



Winter 2020 The HELP! Newsletter

Volume 1 | Issue 2 | The University of North Georgia

Editor's Note

I was fortunate enough in December to represent the UNG graduate education at the 59th annual meeting for the Council of Graduate Schools, and an easy highlight was meeting guest speaker and renowned author, Ann Patchett (and yes, I had her sign three books). In her lecture, she declared that, “the future is never just one thing.” As future leaders, you must prepare and embolden yourselves to what contributions you will bring to the fate of higher education, and all of its’ diversity and multiplexity. In anticipating an unknown and complex future, how are you developing and challenging yourself?

New year resolutions were a big deal in my family, and we often made bold declarations in the attempt to foretell what the year had in store for us. My mother saw these pronouncements as an opportunity to not only challenge herself, but to teach me persistence and dedication of self-made goals. Challenging oneself to remain steadfast and determined can yield incredible outcomes. In 2008, our new year resolution was that my family would not eat or drink out for the year. In 2009, I bought my first house, our full deposit was with the previous year’s savings, and became the first person in my family to ever own a home. There is pride to be found in doing something hard. I hope that this new decade brings you pride in being in this program and the motivation to embrace the hard work to reach your future goals (and if you ever need a reminder, the HELP faculty are all exceptionally proud of each one of you). - KRA

As I think about the leadership lessons I have learned throughout this program, I would like to challenge myself and others with a resolution for the new year. There are so many facets of leadership and I often find myself oversaturated with ways to improve myself or my organization. Rather than improving my leadership by changing everything at once, I have decided to bring clarity to my personal leader development this year and focus on one area for 2020 (see what I did there). For me, that is showing more appreciation in writing and word. Appreciation is something that is free to give and yet immensely impactful to the sender, the receiver, and the organization as a whole. I often find myself getting too tasked focused and forgetting to show those I lead how much I truly appreciate their hard work which makes our organization successful. This is my personal challenge and leadership resolution for 2020...what is yours? - RS

Faculty Spotlight **Dr. David Osmond**



Tell us about yourself.

I am a generalist with a passion for the work that I do. If it is teaching, economics, culture/social structures, philosophy, science, technology, psychology, music, history, folk art, literature, or world religion, I am interested in it. I do love to learn and talk about almost any topic. Before coming to UNG, I worked as a public high school science teacher in Albuquerque, New Mexico and as a biomedical researcher in several cardiovascular hemodynamics labs. I went to graduate school at Augusta University. While there I received a PhD in Renal Physiology from the Medical College of Georgia.

Tell us about your professional activities.

I am a member of the American Association of Physics Teachers. With that group I learn new techniques in teaching a complex subject. Typically, I develop new hands-on labs or explore critical thinking strategies employed by students in solving complex problems. Another area of interest is faculty-development. I have been working with UNG's Center for Teaching Learning and Leadership. During the past few years this group has me working with new faculty helping develop stronger instructional strategies and successful careers in academia.

What is your role in the Ed.D. program?

I teach classes on research methods, organizational culture, student success, technology, and globalization in the Ed.D. program.

What are your research and/or professional interests?

I generally employ a multidisciplinary theoretical perspective to explore the social dimensions of education. Some of my recent publications focus on educational equity, globalization, institutional innovation, organizational culture, and the workforce of the twenty-first century.

What advice do you have for EDD students?

Get the Degree! It will feel like your mind is being turned inside out and shaken. In some ways that is the goal. When you flip it back inside-right you will find your ideas are more coherent and you will have firmer understanding of your convictions. I thought about quitting during my degree. What I was working toward wasn't exactly what I wanted. I am so thankful that I stayed. That degree has opened a world to me that few get to experience.

How would you describe your ideal student?

I love talking with people who are generalists like myself. However, I work best with individuals who are focused and disciplined. My ideal student can stay on track and is highly goal oriented. Planners and no-nonsense types team up well with my slightly chaotic style. The best attribute for all students, though, is to remember that learning is meant to lift the soul. Find joy in what you are doing and all else is easy. Curiosity is key. Find how ideas connect to each other. Be tenacious under stressful situations. Never let "not good enough" stop you from being better. Keep pushing. Students who embrace this mindset become successful.

If you were stranded on a desert island and had all food and water you needed to survive, what addition item would you bring with you?

I would still bring a good multi-tool. I have a strong desire to make things and without tools I would have nothing to do.

What do you enjoy doing outside of your professional role?

I am a pretty serious nature-nerd. I love camping, hiking, learning about plants and animals. With my family, I love to make art and invent mostly-worthless toys and games. Our house looks like a craft store had a train wreck in a national park. Leaves and glitter everywhere.

What has been the most impactful book you ever read?

Steppenwolf by Hermann Hesse; every time I read it I feel something new.

If you could have dinner with three people (dead or alive) who would they be and why?

Clint Eastwood, David Gilmour, and Victor Wooten. I think it would be awesome to get their personalities and musical talent into the same space. It would be awesome to hear the music that they come up with.

Student Spotlight

James Blackburn ('22)



Tell us about yourself.

I've been described as a polymath. I am interested in practically any subject. In the area of process improvement and problem solving this is helpful. If I were to associate with a fictional character, it would be the Professor on Gilligan's Island. Regardless of the problem, he was able to find a solution. Like most, I have a couple of degrees, work in education during the day and have a hobby. My hobby is music.

Why did you choose this program?

Two factors about the EdD program at UNG interested me. The first factor was the program. It appeared to have a higher emphasis on the people and technology side of higher education. The second factor was the designation as a military university. As a veteran of the Air Force, I felt an alignment with values.

What is your goal upon graduation?

After graduation, I hope to expand my work with universities, colleges and other organizations in the area of performance and process improvement.

What is your area of interest for research?

My general area of interest is performance and process improvement. It includes areas such as design thinking, service design, human performance improvement, human-centered design, and Lean Six Sigma. I am very interested in human-machine interactions.

How do you manage the work-life-school-family balance?

I think the best advice I can provide in this area is to align your work, interests and school into one area by creating a similar focus. Call that area Focus. Then, you only have to manage between Focus and family. Psychologically makes it easier. If you want to

include health, you can do a lot of reading while walking on the treadmill or riding the stationary bike.

What is the best advice you would give a new student or potential applicant?

Yard by yard, life is hard. Inch by inch, life's a cinch. Break down your goals into bite sized nuggets. Spend time planning your work, then do the work. Otherwise, you are likely to make things more difficult by worrying about how you are going to accomplish everything.

What are your research and/or professional interests?

My professional interests are in innovation. I tend to work on the practical side of innovation is performance and process improvement. As technology is replacing the process side of innovation with automation, my focus is beginning to shift into the cognitive side of human performance improvement. I am interested in how the human race will work side by side with technology.

Tell us about what professional roles you may have held.

While in the Air Force, I worked as a Broadcast Engineer with Armed Forces Radio and Television. I began my career in education as an Electronics Engineering Technology Instructor. After the classroom, I entered into Higher Education Administration. First, I worked in Career Services as the Director of Placement. Then, for over 25 years I have worked in Finance, Operations and Financial Aid in a variety of leadership roles.

What has been your experience learning in an online format?

All of my graduate work has been in a distance or online environment. I find the course layout to be easy to follow. I am a little surprised that more video lectures are not available. Ted Talks and other information readily available online could enhance the reading material.

If you could have dinner with three people (dead or alive), who would they be and why?

Steve Jobs, Walt Disney, and Albert Einstein. Each of these people changed the world. They saw things the way they could be, not how they were. I would like to sit down to better understand their thought processes.

What are your personal hobbies or ways in which you decompress from work and academics?

Music (piano and trumpet) is my hobby. Every night, I spend at least 30 minutes practicing. It used to be an hour, but I had to cut back because of the EdD program. I prefer Jazz because of the freedom of expression. However, I appreciate the complexities of classical music.

Mental Health Corner

Mark Your Calendar!



Click the image above and below for information regarding mental health in graduate students

April 15
TAP Application Deadline
Consult your TAP Coordinator

March 23-27
Spring Break

May 1
Last Day of Classes

May 8 6pm
Fall Graduation

10 SURPRISING BENEFITS OF LISTENING TO CLASSICAL MUSIC

Not into Mozart, Beethoven, or Bach? If you aren't listening to classical music, you could be missing out on a number of mental and physical benefits. Don't believe us? Check out these 10 surprising benefits of listening to classical tunes.

- Decreases blood pressure**
Want to keep your heart healthy? Classical music is effective at lowering individuals' blood pressure.
- Fights depression**
Several studies have proven that classical music helps ease symptoms of depression and melancholy.
- Boosts memory**
Classical music increases brain wave activity that's linked directly to memory.
- Relieves pain**
Multiple studies have shown that listening to classical music can help relieve pain. In fact, patients listening to classical music used significantly less pain medication.
- Sparks creativity**
Listening to classical music gets your creative juice flowing.
- Puts you to sleep**
Listening to classical music for just 45 minutes prior to bed can help improve sleep quality.
- Reduces stress levels**
Scientists claim that classical music's tempo is similar to the human heart, which eases both anxiety and depression.
- Makes you happy**
Listening to classical music can help increase dopamine secretion, which activates the brain's reward and pleasure center.
- Supercharges brainpower**
Students who listened to a lecture, in which classical music was played in the background, scored better on a test compared to other students.
- Improves productivity**
A series of studies have proven that music makes repetitive tasks more enjoyable and employees more productive.

Student Ambassador Program

Think back to when you were applying for this program. If you were like me, you did not even know what questions you should be asking or if this degree was the “right thing to do at the time.” There are certainly a lot of unknowns before making the decision to begin any education program, but we are trying to HELP this by providing *applicants* with a current Ed.D. student ambassador who is willing to share their experiences. More detailed information regarding this program will be published soon, but we would like you to consider leveraging your experiences and being an ambassador for the HELP.

If you are interested in serving in this capacity, please contact Ross Skilling at rmskil6635@ung.edu

HELP Program in the News!

3 UNG programs earn U.S. News Best Online Programs recognition

January 14, 2020 by [Clark Leonard](#)



Three online graduate programs at the University of North Georgia (UNG) – nursing, education and criminal justice – earned a spot on the 2020 U.S. News & World Report [Best Online Programs](#) rankings.

The Doctor of Education (Ed.D.) with a major in [Higher Education Leadership and Practice](#) and the Doctor of Nursing Practice (DNP) degree programs launched within the past three years. The first DNP cohort started in fall 2019.

The first cohort of the Doctor of Nursing Practice program at UNG launched in fall 2019.

Dr. Chaudron Gille, UNG provost and senior vice president for [Academic Affairs](#).

Student Accomplishments

Please continue to update us as you grow and experience success stories in both your personal and professional lives at the following link:

[Student Accomplishments Survey Link](#)

Congratulations for all the accomplishments and achievements!

Elizabeth Hutchins ('21)– In November, as a member of the Dalton State CARE (Campus Assessment, Response and Evaluation) Team, several of our group presented about our work with Hispanic students at the annual NaBITA (National Behavioral Intervention Team Association) conference. We shared unique emotional and economic support systems, first generation factors including language barriers, attitudes about mental health, relationships and trust, and the continual underlying culture of fear that we have observed among this population. We provided specific information on these barriers and cultural considerations, along with intervention and strategies used in several case studies on our campus.

Part of Title V advisory committee that received and will implement a \$2.1 million Title V grant to improve retention and graduation rates, as well as provide additional support for underprepared and first-generation students at Dalton State.

<https://www.daltonstate.edu/about/news.cms/2019/431/-2-1-million-grant-to-benefit-student-experience-at-dalton-state->

Nikki Simpson ('21)– Will be presenting at the 2020 NASPA (Student Affairs Administrators in Higher Education) Conference in Austin, Texas. She will present along with Dr. Michelle Johnson, Director of Academic Advising. They will be discussing Managing Change to Prevent Burnout.

Ross Skilling ('21)– Successfully defended prospectus in November and will begin collecting data during the Spring 2020 semester.

He is studying how leadership behaviors affect student performance.

Completed the Army Ten Miler as a member of the West Point Team in Washington D.C. on October 13, 2019.

Keith Atonia ('20)– Submitted the final draft of his dissertation to his committee and hopes to defend in February. He is studying cadet retention at the UNG. The light is visible at the end of the tunnel!

Walt Justice ('22)– Has been approved for graduate faculty status and have been accepted into the part-time faculty pool at Kennesaw State University. He presented research at the Dr. Gregory Domin Faculty and Graduate Research Symposium held at Columbus State University on November 6-7, 2019. The title of his presentation was "Using Competitive Components to Increase Participation in Professional Development among College Faculty". He is also coaching 5th-grade basketball for Cherokee County this year. This is his 3rd year serving as a volunteer for this organization. Finally, he was recently elected as vice president of the E.T. Booth Middle School PTSA.

James Blackburn & Ashlee Pollard ('22)– Presented at the 2019 Student Financial Success Conference.



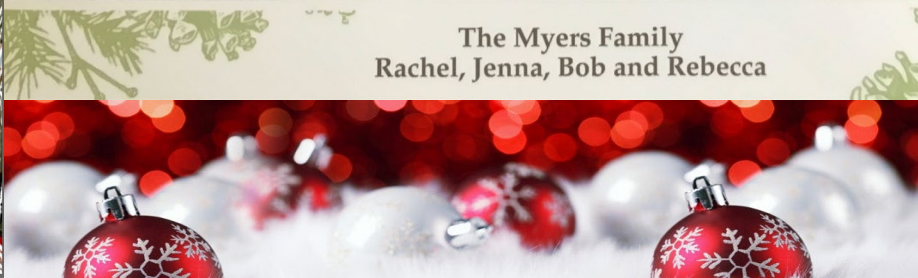
Happy Holidays!



KRISTIE KISER



The Myers Family
Rachel, Jenna, Bob and Rebecca



HELP Grant Writing Academy

We will pilot a grant writing academy on March 23, 2020. This program will consist of a one-day workshop during UNG’s spring break (physical and online locations) to teach students how to effectively write academic grants. Upon completion, students will have the opportunity to write a grant to support their research or professional development. Two small grants will be awarded, and all grant applications

Professional Development Sites and 2020 Conferences

We would like to highlight some professional development sites and conferences that may interest you or contribute towards your personal growth (click the hyperlinked icons):

Name	Location	Dates	Media
Association for the Study of Higher Education (ASHE)	New Orleans, LA	November 19-21	 
American Council on Education (ACE)	San Diego, CA	March 14-16	 
Adult Education Research Conference (AERC)	Vancouver, BC	June 4-7	
State Higher Education Executive Officers Association (SHEEO)	Indianapolis, IN	August 3-6	 

EDD Committee Report

The following is a summary of pertinent items discussed during the EDD Committee meeting on November 14th, 2019:

-Transfer Students: Transfer students to the HELP program will have the opportunity to transfer up to 15 hours of “appropriate” credit towards the HELP degree.

-Dissertation Formatting: Currently, UNG does not

have resources available to format dissertations for publication. There was discussion amongst the members about utilizing third party external editors which can cost between \$800-\$1,200, having major advisors complete the editing, utilize the UNG writing laboratory, or potentially partnering with fellow USG institutions to utilize their graduate editing resources. This topic will be revisited as members develop solutions.

-Dissertation Wrap-Around Model: All courses in the HELP program will utilize the Wrap-Around Model. All courses will allow using course content and assignments to further student’s dissertation research without ethical considerations of plagiarism. However, course assignments may not be “recycled” to satisfy other course assignments that do not contribute towards dissertation research.

Should you wish to have any topics brought up to the committee, please reach out to the student representative at rmskil6635@ung.edu.

HELP Newsletter Feedback

Please tell us what you think of the HELP Newsletter! Click the button below to let us know how we can improve our communication and better serve the students and faculty of the HELP program. We hope that you have found this edition to be a source of inspiration. Happy New Year!



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