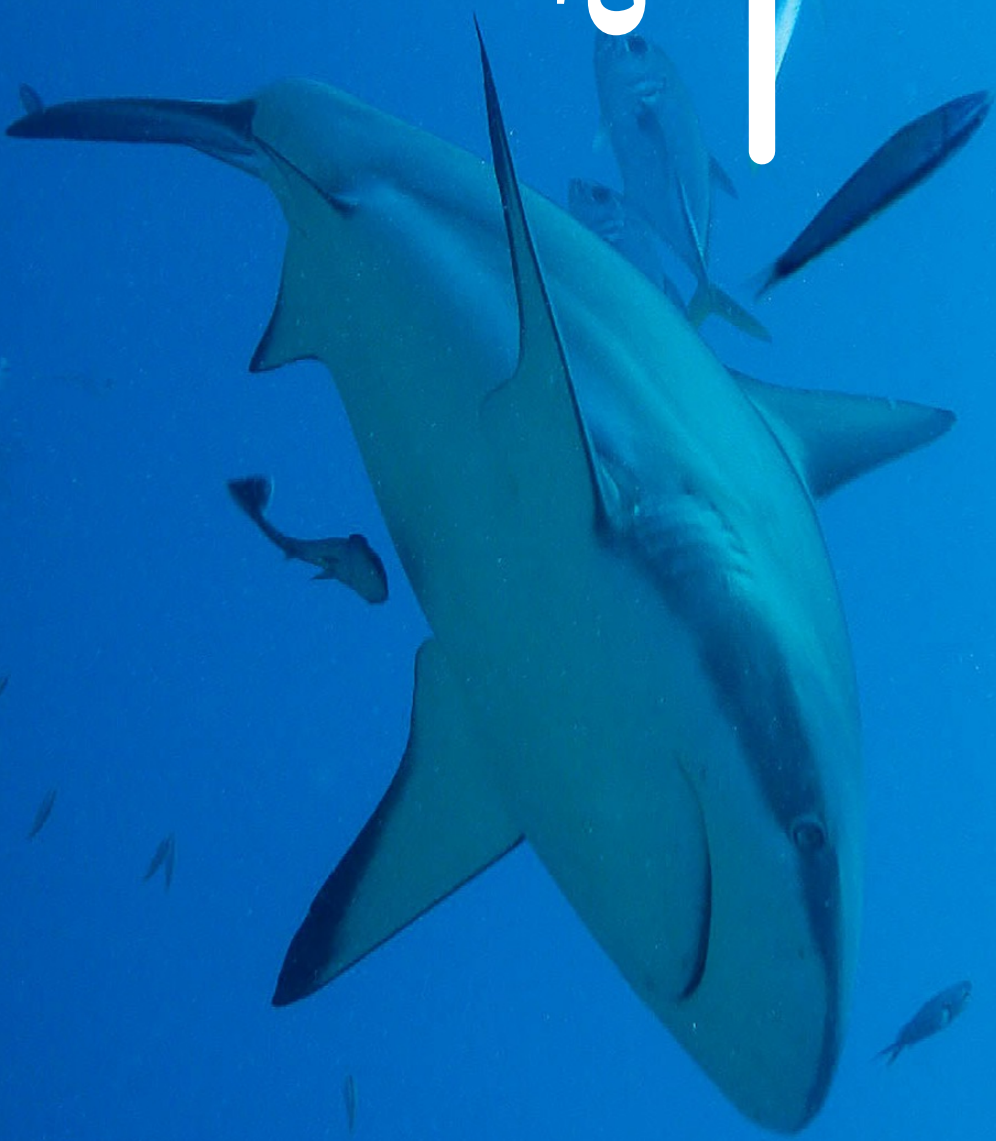


Fall 2021

The GRASP Gazette



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GRASP IMPACT

GRASP was very busy this semester! It was wonderful to be able to host events on campus in addition to the many weekly or special events online. During National School Psychology week, GRASP partnered with the College of Psychology Wellness Crew for holiday-themed self-care and wellness event. Treats and prizes were enjoyed by students all week long. The highlight of the week was hosting Broward's Best, which discussed school psychology in our home school district.

GRASP has focused on meditation as a form of self-care. Mindfulness Monday, led by the Wellness Crew, promotes meditation by embedding it into Monday schedules, so everyone can start their week in a positive way before tackling weekly stressors. The group is led by Dr. Valley-Gray, Dr. Eric Thompson, Dr. Isabelle Thompson, and students Katie Bagarella, Blanca Melero, and Raquel Sabater. The Wellness Crew continues to work on planning events and activities as a way to integrate wellness and a sense of connectedness within the College of Psychology.

The faculty meet and greet online was a great success. New and returning students were able to meet faculty members, ask questions and strengthen their connections with others in the program. Upper-year students and faculty offered words of advice and reassurance to newer students. It was a wonderful opportunity to connect outside of the classroom.

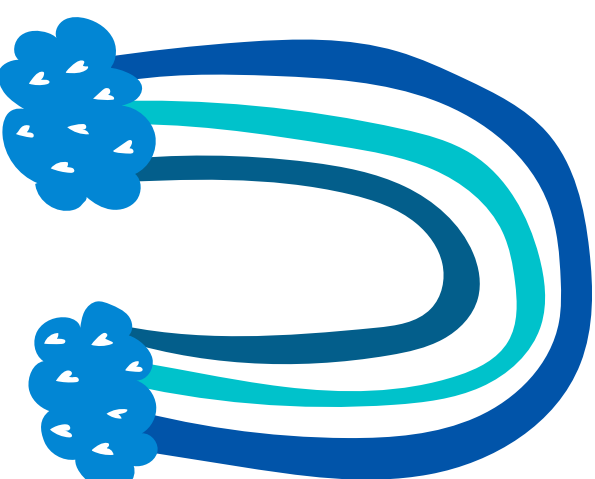
GRASP also hosted an internship symposium for students applying this winter. Students were able to ask questions to NSU students currently on internship about everything from applications and interviews to duties and responsibilities, to the possibilities of interning outside of Florida. It was a very informative evening!

The ASL group continues to grow, under the guidance of Dr. Feldman, Dr. Valley-Gray, and Andrea Connell, a 2nd-year doctorate student. The club is open to all members in the College of Psychology and is designed to connect students who have similar interests while being able to learn a new language. Joining the ASL group helps broaden your knowledge on working with individuals of the hard of hearing and the deaf community.

GRASP IMPACT

For those looking for an NSU alumni mentor, the DREAMS mentorship program is designed to help guide students through graduate school and their early careers. The program is open to both specialist and doctorate-level students. Also related to alumni events is the upcoming 10th-anniversary 10th anniversary celebration of the doctorate program and 20th-anniversary celebration of the specialist program. Both programs are great ways to connect current students with alumni in the field. If you are interested in being paired with a mentor or being a student volunteer for the alumni celebration, please email Diya Arun at da1409@mynsu.nova.edu.

By Ashleigh Muhlard



*Keeping Me with
the GRASP Crew*

STUDENT SPOTLIGHT

Asia Flagg, 1st Year Doctorate Student

Why did you choose the NSU School Psychology program?

I chose NSU for a few reasons. I wanted to stay close to home, NSU is accredited, and I appreciated the time the faculty set aside to talk to me during the admission process.

How do you participate in self-care?

I participate in self-care in a few ways. For starters, I try to give myself frequent breaks. Sometimes that may look like taking a quick cat nap and other times it may be phoning a friend. I also journal when I feel overwhelmed and work out daily for stress relief. I also prioritize spending time with family and friends.

What is someplace you would like to travel to in your lifetime?

That's a tough one. I have a few destinations, Turkey, Japan, Singapore, Maldives, and different areas of South Africa. I'm a huge foodie, so anywhere the food takes me

What is your favorite kind of music (or favorite musical artist)?

I have a pretty diverse ear. So, I don't have one specific area of interest or favorite artist. But I am currently listening to Adele, Masego and Wizkid.

If you could have any superpower, or be any superhero, what superpower would you have or what superhero would you like to be?

I would love to teleport to different times and areas of the world whenever I choose. I think that would be a pretty cool superpower to have. It's a mesh of my love for travel and history.



By Alexandra Trausch

STUDENT SPOTLIGHT

Gabriela Paez, 2nd Year Specialist Student

Why did you choose the NSU School Psychology program?

I choose to pursue my specialist-level school psychology degree at NSU as it is a NASP approved/accredited program and it is accommodating to students like myself that work full time.

How do you participate in self-care?

I participate in self-care in several different ways such as attending a yoga class, making time to go to the gym, spending quality time with friends and family, or taking a stroll through Target.

What is someplace you would like to travel to in your lifetime?

I would love to travel to Thailand and visit an elephant sanctuary.

What is your favorite kind of music (or favorite musical artist)?

My taste in music varies but my favorite musical artist is Adele.

If you could have any superpower, or be any superhero, what superpower would you have, or what superhero would you be?

If I could have any superpower, it would be to have the ability to read minds, that way I can make even more valuable impacts on the lives of my clients as I would already know what they were thinking.



FACULTY SPOTLIGHT

Dr. Gene Cash Ph.D. ABPP

Dr. Cash is a full-time faculty member, here at Nova Southeastern University. He is from Knoxville, TN and a graduate of the University of Tennessee. He received his masters and doctorate degree from New York University. Along with his impressive educational background, he is certified by the American Board of Professional Psychology and a Nationally Certified School Psychologist. He is also a past President of National Association of School Psychologists (NASP), Florida Association of School Psychologists (FASP) and Trainers of School Psychologist (TSP). Overall, Dr. Cash has a pretty impressive resume!

When Dr. Cash isn't teaching, he can be found directing the SPACI clinic at Nova or at the coffee machine. He works collaboratively with Dr. Worton to ensure that everything at SPACI is running smoothly. Additionally, he also supervises practicum students from the school psychology and clinical programs. The practicum students that work under he and Dr. Worton are lovingly called "SPACI Cadets", which to the students is a badge of honor.

Before coming to Nova in 2003, Dr. Cash was a private practitioner and worked for Broward County Public Schools. One fun fact about Dr. Cash is that he is an army veteran, who served overseas. Additionally, he has a lovely singing voice and has sung at Carnegie Hall. You can catch one of his performances at our annual GrASP Internship Send-Off Party. Dr. Cash is a frequent traveler and has visited locations around the globe! One fun fact about him is that he is a big fan of the James Bond franchise.

When asked about her favorite things about Dr. Cash, 3rd year school psychology student Blanca Melero responded "Dr. Cash is so willing to share his knowledge with anyone about anything. He's also very humble but knows when to flex when it's time. He really makes the program feel like a family and always makes people feel like they belong. He definitely made my time at nova one to remember." All in all, I have to say, Dr. Cash is a great professor, mentor, and supervisor!



FACULTY SPOTLIGHT

Dr. Gene Cash Ph.D. ABPP

HOW LONG HAVE YOU BEEN AT NOVA AND WHAT PART OF YOUR JOB DO YOU ENJOY MOST?

THIS IS MY 19TH YEAR AT NSU. THE VERY BEST PART OF THE JOB IS TEACHING AND SUPERVISING THE WONDERFUL STUDENTS.

WHAT IS YOUR FAVORITE THING ABOUT SCHOOL PSYCHOLOGY?

SCHOOL PSYCHOLOGISTS MAKE A POSITIVE DIFFERENCE IN THE LIVES OF STUDENTS AND THEIR FAMILIES.

WHAT IS YOUR FAVORITE WAY TO ENGAGE IN SELF-CARE?

REGULAR EXERCISE, HEALTHY EATING, AND SLEEPING WELL ARE THE OBVIOUS ANSWERS. HOWEVER, MY REAL FAVORITES ARE TRAVELLING AND HAVING A GLASS OF GOOD WINE WHILE WATCHING THE SUNSET.

WHAT ADVICE DO YOU HAVE FOR STUDENTS ON THEIR GRAD SCHOOL JOURNEY?

ALL OF LIFE, INCLUDING GRADUATE SCHOOL, IS A JOURNEY, SO ENJOY THE RIDE! LEARN THE DIFFERENCE BETWEEN OPPORTUNITIES AND DEAD ENDS; DON'T PASS UP THE FORMER, AND DON'T GET TRAPPED IN THE LATTER. DO NOT THINK OF YOUR FELLOW STUDENTS AS COMPETITORS; THINK OF THEM AS RESOURCES. MAKE LIFE-LONG FRIENDS IN GRADUATE SCHOOL. THINK OF YOUR STUDENT DEBT AS MONEY WELL-SPENT. ASK YOUR MOST KNOWLEDGEABLE PROFESSORS QUESTIONS - FOR AS LONG AS THEY LIVE. SAVOR SCHOOL PSYCHOLOGY; IT'S ONE OF THE BEST THINGS IN THE WORLD! STRIVE TO MAKE EVERY DAY THE BEST DAY OF YOUR LIFE SO FAR.

OF ALL THE PLACES YOU'VE TRAVELED, WHICH IS YOUR FAVORITE AND WHY?

I HAVE COME TO APPRECIATE AND EVEN TO LOVE EVERY COUNTRY I'VE VISITED, BUT AT THE END OF THE DAY, THERE'S NO PLACE LIKE HOME.

ANY EXTRA INFORMATION THAT YOU WOULD LIKE INCLUDED.

I AM INSPIRED AND MOTIVATED BY THE FOLLOWING QUOTES: "CHILDREN ARE THE LIVING MESSAGES WE SEND TO A TIME WE WILL NOT SEE." (NEIL POSTMEN) "YOU MUST WORK, WE MUST ALL WORK, TO MAKE THE WORLD WORTHY OF ITS CHILDREN." (PABLO CASALS) "NOTHING IN LIFE IS TO BE FEARED, IT IS ONLY TO BE UNDERSTOOD. NOW IS THE TIME TO UNDERSTAND MORE, SO THAT WE MAY FEAR LESS." (MARIE CURIE) "FOR YESTERDAY IS BUT A DREAM, AND TOMORROW IS ONLY A VISION, BUT TODAY WELL-LIVED MAKES EVERY YESTERDAY A DREAM OF HAPPINESS AND EVERY TOMORROW A VISION OF HOPE." (ANCIENT SANSKRIT POEM) "IF YOU WANT TO BUILD A SHIP, DON'T HERD PEOPLE TOGETHER TO COLLECT WOOD AND DON'T ASSIGN THEM TASKS AND WORK, BUT RATHER TEACH THEM TO LONG FOR THE ENDLESS IMMENSITY OF THE SEA." (ANTOINE DE SAINT-EXUPERY) "WE DON'T KNOW WHO WE ARE UNTIL WE SEE WHAT WE CAN DO." (MARTHA GRIMES)

By Elle Pope Beekhuizen

SELF-CARE CORNER

Self-care can come in different forms and provide us with ways of coping with everyday struggles. The past year has been quite challenging with a variety of issues, from COVID-19 to socio-political turmoil. Now, more than ever, self-care is a crucial and necessary part of daily living. Self-care increases our quality of life by allowing us to do activities that we love and practice healthy lifestyles. Every person has a different routine or style of taking care of themselves. Self-care for me includes a variety of hobbies and activities. Having hobbies is a great self-care technique that helps people change their mindset and break out of a monotonous routine. Research has found that having hobbies is associated with a significantly lower risk of depression (Fancourt, Ophfer, & Oliveira, 2020).

My hobbies include gardening, video gaming, and fitness. My favorite part about my hobbies is that it lets me get into a different rhythm throughout the week and aids in holding a more positive mindset. When I'm working on my little garden, I tend to each one of my plants and make sure that each one is healthy and growing well. In this process, I am also taking care of myself and making sure that I'm healthy.



By: Felix Bou

SELF-CARE CORNER



Beyond having hobbies, other self-care techniques involve forming healthy habits. Healthy habits include dietary habits, sleep habits, and exercise routines among other things. Healthy diet habits differ from person to person, and each person may give you a different take on it but overall avoiding unhealthy foods and eating the right portions generally lead in the right direction regarding forming healthy dietary habits. Healthy sleep habits, especially for students, are a very important part of having good self-care. Research has shown that going to bed and waking up at the same time every day reinforces healthy sleep patterns and promotes sleep hygiene (Lund, et al., 2010). It is also important to take a break from device screens and let the mind slow down before going to sleep. In my experience, it is much harder to fall asleep and get good quality sleep after watching tv or playing on my phone. Also, always try to get at least 6 hours of sleep, if not more. It is very common in undergrad and graduate programs to hear people bragging about how little they slept the night before, but it is important to remember that poor sleep hygiene will never help you in the long run. Good exercise habits are another important aspect of self-care. Research supports that exercise is associated with improvements in mental and physical health (Penedo, & Dahn, 2005). Getting into a routine of exercising every week is a great way to improve mood, focus, and energy levels. Below I've placed a link to NSU's rec-center webpage to get more information on gym hours, and other activities offered at the recreational center. <https://www.rec.nova.edu/recreational-complex/hours.html>

Integrating these techniques into an everyday schedule helps to better care for yourself and stay in charge of your life.

SOCIAL SPOT

Coffee Shops/Study Spot:

Press & Grind - www.pressandgrindcafe.com
Park & Ocean - www.parkandocean.com
Circle House Coffee - www.circlehousecoffee.com
Next Door C & I - www.drinknextdoor.com
Brew Urban Cafe - www.brewurbancafe.com
Lady and the Mug - www.ladyandthemug.com
Ann's Florist and Coffee Bar - www.annsflorestiasolas.com
Undergrounds Coffeehaus - [@undergrounds.coffeehaus](https://www.undergrounds.coffeehaus)
The Grind Coffee Project - www.grindcoffeeproject.com
Dark Brew Eatery & Coffee Shoppe - www.darkbrewcoffee.business.site
Wells Coffee Company - www.wellscoffees.com
The Groves Coffee House - <https://www.thegrovescoffeehouse.com/> (Davie)
Crema Gourmet Espresso Bar - <https://www.cremagourmet.com/> (Davie)
Flight Deck Pub - NSU Don Taft University Center (Davie)

Parks:

Wolf Lake Park
5400 SW 76th Ave, Davie, FL 33314
<https://www.davie-fl.gov/Facilities/Facility/Details/Wolf-Lake-Park-34>

Healthy Places:

Fresh Kitchen - <https://www.eatfreshkitchen.com>
Ovo Eats - <https://ovoeats.com/>
Bolay - <https://www.bolay.com/>
Juice Therapy Cafe - <https://juicetherapycafe.com/>
Froots Davie - https://froots-juice-shop.business.site/?utm_source=gmb&utm_medium=referral
Delicious Raw Kitchen & Juice Bar - <https://delraw.com/>
Fresh Fusion - <http://thefreshfusion.com/>
Utopia Juice Bar Inc- *No website, can still order online*

Dessert:

The Magic Cow-4298 S University, Dr., Davie, FL 33328
Spiked Rich Nitrogen Ice Cream-<https://spikedrich.com/>
Crumb! Cookies-2272 S University Dr., Davie, FL 33324
PURO - Ice Cream Factory-<https://www.puroicecreamfactory.com/>
Hoffman's Chocolates-<https://hoffmans.com/>
Sweeter Days Bake Shop-<https://www.sweeterdaysbakeshop.com/>
Batch, The Cookie Company-<https://www.batchcookieco.com/>

Date Night:

Wine & Garden- <https://www.wineandgarden.com/>
Louie Bossi's Ristorante Bar Pizzeria-<https://www.louiebossi.com/ft-lauderdale>
Tap 42-<https://tap42.com/>
Casablanca Cafe-<https://www.casablancafeonline.com/>
Seasons 52-<https://www.casablancafeonline.com/>
Shooters Waterfront-https://www.shooterswaterfront.com/?utm_source=google&utm_medium=organic&utm_campaign=business_listing
Wild Sea on Las Olas-<https://www.riversidehotel.com/eat-drink/wild-sea-oyster-bar-grille>

Happy Hour:

The Wharf-<https://wharftl.com/>
Bar Rita-<https://barritafl.com/>
Lona Cocina Tequileria-<https://www.lonarestaurant.com/>
Rooftop @1W1O-<https://rooftop1w1o.com/>

Take a
break

UPCOMING EVENTS

<u>Workshop Title</u>	<u>Presenter</u>	<u>Date</u>	<u>Time</u>
Using the WIAT-4 To Screen and Assess for Reading Disorders including Dyslexia	Dr. Danicla Maglione	January 21, 2022	10:00 am – 12:00pm
Adapting to the New Norm: Considerations for Hybrid Telepsychology Practice	Dr. Jonathan Perle	February 4 th , 2022	
Record Keeping // Domestic Violence Update	Dr. David Shapiro & Dr. Lenore Walker	February 11, 2022	9:00 am- 5:00pm
Supervisor Appreciation Event	Dr. Skovholt	March 4 th 2022	10:00 am- 12:00pm
Autism	Dr. Donna Berghauer	March 11, 2022	8:00 am – 11:00 am
Inclusive Clinical Care for Transgender and Gender Nonbinary Clients	YES Institute	March 18, 2022	9:00 am
PCIT (Parent-Child Interaction Therapy)	School Psych Aniv Jason Jent	April 8, 2022 May 6, 2022	5:00pm- 7:00pm 9:00-12:00pm
2022 Update & Review of Current Psychotropic Medications	Dr. Jose Rey	May 20, 2022	9:00- 12:00pm
Spirituality	Dr. Robert Freund (from NSU) Dr. Formoso	May 27, 2022 Fall 2022	

CEUs & Webinars



THANK YOU!

**A big thank you to everyone who participated in
writing for the Gazette! Special thanks to:**

Ashleigh Muhlard

Alexandra Trausch

Elle Pope Beekhuizen

Felix Bou

Kimiki Mereigh

Andrea Connell

We hope everyone has a wonderful holiday break and a happy new year!

