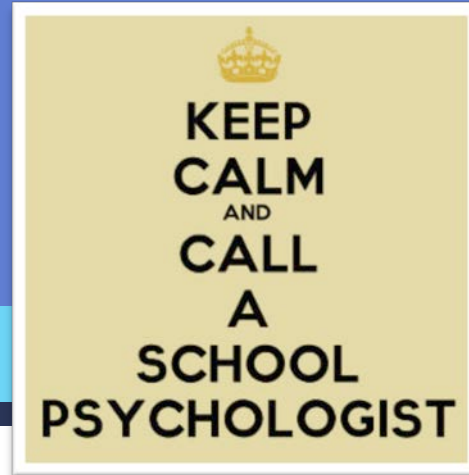


# The GrASP Gazette

Nova Southeastern  
University's School  
Psychology Program  
Newsletter

Summer 2018



## In this issue...

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## Dear Readers,

We hope you all had a great summer! For those who graduated, congratulations...for those who are going on internship, good luck...and for those who are ready to accomplish another year of hard work, you can do it!

Please enjoy this issue of the Summer GrASP Gazette.

*All the best,*

*Pam Hirsh-*

*GrASP Technology Chair*

*Jenna Lalia, & Juliette Hubbard-*

*GrASP Co-Chairs*

# NSU SCHOOL PSYCH STUDENTS AROUND THE WORLD

Where did you travel to this summer?



Gabriela Irizarry  
Switzerland



Isabella Correa  
Paris, France



Leandra Irving  
Ecuador



Beth Moulton  
Oleta State Park, Florida



Jenna Lalia  
Philadelphia, Pennsylvania



# NSU SCHOOL PSYCH STUDENTS AROUND THE WORLD

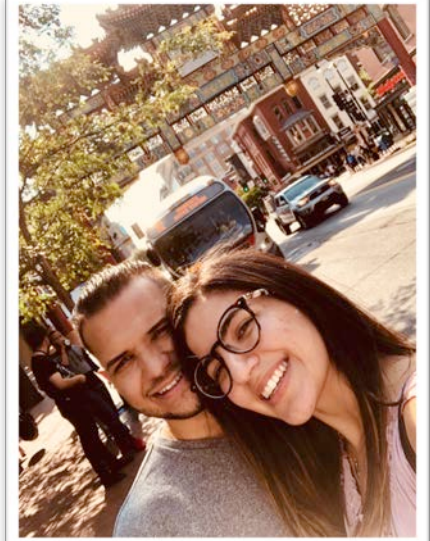
Where did you travel to this summer?



Stephanie Wietrzychowski  
High Line in New York



Jennifer Valdes  
Montserrat, Spain



Catalina Uribe  
China Town in Washington,  
DC



Jessica Wright  
San Francisco, California



Pam Hirsh  
Austin, Texas



Melissa Kuhns  
Compass Lake in Alford, Florida

# Summer Resources

## The Summer Slide



### What is the summer slide?

According to the Colorado Department of Education, "Summer slide" is the tendency for students, especially those from low-income families, to lose some of the achievement gains they made during the previous school year."

### Ways to reduce the summer slide:

- \* Summer reading programs such as the Summer Reading Explorers Program.
- \* Provide students access to books such as your local library. Online eBooks are great to engage student interests.
- \* Encourage parents to get involved. Students are more likely to read when they see a parent or adult reading voluntarily!
- \* Match reading ability and interests. Ensure that students read based on their reading and their interest.
- \* Make reading fun through technology such as eBooks, reading on the iPad or cell phones, children book clubs, and interactive reading games.

## References & Resources

<https://www.cde.state.co.us/cdelib/summerslid>

<https://corporate.target.com/article/2012/06/infographic-help-your-kids-skip-the-summer-slide>



# Summer Reading Explorers Program Highlights



Funded by The Children's Trust, the Reading Explorers Program offers services to providers and families in Miami- Dade to help improve foundational reading and reading comprehension skills for children.

This year, first year doctoral students served as assessment specialists for various sites. Second year doctoral students served as assessment specialists and supervisors. Other specialist students also were able to serve as part-time and full-time assessment specialists.



# Student Spotlight

## Alexandra (Ali) Shuster

4<sup>th</sup> year Specialist Student/Intern



What do you like most about the School Psychology program?

One of my favorite things about Nova's School Psychology program is that we are able to learn directly from highly knowledgeable faculty and professors who have diverse perspectives and direct work experiences within the field, thus providing meaningful examples. Additionally, our experience working with real clients through a clinic setting in Nova's SPACI is invaluable in preparing us for internship and the profession.

Why did you choose School Psychology?

There are many reasons that led me to my decision to pursue a career in school psychology. My family always emphasized the importance of education. Since I was young and throughout college, I became active in community service and philanthropies that benefitted children in need. Working with these children and their families instantly became a passion of mine. Upon entering my freshman year at Penn State University with an undeclared major, I immediately became fascinated with the field of psychology after taking the introductory course. I ended up graduating with a Bachelor of Arts degree in Psychology and with minors in Human Development & Family Studies as well as History. In deciding which graduate program to pursue, I began to think about my experiences attending Atlantic City High School. I recalled going through a metal detector and having my bag searched upon arriving to school each morning, the implementation of mandatory school uniforms to assist with lowering the high rates of student gang violence during my sophomore year, and the large percentage of academically disadvantaged students who were simply attending school for free breakfast and lunch. When recognizing that my high school had a very low graduation rate, I saw a desperate need for more resources and early identification of problems in schools. After putting all of these life experiences together and speaking with my cousins who are school psychologists in New York City, I decided that the most fulfilling and rewarding career choice for me was to become a school psychologist.

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

At this point in my life and after three years of graduate school in the field of school psychology, it is truly difficult to imagine doing anything else! I suppose I would either continue my career as a teacher or pursue a marriage and family therapist degree to continue working with children and families.

# Student Spotlight continued

## Alexandra (Ali) Shuster

4<sup>th</sup> year Specialist Student/Intern

What are some of your future goals?

Some of my goals for the upcoming year include performing at my optimal level while on internship, constantly continuing to learn and improve my skills each day and securing a full-time position within the district after internship and graduation where I can create a school environment in which students feel safe, happy, hopeful, and motivated. I hope to work long-term in the district and supervise practicum students and interns to share the knowledge and skills that were instilled in me. Finally, I hope to obtain my NCSP credential and become a licensed school psychologist. I also think it would be amazing to lead the implementation of a school-wide community service project in which students can develop character, feel like they are part of the community, and make a difference in the world and would love to try that at some point in my career.

What is something we might not know about you?

I am obsessed with fashion and love anything that is unique and stands out. I also started my own online/in-app shop on Poshmark to consign clothes and accessories to earn extra money while in graduate school and to my surprise, "my store" has become successful and largely popular with almost 10,000 followers.

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

Since beginning the program, I have become involved with GrASP, student mentoring, and TAing for several courses. I have attended the annual NASP annual convention in New Orleans in 2016 and the FASP Annual Conference in Daytona Beach in 2017 and look forward to attending many more conferences this year and in the future. I maintain active membership with APA, NASP, FASP, PBASP, BASP, AND DASP. I completed my school-based practicum (with the best supervisor, Debra Falk) in The School District of Palm Beach County and my clinic-based practicum in SPACI. After receiving offers from each of the 8 districts I applied to, I will be interning for The School District of Palm Beach County!

What do you do for self-care?

Self-care is essential to our overall well-being. Some of my favorite ways to "treat myself" include getting a manicure and pedicure and/or a facial and taking time off truly relax and to spend time with my loved ones to travel and make tons of new memories.



# Student Spotlight

## Catalina Uribe

2<sup>nd</sup> year Specialist Student



What do you like most about the School Psychology Program?

I think my favorite aspect so far has been the other people I've met in the program. I feel like everyone is genuinely nice and willing to go out of their way to help. Even though conflicting schedules don't let me be "close" to everyone, I feel like I have a mini-mentor in everyone I meet and I'm super thankful to one day call all these amazing people my colleagues!

Why did you choose School Psychology?

I chose School Psychology because it was a pretty perfect combination of my studies in Applied Behavior Analysis and my experience as a teacher for children with Autism Spectrum Disorder and other Developmental Disabilities. I think that schools are one of the most important factors in determining life-long success (which I believe should not be limited to the conventional definition), and I'd like to make an impact in the way we shape our future generations.

What are some of your future goals?

As of right now, I think that my ultimate goal would be to become a Superintendent. I think that as a School Psychologist I will be one of the best-qualified people for the job, and will be able to apply system-level changes throughout a large area in order to create the best possible outcomes for my students. My experience within schools will also help me understand the obstacles that individuals such as teachers or administrators may run into, so I will have first-hand knowledge of how to best implement strategies to ensure high efficacy. I'd also eventually like to open up my own practice, or maybe even an Early Childhood Education center of some sort.

What are some of your involvements?

This year I served as 1<sup>st</sup> Year School Psychology Representative for the College of Psychology Student Government Association, and next year I will be the Public Relations chair. I am also involved in GrASP! I attended the FASP annual conference in 2017 and loved it! I'm very excited to go again in October, and I recommend all entering students to do so as well!

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

If I wasn't in School Psychology I would probably be doing some type of counseling or sticking with my undergraduate criminal justice degree and doing something with that. I've always had a soft spot for helping others, children in particular, so I think I'd most likely be working as a counselor for the Department of Juvenile Justice.

What are some of your hobbies?

My newest hobby has been hot yoga, which I started in April. I've found myself getting a bit more in tune with my body and mind on a deeper level. It's my favorite stress-reliever. Aside from that, I'm very creative so I spend the rest of my free time working with wood, whether it's simply painting signs or building bottle openers, beer clocks, and even farmhouse tables.



# SELF-CARE SPOT

## Self-Care Tips and Tricks

### Physical

Use essential oils  
Take a walk on the beach  
Take a relaxing bath  
Color a picture  
Write in a journal  
Exercise  
Watch the sunrise/sunset  
Stay hydrated

### Mental

Make a list of tips to help de-stress  
Take a break from studying  
Take an electronic-free day  
Do yoga  
Take a nap  
Meditate

### Emotional

Watch a funny tv show or movie  
Be ok with saying no  
Avoid negativity  
Create a vision board  
Think positively

## Local Events

August 11, 2018 7:00am-8:00am  
'Breathe- Yoga by the Sea' - Fort Lauderdale

August 18, 2018 12:00pm  
South Florida Wine and Beer Festival

Every Tuesday 5:00pm-9:30pm  
Food Trucks at Heritage Park in Plantation

## Activity Ideas With Student Discounts

Morikami Museum and Japanese Gardens  
Delray Beach, FL

Perez Art Museum  
Miami, FL

Broward Center for the Performing Arts  
Fort Lauderdale, FL

*"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from overflow. You cannot serve from an empty vessel." - Eleanor Brownn*

## NSU COLLEGE OF PSYCHOLOGY

(For more information, please visit  
<https://psychology.nova.edu/continuingeducation/index.html>)

- \* October 1, 2018: South Florida Psychology Day. 8:30am-1:30am NSU Maltz and Carl DeSantis Bldgs.

## AMERICAN PSYCHOLOGICAL ASSOCIATION

(For more information, please visit <http://www.apa.org>)

- \* August 9-12, 2018: 126th Annual APA Convention in San Francisco, California.
- \* October 12, 2018: Improving Psychological Assessment Report Writing. 1-4pm Washington, D.C.
- \* November 16, 2018: Designing and Reporting Qualitative Clinical Research. 1-4pm Washington, D.C.

## FLORIDA ASSOCIATION OF SCHOOL PSYCHOLOGISTS & NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS

(For more information, please visit [www.fasp.org](http://www.fasp.org) & [nasponline.org](http://nasponline.org))

- \* September 7, 2018: Prideful Participation: Facilitating Gender-Sexuality Alliances in Secondary Schools. 3-4pm. NASP Online Learning Center Webinar.
- \* October 24-27, 2018: FASP's 45th Annual Conference in Omni Orlando Resort at Champions Gate, FL
- \* November 12-16, 2018 School Psychology Awareness Week (SPAW)

## KRISTI HOUSE

(For more information, please visit [www.kristihouse.org/calendar-of-events/](http://www.kristihouse.org/calendar-of-events/))

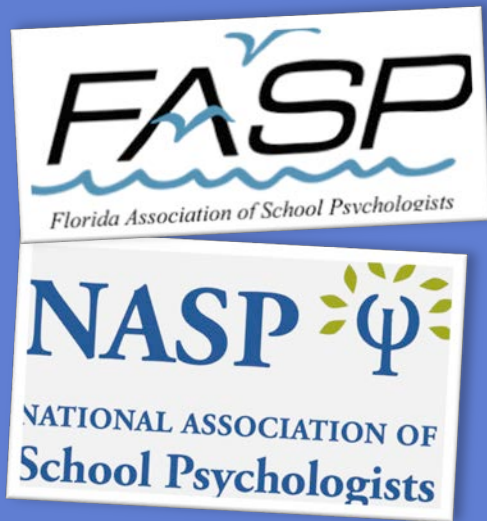
- \* August 29, 2018 & October 12, 2018: Children and Traumatic Stress Workshop-Naranja Office, Homestead, FL

## AMERICAN FOUNDATION FOR SUICIDE PREVENTION

(For more information, please visit [www.afsp.org](http://www.afsp.org))

- \* September 29, 2018: Out of the Darkness Palm Beach County Walk at John Prince Park, Lake Worth, FL
- \* October 7, 2018: Out of the Darkness Miami-Dade County Walk at Tropical Park, Miami, FL

# DON'T FORGET TO REGISTER!



FASP's 2018 Annual Conference  
registration is open now!

NASP's 2019 Annual Convention  
registration opens: October 1, 2018  
Early Registration closes: November 7, 2018



Interested in writing for the next Gazette?  
Please contact Pam at [ph492@mynsu.nova.edu](mailto:ph492@mynsu.nova.edu).

Interested in getting more involved in GrASP?  
Please contact Jenna at [jl2378@mynsu.nova.edu](mailto:jl2378@mynsu.nova.edu)  
or Juliette at [jh2688@mynsu.nova.edu](mailto:jh2688@mynsu.nova.edu).

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