



College News Update



College of Education, Health and Human Development

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ANNUAL AWARDS FOR EXCELLENCE HONORS SENIORS AND MENTORS

Back row: John Seifert, Michael Holcomb, Gabriella Malisani, Candace Moyer, Dean Lynda Ransdell

Front row: Sarah Schmitt-Wilson, Taylor Neibauer, Ann Ellsworth, Melody Anacker, Alison Harmon

Forty of MSU's top seniors were honored at the 32nd annual Awards for Excellence banquet held on February 18 in the SUB Ballrooms. Nominated by faculty and staff, students receiving the award must have at least a 3.5 GPA, and demonstrate community service and campus leadership. Students have the opportunity to select a mentor, who is also recognized at the event. From the College of EHHD, the following are the awardees and their mentors:

Elena Harriman, secondary education (English teaching), Livingston, Mont., Sarah Schmitt-Wilson, assistant teaching professor in curriculum and instruction

Michael Holcomb, health and human performance, Coto de Caza, Calif., John Seifert, associate professor in health and human performance

Gabriella Malisani, food and nutrition (dietetics), Great Falls, Mont., Melody Anacker, teaching instructor in food and nutrition

Candace Moyer, sustainable food and bioenergy systems, Bozeman, Mont., Alison Harmon, associate professor in food and nutrition

Taylor Neibauer, elementary education, Roberts, Mont., Ann Ellsworth, professor in elementary education

Earl Campbell from the Montana Internet Crimes Against Children (ICAC) Task Force in Billings was a featured speaker for the Department of Education in February. Campbell addressed issues of cyberbullying for educators and shared stories of his experiences as an officer with the task force. He cautioned faculty, staff and students about posting freely on the internet, as 88% of photos posted end up on other sites and cannot be removed.

"If Facebook were a country, it would be the third largest," said Campbell. "Facebook makes its money from selling our information, not from running ads."

Campbell shared ways parents and teachers can prevent cyberbullying and how to respond to children and teens who are involved in cyberbullying.

He also said Montana is one of a few states where there are no cyberbullying laws.



EDUCATORS
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SPOTLIGHT ON RESEARCH

SEITZ'S RESEARCH FOCUSES ON SOCIAL HEALTH ISSUES



New to the Department of Health and Human Development this fall, Chris Seitz brings a strong research interest in tobacco free universities to MSU. Seitz is teaching the undergraduate research methods class in HHD and has been involving students in doing research on community based enforcement with Montana State University's tobacco-free program, which began in August of 2012.

"The American College Health Association is really pushing for tobacco-free policies for all colleges in the United States," said Seitz. "Right now there are 811 tobacco-free universities, 371 smoke-free, and over 3000 universities with either some sort of minimal policy or no policy."

MSU has promoted its policy mostly through education but has noticed compliance issues. Therefore, MSU Student Health Center has started an ambassador program, where students, including some of Seitz's students, patrol campus and offer friendly, non-confrontational reminders to those who are smoking or using tobacco.

Another project Seitz is interested in is substance abuse, especially with alcohol. In his "Drugs and Society" class, he surveyed students to find out how many had been at parties where others used markers to draw on drunk, passed out friends. Then he had the students go on You Tube and find videos of "drawing on drunk people." Seitz says this tends to happen when a person has consumed so much alcohol that he passes out and is not cognizant of what is happening to him. He had students watch the videos to see if they could recognize signs of alcohol poisoning. What Seitz wants students to understand is that it is important to call 911 if alcohol poisoning is suspected. From the results of the class, Seitz and several of his students are writing an article.

While working on his doctorate at the University of North Carolina, Greenville, he became very interested in Photovoice, a unique method to advocate for change.

"Photovoice is a program that gives a camera to people who don't have a voice, like the homeless," said Seitz.

At the University of North Carolina, Greenville, he and UNC students used Photovoice to successfully advocate for a change to a campus smoking policy. He published the results in an article for the "Journal of American College Health."

He has also seen the technique used by African-American male students to advocate for programs to improve retention in college, and also by students who documented places on campus where students go to relax to reduce stress.

"What can a campus do to enhance the environment to make it better for students," said Seitz.

Now at MSU, Seitz would like to start a Photovoice study with caption writing. Students would learn how to write captions for photos that create an emotional response.

In the classroom, Seitz uses technology to "flip" his lectures. All lectures are on videos that students watch outside of class and take notes.

"This frees up time in class to do activities that go with the lecture," Seitz said.

Seitz uses discussions, role playing, debates, and homework problems that apply to what students learn from watching the videos.

SPOTLIGHT ON STUDENT RESEARCH

HANDS-ON SKI RESEARCH AT BRIDGER BOWL

Not many students have the privilege of saying they helped conduct research for the United States Ski and Snowboard Association (USSA), but health and human performance student Shelby Lee Harris from Missoula, Mont., recently had the opportunity to do just that. Working with Associate Professor John Seifert, Harris spent a Saturday morning at Bridger Bowl Ski Resort recording information on a group of MSU alpine ski racers. With electromyography (EMG) sensors attached to their leg muscles and an accelerometer strapped to their ski boot, each racer skied—both on one leg and then on two—on an identical path of 14 gates on a 300 vertical foot drop.

“By the time an advanced skier is 14, they should be able to ski proficiently on one leg,” said Harris. “The purpose of one-legged skiing is to train the muscles in the hip and knee to help with balance and ski edging.”

To test this, Harris had skiers ski the course both on one leg and two. After each run, she recorded information provided by the accelerometer and the EMG. The EMG had electrodes attached to leg muscles to determine muscle activation of six different muscles. The collected data was downloaded onto a computer and Harris said she would spend about 40 hours in the lab analyzing the data.

“The data will help determine if muscle activation from one-legged skiing is similar to two-legged skiing,” said Harris.

Becky Quigley, a first year grad student in sport and coaching science, assisted with the data collection, especially with the EMG. Quigley from Mt. Shasta, Calif., said she had used the instrument as an undergraduate in exercise science at MSU when she did a study on the differences of muscle activity in slalom versus giant slalom. The health and human performance program bought the EMG three years ago and Quigley was one of the first to master how to use it.

Ron Kipp, Alpine Sport Education Manager from the USSA, was also on hand to check out the research. Kipp has authored or co-authored over 20 scientific papers with Seifert and has a special respect for his knowledge of alpine skiing. Kipp is especially interested in the information from this study since one-legged skiing is used by the USSA’s SkillsQuest program. SkillsQuest is a program designed to target specific skills used in alpine ski racing. Using the two-legged skiing as a baseline, the results from the one-legged skiing can then be compared and further delineated into deficient skills, thereby enhancing the value of the SkillsQuest program.



Shelby Lee Harris (center) and Becky Quigley (right) check data from the EMG.



An MSU Ski racer navigates through the course on one ski.



Becky Quigley and grad student Erika Rauk (left) put away the EMG after a day on the hill.

OUTSTANDING FACULTY LECTURE SERIES

FEATURE HHD FACULTY



As the 2013 Outstanding Faculty for Teaching awardee in Health and Human Development, Alison Harmon, associate professor in food and nutrition, gave a presentation on “Experimental Teaching, Active Learning and Extreme Community Engagement” in January. Harmon began her

teaching career at Penn State where she “experimented with different teaching methods in an introductory class involving over 300 students per year.” Since moving to MSU in 2004, she has continued to refine her teaching philosophy and she shared her ideas during her lecture. Some of her ideas include teaching critical thinking; cultivating active and experiential learning; ensuring relevance; conveying expectations; inspiring ownership; engaging in continuous improvement; being daring; and striving for integration.

“Towne’s Harvest Garden opened the door as an outside classroom,” said Harmon. “It allows for experiential learning from planting seeds to marketing the food harvested.”

Harmon integrates Towne’s Harvest Garden into many of her classes in nutrition and sustainable food, and it also serves as a venue for community engagement.

“Extreme community engagement can be risky,” Harmon said.

Some of her students have developed a corporate sustainability report for a local business. Others have developed a proposal for part of Story Mill Community Park in north Bozeman, which would feature an interactive agriculture park.

By incorporating these ideas in her teaching philosophy, Harmon has been successful in combining experimental teaching, active learning and extreme community engagement during her time at MSU.

Rebecca Koltz, assistant professor of counseling and the 2013 Outstanding Research Faculty for HHD, presented a lecture on “Research Collaboration: The Key to Balance in the Academic World” as part of EHHD’s faculty lecture series. Joining her for the lecture was fellow collaborator, Christine Lux, assistant professor in early childhood education.

With a strong interest in collaboration, when Koltz interviewed for the tenure track position in the counseling program several years ago, she was “taken by the Child Development Center” (CDC) in Herrick Hall and thought there were many possibilities for collaboration with the center and family counseling. She and Lux began exploring possibilities and began collaborating on research for promoting well-being among preschool children.

“There is a lot of research on elementary aged well-being, but not on preschool children,” said Koltz.

Koltz, Lux, and associate professor in counseling,

Adina Smith, designed well-being groups around five domains of a counseling wellness model. Those domains are: coping, essential, creative, social, and physical.

Then they planned an eight week project using counseling students in the CDC as group facilitators of age appropriate activities on wellbeing.

“The project served two purposes,” Koltz said. “It teaches students how to engage in a prevention program, and it gives family counseling students more counseling experience specifically with young children.”

Koltz said over 40% of therapists believe it is appropriate to exclude children from marriage and family counseling sessions. The program created by Koltz, Lux, and Smith works to increase student experience in working with children, as well as offering an eight week prevention opportunity for the participating children. It provides children with skills for emotional identification, processing and regulation of emotion, and builds coping skills. (Con’t on next page)



The professors, who received IRB approval for the wellbeing project in 2012, are still in the process of data collection, but have plans to publish their preliminary results.

Koltz offers tips for collaboration as it pertains to her project: collaborate with teachers, counselors, and faculty; schedule time to process; and realize counseling children is different from teaching children. Koltz said in the academic world, "It's collaborate or perish."

EVENT OFFERS ADVICE ON WOMEN'S HEALTH

Over 40 women attended the first annual "Women's Health Symposium: Healthy Living for Mid-life and Beyond" at the Gran Tree Inn on February 20. Starting with wine and hors d'oeuvres, the free event featured professors Mary Miles from the College of EHHD and Teresa Wicks from the College of Nursing, who shared information on key issues facing women over the age of 40. Miles presented information on maintaining metabolic health and factors driving development of metabolic diseases such as diabetes and heart disease. She offered nutrition ideas and other strategies to improve health. Wicks focused on bone health and ways that exercise and diet can not only benefit bones, but offer benefits to the rest of the body. After the presentations, Kristyn Birrell of Bikram Yoga lead a yoga demonstration with the audience participating in some basic moves to stretch muscles and relieve stress.

This Year of Engaged Leadership event was sponsored by the College of EHHD, the College of Nursing, and the MSU Alumni Foundation.



HHD Department Head Sandy Bailey tries out healthy food



Kristyn Birrell leads a yoga session



Symposium presenters: (left to right): Mary Miles, Kristyn Birrell, Teresa Wicks

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NPTT AND TTT ALUM RECEIVES NATIONAL RECOGNITION



Jim Tweet receives certificate from Le Gaub

A participant of the MSU's Troops to Teacher (TTT) program and a graduate of Northern Plains Transition to Teaching (NPTT), Belgrade teacher Jim Tweet was presented with a certificate of recognition from the US Department of Defense at a recent school board meeting in February. Tweet, a middle school math teacher, was one of only 48 teachers to receive the recognition from the national TTT program. The certificate recognized Tweet for "his outstanding leadership in education, choosing to continue to proudly serve again as an exemplary educator." He will also be featured on the White House web site with the Joining Forces initiative of First Lady

Michelle Obama and Second Lady Jill Biden. MSU Troops to Teachers program director, Le Gaub, presented Tweet with the certificate, as well as a certificate to Belgrade superintendent, Candy Lubanski.

Tweet is a native Montanan who graduated from MSU with a bachelor's in electrical engineering. After serving in the U.S. Air Force for 20 years as a pilot, he retired and utilized Troops to Teachers and the NPTT program to become a certified teacher. He was also a featured speaker in September 2013 at a Year of Engaged Leadership event, "Service First! Changing Lives through Teaching and Leading," hosted by TTT, MSU's Department of Education, and the College of EHHD.

GRAD STUDENT RECEIVES EHHD TRAVEL SCHOLARSHIP FOR CONFERENCE

Recently, Tim Reusch, a graduate student in sustainable food and bioenergy systems (SFBS), used EHHD student travel scholarship funding to attend a controlled environment production conference and hands-on growers workshop at the University of Arizona's Controlled Environmental Agriculture Center. Professionals in the field of hydroponics and professors who are leading the research on hydroponics presented an intensive hands-on learning workshop.

"Hydroponics is a way of growing plants without soil," said Reusch. "You create a growing environment for the root system of plants in a sterile growing medium, such as perlite, vermiculate, rockwool, or coconut coir (recycled husks)."

In addition to attending the conference, Reusch gave a presentation, "Sustainable Food Systems and the Role of Greenhouse Crop Production." He examined where hydroponics and the role of controlled environment production fits into a sustainable food system model, and he was able to convey what he has been learning at MSU to a specific academic field in agricultural production.

Wanting to gain more real world experience and application in hydroponics after graduation this spring, Reusch, a Michigan native who earned his bachelors from MSU in SFBS, eventually wants to come back to the Gallatin Valley to set up his own hydroponic food production operation.

"There is a lot of support in the Gallatin Valley and it would create an extension to the area's growing season," said Reusch.

He said it was a great opportunity to "learn from the best researchers" and he was very grateful for funding from the Dean's Office to attend the conference.