

Trends

Inside Peek

- ❖ Welcome New Faculty, p. 2
- ❖ Research on Weight Watchers, p. 3
- ❖ Dr. Hom's Experiences Abroad, p. 4
- ❖ Dr. Goldberg Travels to Denmark, p. 4
- ❖ Dr. Short Honored, p. 5
- ❖ CSD's Quest for the Cup, p. 5
- ❖ College Award Winners, p. 6
- ❖ Phone Campaign, p. 7

MISSOURI STATE UNIVERSITY
COLLEGE OF HEALTH AND HUMAN SERVICES
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Dean Pemberton Awarded an American Council on Education Fellowship Position

If you have been looking for Dean Cynthia Pemberton, you will not find her at Missouri State University this year. Dean Pemberton is participating in the American Council on Education (ACE) Fellowship Program for the 2006 – 2007 academic year. As an ACE fellow, Dr. Pemberton will use this time to further develop and enhance her knowledge and skills in higher education leadership by working closely with a University President/Chancellor. She will be traveling to other educational institutions, attending seminars, attending professional presentations, working with other administrative professionals, and completing several projects throughout the year. Currently, Dr. Pemberton is serving as an ACE fellow under Chancellor Bob Hemenway at The University of Kansas, Lawrence. She will spend the year working and traveling with the Chancellor and his leadership team learning more about administrative and leadership practices in higher education.

The ACE program helps participants develop and improve their knowledge of the administrative roles and responsibilities in higher education by focusing on three major strategic goals: Representation, Leadership Development, and Service. The program allows fellows the opportunity to gain a better understanding of the current challenges that higher education faces, such as funding, educational access, equity and diversity, and applying new insights and approaches to handle such challenges in their home institutions.

Those selected to participate in this program undergo a rigorous application process that begins with an initial nomination from one's home institution to apply to the program and culminates with an interview conducted by a committee of ACE Presidents and other seminar administrators. Fellows are required to attend several professional presentations and seminars over the course of their study. They also have the opportunity to travel around the world to gain insight into the leadership styles and practices at



Pictured above from left: Dr. Nthabisend Ogude, President Michael Nietzel, and Dean Cindy Pemberton

various institutions of higher learning. There are currently 36 people in the 2006 – 2007 class, with four ACE fellows visiting from South Africa.

The ACE program has been especially rewarding for Dr. Pemberton. Reflecting on her feelings and experiences with the program thus far, Dr. Pemberton commented, "It's wonderful." She has had the opportunity to "learn more about higher education from an international and national perspective, and to meet colleagues from around the world and from a variety of different types of institutions." One of her colleagues in the ACE Fellowship Program feels similarly. Dr. Nthabisend Ogude, one of the visiting ACE fellows from South Africa, stated, "It's a wonderful opportunity for developing future leadership for higher education." This program is very new for South Africa and has afforded Dr. Ogude the chance to gain new perspectives on how higher education in other countries compares to South Africa. She indicated that many educational problems they face in South Africa are identical to those we encounter in America.

Continued on page 3...

from the Dean's Office...

Faculty, staff and students in the College of Health and Human Service have had a challenging and productive year. We were saddened by the death of our Administrative Secretary, Betty Jo Young, on March 13, 2006, and continue to miss her cheerful, helpful presence in the Dean's Office. In July 2006, we welcomed a new Provost, Dr. Belinda McCarthy, who began implementing many of the initiatives envisioned by President Nietzel.

Within the College, we experienced several changes in leadership with Dr. Pemberton on leave as an ACE Fellow, Dr. Fred Maxwell (Psychology) returning to faculty and the retirement of Dr. Lola Butler (Social Work). We also welcomed several new faculty and staff to the College.

CHHS continues to attract many qualified students who are interested in pursuing one of the 16 undergraduate or 15 graduate and certificate programs offered by the College, making us the fastest growing College at Missouri State University. This fall a new undergraduate degree in Exercise and Movement Science was offered by the Health, Physical Education and Recreation Department.

Currently, the College is conducting three searches for leadership positions, including Director of Social Work; Department Head, Psychology; and Department Head, Health, Physical Education and Recreation. In addition, we are seeking faculty with expertise in cell and molecular biology, nutrition/dietetics, health education, nursing, epidemiology, physician assistant studies, and social work. Complete position descriptions are available at: <http://www.missouristate.edu/provost/academicopenings>. We welcome nominations and applications for these positions.

- Helen Reid, Acting Dean -

Trends

Newsletter of the
College of Health and Human Services
Missouri State University is an
Equal Employment/Affirmative Action Institution

Welcome New Faculty Members:

Michael B. Hudson, Ph.D., ATC

Dr. Michael Hudson is an Assistant Professor in the Department of Sports Medicine and Athletic Training. Originally from LaCrosse, Wisconsin, Dr. Hudson received his bachelor's degree from the University of Wisconsin, LaCrosse. He went on to earn his master's degree at the University of Arizona and his doctoral degree at the University of Missouri-Columbia. Dr. Hudson came to Missouri State University from Minnesota State University, Mankato. His research interests include entry-level athletic training education, organizational culture and learning of the athletic training profession, mentoring, and lower body injury assessment. He currently teaches ATC 328: Assessment of Athletic



Injuries – Lower Body, and ATC 240, 340, and 440: Clinical Practicums I, III, and V. Dr. Hudson serves as the Chair of the Ethics and Professional Standards Committee for the Commission on Accreditation of Athletic Training Education.

Deborah Piland, Ph.D., RD, LD

Dr. Deborah Piland is an Assistant Professor in the Department of Biomedical Sciences. She is originally from Ft. Worth, TX and received her bachelor's and master's degrees from Texas A&M University in Food Science. She completed her requirements to become a Registered Dietitian at Missouri State University. Dr. Piland earned her doctoral degree from the University of Arkansas, Department of Food Science, where she conducted research on the phytochemicals present in blueberries. Her research interests involve functional foods, which are foods that provide health benefits beyond nutrition. She is also interested in



the health properties of fruits and probiotic dairy products, such as yogurts. Currently, Dr. Piland teaches courses in the Dietetics program including BMS 438: Administrative Dietetics, BMS 432: Human Nutrition and Metabolism, and BMS 331: Food Science. She also serves as co-advisor for the Student Dietetic Association.

Akinniran Oladehin, Ph.D., P.T.

Dr. Akinniran Oladehin is the new Physical Therapy Department Head at Missouri State University. Dr. Oladehin was a professor in the Department of Physical Therapy at the University of Tennessee Health Sciences Center for 19 years. Additionally, he spent three years on the physical therapy faculty at Wayne State University and was an Adjunct Assistant Professor at the University of Mississippi for one year. He earned a Bachelor of Science in Physical Therapy from the University of Ibadan in Nigeria and a post-professional Master of Physical Therapy from Long Island University, Brooklyn Center in New York. Dr. Oladehin deeply values education and feels that education is the answer, noting that, "this is true regardless of culture or socio-economic background." Dr. Oladehin grew up poor in Nigeria where he had one shirt, given to him by his mother at Christmas, to wear all year. When Akin finished elementary school, there was no money to send him further. He worked as a house maid, earning one shilling a day until he had enough money (after three years) to go back to school. He would study, stop, earn money, and then return to school. In 1977, Akin earned a scholarship to attend Long Island University where he completed his Ph.D. in Physical Therapy at New York University. His previous teaching responsibilities included courses in developmental biomechanics, kinesiology, research methods and design, clinical procedures, and physical evaluation. Dr. Oladehin's primary areas of research are in neuroscience with a concentration on neuroplasticity.

Researchers Investigate the Effectiveness of Weight Watchers in the Workplace

Missouri State University's Taylor Health and Wellness Center has offered a worksite Weight Watchers program for several years. Although there are many anecdotal examples of success resulting from participation in the program, the University is interested in determining the effectiveness of the campus Weight Watchers program and assessing the impact of partial reimbursement of the program fee on participation. Evaluation of Weight Watchers in the Workplace is the focus of a current research project being conducted by Dr. Helen Reid, Dr. Wayne Mitchell and two graduate assistants, Rebecca Clifton and Isaac Balasundaram. An additional aim of the research is to examine the effects of self-efficacy and social support on weight loss. A potential benefit of the study includes a decrease in healthcare costs due to reduction in the prevalence of chronic disease among employees. Benefits to participants include increased knowledge about their body composition and biochemical values. The Missouri State University community benefits from increased knowledge about the effectiveness of the weight management program in relation to weight loss and health benefits.

All participants are Missouri State University full-time faculty and staff members with a Body Mass Index of 25 or higher. Participants are asked to be involved for three, ten-week periods, including a one-year follow up session. All participants have blood work completed at the beginning and end of every ten week session, including a lipid profile and glucose level. Body composition analyses are conducted on participants at the beginning and end of every ten week session using the BOD POD®. The BOD POD® takes a quick, accurate measurement of body composition by measuring the volume of air one's body displaces while he or she sits in a pod-like, fiberglass chamber (www.bodpod.com). In conjunction with these measurements, participants wear a pedometer to record activity levels and record their food intake for two weeks during each ten week period. Participants in the experimental condition are asked to attend a weekly Weight Watchers meeting for eight of the ten weeks throughout the course of their participation. All participants are reimbursed for the costs of their blood lipid profile and those attending Weight Watchers receive a \$75 reimbursement for up to three,

ten week sessions per calendar year to defray some of the costs of participation.

The study seems to be having a positive impact on those involved. Rebecca Clifton, the lead graduate assistant investigator, has expressed her positive experiences by stating, "The ability to see progress in each participant and to share that excitement with them has been a great experience!" This study allows those involved to receive an accurate picture of their current physical health and enables them to set goals and track their progress. The Weight Watchers program is a great way to help people take the first step towards creating and maintaining a healthy lifestyle.



Graduate Assistants Isaac Balasundaram (left), Amanda Keeter (center), and Becky Clifton (right)

The research team is currently seeking control participants who are not actively trying to lose weight or who would like to maintain their current health habits to be involved in the study. In order to qualify, one must be a full-time Missouri State University faculty or staff member, have a Body Mass Index (BMI) of 25 or higher (to calculate, visit <http://www.nhlbisupport.com/bmi/>), be willing to have body composition analysis, glucose, cholesterol,

and other blood lipid lab tests performed, and be able to monitor activity level and daily food intake for two weeks during a ten week period. For more information on becoming involved in this study, please call Rebecca Clifton or Dr. Helen Reid at (417) 836-4176 or e-mail Becky at clifton07@missouristate.edu.

Dr. Pemberton

Continued from page 1...

Their experiences illustrate that many educational issues are universal and how beneficial the ACE Fellowship Program is to the improvement of higher education.

Dr. Pemberton is scheduled to return to the University in the fall of 2007. Currently, Dr. Helen Reid is serving as the Acting Dean of the College of Health and Human Services during Dr. Pemberton's Fellowship year.

To find out more about the ACE Fellowship Program, visit their website at: <http://www.acenet.edu>.

Dr. Hom's Experiences Abroad: Teaching at the Imperial College in London

Picture this—Imperial College of Science, Technology, and Medicine in London—a school with a campus population of 10,731, where 3,238 of those are graduate students and 2,856 are faculty members. Imperial College is currently ranked #2 in all of Great Britain behind Cambridge University. The College is surrounded by enormous Victorian era buildings: the Natural History Museum, the Science Museum, and the Victoria and Albert Museum. The student body is quite diverse, with nearly half composed of international students.

I spent the spring 2006 semester teaching in the Missouri-London Program. My classes were Cross-Cultural Psychology and Child Psychology, which met from 2-4 on Monday, Tuesday, and Thursday (The classrooms I taught in were unfussy at best. The six faculty members shared a common work space with three computers). We had a departmental meeting each Tuesday before the evening British, Life and Culture Class (BLC) which lasted from 1 ½ to 2 ½ hours. Afterwards, six faculty members, along with two “trailing” spouses (one of whom included my wife, Susan), walked a mile to a neighborhood pub or restaurant to enjoy dinner and conversation. Wednesday morning, we often walked nearly a mile from our flats to meet the 8 a.m. buses picking up the 90+ students from their residence halls for a field trip related to the BLC lecture the night before. We usually returned by 6 p.m. from the field trip.

BLC Cultural Highlights: Shakespeare's Globe Theatre, Inns of Court, Houses of Parliament, and Tate Modern.
BLC Lecture Highlights: Victoria Britain, British Politics, Legal System, Education System, and Pop Culture.

Pub Highlights: Many, including the Kensington Arms near the Missouri State University flat where we stayed.

Food Highlights: Skate (fish), clotted cream, bangers and mash, bread, flapjacks, and trifle.

Cultural Happenings Highlights: the British Psychological Society Meeting in Cardiff, Wales; peace and protest marches for Tibet, Muslims, and the Iraq war; and being invited off the street to attend a dinner for 1,000 by the Bangladesh Ambassador to Great Britain in celebration of their Independence and National Day.

Everyday Cultural Highlights: using the Underground, aka “The Tube”; the number of free newspapers that, in keeping with the British tradition, included a “racy” picture every Tuesday; and grocery shopping at Sommerfield's with a dizzying array of chicken, partridge, duck, veal, rabbit, pork and fish, all denoted as organic or non-organic from the different regions of Great Britain or the Continent. And when buying vegetables, we had to know French! There were aubergines, not eggplants.

It was quite an adjustment to the British urban lifestyle, but after living and working there for four months, we couldn't help but feel a bit like Londoners. It was a great experience to be surrounded by so many different ethnic groups; to realize how the Brits differ from us and how they perceive the United States; and most startling of all, to see and feel the deep-seated differences among the Welsh, Scots, Irish, and the English. Metacognitively, it was a semester to remember!

Submitted by: Dr. Harry Hom (Psychology)

International Study of Cultural and Linguistic Diversity of Students in the Communication Sciences and Disorders Profession



Bent Kjaer, co-founder of the CSD program at the University of Southern Denmark, Lyn Goldberg, and Alex Johnson, President of the American Speech-Language-Hearing Association, at a planning meeting in Berlin.

Dr. Lyn Goldberg recently traveled to Denmark and Germany to continue research regarding student diversity within the field of Communication Sciences and Disorders (CSD). Dr. Goldberg and fellow Missouri State colleague, Dr. Wafaa Kaf, are working with

colleagues from Denmark, Australia and Egypt to explore the cultural and linguistic diversity of students who have chosen to pursue a career in CSD, as well as reasons why this choice was made.

Currently, discussions regarding CSD focus on two central issues: (a) the recruitment and retention of a diverse body of students and (b) encouragement of many of



Hans Christian Anderson's house (on the right) in Odense, Denmark.

Communication Sciences

Continued from page 4....

these students to pursue doctoral study with a view toward a career in academia. The diversity of CSD students tends to fall far below that reflected in the general population, causing concern within the field. Although these issues are of particular concern in the



Entrance to the building housing the CSD program at the University of Southern Denmark (Syddansk Universitet) in Odense, Denmark.

United States, the expanding scope of practice for Audiology and Speech-Language Pathology has resulted in an increased reflection of these issues in international perspectives as well. Numerous studies about CSD students have been conducted over the past 12 years, but none has sought detailed information about the backgrounds of students with regard to their diversity, scholastic interests, and expectations for the future. The team hopes that the data obtained from this international study will provide a valuable initial step in identifying effective strategies for the successful recruitment and retention of an increasingly diverse student body. The research also may help identify ways in which students can be encouraged to continue their education in doctoral programs and pursue careers in academia.

The research findings were presented this past November at the annual conference of the American Speech-Language-Hearing Association in Miami, Florida. Results also will be disseminated at the annual conference of Speech Pathology Australia in Sydney (May 2007) and at the Congress of the International Association of Logopedists and Phoniatrists in Copenhagen (August 2007).

*Submitted by: Dr. Lyn Goldberg
(Communication Sciences and Disorders)*

Social Work Faculty Member Selected to Attend the Institute of Aging and Social Work Research

The Council on Social Work Education (CSWE), which serves as the accrediting body for the discipline, began a new initiative for social work educators. The initiative provides several opportunities for faculty to learn about research and aging. One such opportunity for advancement of knowledge

and skills in this area is through attending the Institute on Aging and Social Work Research. The purpose of this program is to provide faculty members with advanced training in aging research. This research is currently being supported by CSWE, with the financial support of The Hartford Foundation, National Institute of Health (NIH), and National Institute of Aging (NIA).

Dr. Glenda Lester Short, Assistant Professor in Social Work, was supported by CHHS administration to apply to the Institute of Aging and Social Work Research. She was selected to participate in the program by a committee of researchers and other faculty. Those who participate in the program are afforded opportunities to develop knowledge and skills in research methodology. The program also includes mentoring by distinguished visiting professors and program directors from NIH-NIA staff.

Dr. Short was selected for Cohort 3 and attended the initial two-week Institute last summer (2006) with thirteen other cohort members from across the nation. Over the course of this year, she is to develop a research proposal and return for two follow-up sessions to share her progress and receive feedback from professors and cohort members. A submission of a NIH-NIA research project is expected in October, 2007. All travel and expenses have been funded by the Institute.

The program is co-directed by Dr. Barbara Berkman, Professor of Social Work, and Dr. Chandra Mehrotra, Professor of Psychology, at The College of St. Scholastica. Additional scholars serve as faculty for the Institute. Dr. Robin Barr and Dr. Sidney Stahl, NIA staff members, serve as consultants to the Institute participants regarding their pending research project submission.

CSD and the Quest for the Cup

A five member team of second year graduate students in Speech-Language Pathology from the Missouri State University Department of Communication Sciences and Disorders swept seven other university teams in the third annual Quest for the Cup competition. The competition pitted teams from



Pictured from left: Team members Christine Best, Marsha Howard, Sara Lucas, Morgan Hilton, Jennifer Coffman.

Continued on page 7...

Congratulations!

The College of Health and Human Services is pleased to present the eight recipients of the College Recognition Awards for 2006. All of the award winners are exemplary professionals and have made significant contributions to the University, to their professions, and to the community. The College would like to congratulate them on their accomplishments.

College of Health and Human Services 2005-2006 College Award Recipients



Back Row (from left to right): David J. Lutz, Ph.D., (Service); Barbara A. Bushman, Ph.D., (Service); Daniel J. Wilson, Ph.D., (Research); Neil J. DiSarno, Ph.D., (Service).

Front Row (from left to right): Brooke L. Whisenhunt, Ph.D., (Teaching); Danae L. Hudson, Ph.D., (Research); Chantal Levesque, Ph.D., (Teaching); Mary C. Newman, Ph.D., (Service).

Quest for the Cup

Continued from page 5...

Fontbonne, Central Missouri State, University of Missouri, Truman State, Rockhurst, St. Louis University, Southeast Missouri State, and Missouri State against each other to answer questions as a warm-up for the National Praxis Exam. Graduates must pass the Praxis as one of the requirements to receive the Certificate of Clinical Competence from the American Speech-Language-Hearing Association (ASHA) and professional licensure from the Missouri State Board of Healing Arts.

This year's competition took place at the Missouri Speech and Hearing Association annual conference at Tan-Tar-A on April 1, 2006 in front of a boisterous crowd of 600 working professionals, university faculty members, and students. This year, a twist was added to the competition that enabled the first 100 attendees to use handheld voting machines to play along. Team members Jennifer Coffman, Sara Lucas, Morgan Hilton, Christine Best, and Marsha Howard were tied

with the Fontbonne team after two hours of grueling questions. The tie was broken in a third round "sudden-death" play off where Missouri State triumphed, holding onto a perfect score for the evening.

The Department of Communication Sciences and Disorders now has possession of the large traveling trophy until next year's competition, but intends to bring it home again. Previous winners were Fontbonne (2004) and Rockhurst (2005). Enthusiastic support for the Missouri State team was provided by alumni, current students, faculty, and friends, who cheered, waved pom-poms, rang cow-bells, and held up signs with slogans made by members of the Department's chapter of the National Student Speech-Language-Hearing Association. An alumni reception preceded the event.

*Submitted by: Deborah Cron
(Communication Sciences and Disorders)*

Missouri State University PHONE CAMPAIGN



THANK YOU to CHHS Alumni for answering the Call!

Alumni from the College of Health and Human Services were contacted by Student Callers and asked to support their department and College. **Phone pledges from CHHS alumni totaled a record \$27,548** last fiscal year! Callers also updated addresses, collected e-mail addresses, checked for matching gift opportunities and provided updates for the University and College. When a student caller contacts you, please consider making another gift, increasing your gift, or making a gift for the first time. Your gifts to the College of Health and Human Services help current and future students, faculty, and the overall success of Missouri State University!

