



The GrASP Gazette

Nova Southeastern University's School Psychology Program Newsletter

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Dear Readers,

The board members of Nova Southeastern University's Graduate Association of School Psychology are excited to release the third edition of the GrASP Gazette. It has been an exciting new year with many more students and we're looking forward to seeing what it will bring. We hope everyone has had a great start and that you enjoy this publication.

Angela Garcia
Stephanie Wietrzykowski
GrASP Co-Chairs



Florida Association of School Psychologists Summer Institute 2016 *Navigating the Future of School Psychology*

Dr. Elaine Fletcher-Janzen provided a wealth of knowledge and personality as she shared her knowledge of what trauma is, how trauma disrupts the normal neurodevelopmental trajectory of development, and provided resources and interventions on how to support schools and students impacted by trauma.

After providing concrete examples of what trauma is, Dr. Fletcher-Janzen went into explaining how trauma affects children's learning from an emotional and developmental perspective. It was very interesting to learn how specific areas of the brain are affected and how they impact learning across subject areas.

The core of this presentation was on trauma sensitive schools and interventions to help provide resources to the students and their families. Her model reflected Bruce Perry's 6 R's...

- **Relational** (safe)
- **Relevant** (developmentally-matched to the individual)
- **Repetitive** (patterned)
- **Rewarding** (pleasurable)
- **Rhythmic** (resonant with neural patterns)
- **Respectful** (of the child, family, and culture)

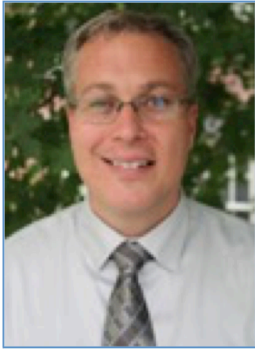
After identifying the 6 R's, she emphasized a foundation built around them where the staff and families would be provided with the knowledge to understand the prevalence and impact of trauma. All parties could help to empower students, to build their resiliency, and to foster working relationships to help students function in daily life by working together. After this presentation, all FASP participants had greater sensitivity and understanding of how important it is to foster relationships with students who have suffered from trauma. Links to the PowerPoint presentation:

<http://fasp.wildapricot.org/resources/Documents/FASP2016Trauma.pdf>

<http://fasp.wildapricot.org/resources/Documents/FASP2016Academic.pdf>



“To change any neural network in the brain we need to provide patterned, repetitive input to reach poorly organized neural networks involved in the stress response. Any neural network that is activated in a repetitive way will change”



Dr. Matthew Burns reviewed the tiers that we follow in the MTSS process and reinforced the purpose of assessment in relation to math instruction. He explained the developmental stages in which children learn mathematical concepts and the instructional hierarchy in which teachers should teach mathematical concepts. He emphasized the four purposes of assessment as: program evaluation, screening, diagnostic, and monitoring progress. He also provided resources such as www.rti.org that can be used to assist multidisciplinary teams in creating meaningful interventions. With a strong emphasis on teaching our interventionist how to use the gradual release models of: “I do”, “we do”, and “you do”, we can create interventions that support student’s conceptualization of mathematical concepts. After these interventions are provided to students with fidelity we can use CBM’s as data points, graph them, and regularly monitor student progress. In turn, these interventions should be driving instructional strategies school wide as well as to. Regular progress monitoring will help a school’s interdisciplinary team determine if needs are at the core as well as identify which students are in need of tier two interventions, which students need more intensive tier 3 interventions, and possible assessments to measure for executive functioning and working memory concerns.

Link to presentation:

<http://fasp.wildapricot.org/resources/Documents/FASP2016MathMTSS.pdf>

Dr. Achilles-Bardos introduced his new behavior intervention monitoring assessment system, BIMAS, which can be utilized in a multitude of ways to help school staff identify school-wide, district-wide, and individual student behavior concerns. This tool can be used to compare district needs, school needs, individual classroom needs, and individual student needs. This screener demonstrated a high correlation to the MTSS tier in regards to student behavioral interventions as it monitors and graphs data while providing interventions based on differentiated student behavioral concerns. Some examples of differentiated behavioral concerns are: bullying, trauma, social skills, adaptive behavior, depression, and attention. Any concerning behaviors are identified by the system, categorized, and then an i-plan is generated based on the student’s need, age/grade, and demographics. As with any intervention, regular progress monitoring with input into the system will determine effectiveness and the system will generate graphs and reports to present to parents and/or multidisciplinary teams. The system will also continue to generate new intervention plans as the data is updated. Dr. Achilles-Bardos mentioned he was happy to offer free trials upon contact!



Link to presentation:

<https://drive.google.com/drive/folders/0Bxdj0H06leROVknVODFSXzNCNjA>

Summer Reading Explorers Program



The Summer Reading Explorers Program (SREP) is a collaboration program between NSU and FIU that served about 1500 children from Miami-Dade County in the summer of 2016. NSU students played all sorts of roles, with Dr. Waguespack as their own quarterback. **Top Left:** Doctoral students Sully Colon, Melissa Koniver, Dana Weiss, Davisha Scudder, Angela Garcia and program directors, Dr. Katie Hart (FIU) and Dr. Waguespack in a supervisor supervision. **Top Right:** Doctoral Students Mylissa Fraser, Christina Kamien, Leandra Irving, Leticia Barbosa, Mekdes Damenu and Dr. Waguespack displaying their awards during close-out day. **Bottom Left:** Doctoral students Sully Colon, Kelli Dari, and Madison Rodriguez (reading tutor) with whom they worked all summer. **Bottom Right:** Doctoral students Dana Weiss, Angela Garcia, Davisha Scudder, Melissa Koniver, alongside Natasha Brao and Gabriela Jimenez, reading tutors part of their team.



Student Spotlight

Davisha Scudder

3rd Year PsyD Student

What do you like most about the School Psych program?

I really like the easy accessibility to the faculty members. The one-on-one and small-group attention we get from the core staff has enriched our educational journeys profoundly. I've been able to open up to them and express concerns on both a personal and professional level without fear of being judged.

Why did you choose School Psychology?

After learning how many other roles you can occupy as a school psychologist, I decided I wanted to take that career path due to the abundance of opportunities it provides, (e.g., assessment, counseling, leadership).

What are some of your future goals?

My future goals are to work in an alternative school setting/jail where I can work with at-risk students to foster their skills and help to better their lives when they may feel helpless and hopeless.

What is something we might not know about you?

I considered taking over my family's accounting business, but decided I wanted to help children in the field instead of working in an office all day. Less money will be made, but passion for the win!

What would you be doing if you weren't in the school psychology field?

I would definitely be in the criminal justice field, (i.e., criminologist, jail psychologist, public advocate)

What are some of your involvements? (Clubs, research, presentations, conferences, etc.)

I'm currently the mentor/alumni relations co-chair of GrASP. In addition, I'm a peer supervisor for a 1st year clinical psychology student who began seeing clients in SPACI this fall. I'm also serving as a TA for Cognitive Assessment I. In regards of research, I presented on my directed study titled, "Locus and control and its impact on resiliency" at NASP in February 2016.

Name of favorite pet, snack, or song

My favorite song is "Don't Stop Believing" by Journey but I actually like the Glee version more!

Student Spotlight

Kristen Gouldner

2nd Year PsyS Student



What do you like most about the School Psych program?

I am loving the real life experiences that the professors share with us. Reading out of the text books I am learning a lot and find it very interesting. However, those real world experiences help tie all of this new information into a vision of how we will apply it all.

Why did you choose School Psychology?

I chose school psychology as I have been teaching for several years and wanted to expand upon how I could help students succeed at a systems level. Intervention is a passion of mine and this program is providing me with the knowledge of how to problem solve using evidence based research.

What are some of your future goals?

My future goals are to work for the school district as a school psychologist and eventually do private practice. I am also considering applying for the doctoral program in my third year.

What is something we might not know about you?

I have an eight-year old son named Dillan. Dillan is my whole world and he is what motivates me to keep pushing through this degree.

What would you be doing if you weren't in the school psychology field?

Something in law or criminal justice.

What are some of your involvements? (Clubs, research, presentations, conferences, etc.)

Currently, I am in GrASP and I went to Tallahassee last year to learn about advocacy and can't wait to go again. I attended the FASP summer institute and I am looking forward to many more of the opportunities that Nova has made me aware of. At work, I am a first grade teacher; I am participating in the school improvement team this year. I am also a mentor teacher to new teachers, work from time to time with Curriculum Associates (i-Ready), and I tutor ESE students twice a week.

Name of favorite pet, snack, or song

Favorite pet: Cat

Favorite Snack: Reese's Peanut Butter Cups and I LOVE diet coke...I know it's bad!



Songs: I have so many favorites and love all kinds of music



Student Spotlight:

Vidhi Thakkar
1st Year PsyD Student



What do you like most about the School Psych program?

What I like most about the school psychology program is the way that program is designed. It's nice because that they give us hands on experiences as even as a first year. It's great to be in practicum already as a first year because I notice everything I'm learning in my classes in the practicum site. It helps me really understand the concepts. Another thing I really like is the people--everyone in my cohort and all the faculty members in School Psych are absolutely wonderful! They also have many different organizations in the psychology building that you can get involved in. Overall, I think this program is very well-rounded.

Why did you choose School Psychology?

I chose school psychology because I am interested in the development of children in a school setting. I believe early intervention is crucial to help the child succeed in life. As a school psychologist, I know I will be collaborating with not only the child and the teacher, but also the parents and school administrators. Being able to problem-solve with a variety of people is crucial and I can't wait to implement everything I'm learning in school to my work.

What are some of your future goals?

Some of my future goals would be to own my own private practice and to work in a school setting. I'm really interested in depression and suicide prevention so I hope what I'm doing in the future will be related to that. Maybe I can be the next Dr. Poland 2.0!

What is something we might not know about you?

I love to dance! In my undergrad I was on a competing dance team that traveled around the country and it was a blast!

What would you be doing if you weren't in the school psychology field?

If I hadn't gone into school psychology, I probably would have gone into Forensic Psychology!

What are some of your involvements? (Clubs, research, presentations, conferences, etc.)

I'm a FASP member, School Psychology Freshman Representative of MIND, Chair on TOPDOGS, 1st year representative of NSPIRE, and I've attended meetings for GrASP.

Name of favorite book and movie

My favorite book is Tuesdays With Morrie and my favorite movie is Inside Out!

Student Spotlight: Leandra Irving

2nd Year PsyD Student

What do you like most about the School Psych program?

My favorite part about the program is the variety and quantity of field experiences we are offered, starting from year one. As someone who hasn't narrowed down a professional niche with any certainty, the different types of experiences help me realize what I do and do not prefer. It's also an opportunity to build connections with experienced individuals I may seek out as a resource in later years.

Why did you choose School Psychology?

I have a younger brother who struggled throughout school and I didn't feel like he ever got the right supports he needed to be successful. As a School Psychologist, I hope to be able to provide the collaborating support teachers and school administrators need to keep other challenging students from being swept under the rug.

What are some of your future goals?

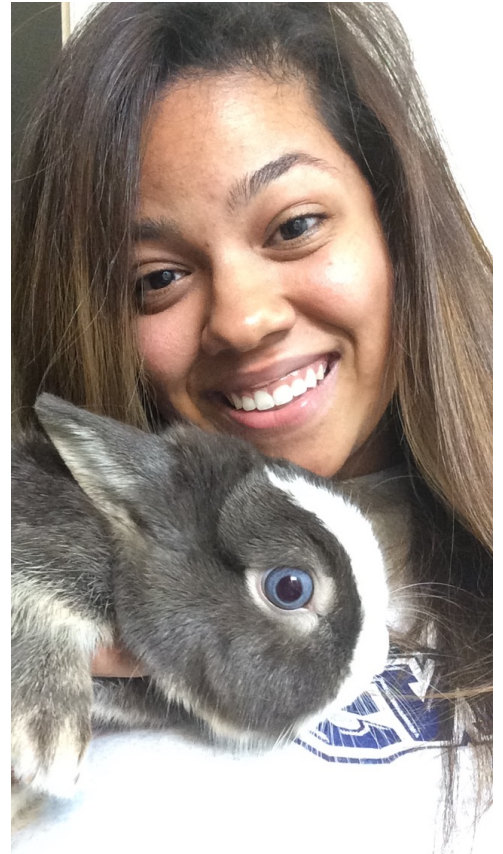
I hope to move back to North Carolina where my family is and after a few years in the school system, I would like to go into private practice. I also plan to contribute to the effort of standardizing animal assisted therapy and/or interventions.

What would you be doing if you weren't in the school psychology field?

I would probably be doing something along the lines of residential architecture, interior design/ decoration...when I started undergrad I was originally going for Interior Design. That or I would have a few acres of land on which I would build facilities for abandoned/neglected pets and be a professional Cat Lady, with dogs, bunnies, horses and whatever else...so I'm glad I'm pursuing School Psych. :)

Name of favorite pet, snack, or song

My favorite pet is my bunny Ophie (short for Ophelia). She's my first rabbit and watching her personality develop over the last two years has been a pleasant surprise. I'm typically a cat person and she actually has a lot of cat-like qualities, like not caring about my existence until it's time to eat.





Alumni Spotlight: Donna Berghauser

What is your favorite part of your job as a School Psychologist?

I love that no two days are the same! Each day seems to bring new adventures on the campus, new problems to be solved, and new students and families to support. In my three years working, I have not yet had a day in which I did not want to go to work... Of course I may hit the snooze button a few times when waking up, but I always look forward to spending my day with my school family.

If you could go back to when you were a student with the School Psychology program, what's the one piece of advice you would give yourself?

Pretend grad school is like the mall food court (Haha)! Come hungry (for knowledge), sample every option, try new things, and enjoy the people watching - both in and out of the program :)

What would you say has been the most important part of your training in the School Psychology program?

As much as I want to highlight the coursework and practica, I believe taking advantage of the opportunity to build relationships with and to work along side our faculty is the most valuable experience a trainee can attain. NSU's school psychology program faculty have so much to offer based on their professional and personal endeavors! They influenced me to take on leadership positions with FASP and NASP, introduced me to some of their network of talented (and famous) colleagues, and, most importantly, helped foster my passion for school psychology through their own commitment to advancing our profession.

What skills would you consider to be most valuable in your job as a School Psychologist?

Flexibility and adaptability - in saying that no two days are the same, it's almost impossible to execute a day exactly the way you planned. We also live in the fluid world of education where policies and the "next best" ideas are always changing. Remain current and enjoy the ebbs and flows. Another important quality is having the ability to engage in courageous conversations. There will be times when we may be the only one at the table advocating for something that is truly best for the child, but is unlikely to be the most popular or convenient/conventional approach. Hopefully it won't be often, especially if you use good consultation skills to minimize such situations, but just know that sometimes the big people on campus can be the hardest to change. Be diplomatic, but speak up and be the voice of the youth we serve.

What would you like to add to your career/professional experience?

I would love to be published! I've always had an interest in writing a children's book, but I have something in mind for my school psychology friends too. *speaking it into existence* Maybe you'll see me on the back of a cover one day soon!

One interesting fact about yourself

I don't usually watch t.v., but the one show that truly enjoy is Jeopardy! As much as I love school psychology, Alex Trebek has my other dream job.

Faculty Spotlight:

Dr. Kristen Jones



Why did you chose School Psychology?

I was trained as a clinical psychologist. It is interesting because as an undergraduate student, despite the fact that I completed two year-long clinical rotations in school settings, the only options presented to me by my advisors were medical school and a traditional PhD program in clinical psychology. I learned about school psychology while working as Dr. Valley-Gray's graduate assistant. And through her class in intelligence testing, I developed a fondness for assessment. So, I then chose to TA for the school psychology assessment classes to learn as much as I could, and I even took some of the school psychology classes as a clinical student.

While interning at UM/Mailman, I attended a training by the Edward Zigler Center in Child Development and Social Policy from Yale. This training strengthened my beliefs that 21st century schools should serve as hubs of their communities, promoting wellness of children and acting as partners with families and the surrounding communities. As a psychologist, I know that impacting the system can result in more profound and lasting changes. And what better system to influence the functioning of a child than a school? But, I think that the impact is even larger because schools have the power to strengthen entire communities.

What are some of your main interests in the field?

My main interest is using assessment techniques and measures to guide understanding of a child and to direct the design and modifications of interventions. I have an additional interest in strengthening parent-child partnerships through education and intervention.

What do you like most about the School Psychology here at NSU?

The people of course! The faculty are a cohesive group that you will always find laughing together. And the students are so bright, eager, motivated, creative, and dedicated. I learn so much each day by working alongside these awesome school psychologists and school psychologists-to-be!

What are some of your future goals? / What would you like to add to your career/ professional experience?

Matt and I have dreams of living on a sailboat and traveling with our kids for extended periods of time. I have developed an idea for a children's book series that the kids will help narrate to share their adventures. On our TO DO list: #1 Learn how to sail, and #2 Buy a boat. Almost there!

Professionally, I am pretty content with my career at this time in my life because it does permit adequate work-life balance. However, I would like to pursue training at some point in infant mental health. Additionally, I hope to achieve board certification in school psychology through ABPP in the near future.

Faculty Spotlight: Dr. Kristen Jones (continued)

What would you be doing if you weren't in the school psychology field?

I really wish that I was the athletic female adventurer who surfs each morning and rock climbs each afternoon. So, I would like to say that I would find a way to become a professional adventurer. But, honestly, if I were not working in this field, I would most likely be a professional stay-at-home mommy, at least while my littles are still little, while also finding ways to educate and to support other mommies (and daddies and other caregivers too).

What is one interesting fact that people may not know about you?

I have always maintained a secret desire to be a professional singer. However, I am a total wimp and will no longer sing in front of anyone. However, when I was a child, I used to perform musicals for family and neighbors. I set up seats on the lawn, distributed tickets, and usually incorporated my brother into the scenes (playing an embarrassing role of course). My award winning production was "Mama, I Want to Dance." I think that Charles Randolph-Wright's "Mama, I Want to Sing" is a knock-off of my original. I played Cinderella in my elementary school musical. However, my singing was so soft that they gave my solo to the entire Kindergarten class (why the aforementioned fantasy will never happen).

If you could have dinner with one celebrity/ famous person who would it be?

My husband would not be too supportive of my request to have a dinner date with my celebrity crush (see below). I would most like to meet with a spiritual leader who can provide insight, guidance, and knowledge, and who can help me refine my vision and purpose for my life and learn how to do the same for others. So, individuals who come to mind include His Holiness the 14th Dalai Lama, Deepak Chopra, James Redfield (author of the Celestine Prophecy), and Maggie Gobran (Mama Maggie).

What is your all-time, favorite movie?

Oh man, that is hard. I choose movies based upon my mood or desired mood state. I really cannot narrow it down to one. But some favorites include Amelie, Life is Beautiful, Dead Poets Society, Good Will Hunting, The Princess Bride, The Sound of Music, The Joy Luck Club, and any movie with Gael Garcia Bernal (my celebrity crush).

What is your favorite snack?

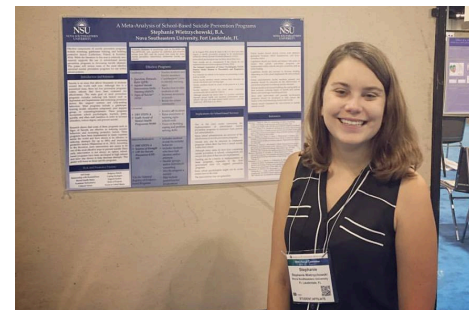
My favorite foods and snacks are very much linked to Baltimore - Utz Salt and Vinegar Potato Chips, Berger cookies, oysters from Cross Street Market, Sam's sun dried tomato bagels, cream of crab from Gertrude's, and Maryland-style steamed crabs. These foods just elicit various emotional memories for me. Not surprisingly, I gain 5 pounds every time I go home. If you want to know my current pregnancy craving, and I say current because it could change tomorrow, it is Pillsbury Toaster Strudels. I have limited myself to one flakey, gooey, warm treat a day (on most days).

Special Mentions



The International School Psychology Association's (ISPA) annual conference was held in Amsterdam, The Netherlands from July 20-23, 2016. Two attendees were NSU School Psychology professor Dr. Scott Poland and second year doctoral student Stephanie Wietrzykowski (pictured left). Dr. Poland's presentation along with C. Lorber and R. Lieberman entitled *Youth Suicide: The Critical Role for School Psychologists in prevention/intervention and postvention* presented comprehensive a best practices model for suicide prevention, intervention and postvention in the school as well as the importance of advocating for bullying and suicide prevention programs in schools. Additionally, Stephanie Wietrzykowski presented *An Evaluation of the Efficacy of School-Based Suicide Prevention Programs* as well as *Universal Suicide Prevention Programs in Schools*.

The American Psychological Association's (APA) Annual Conference was held in Denver, CO on August 4th – 7th. Several NSU students and faculty attended the conference. One student, third year doctoral student, Stephanie Wietrzykowski presented her research on school-based suicide prevention programs (pictured right).



National Suicide Prevention Week

During the week of September 5 - 11, 2016 members of GrASP participated in activities to raise awareness for National Suicide Prevention Week. Pictured left, third year doctoral student, Stephanie Wietrzykowski and second year doctoral student, Mekdes Damenu set up a table in the lobby of the Maltz building asking students and faculty to sign up for the upcoming Out of the Darkness Walk on November 13th as well as gave visitors the opportunity to make a card for someone they appreciated. Medkes and Stephanie were assisted by first year students Vidhi Thakkar, Emma Greco, and Stephen Beard and clinical student Jacklyn Stellmay.

Upcoming Events & Other Resources

- Tuesday, October 11 at 12 pm. EIEIO presentation by Dr. Flemons on Relational Suicide Assessment. Maltz Building room 2047.
- Tuesday, October 11 at 12 pm or Wednesday, October 12 at 2pm. Kognito Webinar: Bullying and Schools: Keys for Prevention and Intervention to Minimize Negative Outcomes for Students. Visit <http://go.kognito.com/scottpoland2016>
- Wednesday October 12 at 2pm. APA Webinar: Beyond Subject Searching in PsychINFO: ProQues. Visit <https://www.apa.org/pubs/databases/training/webinars-librarians.aspx>
- Thursday, October 20 at 2pm. American Association of Suicidology Webinar: Qualitative Methods for Suicide Research. Visit <http://www.suicidology.org/Training-Accreditation/Upcoming-Webinars>
- Saturday, October 22 at 9am. Walk to End Alzheimer's, Broward County. If you would like to also contribute to the fundraising efforts, you can do so through either of the following links.

Sharks Against ALZ:

http://act.alz.org/site/TR?fr_id=8911&pg=personal&px=6153510

Team GAMI:

http://act.alz.org/site/TR?fr_id=8911&pg=personal&px=12236369

- Saturday, October 22 at 7:30pm. Kristi House (Child Advocacy Center for child sexual abuse victims) "Havana Nights" 2016 Gala
- Wednesday, October 26 at 8am-4pm. UM Mailman Center Conference: Strategies for Promoting Positive Behavior in Children with Disabilities. Visit <https://www.eventbrite.com/e/strategies-for-promoting-positive-behavior-in-children-with-disabilities-tickets-27483959262>
- November 2-5. FASP Annual Conference at Palm Harbor, FL. Visit http://www.fasp.org/Events/Annual_Conference.html
- Thursday, November 3 at 9:30am. Language Links in Broward. Visit <http://www.umcard.org/files/blast/160830/1lbroward16b.pdf>

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- Wednesday, November 9 at 2pm. NASP Webinar: Addressing School Refusal and Truancy (\$20 for members, \$35 for non members). Visit <https://www.nasponline.org/professional-development>
 - Sunday, November 13th from 8am-12pm. Broward County Out of the Darkness Walk for Suicide Prevention at NSU's main campus.
 - Friday, December 2 from 9am-12pm. NSU Continuing Education Workshop: Assessment of Child and Adolescent Behavioral and Emotional Problems with the BASC-3. Visit <http://psychology.nova.edu/continuingeducation/forms/2016/Assessment-of-Child-Adolescent-Problems-with-the-BASC-3-2.pdf>
 - Friday, January 6, 2017. APA Scholarship: "Graduate Student Ethics Prize" due. Visit <http://www.apa.org/about/awards/ethics-grad.aspx>
 - February 21-24, 2017. NASP Annual Convention- San Antonio, TX. Registration opens October 3, 2016- Early Registration ends by November 9, 2016. Visit <http://www.nasponline.org/professional-development/nasp-2017-annual-convention>
 - To access slides and audio from Webinar on Innovations in K-12 School Mental Health, visit http://resources.kognito.com/Webinar/Innovations_in_K-12_School_Mental_Health.pdf and <https://attendee.gotowebinar.com/rt/6814678887690565123>
 - To access recorded webinars by:
 - Afterschool Alliance visit <http://afterschoolalliance.org/webinars.cfm>
 - Compass Learning on subjects such as Assessment and Intervention visit <https://compasslearning.com/webinars/>
 - Renaissance, a developer of academic assessment and interventions, visit <http://www.renaissance.com/resources/recorded-webinars/>
 - Reading Rockets visit <http://www.readingrockets.org/webcasts/3001>
 - Screening for Mental Health visit <https://mentalhealthscreening.org/webinars>
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**Congratulations
to Alyssa
Catuogno
Mylissa Fraser,
Alexandra
Alfonso and
Sharon Pedrosa
on starting their
internships!**



NOVA SOUTHEASTERN
UNIVERSITY

College of Psychology

FASP EVENTS

November 2-5

*Congratulations to everyone presenting and
representing NSU at the FASP 2016 Annual
Conference*

- Children's Services Fund (CSFI) Silent Auction
- 11/2 Job & Internship Fair at 11 am
- 11/2 General Session Welcome Address at 1-3 pm
- 11/2 Social Hour at 5 pm
- 11/2 Awards Celebration at 6 pm
- 11/2 Welcome Reception at 7 pm
- 11/3 NASP Speaker at 9 am
- 11/3 Annual Business Meeting at 11 am
- 11/3 President's Masquerade Party at 8 pm