Unraveled Winter 2016

Southern Adventist University

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The American Counseling Association (ACA) holds a conference every year for graduate students and professionals. The 2016 ACA conference and Expo was held in Montreal, Canada. With generous help from the department, eight graduate counseling students, including myself, were able to attend. The conference took place in the Palais des Congres de Montreal, Canada. The ACA conference consisted of hundreds of educational sessions, poster sessions, and roundtable discussions that took place over the four-day event. We were able to attend numerous sessions whose topics ranged from Play Therapy with Children to Complex Trauma and Substance Abuse. The conference left me feeling empowered (Continued on page 3)
On Wednesday, March 30, 2016 a group of 12 psychology majors, three graduate assistants, and two faculty sponsors (Ruth Williams, Ph.D. and Tron Wilder, Ed.D) began their eight-hour journey to New Orleans, Louisiana for the 62nd annual Southeastern Psychological Association (SEPA) Conference. From our group, four students presented their own independent research studies conducted at Southern Adventist University: Marvin Campos, Seth Daly-Stennis, Jazmyne Page, and Zakeya Sisco. We applaud all of our students for presenting at SEPA. Seth won first place in the undergraduate research category of the Committee of Equality in Professional Opportunity, an organization that focuses on providing undergraduate students the opportunity to present research at SEPA.

When Violence Hits Home: Perspectives on a Campus Shooting was a very impactful panel to attend, especially because no one is ever ready for such an event to occur. One student victim shared how his classmates and he were fighting for their lives, barricading the door, and trying to stay as quiet as possible. No university or student expects to face an active shooter scenario, but it is important that Southern Adventist University focuses and plans for the unlikely event of a campus shooter with all of its attendant implications.

Psychology program director Professor Williams and many of our students were able to “Relax with BioSound.” BioSound™ is the integration of music therapy and sound frequency massage that produces low frequency vibrations to trigger a natural relaxation response. This system is beneficial in crisis intervention, detox, and stress reduction.

SEPA is always a great experience. As stated by Ana DuVall, senior psychology major: “To me it was an affirmation of my love for psychology. I couldn’t get enough of all the knowledge I found compressed in this event.”

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Editor: Hayley Baker
Phone: 423.236.2765
Fax: 423.236.1765
Email: edpsych@southern.edu
Website: southern.edu/edpsych
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and grateful. I found it amazing to be surrounded by so many diverse and inspiring counselors who are dedicated to helping others. The important role of a counselor was continually evaluated and discussed. I left feeling proud of my chosen occupation because I saw firsthand how counselors are dedicated to overall wellness, client empowerment, diversity, and emphasizing clients’ strengths as opposed to a preoccupation with diagnoses. The conference also led me to reflect on Romans 15:1-2 (MSG), “Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, ‘How can I help?’” To me, that is the perfect verse to illustrate faith and a counselor’s role. My faith strengthens me to help those who are struggling. Several students shared their reflections on what the opportunity to attend the ACA national conference meant to them:

“Having the opportunity to experience a new culture in another country, along with gaining practical information for my future career was an amazing opportunity. Getting to talk with people who are passionate about the same things I am and are more than willing to support me in seeking them out helped me solidify my professional goals. Also being treated as a peer even though I am still a student was something I did not expect, but greatly enjoyed!” – Erin Bush, M.S. Clinical Mental Health Counseling

“ACA was an incredible experience! I learned so much by attending the education sessions. It was a great opportunity to meet well-known counselors from our field. It definitely solidified that the counseling profession is for me. I will most certainly be attending the next conference.” – Francisco Ortiz, M.S. Clinical Mental Health Counseling

“Attending this year’s ACA conference in Montreal was an amazing experience! Bonding with my classmates on a 20 hour drive and exploring the city with them is an experience I will never forget. Being surrounded by peers and professionals in the field who are so passionate about what they do really helped to shape my identity as a counselor and reminded me of the important role that we play in the lives of others.” – Amber Buchanan, M.S. Clinical Mental Health Counseling

Traveling to Montreal is an experience I will never forget! From the incredible ACA Workshops to exploring the city and the food, I am so thankful for this opportunity. The speakers were phenomenal and I learned so much just from being in their presence! I think I will forever be an ACA Conference attendee. I am looking forward to next year’s conference in Nashville, Tennessee! - Shanna Dillard, M.S. School Counseling
School of Education and Psychology
May & Summer Graduates

Name: Jordan Antone
Major: Psychology
Hometown: Chattanooga, TN
Future Plans: Go to Vanderbilt University Law School to specialize in criminal justice

Name: Marvin Campos
Major: Psychology
Hometown: Minnetonka, MN
Future Plans: Pursue a master’s in social work

Name: Seabree Clemonds
Major: Family Systems
Hometown: Agana Heights, Guam
Future Plans: Attend graduate school for School Counseling and CMHC

Name: Emily Durichek
Major: M.S. Outdoor Education
Hometown: Vancouver, WA
Future Plans: Become an elementary education teacher

Name: Karen Garza
Major: M.S. School Counseling
Hometown: Houston, TX
Future Plans: My husband and I will welcome our baby girl in June and I plan to teach

Name: Chase Bennett
Major: M.S. School Counseling
Hometown: Cleveland, TN
Future Plans: Work at whatever school will allow me to grow as a professional

Name: Josh Cash
Major: M.S. Outdoor Education
Hometown: Phil Campbell, AL
Future Plans: Undetermined

Name: Shanna Dillard
Major: M.S. School Counseling
Hometown: Cleveland, TN
Future Plans: Apply for school counseling positions in the area

Name: Alexy Gatica
Major: Psychology
Hometown: Fayetteville, GA
Future Plans: Teach in Palau for a year and then attend graduate school at Andrews University

Name: Emmanuel Cabrera
Major: Psychology
Hometown: Seattle, WA
Future Plans: I want to use the skills I have learned in my studies to pursue a career in business

Name: Ben Castellanos
Major: M.S. Outdoor Education
Hometown: Snellville, GA
Future Plans: Undetermined

Name: Landon Duff
Major: Elementary Education
Hometown: Chattanooga, TN
Future Plans: Teach and get a master’s degree

Name: Lindsay Gardner
Major: Secondary Education
Hometown: Tillamook, OR
Future Plans: Move to Taiwan to teach science to middle school students

Name: Stephanie George
Major: M.S. Outdoor Education
Hometown: Kemanti’an, Palawan Philippines
Future Plans: Continue in my field, pursue a doctorate

Photos courtesy of Southern’s website
Congratulations, Graduates!

Intelligence plus character
—that is the goal of true education.

—Martin Luther King, Jr.

Name: Laura Giordano
Major: M.S. School Counseling & CMHC
Hometown: Ooltewah, TN
Future Plans: Plan to be a teacher for elementary students in the Adventist school system

Name: Heyli Gomez
Major: Secondary Education
Hometown: Chicago, IL
Future Plans: Find a job in Chattanooga or Chicago

Name: Emily Henson
Major: Psychology
Hometown: Gainesville, FL
Future Plans: Attend University of FL for graduate school in the marital and family program

Name: Victoria Johnson
Major: Secondary Education
Hometown: Olive Branch, MS
Future Plans: Work as a high school history teacher in Taiwan

Name: Ross Mason
Major: M.S. Outdoor Education
Hometown: Montrose, CO
Future Plans: Get married on graduation day and seek employment in outdoor education

Name: Robyn Gold
Major: Elementary Education
Hometown: Orlando, FL
Future Plans: Plan to be a teacher for elementary students in the Adventist school system

Name: Joel Greve
Major: Secondary Education
Hometown: Knoxville, TN
Future Plans: Move to Ohio, work, and continue my education

Name: Melanie Hubbard
Major: M.S. Clinical Mental Health Counseling
Hometown: Sacramento, CA
Future Plans: Work at a nonprofit agency

Name: Carrie Jones
Major: M.S. School Counseling
Hometown: Great Falls, MT
Future Plans: Get a school counselor job anywhere they will take me!

Name: Shaunda Mejeur
Major: M.S. Clinical Mental Health Counseling
Hometown: Chattanooga, TN
Future Plans: I plan to work in a mental health agency

Name: Heidi Gomez
Major: Elementary Education
Hometown: Kenosha, WI
Future Plans: Teach K-1st grade at Hoover Christian Academy in Hoover, Alabama

Name: Kandyce Harris
Major: Elementary Education
Hometown: Denver, CO
Future Plans: To teach either Kindergarten or 1st grade

Name: Robert Jepson
Major: Psychology
Hometown: Frederick, MD
Future Plans: Pursue a master’s degree in social work back in Maryland

Name: Nicole Kioa
Major: M.S. School Counseling
Hometown: Salt Lake City, UT
Future Plans: Take over the world! But for tax purposes and health insurance, be a school counselor

Name: Savannah Minear
Major: Psychology
Hometown: Columbia, TN
Future Plans: Get my master’s degree in school counseling
Name: Sydney Parton  
Major: Elementary Education  
Hometown: Tipton, IN  
Future Plans: Be a forest kindergarten teacher

Name: Carol Raney  
Major: M.S. Instructional Leadership  
Hometown: Collegedale, TN  
Future Plans: Staying here, continuing to work for Southern

Name: Astrid Rodriguez  
Major: Elementary Education  
Hometown: Mapoteng, Lesotho  
Future Plans: Teach wherever God leads me

Name: Mindy Steele  
Major: Secondary Education  
Hometown: Apison, TN  
Future Plans: Teach choir and private voice lessons

Name: Joel Westberg  
Major: Secondary Education  
Hometown: Navarre, FL  
Future Plans: Write novels and work toward a doctorate in choral conducting

Name: Nancy Pham  
Major: Elementary Education  
Hometown: San Jose, CA  
Future Plans: Become a teacher

Name: Robby Raney IV  
Major: Secondary Education  
Hometown: Collegedale, TN  
Future Plans: Introduce students to the One to Whom I sing

Name: Matthew Russell  
Major: M.S. Outdoor Education  
Hometown: Damascus, OR  
Future Plans: Teaching technical rescue classes in Colorado

Name: Kaylee Vaughan  
Major: Elementary Education  
Hometown: Fayetteville, AR  
Future Plans: Become an elementary teacher

Name: Ryan Roberts  
Major: Psychology  
Hometown: Montgomery, VT  
Future Plans: Begin work in a PhD program in the fall of 2016

Name: Zakeya Sisco  
Major: Psychology  
Hometown: Miami, FL  
Future Plans: Enter into Southern’s M.S. Clinical Mental Health Counseling program

Name: Aubrey Wallin  
Major: M.S. School Counseling  
Hometown: Centralia, WA  
Future Plans: Work as a dean at an academy or college

Name: Sydney Parton  
Major: Elementary Education  
Hometown: Tipton, IN  
Future Plans: Be a forest kindergarten teacher

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Major: M.S. Outdoor Education  
Hometown: Damascus, OR  
Future Plans: Teaching technical rescue classes in Colorado

Also Graduating:

Diana Clemons - M.S. Literacy Education  
Jourdan Nichole Ford - Elementary Education  
Sonya Grice - M.S. Outdoor Education  
Alisha Strayhorn - M.S. Clinical Mental Health Counseling  
Ronald Arroyo-Watson - M.S. Instructional Leadership
Faculty Update: An Emphasis on Missions: Freddy Fuentes, EdD

1. How many mission trips have you attended? Where have you gone?
   In the last four years, I have been on 10 mission trips. I have been to Columbia, the Dominican Republic, Botswana, Chile, El Salvador, Bolivia, Brazil, Cuba, and twice to Guatemala.

2. Please explain your most recent mission trip. What did you do there? What was your role?
   My latest trip was to Cuba. A group of 21 individuals provided evangelistic series for five churches as well as Vacation Bible School programs, a vision clinic, and assisted in the construction of a clandestine church. I was the site coordinator for Quiet Hour Ministries. I facilitated the daily activities so that they ran smoothly and the mission trip was an uplifting experience for all participants.

3. What are your primary motives for taking these trips?
   The purpose of each trip varies depending on the sponsoring agency. The first five trips were organized by the Evangelistic Resource Center (ERC) at Southern. Their primary purpose was to provide an evangelistic series to harvest souls for the local communities we visited. Students preached 19 sermons in 16 days. This experience provided students who had never preached in public the opportunity to learn that God will help reach souls if they allow Him to preach the gospel through them. The last five trips were sponsored by UQuest at Southern. Their primary purpose is to advance the gospel in the same way that Jesus did. Not only by bringing the gospel to people but by offering a medical clinic and construction of facilities that will support local church ministries.

4. How do you see your role as an education professor integrating with your involvement in missions?
   As an education professor, I have been able to use my previous experience as a teacher and principal to organize, teach, and encourage all of those under my supervision. I believe that each moment is a teachable moment for myself and the team members, not only in this life but for the life beyond. Service is the only certainty that we have when we go to heaven. I view the learning from these mission experiences, to love and to serve one another, as a gift from God. The more students, staff, and faculty learn from these experiences, the more likely we will become the “salt” of the earth.

5. Can you describe one of the most meaningful experiences you have had during a mission trip?
   This is a difficult question, since every trip is a unique moment in life that leaves a lasting memory. However, I can think of two experiences that stand out to me. When I went to Botswana, Africa, 20 individuals who had no experience preaching went to conduct evangelistic series. The local pastor was upset that the university sent inexperienced students to conduct the series. The students were scared and sought God for strength and courage. At the end of the series, there were over 500 baptisms, which was more than the entire membership of the church at the time. God used the weak for His honor and glory.

6. Is there anything else you would like to mention about missions?
   I want to encourage everyone to go on a mission trip. Whether students are interested in preaching or providing other important services, the experience is rewarding. Students will come away feeling blessed and enriched.
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