in the U.S. because they hoped to access greater opportunities than they would have in their home country. Even if they came from relatively privileged backgrounds in the DRC, that was no guarantee of stability. The country has dealt with political instability and a series of civil wars, leaving the economy in a steady decline since the 1960s.

“I’m from a middle-class family,” Yves Muzingu said. “I was a student who was thinking more about more about my future, and I knew in my country my future would be difficult.”

Muzingu’s grandparents planned to pay to send him to France after he graduated from high school, where his sister already lived. Then he and his mother won the diversity visa lottery.

“I was so excited because it’s like a dream for all African students to come to the U.S.,” Muzingu said.

Pricille Lukalu came from a middle-class family as well, with a father who was a lawyer and a mother who was a secretary. “One day, my father said, ‘We are moving to the United States because in DRC we don’t have enough money to do what we want to do and our economy is so bad,’” Lukalu said. “I was happy to hear this news.”

Lukalu said arriving in the U.S. was like being “in a different world.”

“It was difficult for me because many teachers don’t let us use phones in class, and Google Translate was my best friend because it helped me to understand what people say to me,” Lukalu said.

This was a common theme for the students, who said they wished more teachers would allow them to use technology in class and trust that they were using phones to translate rather than text or go on Facebook.

Lukalu said she has improved her English skills and is glad to have made friends who also speak French. She said her dream is to create an organization that helps orphans and victims of sexual abuse.

Chaida Obiele said she had always hoped she would come to the United States one day, despite her love for her native country.

“Life is beautiful in Congo, but it’s difficult to find a job,” Obiele said. “We don’t have a lot of jobs in Congo, or factories.” Hopes of going on to higher education and successful careers were a common theme for the students.

“I want to make my parents proud because of all that they have done,” Onaida Katoudi said. “I want to always make them proud and to be a responsible person and not to depend on others in the future.”

Not all of the changes from home are positive, however. Apart from missing family members and friends they left behind in the DRC, they find American cuisine less than impressive.

“The first time I tried it I was like, ‘Why do I have to eat this?’” Kamukanda said.”

~ by Jessica Karins - reprinted from the Aurora Advertiser online edition

<https://www.auroraadvertiser.net/news/20190401/congolese-khs-students-share-immigrant-experiences-at-truman>

Health and Exercise Sciences

The Health Science program has been notified that the governing body of the Council on Education for Public Health, the nationally recognized accrediting body for schools and programs in public health, formally acted at its March 1 - 2, 2019 meeting to approve Truman State University's request to begin the accreditation process for its Bachelor of Science in Health Science with a concentration in Community Worksite Public Health (CWPH). Procedures provide that an acceptable self-study document must be submitted by March 2, 2021, although it can be submitted earlier. An on-site visit by a team of peer reviewers will follow self-study submission by approximately five months.



Congratulations to Athletic Training students

Ashley Rose, Ethan Freitas, Ariana Hetland

Purna, and Sydney Butler (pictured, left) for

passing their Board of Certification for the

Athletic Trainer exam on the first attempt.

Emma Iffrig, Health Science and Psychology double major, is attending Tilburg University in the Netherlands during the spring 2019 semester. She reports that her classes are wonderful and that she has developed great new friendships she hopes will last a lifetime. Emma participated in the Holland City Race sponsored by the International Exchange Erasmus Student Network, on February 9. This event consisted of 10 groups of 6 students "running amuck" - going from city-to-city in a race to win a photo/video scavenger hunt. Emma's group did not win, but she has great memories which are even better! She visited 7 different cities in one day - great fun and a huge amount of walking. This photo is her group in front of Paleis Noordeinde located in The Hague, Netherlands. It is one of three official palaces of the Royal Dutch Family.



National Public Health Week

April 1st-7th

Monday

Topic of the day:
Healthy
Communities

**Health Resources
Scavenger Hunt**

Tuesday

Topic of the day:
Violence
Prevention

Wednesday

Topic of the day:
Rural Health

**Public Health
Fair**

Thursday

Topic of the day:
Technology and
Public Health

Friday

Topic of the day:
Climate Change

Saturday

Topic of the day:
Global Health

Sunday

Topic of the day:
Global Health



TruLifesaver

American Heart Association Basic Life Support Course



**American
Heart
Association®**

Learn and Live

The **Basic Life Support (BLS)** 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.

Certification is good for 2 years

Our course includes the following for an adult, child, and infant:

- Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- Differences between rescue techniques
- 1-Rescuer CPR and AED
- 2-Rescuer CPR and AED
- Bag-mask techniques
- Rescue breathing
- Relief of choking

Instructors:

Liz Jorn and Jana Arabas
Truman State University
Department of Health
and Exercise Science

Date & Time:

Sunday, March 31, 12:00-5:00 pm
Tuesday, April 9, 5:00-10:00 pm
Thursday, April 18, 5:00-10:00 pm
Wednesday, April 24, 5:00-10:00 pm
Monday, April 29, 5:00-10:00 pm

Location:

Health Science 1206 - CPR Lab
Truman State University

Cost: \$70.00

Cost includes all instruction, materials
and two year certification with the
American Heart Association

To Register:

Visit institute.truman.edu/trulifesaver and complete the online registration form. You may email us at institute@truman.edu or call with questions. Students will pay online and must have paid in full before the class meeting. Businesses interested in using purchase orders should call our office in advance. No-shows will not receive refunds. Classes with enrollments below 12 may be subject to cancellation.

Institute for
Academic Outreach

P: 660-785-5384
F: 660-785-7202
institute@truman.edu

Student Internship Benefits Local Children

“Internships are important. They teach students valuable skills, and interns often get to contribute to something larger than themselves. In the case of four Truman students, it is hard to imagine their internships carrying any more weight than they did. If these interns did not fulfill their duties every day, hungry children would not get to eat. Students Kaitlin Roberts, Valerie Hagedorn, Emily Schaeffler and Mackenzie Snyder oversaw the Food 4 Kids program in Kirksville during the past summer.

A joint effort of the Food Bank for Central and Northeast Missouri, the USDA and the city of Kirksville, along with several local churches and volunteer groups, the Food 4 Kids program strives to ensure as many kids as possible have regular access to adequate amounts of nutritious food during the summer.

Truman interns have been contributing to the Food 4 Kids program for the last seven years, ever since Rebecca Zimmer, lecturer in psychology, took on the responsibilities of co-director. Zimmer, along with Cheryl Dorrell of the Kirksville School District, coordinates serving lunches in local parks every weekday during the summer. With the responsibility of more than 3,000 meals each year, as well as a family of her own, Zimmer turned to Truman students for help. After starting with one intern, she now regularly employs four each summer.

“That team makes it possible for the program to run more smoothly,” she said. “I always tell students that the wonderful thing about this program is that by week two I step out. I’m always available for any challenges, but they have to make sure it happens every day.”

Zimmer and Dorrell take turns supervising the interns, but the students are responsible for everything from meal prep, paperwork and volunteer logistics to coordinating with the Food Bank in Columbia.

“That’s really how you learn, with real experience. Every day there are 50 to 100 kids depending on them,” Zimmer said. “For some of them, it’s a new sense of purpose and direction.”

Roberts, a health science major, was the only student participating in the internship for credit. She served as the project manager and her work was more behind the scenes than the other three, each of whom were responsible for meal distribution in one park. Roberts hopes to parlay her experience into a similar career in the future.

“For me, it’s been more of a professional growth experience,” she said.

Each intern had her own reason for volunteering. One in five children in Adair County under the age of 18 is food insecure. For Snyder, the issue hits close to home. As a child, she witnessed her friend growing up in a household without food security.

“I was already passionate about what Food 4 Kids was trying to do in the Kirksville community, and I really wanted to get involved just to kind of see the other side of things and help out with something that I witnessed growing up that I didn’t have the power to do anything about at the time,” Snyder said.

An English and pre-MAE student, Schaeffler signed on to the Food 4 Kids program in an effort to get more experience with children outside of the classroom. She has learned firsthand how factors such as food insecurity and poverty can play a role in a child’s behavior.

“In my education classes, you learn the logistics, and you learn the basics of it, but to see it from the emotional side too, it’s like a new perspective. It’s really helpful, and that sometimes can get lost on teachers,” Schaeffler said. “The kids pick up on when they are treated like regular people. Kids see that and in turn are more willing to open up to you and listen to you more.”

For someone who enjoys children and serving others, the internship sounded like an ideal fit for Hagedorn. She quickly got to know the kids who frequented her park and feels they showed up regularly for the social aspects as much as the food. While the nutritional component of the Food 4 Kids program should not be overlooked, the psychological and social benefits are just as important.

“The kids are not just there to eat lunch, they really enjoy interacting with adult figures,” she said.

Those unfamiliar with the Food 4 Kids program might assume the hour a day the volunteers are in the park would be a despondent time, but it is actually quite the contrary.

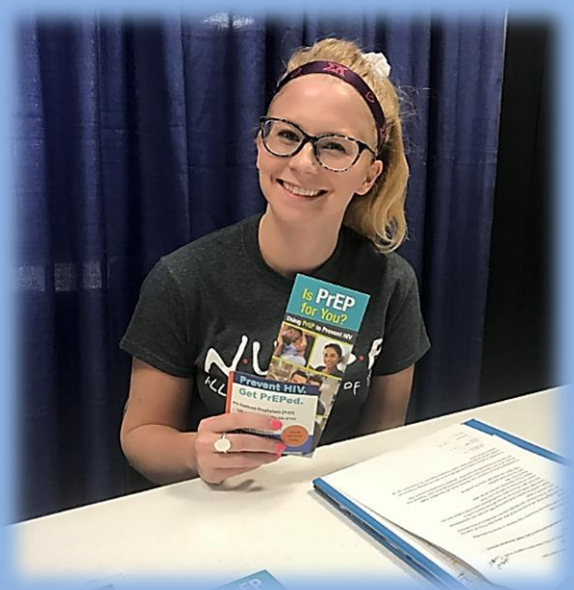
“In addition to the meals, the interns’ job is really to create a positive and playful tone in the park,” Zimmer said. “We want this to be a positive environment where the kids can be a little less structured and get positive attention where somebody knows them and greets them by name.”

By making a connection with the children and families the interns serve in the park, they are helping to erase a stigma about individuals in poverty.

“That was the biggest eye opener for me,” Snyder said. “Coming in I thought these kids were going to be so guarded, and I was really worried about the type of emotions I was going to see. I came in and all of the kids are so willing to have a positive attitude, and they are so compassionate. It’s definitely taught me to interact with them as people and view them as people first, not view them as children living in poverty. If you go in to an interaction with them with the mindset of viewing them as a person you get a much better interaction. They are a lot more willing to open up, and you are much more able to form a relationship.”

Nursing

The Truman Nursing Department of and Missouri State Health Department held a free Human Immunodeficiency Virus (HIV) screening event, March 26, in the Student Union Building. Truman student government helped sponsor the screening. During the event, 91 students were screened for HIV. In addition to the testing, students were provided risk factor counseling, sexual health education, and sexual health samples. The event was organized by the senior Nursing students in the Rural Public Health Nursing course. The nursing and state health departments plan to conduct additional HIV screening at Truman in the spring of 2020.



19th Annual Capstones of Nursing

Thursday May 2, 2019

Sponsored by
Rho Omega Chapter
Sigma Theta Tau International Honor Society of Nursing
&
Truman State University Department of Nursing

9:30 - 10:00	Registration Senior Student Research Poster Displays	SUB 3200 Activities Room
10:15 - 11:15	Keynote Address Margie Smotherman, MS RN PMP <i>Touched by Technology: Nursing for One and Many.</i>	SUB 3200 Activities Room
11:15 - 11:45	Senior Student Research Poster Displays	SUB 3200 Activities Room
11:45 - 1:30	Senior Capstones Luncheon- Stethoscope raffle! Followed by Rho Omega Annual Business Meeting and Induction of Officers	SUB Georgian Room B
1:45 - 5:00	Senior Student Research Oral Presentations Senior Student Research Poster Displays ----- Breakout Sessions	SUB 3200 Activities Room ----- SUB Conference Room 3000

Registration Fee:

- ✓ Conference and Luncheon
 - \$20 for STTI members
 - \$30 for nonmembers
- ✓ Conference only
 - \$10 for STTI members
 - \$20 for nonmembers
- ✓ Students
 - Conference is free
 - \$10 for luncheon

RSVP:

- RSVP to Pamela Melvin at pmelvin@truman.edu by Friday, April 26.
- Make checks payable to Sigma Theta Tau Intl (with Rho Omega Capstones in memo section) for Registration Fee and/or Lunch.

Truman State University Nursing Department
100 E Normal St.
Kirksville MO 63501

Regional Professional Development Center

D.A.R.T.S (Discovering Alternative Routes to Success)

Non-Traditional STEAM Career Exploration Event
for Seventh Graders

“Truman’s campus welcomed over 400 local seventh graders to explore a variety of careers through interactive exhibits facilitated by campus and area business/industry representatives. The students took part in the D.A.R.T.S. (Discovering Alternative Routes to Success) event coordinated by Polly Matteson, Career Advisor for the Northeast Missouri Regional Professional Development Center and the Department of Elementary and Secondary Education. The students had the opportunity to interact with representatives from diverse career paths through 33 exhibitors representing the six career paths: Health Sciences, Human Services, Business Management and Technology, Industrial and Engineering Technology, Natural Resources and Agriculture, Arts and Communication. Exhibitors ranged from engineers to law enforcement and agriculture. Ms. Matteson expresses her gratitude for the faculty and staff who volunteered their time to ensure the event was a success.”



~ by Morgan Walters



Calendar of Selected Upcoming Events

April 6, Saturday: Admission Office Saturday Visit

April 16, Tuesday: Academic Leadership Forum (ALF), 3:00 p.m., SUB Alumni Room 2105

April 17, Wednesday: Graduate Council, 3:40 – 5:00 p.m., VH 2151

April 18, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

April 22, Monday: Term Break, No Classes (ends at 5:00 p.m.)

April 25, Thursday: Student Research Conference

April 25, Thursday: Faculty Senate, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

April 27, Saturday: Admission Office Showcase Event

May 2, Thursday: Undergraduate Council, 3:00 p.m. – 5:00 p.m., SUB Alumni Room 2105

May 3, Friday: Last Day of Spring Semester Classes

May 6, Monday: First Day of Finals

May 8, Wednesday: Reading Day

May 9, Thursday: (tentative) “Old” Faculty Senate, 3:30 p.m. – 5:30 p.m., SUB Alumni Room 2105

May 9, Thursday: (tentative) “New” Faculty Senate, 5:30 p.m. – 6:00 p.m., SUB Alumni Room 2105

May 10, Friday: Last Day of Finals

May 10, Friday: Master of Arts in Education (MAE) Hooding Ceremony, 7:00 p.m., OP Performance Hall

May 10, Friday: Nursing Pinning Ceremony, 7:00 p.m., Baldwin Auditorium

May 11, Saturday: Communication Disorders Hooding Ceremony, 10:00 a.m., Violette Hall 1000

May 11, Saturday: Commencement, 2:00 p.m.

May 11, Saturday: May Interim Begins

May 25, Saturday: May Interim Ends

May 27, Monday: Memorial Day Holiday, Truman Closed

May 28, Tuesday: First Five-Week and Ten-Week Classes Begin

June 3, Monday: Eight-Week Classes Begin

June 28, Friday: First Five-Week Classes End

July 1, Monday: Second Five-Week Classes Begin

July 4, Thursday: Independence Day Holiday, Truman Closed

July 26, Friday: Eight-Week Classes End

August 2, Friday: Second Five-Week and 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 & Education*