



April 2017 | Volume 1, Issue 2

COEHP GRADUATE STUDIES
COLUMBUS STATE UNIVERSITY



College of Education and Health Professions

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TEACH TO COLUMBUS EVENT



On Thursday, 16 March 2017 the first Teach To Columbus event took place. This was the first of many to come. This project involves a collaboration between Columbus State University and K-12 partners. The purpose of the project is to offer high school students an opportunity to create a mini-lesson (15 minutes) with support from a CSU student, and teach it to four fourth graders on a stage in front of judges and the general public. For this past event, six senior Hardaway High School students participated. Each Hardaway High School student was paired with a Columbus State University student. The CSU students acted as mentors and guides in helping the Hardaway students come up with a lesson plan to teach. The lessons consisted of: using rap or songs as a tool for remembering facts, experiments to demonstrate density and solubility, spinning a wheel to learn about probability, demonstrating how different sounds can influence your emotions through drawing, and how theatre techniques can help prepare for an interview or audition. Each lesson was filled with enthusiasm that really caught the attention of not only the fourth graders, but the judges and audience as well. These students are aspiring educators. This project allows students in our community a chance to explore their dreams and goals, while having guidance to further their knowledge.

RECOGNITIONS FOR THE COEHP ONLINE PROGRAMS

2016-2017

- Ranked #15 best online colleges by Online Colleges

2015-2016

- Ranked #40 best online RN to BSN degree by Affordable Colleges Online
- Ranked #12 most affordable online nursing program by OnlineU
- Ranked #29 best online nursing degree by Affordable Colleges Online
- Ranked #3 most affordable online nurse practitioner degree by College Choice
- Ranked #136 (tie) for best online graduate education programs by U.S. News and World Report
- Ranked #9 most affordable Online Master's in Special Education by Master's in Special Education Program Guide

INTERVIEW WITH DR. KATE EARLY

Assistant Professor

Health, Physical Education and Exercise Science Department



Dr. Early is a new faculty member in the College of Education and Health Professions. She is currently a professor in the Health, Physical Education and Exercise Science department. She received her B.S. in Biochemistry and M.A. in Exercise Science from Central Michigan University, and earned a Ph.D. in Kinesiology from Louisiana State University. Dr. Early's research is in the area of cardiovascular health and the effects of environment and hydration status on the cardiovascular system during exercise. She recently published a meta-analysis examining the effect of exercise training on flow-mediated dilation (FMD), a non-invasive biomarker of cardiovascular health. As a new faculty member, Dr. Early expresses her enthusiasm and experience thus far through the following interview responses.

Why did you choose the field of Health, Physical Education and Exercise Science to pursue a career?

I knew I wanted to go into the exercise science field when I began my master's program. Having been an undergraduate in biochemistry, I found that I was missing the "human" element to the physiology. During my master's I grew a passion and appreciation for human anatomy, and found teaching a way to solidify my foundational knowledge in the field. This is what influenced me to pursue higher education and work with students heading towards pre-professional programs, where anatomy and physiology are imperative to successful careers.



What do you like best about teaching at Columbus state University?

Teaching at CSU is incredibly rewarding. In exercise science, the information we teach is ever-evolving, as well as what pedagogy best delivers such content. At CSU, I enjoy getting to deliver current and practical information to students, which can directly be applied to their aspiring careers. For example, in our field, there are a large number of pre-physical and occupational therapy students, who I work with, to demonstrate and expose them to common musculoskeletal conditions they may see and treat in the future.

What is it like being new to Columbus state University?

As a new faculty, I have found CSU to be a great fit where there is a manageable balance of teaching, research and service. I enjoy that the university is so student orientated and I get to know student's goals. The faculty and staff are very welcoming across the university. I am learning that I do not have to be superwoman, and that planning and preparation goes a long way. Each Friday I think where did the time go! There is wonderful support coming from within my department, helping me learn the ropes of academia and balance!

INTERVIEW WITH DR. KATE EARLY

Assistant Professor

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***What do you think are the most important attributes of a good instructor?
How do you motivate your students?***

I think some of the most important attributes of a good instructor are adaptability and passion! Each student in each course has different needs and learning styles. I strive to enthusiastically relay course material to students in a way which each will understand. Often times this may lead to impromptu demonstrations and alternate explanations! I hope to develop a desire to “want to know” for each student in the given subject material and tie information together with practical examples. As a new faculty, I am learning what motivates students outside of grades. A personal goal is to decrease passiveness of students in the classroom by lecturing in “mini” sessions, allowing for time to digest and apply content in rhetorical questions, and encouraging more small group activities where students can work with and teach each other.

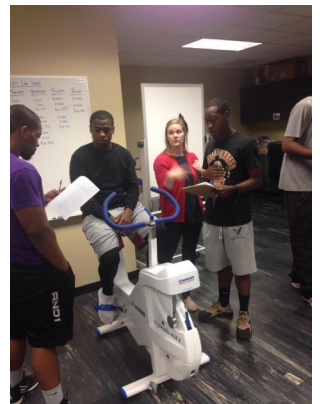
Why did you choose cardiovascular health as your topic of interest? What kind of questions are you trying to answer with your research? What audiences are you addressing?

Cardiovascular disease is a prominent health concern in our society. All ages can be affected by cardiovascular disease, and physical activity and exercise are imperative to lowering risk for CVD development. I began research in the area because of my anatomical interest in the cardiovascular system, which married with my passion for exercise and fitness. Two major areas in cardiovascular health I have focused on are: cardiovascular disease risk factor differences between genders and races, and cardiovascular responses to exercise during environmental stress such as hot, humid environments. I am interested in addressing at-risk populations, recreationally active individuals, and even physicians to create awareness of the cardiovascular benefits that incur when performing regular exercise.



What is the cutting edge in your field and how does your work extend it?

Some of the equipment I use that is cutting edge is an ultrasound machine to visualize vasculature and measure vascular health non-invasively. Due to the ease of the tests and visualization, ultrasound has become a popular tool to quickly examine cardiovascular health which can be used to predict cardiovascular disease risk. Examining vascular health in at-risk populations such as African Americans, may allow us to someday be able to address why they are at high risk for disease development.



OUTSIDE FRANK D. BROWN HALL

COLUMBUS STATE UNIVERSITY

SIDEWALK TALK

Sidewalk talk allows individuals to have a voice by expressing opinions, receiving feedback, and communicating with members of the surrounding community. Side walk interviews are a good way to get information from a variety of people. This column was created to give a voice to those who wish to share.

Date: 03/27/2017

Location: Corner of 12th Street and Broadway

Questions Asked:

1. Using 1-3 words, describe Columbus State University.
2. Using 1-3 words, describe the new building.
3. Do you have any suggestions you would like to make?
4. Where is your favorite place to eat downtown?

BROADWAY

12TH STREET

Brooke

MASTER OF SCIENCE IN NURSING (MSN)

Describe Columbus Sate University

DIVERSE, INNOVATIVE

Describe Frank D. Brown Hall

DIFFERENT, NEW, EXCITING

Suggestions or Comments

MEDICINE OFFERED AT THE POD

Favorite Place To Eat Downtown

BARBERITOS



Dawn

DOCTOR OF EDUCATION IN HIGHER EDUCATION

Describe Columbus Sate University

ENCOURAGING, REAL, AND DETERMINED

Describe Frank D. Brown Hall

MODERN, ATTRACTIVE, AND COLORFUL

Suggestions or Comments

BIKE RACK(S), STUDY ROOMS FOR STUDENTS TO ENCOURAGE COLLABORATION

Favorite Place To Eat Downtown

THE LOFT



Libby

MASTER OF EDUCATION IN SCHOOL COUNSELING

Describe Columbus Sate University

WELCOMING, INFLUENTIAL

Describe Frank D. Brown Hall

MOTIVATING, FRESH START

Suggestions or Comments

CHARGING STATIONS FOR ELECTRONICS

Favorite Place To Eat Downtown

THE LOFT



INTERVIEW WITH BOBBI WALTERS

Masters of Science Nursing Student



Roberta "Bobbi" Walters discusses why she chose nursing for her career and what it is like to be in a program that is fully online through the following interview responses.

Why did you decide to become a nurse?

While growing up my mother had lung cancer and actually passed away my senior year of high school. Watching and helping her is what made me want to become a nurse.

What or who influenced you?

I did not have any influences, however as a new nurse I would always look at the senior nurses on the unit and wonder how they got to be so smart. Now I am the one new nurses look to, as I have been a nurse for 12 years.

Why did you choose to come to Columbus State University for your degree?

I am a veteran and found CSU to be very veteran friendly. I was also looking for a program that I would be able to complete from a distance.

What qualities do you believe a good nurse should possess?

Nurses need to not only be smart, but they also need to have common sense. Nurses will always have to have enormous patience and be able to "go with the flow" when things do not go according to plan.

In your opinion, what are some positives and/or negatives in regards to obtaining your degree fully online?

The single biggest positive is the ability to continue to work full time while in school and not having to move. A negative to online programs is the lack of classroom lecture. Online programs are difficult and one must be able to be an independent learner.

What is the most interesting case you have had and why?

I took care of a gentleman who was 94 years old and still was living with his wife independently. Unfortunately, he took a fall while preparing breakfast and broke his neck after falling backwards! Luckily his spine was intact and he needed only a soft c collar for several weeks! He was a very sweet man and I was amazed that he was still so independent.

Where do you see yourself in the next five years?

I hope to be working in a primary care office managing my own patient load, that is what I want!

Do you have any advice for students in undergrad who plan to pursue a masters in nursing?

I am a firm believer that you need several years experience as a nurse prior to pursuing your masters degree. I encourage nurses that may consider a masters degree to research what they want to do to ensure they know what they are getting into.

MARK YOUR CALENDAR

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> ◆ APRIL 1
NSLS SPEAKERATHON  ◆ APRIL 1
KALEIDOSCOPE ◆ APRIL 4—5 MAIN LIBRARY
BOOK SALE ◆ APRIL 5 COUGAR CAFÉ - LUNCH
EARTH DAY EVENT  ◆ APRIL 7 MUSIC LIBRARY
BOOK SALE ◆ APRIL 7
COUGARATHON ◆ APRIL 9—15 - PRIZES ALL WEEK
NATIONAL LIBRARY WEEK ◆ APRIL 10 MAIN CAMPUS
HIV TESTING (FREE) ◆ APRIL 11 COUGAR CAFÉ - LUNCH
STREET FOOD FEST  | <ul style="list-style-type: none"> ◆ APRIL 12
DANCE & DESSERT ◆ APRIL 12 COUGAR CAFÉ - ALL DAY  ◆ APRIL 12
NATIONAL GRILLED CHEESE DAY ◆ APRIL 13
PROFESSIONAL DEVELOPMENT DINNER  ◆ APRIL 19 RIVERPARK CAMPUS
HIV TESTING (FREE) ◆ APRIL 20
GRADUATE STUDENT ADVISORY BOARD MEETING ◆ APRIL 24-28
CUSTOMER APPRECIATION WEEK ◆ APRIL 27
TR CLASSES END | <ul style="list-style-type: none"> ◆ APRIL 29
SPRING SWING  ◆ MAY 1
MWF CLASSES END ◆ MAY 2
STUDY DAY  ◆ MAY 3-6, 8
FINAL EXAMS ◆ MAY 10
GRADES ARE DUE  ◆ MAY 12 - COEHP
GRADUATION CEREMONY ◆ MAY 13 - COLS, COA & COB
GRADUATION CEREMONY ◆ MAY 15
GRADES ARE OFFICIAL |
|---|---|--|

FOR MORE EVENTS GO TO THE FOLLOWING LINK

[HTTPS://EVENTS.COLUMBUSSTATE.EDU/CALENDAR/LIST/?TRIBE_PAGED=3&TRIBE_EVENT_DISPLAY=LIST](https://events.columbusstate.edu/calendar/list/?tribe_paged=3&tribe_event_display=list)

CENTERS AND COMMUNITY OUTREACH

The Ivey Center for Quality Teaching and Learning

- June 5-9, 2017: Fundamental Summer Seminar
- June 12-16, 2017: Advanced Summer Seminar



Oxbow Meadows Environmental Learning Center

- Saturdays @11:00am, 2:00pm, and 5:00pm the Tree Top Canopy Trail is open for tours.
- Reptile Fest: Saturday April 22 @10:00am-3:00pm
- Summer Camps
 - * Animal Antics: June 5-9, @9:00am-4:00pm
 - * Doc Atoms super Science Camp: June 12-16, @9:00-4:00pm
 - * Getting Dirty: June 19-23, @9:00am-4:00pm
 - * Outdoor Explorer: June 26-30, @9:00am-4:00pm
 - * Wacky Wildlife: July 10-14, @9:00am-4:00pm
 - * Into the Wild: July 17-21, @9:00am-4:00pm



- Other Outdoor Recreation
 - * Kayak the Hooch
 - * Teambuilding





CONTACT INFORMATION

FOR THE COLLEGE OF EDUCATION AND HEALTH PROFESSIONS

The goal of this newsletter is to provide the graduate students, faculty, and staff of the College of Education and Health Professions with a means to obtain past, present, and future information concerning their specific college. We hope to provide a useful tool that communicates information pertaining only to the College of Education and Health Professions.

This newsletter will be distributed a few times each semester. If you would like to have an announcement listed in this newsletter, please email Carol Raines

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Want To Contribute To The Newsletter?

This newsletter is important, not only because it is a resource for our college's news but also it shares ideas and keeps our academic community connected throughout the year. We are always interested to hear about your involvement, experiences, ideas, and research concerning academic affairs. We would like to start including portions written by student and faculty. If you would like to contribute an article, news item or event notice for the newsletter please contact Carol Raines at raines_carol@columbusstate.edu