Aspire is a publication of the WellStar College of Health and Human Services at Kennesaw State University (KSU)

This publication showcases the high caliber of teaching, scholarship, and service work occurring in the WellStar College every day, displays the diversity of approaches towards wellness represented by the disciplines and initiatives housed in the college, and illuminates the quality of students and student experiences within the college.

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DEAR FRIENDS OF THE WELLSTAR COLLEGE

Kennesaw State University and the WellStar College of Health and Human Services continue to grow in the number and quality of students while adding new innovative programs. We are a diverse team of dedicated faculty, staff, and students with a global reach.

With KSU’s recent Carnegie Classification of Higher Learning to an R3 institution, WellStar College faculty and students are performing more dynamic and impactful research. Of course, this new classification does not change our status as a teaching institution; it only provides more opportunities for our students. WellStar College is a comprehensive and collaborative atmosphere with top-notch professors.

Indeed, our outstanding faculty and students are the focus, as you will see in this issue of the Aspire Magazine.

I believe you will be impressed by the accomplishments of our faculty, staff, and students. WellStar College will continue to grow in scope, quality, significance, and excellence for our students, as we serve residents of Georgia and the world.

In partnership,

Mark Tillman
Dr. Mark Tillman was appointed Dean of WellStar College in July, 2016.

The Department of Health Promotion and Physical Education initiated the new Bachelor of Science in Public Health Education.

The WellStar College and Coles College collaborated to create a unique dual-degree graduate program of Social Work and Business Administration.

The Biomarkers Laboratory was constructed to house some of the most up-to-date equipment available for biological sample analysis and research.

The online graduate Nursing program was ranked among the top 100 in the country by US News and World Report.
Since 2009, the Academy for Inclusive Learning and Social Growth provides students with different intellectual and developmental abilities the opportunity to be a part of the college experience. In fact, the Academy at KSU was the first Inclusive Post-Secondary Education (IPSE) program in the state of Georgia. It serves as a flagship for other IPSE programs. Most recently, Academy students were given the opportunity to share their experiences, successes, and struggles, at the first ever Inclusive Post-Secondary International Student Symposium.

The Symposium was held on January 26 and 27, 2017, at the KSU Center. Academy students presented to sponsors, friends, family members, and colleagues. Others in attendance included KSU President, Sam Olens, and the WellStar College Dean, Mark Tillman. During the presentations, students shared their diverse career aspirations—ranging from culinary endeavors to developing video games. Some aspire to have a career in sport management while others are interested in early childhood education.

During the students’ time at KSU, jobs and internships are established in their fields of interest. After the students graduate, many of them are offered permanent positions with their employers.
The 2017 graduating class of the Academy for Inclusive Learning and Social Growth at KSU was filled with very special attendees. The most important of these attendees were the 14 graduates that were recognized for all their hard work and accomplishments. They were supported by their families, friends, peer mentors, and the staff of the Academy. KSU President Sam Olens, WellStar College Dean, Mark Tillman, and Academy Executive Director, Ibrahim Elsawy, were also in attendance. This graduation was historical because it included a unique guest, Georgia Governor Nathan Deal.

Governor Nathan Deal was invited to the graduation by Academy student Charlie Miller. Charlie was an intern in the Governor’s office and simply asked the governor’s assistant if Deal would be able to attend. Charlie and his classmates were thrilled when they found out the Governor was coming. The governor not only attended, but gave an emotional commencement address, and expressed how proud he was of the graduates. He continued to tell them how much of an inspiration they were to traditional students and how they inspired him. The Academy graduates may have thought their graduation was made special because of the governor’s attendance, but the governor felt like it was made special because of them.
ADVISING GOES LIVE

Chat Now
The WellStar College Advising Center is the first KSU advising center to use LiveChat for interaction with students. LiveChat is a system that allows our advisors to communicate with our students in real time. It is equivalent to an instant messenger and is utilized by many organizations as a form of customer service.

When one visits the Advising Center’s webpage, a messenger in the lower corner of the computer screen offering assistance instantly greets them. For more comprehensive topics, (such as degree audits, semester planning, and so forth) students will be prompted to meet an advisor in person.

Since implementing the LiveChat service, the advising center’s call volume has decreased significantly. Conversely, their website had the highest increase of usage in the college at 16% for the month LiveChat was fully implemented. The Director of WellStar’s Advising Center, Jerryl Morris, anticipates that the service will bring several positive changes to the Advising Center. For example, one of those changes is to encourage early advising. He also hopes the service will allow advisors more time with prospective students.

WellStar’s Advising Center continues to be student-focused. The service they provide students is very important, with the value of students’ time a priority. LiveChat will allow the center to provide the same great quality of service in a more efficient manner, in hopes that it will help retain, progress, and graduate students.
Some people live their entire lives without realizing they have a particular gift. Others may discover it at the precise time it takes to propel them to greatness. In 2013, Kidan Kidane enrolled at KSU after visiting other prestigious universities. When visiting the campus, she felt a close connection with her future track and cross country coaches as well as teammates. She then chose to make KSU her home. Eventually, Kidan would break numerous KSU records and earn the title of 2016 Athlete of the Year.

Kidan was born and raised in Addis Ababa, Ethiopia. At the age of 12, Kidan’s father brought her to the United States in hopes of providing a high-quality education and a better way of life. Kidan lived briefly with her relatives in California, but she eventually moved to Dallas, GA to continue her public education. This is where she would discover her athletic gift and the doors it would open to further her academic success.

Originally joining the band her freshman year of high school, Kidan realized it was not the best fit. She wanted to participate in an extracurricular activity, so she made it a point to try out for the high school track team and joined in her sophomore year. Kidan had found an activity in which she could excel, and by the end of her senior year, she won second place at a two-mile run for the state. Her athletic success in high school would soon earn her a scholarship and carry her into a college career at KSU.

Kidan’s competitive nature and discipline were some of the key ingredients in her success as a student and an athlete. She was also able to use her strength, derived from past hardships, as a motivator for upcoming challenges in her college career. Whether it was on the track or in the classroom, her focus remained on doing her best.
Kidan set several records from 2013-2015. In 2016 alone, she was the Owl’s top finisher in all six Cross Country meets, won the upstate invitational, and won the silver medal at the Atlantic Sun (ASUN) Championships with the second fastest time in school history. But, the success was not limited to the track.

As an Exercise Science Major in the WellStar College, Kidan has made the Dean’s list every year. In the Fall of 2016, she was honored by the ASUN Conference by being inducted into the Winners for Life Team. The team includes students who share/demonstrate the ASUN core values: education, honesty, student-athlete experience, fairness, health, ambition, respect, diversity, inclusion, leadership, responsibility and sportsmanship. Most recently, she won an NCAA postgraduate scholarship. The scholarships are awarded to student-athletes who excel both academically and athletically. The scholarship can be applied to any part-time or full-time postgraduate study at a university or professional school. The scholarship is a significant honor for anyone to achieve with the NCAA only awarding 29 scholarships to women in each sport season nationwide. Kidan’s undergraduate and post graduate research was with professor/mentor Dr. Katherine Ingram who stated “despite major life challenges, Kidan has achieved success in her sport and in her scholarly pursuits. In the classroom, her hard work is evident in her GPA. Outside of the classroom, she is a decorated track athlete and has extended her learning to involvement in an Exercise Science research team. Through these tremendous efforts in her studies and in her sport, Kidan truly is an inspiration to us all.”
EXERCISE SCIENCE GROWS STRONGER

EDUCATION RECOGNITION PROGRAM
CERTIFICATE OF RECOGNITION
UNDERGRADUATE STRENGTH & CONDITIONING PROGRAM

For successfully meeting established educational program criteria in strength and conditioning, the National Strength and Conditioning Association formally recognizes

Kennesaw State University

September 30, 2016 – September 30, 2019

G. Gregory Hart, Ph.D., CSCS, D.P.S., NSCA
NSCA President
The Exercise Science program has met the criteria as an approved National Strength and Conditioning Association (NSCA) education program. This recognition can be credited to the hard work of the Exercise Science faculty—spearheaded by Dr. Gerald Mangine. Dr. Mangine is involved professionally with the NSCA and believes this recognition can help open many doors for our Exercise Science students.

The NSCA is an organization that brings thousands of strength coaches, personal trainers, dedicated researchers, and educators together. Membership in this organization will allow our students to have better opportunities for career advancement with internships. It will provide discounts on exams, study materials, and conferences. It will also be a great way to promote our own Exercise Science program.

To become an approved national program, Exercise Science first had to be regionally accredited. We also had to offer specific curriculum for strength and conditioning and/or sport performance. The final requirement was to have certified strength and conditioning specialists on our faculty. We anticipate that this will create several internships each year for our students.
WE'RE ALL IN THIS TOGETHER
In 2005, faculty of the Primary Care Nurse Practitioner program of the WellStar School of Nursing started conducting free health screenings in the Marietta area, utilizing Nurse Practitioner students. The Nurse Practitioner students were able to attain first-hand experience with the public, while mutually benefiting those that could not afford healthcare. The size of the community in need of their services continued to grow.

Clinical Assistant Professor Donna Chambers eventually joined, as they continued the community health screenings, offering tests for HIV, glucose, blood pressure, cholesterol, and other physical assessments. Eventually, Associate Professor Vanessa Robinson-Dooley joined in an effort to not only continue the screenings but to broaden the types of testing made available for the community as well. Dr. Robinson-Dooley, a professor in the Social Work and Human Services Department, wanted to give Social Work and Human Services students practice in case management, interviewing skills, and education. She deemed that these experiences could help refine the skills that students need for adequate patient care. Some skills cannot be learned in a classroom, and working with the community gives these students the opportunity to acquire and improve these skills. More specifically, the Clinical Social Work graduate students practice motivational interviewing, assessment, and brief depression screening.

For years the health screenings have been self-sufficient, relying on donations and personal funds from volunteers like Chambers and Robinson-Dooley. More recently, the WellStar Health System has partnered with these faculty leaders. In addition, WellStar College Dean, Mark Tillman, showed his support by committing to fund them for years to come.

The health screenings are held in Marietta twice a year on a Saturday at The Rainbow Housing Resource Center. Other services offered include chiropractic care, depression screening, healthcare education, and healthy cooking demonstrations.
WELLSTAR COLLEGE STUDENT HIGHLIGHT

MICHAEL BERGERON

The Department of Health Promotion and Physical Education (HPE) has graduated their fair share of superstars over the years. Many of them have gone on to achieve particular greatness. Some of them have chosen to give back to the community by sharing their knowledge in the form of Public Education. Michael Bergeron is one of their most recent examples.
Born in Okinawa, Japan, Michael is the son of two U.S. Marines. His family moved multiple times before settling in Liberty Hill, Texas, where he received his high school education and began a college career in business at Austin College. After a couple of years, Michael realized that business was not the field of study for him and arranged some time off to discover how he should pursue his goals. Michael was always active in sports—he played basketball, soccer, ran track, and was the captain of the cross country team. He also had an interest in health and fitness, so it was natural for him to choose HPE as his field of study. Michael chose Kennesaw State University for two reasons—its fast-growing reputation and location.

Being a non-traditional student helped Michael to keep the focus, drive, and discipline required to do his best. He was appointed to the Society of Health and Physical Educators (SHAPE) Leadership Council his sophomore year. He was also the co-president of the Health and Physical Education Majors Club. In 2015, Michael was awarded Outstanding Undergraduate by the Georgia Association of Health, Physical Education, Recreation, and Dance. He was also the 2016 recipient for SHAPE America Major of the Year. In 2017, his senior year, he was named the SHAPE America Southern District Future Professional of the Year.

Michael graduated recently with honors and chose to teach Physical Education at Clark Creek Elementary in Cherokee County for grades K-5. In August of 2017, he will begin his career teaching on a fundamental level to his K-5 students. He believes that the children have raw potential and would like to help direct them with his knowledge of Health and Physical Education. Whether it is bike riding, walking, or other physical activities, one needs to set a goal and keep trying to achieve it. In light of the increasing obesity rate in young children, this should help monitor and encourage a healthy lifestyle.

In the future, Michael plans to pursue a Master’s degree, and to continue his career as an educator. Eventually, he sees himself following his mentor and former professor’s lead, by teaching in higher education. In fact, Field Experience Coordinator Andrew Smith stated, “Mike Bergeron was the type of student who would do well in any program at KSU; he is intelligent, has a strong work ethic, and is dedicated to his personal, academic and career pursuits. The HPE program was fortunate to have Mike who consistently demonstrated a professional disposition in and out of the classroom, contributing to the quality of our teacher preparation program, and making a positive impact on the K-12 students we ultimately serve. Mike represents the best of our university and its teacher education programs and is another shining example of the quality educators KSU is preparing for the state of Georgia and beyond.”
Dr. David Mitchell, Associate Dean of the WellStar College of Health and Human Services and professor and Distinguished Scholar in Gerontology, has recently been featured in the Harvard Business Review for a study on implicit memory. Implicit memory is a form of unconscious memory. Implicit memory occurs based on past experiences, but without conscious recollection.

In 1982, David was a graduate student at the University of Minnesota and decided to do his dissertation on implicit memory. The original longitudinal subjects were University of Minnesota students. They were shown images similar to A once or twice. Years later in 1999, the same individuals were only shown fragments of the images similar to B.
The subjects were more likely to correctly identify the images they had seen 17 years earlier than the new control images not previously seen.

Although Mitchell’s study was published in 2006, it gained notoriety recently in a 2017 Harvard Business Review article (it has been cited continuously from 2007 through 2017, but only in scientific memory journals). When he first heard the news from colleagues in Kennesaw’s Coles College of Business, Mitchell was sure that the review had a different David Mitchell. “I was pleasantly surprised to discover that my long-term memory research was being cited in an article about marketing.”

David has been a professor at KSU since 2004. He is currently completing a replication study of implicit memory with longitudinal subjects from Loyola University Chicago originally tested in 1999-2000. They were retested via internet in 2011-2014. The control subjects are volunteers from KSU.
Susan Whitlock had a memorable year in 1988—the year she began her career at KSU. Originally hired as the Assistant Women’s Basketball Coach, Susan brought 16 years of coaching and teaching experience with her. Susan also taught adventure and outdoor education, so after discovering the need for a more nontraditional, active environment, she decided to introduce the idea of incorporating a challenge course to the KSU campus.

By 2007, Susan’s idea soared and the challenge course was completed. Known as the “KSU Challenge Corner,” the vision was to “provide opportunities for Kennesaw State University students, faculty, staff, and the greater Kennesaw community to explore group relationships, to experience individual and group challenges, and to confront and overcome fears.” The Challenge Corner helps to
promote trust, communication, and problem solving, and can be used by non-KSU groups as well.

When Susan is not teaching activity classes on the challenge course she is teaching wellness courses, HPE majors, coaching classes, and administers the Coaching minor.

Since Susan was a KSU representative of Georgia Association of Health, Physical Education, Recreation and Dance (GAHPERD), she directed and served as the emcee from 2001-2012 of the annual National Girls and Women in Sports (NGWS) night for the Bobbie Bailey Awards held at KSU. These awards were given to girls and women with Athletic Excellence. From 2009-2015 Susan served as the Metro District Representative for GAHPERD. From 2010-2016, she directed the Robert W. Moore Summer Institute for Health and PE teachers. In 2015, Susan served as a Branch Director for the Southern District Society of Health and Physical Educators (SHAPE)

Convention in Atlanta. Most recently, Susan won the 2016 Honor Award from GAHPERD.

Susan's colleague, Dr. John David Johnson, of whom she has worked with for 12 years, has summarized her in the best way stating “Susan embodies the KSU spirit. Her passion for coaching, the outdoors, and experiential education continues to be one of the best assets of the Department of Health Promotion and Physical Education, the WellStar College, KSU and the greater KSU community.”
Dear Friends,

You can make a meaningful impact on the lives of our students. Be a part of advancing KSU’s WellStar College of Health & Human Services goals by making a gift to provide scholarships or help fund specific programs. Together we can deliver academic excellence along with community-based, real-world learning for our students.

Giving methods include

ONLINE – To make your gift online, go to community.kennesaw.edu/givetowellstar

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1000 Chastain Road, MD #9101
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STOCK, SECURITIES OR PROPERTY – Donating appreciated stock, securities or property may allow you to avoid a capital gains tax and earn a charitable deduction, while supporting the College. For more information, visit giving.kennesaw.edu/how_to_give/securities.php

PLANNED GIVING – Include a gift to the College in your will, trust or other plan for the future. For details, visit kennesaw.giftlegacy.com

We thank you for your support of the College. Please join us as we educate and empower the next generation.

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