

Winter 2021

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# The GrASP Gazette



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# In this Issue

|            |                               |
|------------|-------------------------------|
| Page 3     | <b>How Do I Get Involved?</b> |
| Page 4     | <b>Our Impact</b>             |
| Page 5-7   | <b>Diversity</b>              |
| Page 8-10  | <b>Student Spotlights</b>     |
| Page 11    | <b>Faculty Spotlight</b>      |
| Page 12-13 | <b>Self-Care Corner</b>       |
| Page 14-15 | <b>Social Spot</b>            |
| Page 16    | <b>Graduates and Interns</b>  |
| Page 17    | <b>Upcoming Events</b>        |

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# Dear Readers,

The board members of Nova Southeastern University's Graduate Association of School Psychology are excited to welcome a brand-new edition of the GrASP Gazette! Congratulations to everyone for all of your continued hard work that you put into this program every day. Every individual is able to make an impact and that is what makes our program so special.

Thank you all for attending our monthly meetings, participating in professional development activities, attending social events, and volunteering for our fundraisers. If you are interested in gaining leadership experience by joining our executive board or getting more involved with GrASP to help make a difference in our program please contact us!

We hope you had a positive and successful summer semester! Please enjoy this new issue of the GrASP Gazette!

Best,  
Courtney Clayton, Chair  
cc3084@mynsu.nova.edu



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# Our Impact

GrASP was finalist for the Graduate Organization of the Year Award. We were nominated and selected as one of the five finalists within the University. The 23rd Annual Student Life Achievement Awards (STUEYs).

This semester GrASPs Diversity and Social Justice committee has continued to work to promote school psychology through the NASP Exposure Project. This semester alone the committee hopes to have at least ten presentations, and they are well on their way! As a reminder, the project aims to expose high school students and undergraduates, especially those of diverse backgrounds, to school psychology as a career. In response to ensuring students in our program feel represented, GrASP and the Diversity and Social Justice chair, Jessica Wright have implemented the Diversity Revered: Exceptional Alumni Mentoring Students (DREAMS) Program. Members of the Diversity and Social Justice committee will also be presenting to students at Miami Dade college regarding School Psychology and Women History Month and during the Take Stock in Children virtual group mentoring session.

On March 24th, GrASP held a financial aid lecture featuring past STUEY winner and Office of Financial Aid Default Prevention Counselor, John LaSota. This talk provided valuable information to our students about how to understand, address academic debt and loans and ensure success after graduation. It is

important to note that all information in this discussion is subject to change and should NOT be shared with anyone outside of NSU. The meeting recording can be found at the following link: <https://tinyurl.com/476txt4y>

In response to student interest GrASP created the Deaf and Hard of Hearing Interest Group. This groups creation was made possible with the assistance of Dr. Valley-Gray and Dr. Feldman and first-year student, Lauren Brightwell. The group focuses on providing those interested in working with or even just learning about this unique population a place to understand what that means for us as school psychologists and individuals. For example, at past meetings the group has practiced using common ASL signs to communicate. The interest in this area has also resulted in a new elective being created taught by Dr. Feldman. "Psychosocial and Clinical Aspects of Deafness" (PSY4714) will be offered by the College of Psychology starting in the Summer 1 term! The course will be held on Monday's & Wednesday's from 2:00-4:50 pm. This is a wonderful opportunity to be able to learn about working with the DHH population and getting more immersion into Deaf culture

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# Diversity

## GrASP's Impact

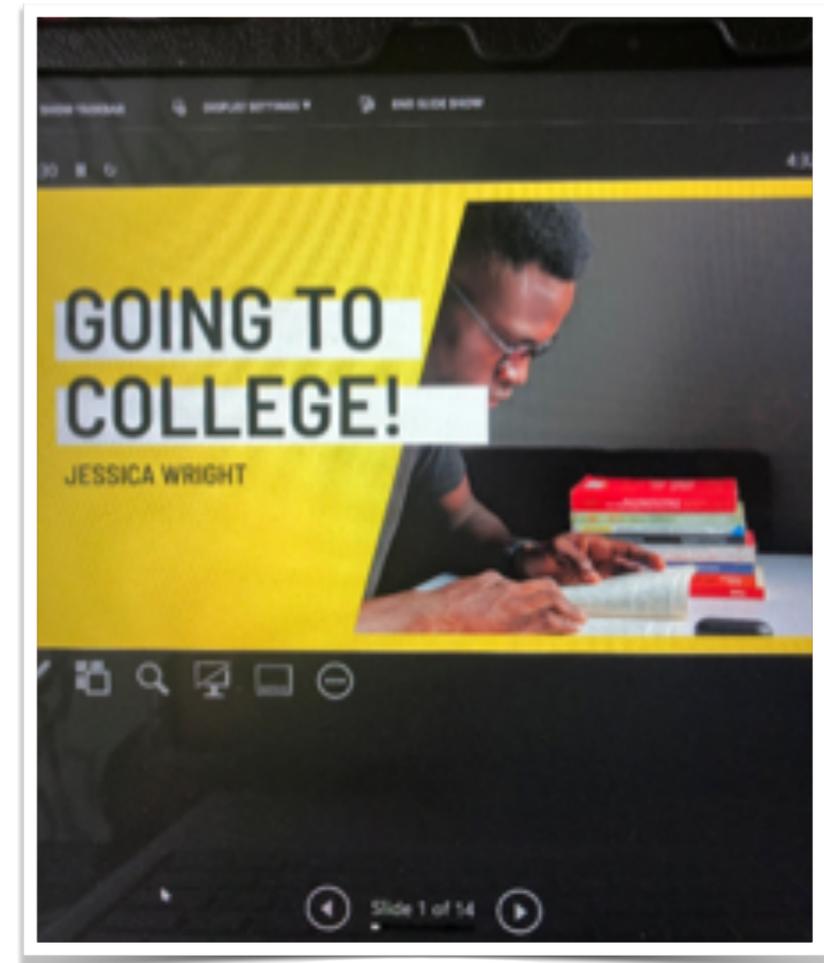
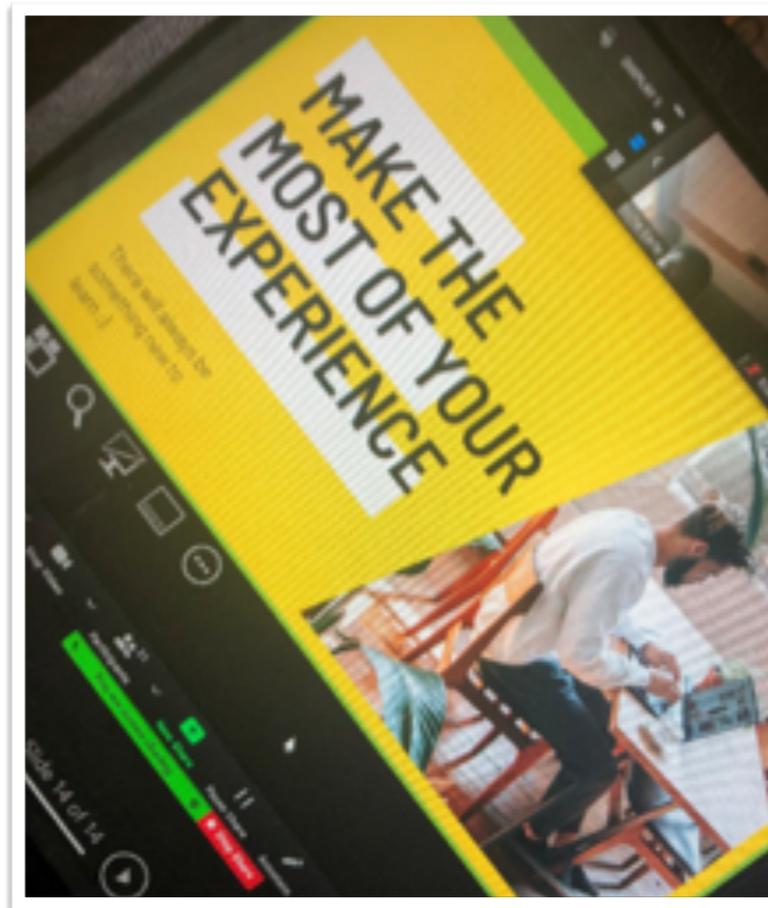
With the creation of GrASP's Diversity and Social Justice Chair position and committee GrASP has been working with local undergraduate students at Miami Dade College through the NASP Exposure Project. The project aims to expose high school students and undergraduates, especially those of diverse backgrounds, to school psychology as a career. Through this work we are trying to diversify, fill in the gaps and take small steps to alleviate the critical shortage that is present in our field one presentation at a time.

# Diversity



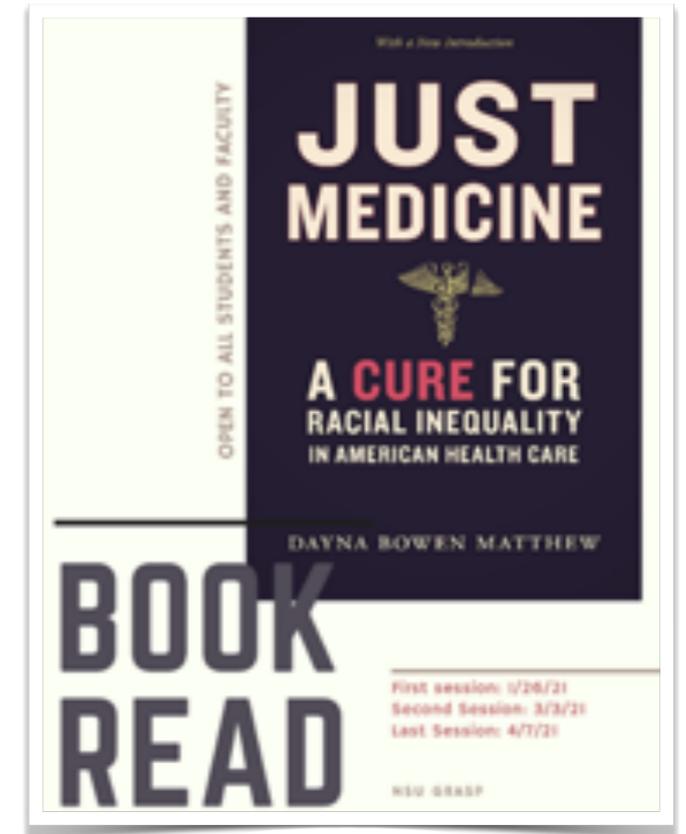
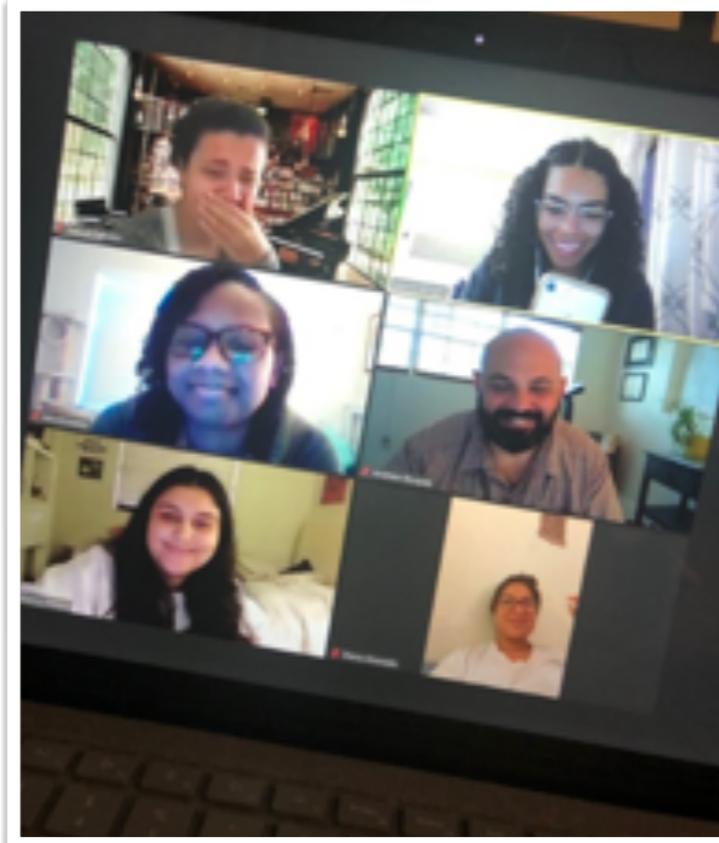
Thank you to Aline Milfort, Raquel Sabatar, and Andy Stoupas for presenting the NASP Exposure Project (EP) at the Take Stock in Children group mentoring sessions.

Jess presented at TSIC children and discussed and NASP EP and “Things I Wish I Knew About Going to College.”

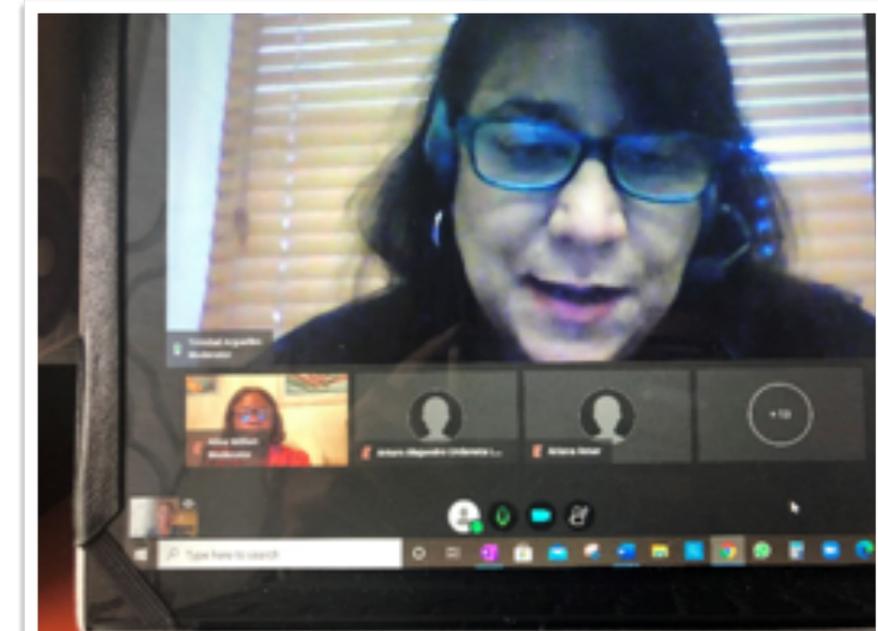
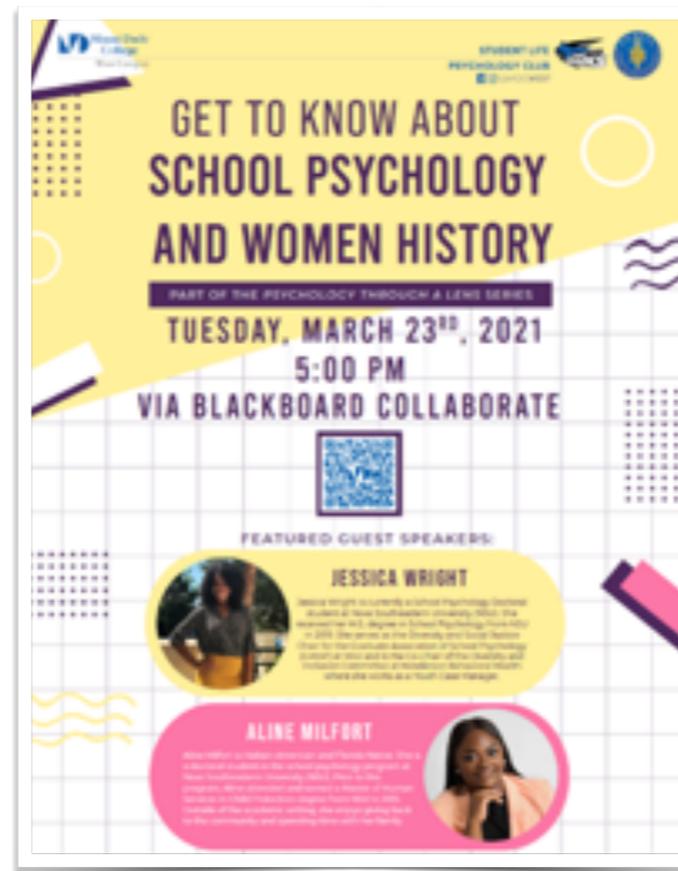


# Diversity

Thank you to those that attended the NASP National Book Read! This picture was taken on the last session where we discussed Implicit Bias, Accountability, and Action Steps. If you have any recommendations on the next book read, please let Jess know ([jr2045@mynsu.nova.edu](mailto:jr2045@mynsu.nova.edu))



Aline and Jess presented at Miami Dade College and discussed School Psychology and Women History within the psychology field. They also presented at Dr. Arguelles' Abnormal Psychology and Human Growth/Development classes.



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# Student Spotlight

Felix Bou, 1st Year Doctorate Student



**What do you really enjoy doing?**

Traveling, watching movies, gaming

**If you had one superpower, what would it be?**

Read people's minds.

**What is your favorite movie?**

Kill Bill Vol. 1

**What place do you really want to visit/ travel to?**

Hong Kong

**What is something that is fun and unique that makes you, you?**

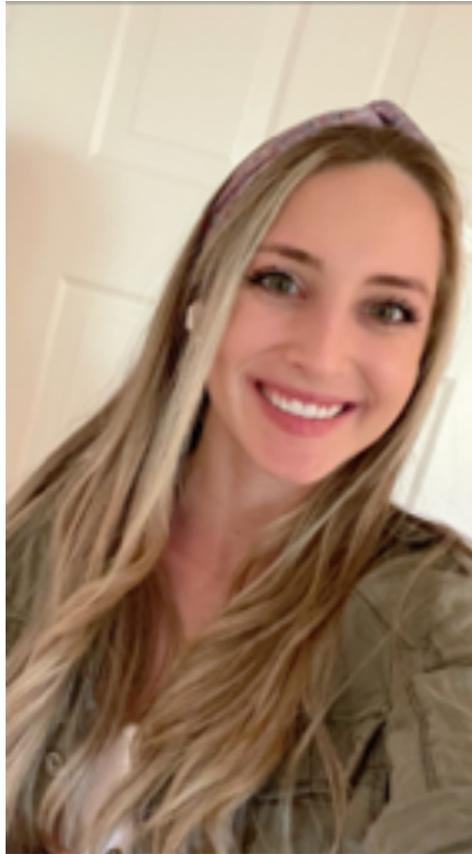
I collect vintage games and consoles.

**Why did you join this program?**

I joined the program because I value mental health and want to guide people in taking better care of themselves. I also love working with children and saw an opportunity to help them as well by being part of this program.

# Student Spotlight

Mikaela Rizzo, 3rd Year Doctorate Student



## **What do you really enjoy doing?**

As silly as it sounds, my favorite thing to do is to sleep! My favorite time of the day is when I am able to get into my bed and take a lovely nap or go to sleep for the night.

## **If you had one superpower, what would it be?**

Definitely the superpower of accelerated healing but being able to do that for other people physically and emotionally.

## **What is your favorite movie?**

I rarely watch movies, maybe 2 in a year, because (like I mentioned before) 99% of the time I would rather use that time to sleep! The most recent movie I saw that I highly recommend is called The Wrong Missy, if you enjoy comedies, you will love it!

## **What place do you really want to visit/ travel to?**

I would love to go to outer space, and as of this year we will likely have civilian space travel available!

## **What is something that is fun and unique that makes you, you?**

Something unique to me is that I have a twin. Growing up with another “half” essentially shaped me into an extremely empathetic and cooperative human being. Almost every decision was made with two people in mind and involved teamwork, collaboration, and reaching goals together. I believe that shaped me into working well with others and having traits that are conducive to being a great psychologist.

## **Why did you join this program?**

Becoming a psychologist was something I knew I wanted to do since I was in elementary school. Both of my parents are in the field, so I was exposed from a young age. All of my babysitters growing up were actually graduate students studying psychology. While some kids would play “school” or role play being a teacher with their friends, I would play “psychologist” with my friends. My childhood inspired a certain level of interest and commitment to the field of psychology that continued into my adult life. In terms of determining which graduate program to attend, I originally interviewed with only clinical programs and wanted to do a child-adolescent track; I was concerned however that these programs did not guarantee practicum sites working with children. I was discouraged and talked to a NSU faculty member about these concerns and she shared with me that I should look into the school psychology program, where every practicum site involves working with children or teens. I applied that evening, met Dr. Caproni and Dr. Valley-Gray, and I knew it was exactly where I belonged.

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# Student Spotlight

Catherine Ivey, 3rd Year Doctorate Student



## **What do you really enjoy doing?**

Volunteering (last year I volunteered at a therapeutic riding center for children with developmental disabilities once a week for the year until covid hit. I also volunteer with my church and lead a women's group as well as write articles for my church related to different topics), working out (I split my time going to pilates classes and going to the gym, for a while I was even taking ice skating lessons.. anything to get my body moving!) art (anything creative, I love making bracelets for fun and painting)

## **If you had one superpower, what would it be?**

To Fly or Super speed!

## **What is your favorite movie?**

I don't have a favorite movie, but I do enjoy watching American Idol!

## **What place do you really want to visit/ travel to?**

I would love to visit Thailand!

## **What is something that is fun and unique that makes you, you?**

My positivity and high energy, I think, are key and core qualities that make me, me.

## **Why did you join this program?**

I joined this program because of its small and tightknit community as well as my in-coming interests in children, neuropsychology, and passion for the learning environment which are consistent with what the program would have to offer me. However, looking back I would choose the program for SO many more reasons than that! This program is nationally unique to the number of and diverse range of practicum experiences offered, access to/ the ability to connect with a broad range of professors across the college of psychology, and lastly there is value placed on being involved in conferences and the community. I wouldn't trade my experience for another one!

# Faculty Spotlight

## Dr. Camellia Westwell



### **What got you interested in psychology? Where do you currently work?**

I became interested in psychology at the age of 12. At that time my father ran detox units for the British Government. I remember visiting a few in London, seeing homeless men and women receive much needed help. I remember thinking, "Why does this happen...how does this happen... I want to help people with their suffering." This was the beginning of my journey and

it's all I have ever wanted to do. Currently I work for the Orlando VA where I provide assessment, trauma recovery services, consultation, and mental health services. I have been with the VA since 2004 and have found it to be a gratifying role.

### **What is the best thing about your job?**

The best thing about my job is facilitating with healing and watching people grow and change. I am also a Red Cross Volunteer and assist military men and women with their transition out of service and enjoy this role. Change is difficult for us all and so assisting others with life transitions, challenges, pain, loss, and mental illness if important. I get to sit on the sidelines and watch people re-claim their lives and that is truly a gift.

### **What class do you teach at NSU?**

I teach Adult Psychopathology and Child and Adolescent Psychopathology.

### **What do you do for self-care?**

I exercise at least 4-5 times a week for self-care and have found this to be a positive outlet. I also create firm boundaries between my work life and home life to ensure I am not always a "psychologist" and on the clock. I enjoy time with my spouse and two daughters and occasionally see my friends. I enjoy reading and days off from work that I schedule where I do little but indulge in TV and rest time. Finally, I ensure my health needs are taken care of which means visits to the doctor and acupuncture. This takes time and a commitment to self. This allows me more resource to then take care of my patients.

### **What advice would you give your graduate student self?**

Enjoy the process of learning and life. We often miss life's process and experiences being too focused on goal attainment. Accept one's brilliance but also imperfections. Finally, avoid comparing oneself to others given this will allow us the conclusion we are never quite good enough!

### **An interesting fact about you?**

I am originally from London England and pathetically still buy Britbox (TV package from UK) to ensure I can still watch EastEnders, an English "soap" that I watched as a teen over 30 years ago. I also still enjoy a hot cup of tea and a chocolate digestive daily. Some things never change!

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# Self-Care Corner

If anyone has enjoyed this pandemic... it's been our pets. With all of the zoom calls they sneak into and the extra walks or pets, our furry friends have been by our sides through all of the ups and downs of this crazy ride. The unique reciprocal relationship that we have with our pets provides us with another way in which we can participate in self-care. Pets play an important role in our welfare. Studies have demonstrated that pet owners often experience a greater sense of well-being, social fulfillment, and healthier self-perception. Upon reading this study while petting my cat Puma, I wanted to hear from others how they felt their pets helped them with their self-care needs. First-year school psychology student Andrea Connell made a new friend during the pandemic, a chameleon named Kiwi. Before getting Kiwi, Andrea felt that it was hard to schedule out times to focus on herself, and with limited abilities to socialize, it became hard to find an outlet for stress. Andrea felt that focusing on caring for Kiwi, forced her to make time to get away from the computer and be in the moment by interacting with Kiwi and crafting things for her. Another first-year school psychology student, Jessica Galvez, opened up about how much her dog Snowflake has helped through these uncertain times. When Jessica described her relationship with Snowflake, she responded with "She's my best friend." Jessica expressed how taking care of Snowflake allows Jessica to recenter herself during stressful times. Even just having Snowflake around while Jessica is working

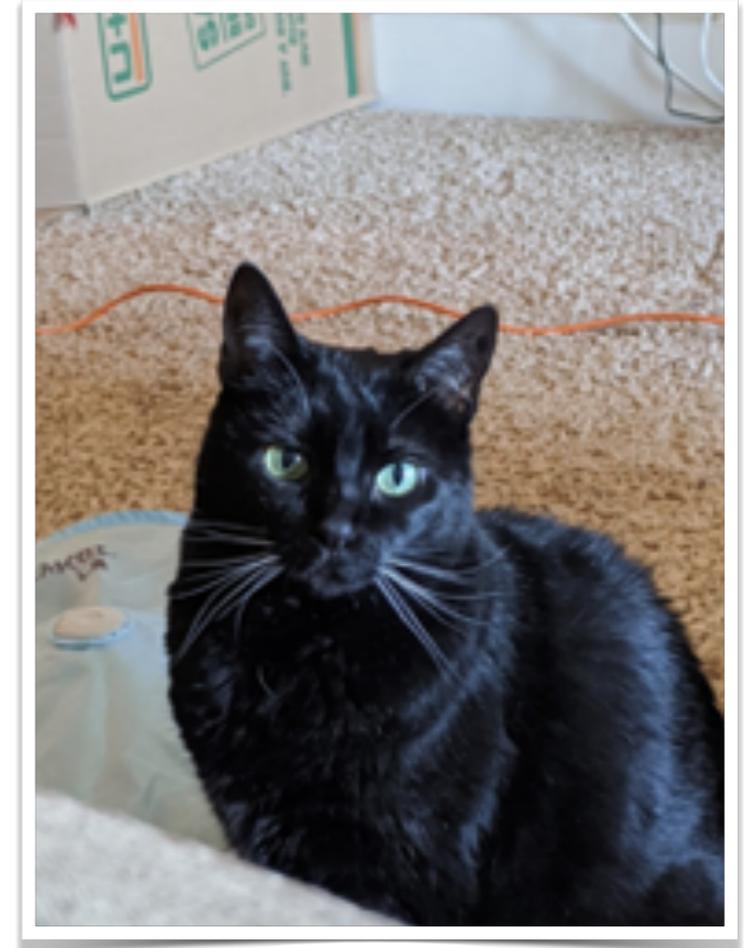
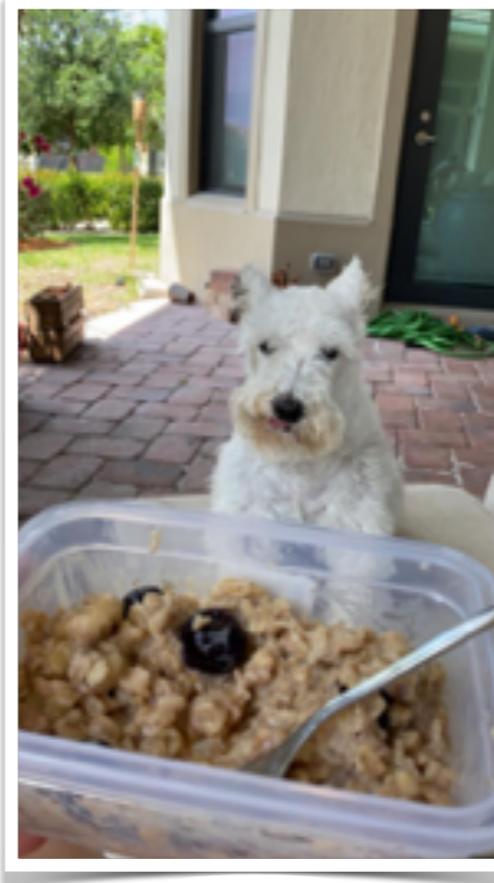
or in class provides comfort and companionship in a seemingly virtual world. Animals give us excuses to take a step back and be in the moment with our cute companions, which in turn allows us to be more mindful, present, and destress. Those of us that have had a pet while in quarantine have come to realize how important these relationships are on a whole new level. An NSU Sharkchat discussed the benefits of the human-animal relationship and its effects during COVID-19. To watch this, visit [nova.edu/sharkchats](https://nova.edu/sharkchats) and look for: Yappy Hour! BYOP (Bring Your Own Pet): The Benefits of the Human-Animal Bond During COVID-19.

If you are thinking about getting a pet, do not feel pressured to have to get a dog or a cat to get the same effects of companionship. Find an animal that fits your lifestyle!

When things turn to the unknown, we can be comforted that our pets will be there. Regardless of the type of pet you own, from the smallest fish to the biggest pup, the amount of care they provide to us is one that we provide in return.

Don't forget! For more information on self-care, take a peek at the weekly Feel-Good Flyers.

# Self-Care Corner



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# Social Spot

## Coffee Shops/ Study Spots:

Press & Grind - [www.pressandgrindcafe.com](http://www.pressandgrindcafe.com)

Park & Ocean - [www.parkandocean.com](http://www.parkandocean.com)

Circle House Coffee -

[www.circlehousecoffee.com](http://www.circlehousecoffee.com)

Next Door C & I - [www.drinknextdoor.com](http://www.drinknextdoor.com)

Brew Urban Cafe - [www.brewurbancafe.com](http://www.brewurbancafe.com)

Lady and the Mug - [www.ladyandthemug.com](http://www.ladyandthemug.com)

Ann's Florist and Coffee Bar -

[www.annsfloristlasolas.com](http://www.annsfloristlasolas.com)

Undergrounds Coffeehaus -

[@undergrounds.coffeehaus](http://@undergrounds.coffeehaus)

The Grind Coffee Project -

[www.grindcoffeeproject.com](http://www.grindcoffeeproject.com)

Dark Brew Satory & Coffee Shoppe -

[www.darkbrewcoffee.business.site](http://www.darkbrewcoffee.business.site)

Wells Coffee Company - [www.wellscoffees.com](http://www.wellscoffees.com)

## Parks:

Colee Hammock Park

1500 Brickell Drive

Fort Lauderdale, FL 33301

[www.fortlauderdale.gov/departments/parks-recreation/city-parks/colee-hammock-park](http://www.fortlauderdale.gov/departments/parks-recreation/city-parks/colee-hammock-park)

Snyder (Dog park)

3299 SW 4th Avenue

Fort Lauderdale, FL 33315

[www.fortlauderdale.gov/departments/parks-recreation/city-parks/snyder-park](http://www.fortlauderdale.gov/departments/parks-recreation/city-parks/snyder-park)

Tree Top Park-Davie

3900 SW 100th Ave,

Davie, FL 33328

[www.broward.org/parks/Pages/Park.aspx?ID=40](http://www.broward.org/parks/Pages/Park.aspx?ID=40)

Holiday Park

1150 G. Harold Martin Dr,

Fort Lauderdale, FL 33304

[www.fortlauderdale.gov/departments/parks-recreation/city-parks/holiday-park](http://www.fortlauderdale.gov/departments/parks-recreation/city-parks/holiday-park)

Hugh Taylor Birch State Park- Fort Lauderdale beach

3109 E Sunrise Blvd,

Fort Lauderdale, FL 33304

[www.floridastateparks.org/HughTaylorBirch](http://www.floridastateparks.org/HughTaylorBirch)

- Great for paddle boarding too!

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# Social Spot

## Healthy places:

JB & C Juice Bar & Cafe - [www.jbcflorida.com](http://www.jbcflorida.com)

Boulevard Kitchen & Juice Bar - [www.blvd-kitchen.com](http://www.blvd-kitchen.com)

Yellow Green Farmers Market (Hollywood) - [www.ygfarmersmarket.com](http://www.ygfarmersmarket.com)

Fresh First - [www.freshfirst.com](http://www.freshfirst.com)

## Desert places:

Jaxson's Ice Cream Parlor & Restaurant - [www.jaxsonsicecream.com](http://www.jaxsonsicecream.com)

Chill-N - [www.chillnicecream.com](http://www.chillnicecream.com)

Batch, The Cookie Company - [www.batchcookieco.com](http://www.batchcookieco.com)

Notorious Creamery - [www.notoriouscreamery.com](http://www.notoriouscreamery.com)

## Date Night Places:

Wine & Garden - [www.wineandgarden.com](http://www.wineandgarden.com)

The Wilder - [www.intothewilder.com](http://www.intothewilder.com)

Kaluz Restaurant - [www.kaluzrestaurant.com](http://www.kaluzrestaurant.com)

Royal Pig Pub - [www.royalpigpub.com](http://www.royalpigpub.com)

Big City Tavern - [www.bigcitylasolas.com](http://www.bigcitylasolas.com)

Milk Money Bar & Kitchen - [www.milkmoneybar.com](http://www.milkmoneybar.com)

S3 Sun Surf Sand - [www.s3restaurant.com](http://www.s3restaurant.com)

Boatyard - [www.boatyard.restaurant](http://www.boatyard.restaurant)

Apothecary 330 (cocktail bar) - [www.apothecary330.com](http://www.apothecary330.com)

Cooper's Hawk - [www.chwinery.com](http://www.chwinery.com)

## Bars with good happy hour deals/ ladies night:

Rhythm and Vine - [www.rhythm-vine.com](http://www.rhythm-vine.com)

Township FTL - [www.townshipftl.com](http://www.townshipftl.com)

Rec Room - [@RecRoomFTL](https://www.instagram.com/RecRoomFTL)

The Hub Spark - [www.thehubspark.com](http://www.thehubspark.com)

27 Bar & Lounge - [www.twentysevenbar.com](http://www.twentysevenbar.com)

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# Congratulations to the Graduates and Interns!

## Graduates

**Luciana Blackshear**, PsyS

**Alaina Clarke**, PsyS

**Crystal Czech**, PsyS

**Stephanie Daya**, PsyS

**Ashley Edwards**, PsyS

**Matthew Hoy**, PsyS

**Juliette Hubbard**, PsyD

**Melissa Kuhns**, PsyS

**Alex Licata**, PsyD

**Paul Lotfi**, PsyS

**Rachael McIntosh**, PsyD

**Jennifer Minogue**, PsyS

**Beth Moulton**, PsyS

**Brooke Newton**, PsyS

## Interns

**Diana Alvarado** - School District of Palm Beach County

**Courtney Clayton** - Kannapolis City Schools

**Audrey Harris** - Martin County School District

**Pamela Hirsh** - Pleasantville Free Union School District

**Aishe Hudson** - Broward County School District

**Catherine Ivey** - Cypress Fairbanks Independent School  
Psychology Internship

**Alyssa Kerrigan** - Tennessee Internship Consortium in  
Psychology

**Mia Knowles** - Lee County Schools

**Brittany McKenzie** - Collier County Public Schools

**Maria Mervos** - Polk County Public Schools

**Aline Milfort** - Fort Worth Independent School District

**Julia Nucolo** - Broward County School District

**Morgan Oldham** - Pittsburgh Psychology Internship  
Consortium, School Psychology Neuropsychology OP/  
Treatment

**Isabel Velasquez** - Tennessee Internship Consortium in  
Psychology

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# Upcoming Events

## Upcoming CE and Webinars

### **Cognitive and Behavioral Sequelae of COVID-19 Infection**

With Rafael A. Rivas-Vazquez, Psy.D. (Clinical Psychology Class of 1990, Clinical Psychopharmacology Class of 1991)

Wednesday, May 26, 2021 | 12:00 PM ET. Register [HERE](#).

### **Forensic Psychology**

Friday, June 4, 2021 | 12:00 P.M. ET. Register [HERE](#).

### **NSU LGBTQA Pride - Special Alumni Panel Discussion with Rachel Needle, Psy.D. and Friends**

Friday, June 25, 2021 | 12:00 P.M. ET. Register [HERE](#).

### **Battle of the Sexes: How the Biology of Sex Differences Impacts Health, Athletic Performance, and Behavior**

Friday, July 16, 2021 | 10:00 A.M. - 12:00 P.M. ET. Register [HERE](#).

### **Zero Suicide: Translating Program into Practice - Preventing Suicide on the Navajo Reservation**

with Heather-Ayn Indelicato, Psy.D. (Clinical Psychology, Class of 2011)

Friday, September 10, 2021 | 12:00 P.M. ET. Register [HERE](#).

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# Thank you to our contributors!

Faculty Spotlight – Morgan Oldham

Student Spotlights – Elle Pope

Our Impact – Nicole Jenoriki

Diversity - Jessica Wright

Self-Care Corner – Riley Christoph

Social Spot – Melissa Grobler

Upcoming Events - Morgan Oldham

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## Social Media



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