

Fall 2019

# The GrASP Gazette

**Nova Southeastern University's School Psychology  
Newsletter**



## Dear Readers,

Happy fall! The Board members of Nova Southeastern University's Graduate Association of School Psychology are excited to welcome the Fall 2019 Gazette! Thank you to everyone for all of

your hard work. Your hard work is greatly appreciated and does not go unnoticed! It is our hope that you had a positive and fulfilling semester! Have a safe and relaxing Holiday break!

*Please enjoy the Fall 2019 edition of the GrASP Gazette!*

Cheers,

Morgan Oldham

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# Meet the Board!

## 2019-2020 Executive Board



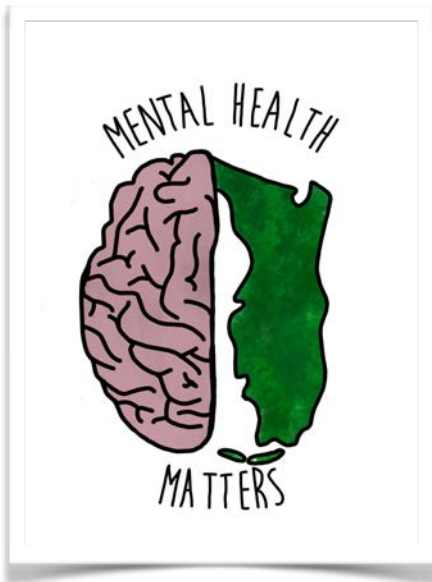
From top left: Crystal Czech (Social and Professional Development Chair), Michelle Rodriguez (Treasurer), Catalina Uribe (Chair), and Ashley Edwards (Chair)  
From bottom left: Natalia Ramirez (Public Policy Chair), Morgan Oldham (Technology Chairs), Melissa Kuhns (Fundraising & Philanthropy Chair), Courtney (Alumni & Mentorship Chair), Pamela Hirsh (Vice Chair), and Alayjah Anderson (Alumni & Mentorship Chair)

## HOW DO I GET INVOLVED?

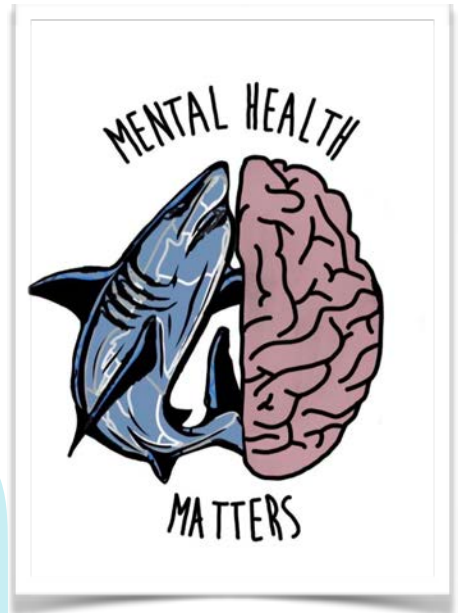
There are many ways to be involved in GrASP at NSU! We encourage our students (Specialist and Doctoral) to attend our meetings, participate in professional development activities, attend social events, and volunteer for our fundraisers. Getting involved in GrASP is a great way to learn more about the field of school psychology, meet others in the program, and contribute to the NSU community. Additionally, if you are interested in leadership, consider joining our executive board and help make a difference in our program!



# Our Impact



At this year's FASP Annual Conference, we sold shirts and stickers that were made by one of our students to support our GrASP organization! Thank you to Catalina Uribe for taking the time to craft these stickers and shirt! These items were a hit at FASP and are still for sale if interested!





# FASP Highlights



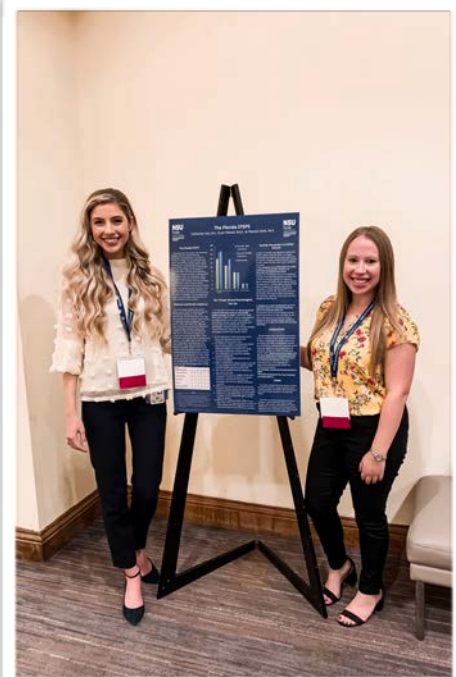
**Morgan Oldham:**  
Promoting Self-Efficacy Among School Psychologists in the Role of Counselor



**Alyssa Bolston & Aline Milford:** Beyond the School: Opportunities for School Psychologists in Community Change Efforts



**Maria Barroso Cue**  
posing for a quick picture before presenting at FASP!

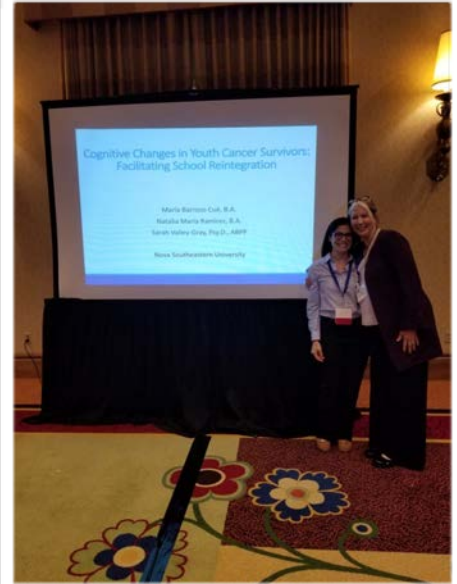


**Catherine Ivey & Pamela Hirsh:**  
Suicide Prevention Toolkit for Florida Schools

# FASP Highlights



**Ashley Edwards & Aline Milford:**  
Partnering with Families and Communities to Support Immigrant Families



**Natalia Ramirez & Maria Barroso Cue:**  
Cognitive Changes in Youth Cancer Survivors: Facilitating School Reintegration

## Other Presenters!

**Isobel Blanchard, Crystal Czech & Bonnie Cronenberg:** Evidence Based Emotional Freedom Techniques

**Aishe Roberson & Julia Nucolo:** The Benefits of Culturally Relevant Texts to Engage Families

**Matthew Hoy & Elizabeth Moulton:** Impact of Technology Use of Child Development

**Mable Ping & Ashley Edwards:** Improve Service Delivery: Navigating Mental Health Stigma Among Asian Cultures

**Emma Greco & Samantha Guy:** Cyberbullying: Intervention and Prevention in an RTI Framework

**Catalina Uribe & Jessica Wright:** School-Based Trauma Informed Practices

**Natalia Ramirez & Maria Barroso Cue:** School Reintegration After Psychiatric Hospitalization: Emerging Recommendations



# Student Spotlight

Tyler McCoy  
1st year Doctoral Student



## **What do you like most about the School Psychology program?**

The variety of experiences that are available to students outside of coursework to develop our skills as school psychologists.

## **Why did you choose School Psychology?**

School psychology allowed me to combine my two areas of interest – education and psychology. My interest in the field of school psychology led me to return to school to pursue a doctoral degree.

## **What are some of your future goals?**

To work as a liaison between schools and medical or behavioral treatment facilities to develop school re-integration plans for students who have been hospitalized. I would also like to practice independently conducting independent education evaluations.

## **What is something we might not know about you?**

I enjoy relaxing on a porch swing and watching the rain.

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

Professionally, there is no other job I would rather be doing than school psychologist; I have found my niche. If I was not in graduate school, I would be working in the field as a specialist level school psychologist.

## **What are some of your involvements?**

I am currently in my first semester of practicum at Mailman Segal Center working with preschoolers. I am a member of NASP, APA, and FASP. I am looking forward to participating in activities sponsored by NSU student organizations HPSO and GOPLAY. The weekend before Thanksgiving, I am volunteering for sensory day at the Miami Seaquarium sponsored by HPSO. I am also looking forward to going to Tallahassee in January 2020 with SOAP for the student advocacy trip. In February 2020, I am looking forward to attending the NASP conference in Baltimore, and participating in the Convention Mentor Program.

## **Name your favorite pet, snack, or song/musician.**

It's hard to choose a favorite pet; I love them all. But my German Shepherd, Hercules, is the only one living with me in FL. I don't really have a favorite snack; I hardly ever turn down dessert. My favorite music artist is Chris LeDoux; it's hard to choose just one favorite song he wrote and performed, but right now "Thank the Cowboy for the Ride" is a favorite.

## **What are some of your hobbies?**

Bargain shopping, couponing, Zumba, and seeing or visiting new places, especially historical landmarks.

# Student Spotlight

Ashley Edwards  
3rd Year Specialist Student



## **Why did you choose School Psychology?**

As a child in Jamaica I had a few friends who struggled in school and were punished for their failures. I always wanted to be able to do something about it. At first, I thought I would be a teacher like my grandmother and then someone recommended I go into Psychology. It was during my search for a specialty that I discovered this program and subsequently learnt that School Psychology is exactly what I was searching for all those years ago.

## **What are some of your future goals?**

An aspiration of mine is to take what I'm learning here, gain some experience and take that knowledge home.

## **What is something we might not know about you?**

I used to love hiking until my sister tried to get me up to Blue Mountain Peak (7402 meters) from the town closest to it. It was the most physically challenging activity of my life and taught me how to respect my limits.

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

Before being accepted to NSU, I was on my way to teaching English in Europe.

## **Name your favorite pet, snack, or song/ musician**

Choosing just one thing is ridiculously hard but I'm going to go with I Just Can't Wait to Be King from the Lion King as my favorite song. It never fails to make me smile.

## **What are some of your hobbies?**

I enjoy kickboxing, reading and doing self-care activities.



# Social Spot





# Faculty Spotlight

Suzanne-Joy O'Sullivan



## Where did you go to college and what was your major?

I received my B.A. in Political Science & History from Duke University (Go Blue Devils!), and an M.A. in International Relations from Florida International University.

## What advice do you have for students at Nova?

Seek out opportunities outside the School Psychology curriculum and the Maltz building. The college and university offer so many events, activities, organizations, etc. that you can always find something that may interest you. Use this time as a student to try something new – take a scuba diving class at the Aquatic Complex; visit the Oceanography Center in the Mizell-Johnson State Park in Dania Beach (free admission to NSU students, and there's a shuttle bus from campus!); take an art class at the NSU Art Museum or just attend a show (First Thursdays Starry Night events are free to everyone on the 1<sup>st</sup> Thursday of every month, 4-8pm); attend a Miami Dolphins home game, even if you're really cheering for the other team (free for students!). There is so much to do in South Florida, so take advantage and incorporate these into your self-care routine and resources. There is truth to the adage "All work and no play..."

## What is your favorite song/TV show/movie?

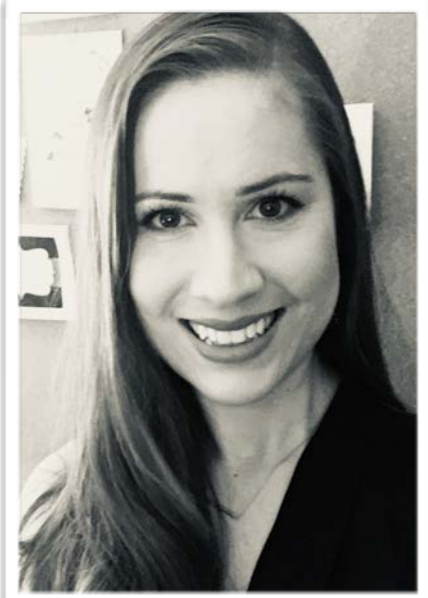
I have lots of favorites, so I suppose it depends on my mood! And I'm about to age myself with some of my answers, but here goes. George Michael's *Freedom!* '90 gave me LIFE when it was released and has been in constant rotation ever since, so I guess it can be deemed a "favorite." And Kanye was so wrong – this video is the best of all time! I enjoy anything by Sam Cooke and Al Green (so smooth); Nina Simone (so soulful); Roberta Flack (that voice!); Tina Turner (because, well, it's **Tina!**); any of the '50s and '60s girl groups; the 80s and 90s R&B Marley or Peter Tosh

when I'm in a rebel mood... this list can go on forever, but basically any singer that really sang without needing auto-tune. I'm not really a TV person at all--can't even remember the last time I even turned it on--but it's usually something on the History, National Geographic, or HGTV channels. And I'll stream each season of *Death in Paradise* (BBC production shown on PBS) so I can binge-watch instead of having wait a week for a new episode. For movies, *The Shawshank Redemption* and *The Green Mile* are a couple that I watch over and over. I'm also a HUGE James Bond fan – so much so that I'm flying to London next April for the Bond 25 (*No Time to Die*) premiere, simply because it opens in the UK a week before it opens in the US – I don't want any spoilers!

## What made you want to work at Nova?

"Want to" may be a bit of an exaggeration of how it really happened... 12. I was in my mid-20s and facing a major crossroad in life – ending a marriage, deciding whether or not to return to school, considering whether or not to return home to Jamaica – basically going through a lot of "adulthood" angst. And I needed to find a job quickly, since I like having a roof over my head and food to eat! My best friend had just started the Optometry program at NSU, and she suggested that I apply for a position here so that I could take advantage of the employee tuition waiver benefit if I ever figured out what I wanted to do, so I did just that. My original plan was to stay at NSU for 2-3 years... and here I am, 24 years later! I actually enjoy being in an educational setting without the pressures of being a student, and you guys keep me young and on my toes (feel free to disagree with that statement if you want!). And I work with such an incredible group of people, why would I ever want to leave them?

# Meet Dr. Shannon Worton!



Dr. Worton completed her Bachelor of Science degree at Stetson University and pursued her Doctor of Psychology in Clinical Psychology at NSU. While in graduate school, Dr. Worton taught at Broward College, which sparked her interests in teaching. She completed her internship at Florida International University's Counseling & Psychological Services and her post-doctoral training in the School-related Psychological Assessments and Clinical Interventions (SPACI) clinic and Suicide and Violence Prevention office at NSU. Her research interests include best practices in graduate training and education, including Simulated Patient Assessment, Clinical Evaluation Scales (SPICES).

Research and Collaboration (SPARC) Project and Skills in Psychological Interviewing: Prior to arriving at NSU, Dr. Worton was an assistant professor at Albizu University in Miami, Florida for five years with a concentration in child psychology. While at Albizu she also served as the Assistant Director of Clinical Training. Currently, Dr. Worton Serves as the Assistant Director of SPACI and teaches in the school psychology, clinical psychology, and masters in mental health programs. As the Assistant Director of SPACI, she serves as a supervisor and oversees the functioning of the clinic. As a professor, Dr. Worton teaches courses such as Integrated Report Writing, Child and Adolescent Development, and assessment courses. Dr. Worton's favorite part of her job is mentoring students from early on in their graduate training, as it is fulfilling to watch their growth and professional relationship come full circle.

In Dr. Worton's spare time she enjoys discovering new restaurants, reading, and traveling - her favorite place she has traveled most recently is Costa Rica! While she loves to travel, Dr. Worton is a native Floridian. Her personal interests include advocating for animal rights, veganism, and her two dachshund dogs!

# Ask the Interns

As we all begin to think about the next steps in our professional careers, the Gazette set out to gather some advice from current students who are on internship. Whether you are just starting to think about internship or currently applying, this advice may be helpful!

- Don't shortchange yourself, the time you spent answering emails, researching, and preparing for sessions with clients counts! Log them!
  - Be kind to and respect teachers. They know a lot about their students and they are willing to help.
  - Get to know the workings hierarchy of administration and staff.
  - Figure out a good method for memorizing names.
  - Really evaluate what you are looking to get out of internship and what your values are in terms of location and placement of the site, the opportunities available and how they relate to your career aspirations, how much you think you will enjoy the opportunities available, and how much you value community and social exposure within your internship placement.
  - Make sure you are knowledgeable on policies and procedures of the site.
  - Ask questions and take notes. Your supervisors are there to help you.
- Ask questions during your interview! Questions such as how much work do you take home each week? What opportunities do you have to provide supervision? What opportunities do you have to interact with other interns/ young professionals? What demographics are represented? How is your time divided throughout the day (report writing, testing, providing interventions , etc.)? What opportunities are provided for mental health?
  - Continue self-care strategies because it can get stressful at times!
  - Study the environment and people of the place you are working. Do the people seem happy? Do you think you would be able to be happy there?
  - Save all the PowerPoints/work from your classes!
  - Take every opportunity that you can! It is okay if you do not know everything!



# Upcoming Events

## National Association of School Psychologists

\* **February 18–21, 2020:** Annual Convention. Baltimore, Maryland (<https://www.nasponline.org/professional-development/nasp-2020-annual-convention-x105>)

## Florida Association of School Psychologists

\* **July 7-10, 2020:** FASP Summer Institute. The Colony Hotel, Palm Beach. ([http://www.fasp.org/Events/Summer\\_Institute.html](http://www.fasp.org/Events/Summer_Institute.html))

## American Psychological Association

\* **March 12-14, 2020:** Eastern Psychological Association (EPA) Annual Meeting. Boston Park Plaza Hotel, Boston, MA. (<https://www.easternpsychological.org/i4a/pages/index.cfm?pageid=3501>)

\* **April 1-4, 2020:** Southeastern Psychological Association (SEPA) Annual Meeting. The Sheraton New Orleans, LA. (<http://www.sepaonline.com/>)

## National Association for the Education of Young Children

\* **June 7-10, 2020:** Professional Learning Institute. New Orleans, LA. (<https://www.naeyc.org/events/institute/about>)

## United Way of Broward County Commission on Substance Abuse

\* **January 21, 2020:** Adult Mental Health First Aid. 9:00am - 5:00pm, United Way of Broward County Ansin Building, Fort Lauderdale. (<https://www.unitedwaybroward.org/events/adult-mental-health-first-aid-0>)

## College of Psychology

\* **January 24, 2020:** Ethics, Domestic Violence, and Medical Errors: What the Licensed Psychologist Needs to Know. 9am - 5pm, Carl DeSantis Bldg. Knight Auditorium (Room TBA), Nova Southeastern University. (<https://psychology.nova.edu/ce/forms/2019/need-to-know.pdf>)

\* **February 6, 2020 & February 7, 2020:** Autism Diagnostic Observation Schedule, 2nd Edition (ADOS-2) Clinical Training. 8:30am - 4:30pm, Knight Auditorium (Room TBA), Nova Southeastern University. (<https://psychology.nova.edu/ce/forms/2019/ados-training.pdf>)

\* **March 27, 2020:** Utilizing Comprehensive Assessments to Inform Intervention Planning for Attention Concerns in Schools. 9:00am - 12:00pm, Knight Auditorium (Room TBA), Nova Southeastern University. (<https://psychology.nova.edu/ce/forms/2019/comp-assess.pdf>)

## Children's Services Council of Palm Beach County

\* **January 8, 2020:** Cultural Bias: Recognizing what you bring to the interaction. 9:00am-12:30pm, CSC, Boynton Beach. (<https://www.cscpbcc.org/index.cfm?fuseaction=coursecatalog.courseDetails&CourseID=5130&ScheduleID=9776&>)

\* **January 16, 2020:** Introduction to Mindfulness. 2:30 - 4:30pm, CSC, Boynton Beach. (<https://www.cscpbcc.org/index.cfm?fuseaction=coursecatalog.courseDetails&CourseID=5194&ScheduleID=9784&>)

# Have a Great Break!



**Want to write for the Gazette? Want to get more involved in GrASP? Please email Morgan Oldham at [mo765@mynsu.nova.edu](mailto:mo765@mynsu.nova.edu) or Catalina Uribe at [curibe1@nova.edu](mailto:curibe1@nova.edu)**

## **Special Thanks to Our Contributors!**

**Courtney Clayton**  
**Crystal Czech**  
**Morgan Oldham**  
**Natalia Ramirez**  
**Stephanie Wietrzynowski**

## **And Interns!**

**Stephen Beard:** Illinois School Psychology Internship Consortium

**Juliette Hubbard:** University School, Nova Southeastern University -600 hour internship elective

**Rachael Doyon:** Connecticut, Bristol County Public Schools -600 hour internship elective

**Breanne Taylor:** Miami-Dade County Public Schools

**Stephanie Wietrzynowski** Hillsborough County Schools, Tampa FL