

THE GRASP GAZETTE

Nova Southeastern University's School Psychology Program Newsletter

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Dear Readers,

Happy winter! 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. We hope you had a positive and successful winter semester and we can't wait to see what exciting things this summer will bring!

Please enjoy this new issue of the GrASP Gazette!

All the best, Pam Hirsh, Jenna Lalia, and Juliette Hubbard

Meet the Board!

2018-2019 GrASP Executive Board



Pictured: Jenna Lalia and Juliette Hubbard (Chairs), Catalina Uribe (Chair-Elect), Ashley Edwards (Vice Chair), Pamela Hirsh (Technology Chair), Crystal Czech and Aline Milfort (Fundraising/ Philanthropy Chairs and Treasurers), Vidhi Thakkar and Emma Greco (Alumni Relations/Mentorship Chairs), Stephen Beard (Public Policy Chair)

Not pictured: Gabriella Irizarry and Susanna Hoy (Social/Professional Development Chairs)

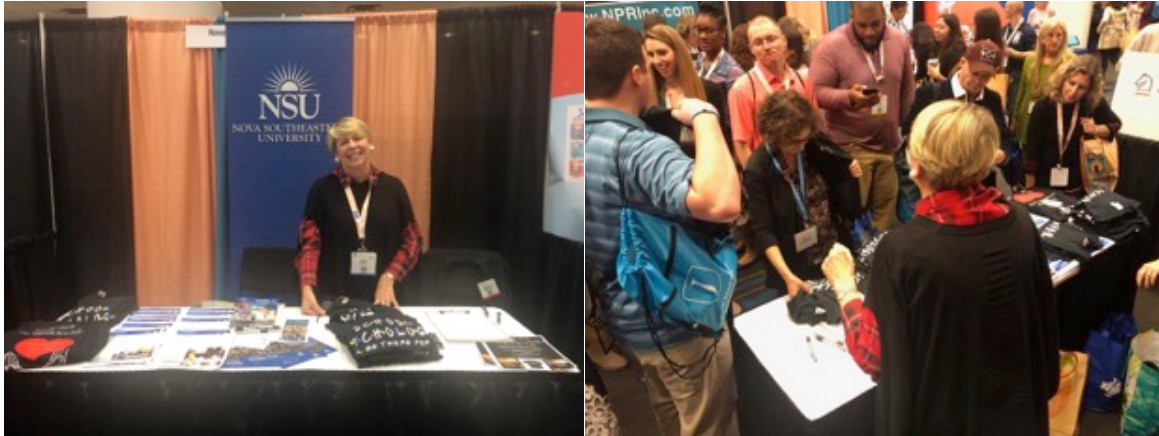
What is GrASP?

The Graduate Association of School Psychology (GrASP) at Nova Southeastern University is an organization that seeks to support graduate students in the school psychology program. GrASP holds events and activities including student socials, question and answer sessions, and fundraising activities.

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 student 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 NASP Annual Convention, we sold shirts that were made by some of our students to support our GrASP organization! Thank you to Catalina Uribe, Jenna Lalia, Crystal Czech, and Jessica Wright for making them! Also, a big thank you to Jane, Dr. Waguespack, and the other students and faculty who helped sell them! They were a hit!



College of Psychology students spent two days at the Florida capitol lobbying for mental health and education issues with our state representatives. Above is a photo of Dr. Cash with our school psychology students who attended!



This year, at NSU's Relay for Life event, The College of Psychology SGA and GrASP had a 90's themed booth with props and activities to help raise money. We were awarded the title of Bronze Sponsor by raising over \$2,000 for cancer research! In total, over \$3,000 was raised by our college! Above is a photo of first year doctoral student, Mikaela Rizzo, with a Clinical doctoral student, who was this year's team captain!

NASP Highlights

We presented!



Pam Hirsh and Samantha Guy
Characteristics that Predict Effective Interviewing in Graduate Students



Lauren Ruiz and Kelley Aucello
Childhood Schizophrenia: Implications for School Psychologists



Kelley Aucello and Alexandra Licata
Music Therapy for Children Diagnosed with Autism Spectrum Disorder



Stephanie Wietzychowski
Weaving Diversity Considerations into Suicide Prevention Programs for Schools



Gabriella Irizarry
Using Dialectical Behavior Therapy for Borderline Personality Disorder



NASP Highlights

We networked and socialized!



Some of our faculty, friends, students, and alumni enjoying the NSU College of Psychology Alumni & Friends Reception as well as sharing other experiences throughout the conference!



NASP Highlights

We explored Atlanta!



While in Atlanta, many of our students took a break from the conference and explored the city, visiting sites such as the Georgia Aquarium and the World of Coca-Cola!





Student Spotlight

Alyssa Bolston

1st year Psy.D. Student

What do you like most about the School Psychology program?

I like how supportive my peers and faculty are. Everyone is and willing to jump in and help one another. In addition, I like the diverse practicum experiences we get in order to give us a well-rounded viewpoint for our future careers.

Why did you choose School Psychology?

I listed out all my future goals, and one was working with kids and impacting their lives. Many of the duties of this job lined up with my own personal values. I love how School Psychology gives me the ability to access so many kids in need who are in the schools, and I love how the schedule of a school psychologist in a school allows me to still be able to have time for my own future family.

What are some of your future goals?

I would ultimately love to work in a low-income elementary school where I am able to make personal connections with the students and create interventions to help them succeed. I would love to then spend my summers traveling to third-world countries and helping kids in need there. More recently, I have been looking into working with non-profit organizations as well!

What is something we might not know about you?

I love plants!!!! (Crazy plant mom)

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

Working for a nonprofit organization!

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

I volunteer tutoring 4th grade students who are behind in reading, and I volunteer by sponsoring a family who fosters children (cooking them meals and babysitting for free). I am a member of President's 64!

What are some things you do to practice self-care?

Go to the gym, read books, go to coffee shops, have quiet time in the mornings before class/prac!

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

I love chips & salsa, and my favorite song is Beautiful Crazy by Luke Combs.



Student Spotlight

Jessica Wright
2nd year Psy.S. Student

Why did you choose School Psychology?

Since I can remember, I've always loved working with children. It wasn't until I volunteered at FIU's Summer Treatment Program that I wanted to pursue School Psychology. The Lead Counselor, at that time, was currently in a Ph.D. program for School Psychology and he explained the roles and responsibilities of a School Psychologist. After that, I researched programs, spoke with school psychologist and guidance counselors (since at the time I was unsure of which career to pursue) and decided to go with School Psychology, and I am glad I did. I want to be an advocate for children and help them to reach their full potential as a student and to succeed academically, behaviorally, socially, and emotionally.

What are some of your future goals?

As of now, my future goals are to become a School Psychologist and a Board Certified Behavior Analyst, in the hopes of opening my own company.

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

I'd probably still be in the mental health field or become a teacher.

What is something we might not know about you?

I was SGA president and student body representative for Miami Dade College and I delivered the student reflection speech at my graduation. I was also classically trained in ballet for 7 years and continued to pointe for 2 years.

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

I am currently placed at Gator Run Elementary for my Practicum. I am also a Research Assistant for Dr. Sheinberg. Last, I am a member of FASP and NASP.

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

Right now, my favorite musician is Anderson .Paak and of course, my favorite pet is a Miniature Schnauzer.

What are some of your hobbies?

I enjoy practicing yoga, weightlifting, dancing, listening to music, and hanging out with my friends and family.

Social Spot



The College of Psychology's 2019 formal, the Crystal Ball, was held at the beautiful Conrad hotel. The theme was "black and white." Graduate students from each psychology program attended and were represented. Guests enjoyed a buffet dinner, a photo booth, glow-in-the-dark entertainment, and a scenic view of Fort Lauderdale Beach. We hope everyone had a great time!



(Pictured left): Mekdes Damenu, and Leandra Irving, and Leticia Soares soaked up the sun on the beach in Boca Raton this past Spring Break!

(Pictured right): Catherine Ivey, Brooke Newton, and Alyssa Boltson had a blast riding electric scooters on Fort Lauderdale Beach!



Faculty Spotlight

Jane Lazarus



Why did you want to become a school psychologist?

I was always interested in education. I have a sibling who had difficulties in school, so I became interested in different ways to assist. When teaching, I always gravitated to the students who needed more help. It was a natural thing for me.

What is your advice for school psychologists who are beginning their careers?

Be a generalist to start with; learn as much as you can about everything. Use your mentors, colleagues and supervisors to consult with in challenging situations, because early in your career, you don't know what you don't know. Often, there's a lot of support built in and experienced school psychologists are very helpful to their beginning professional colleagues. Develop some expertise and roles that are in addition to your assessment duties. Help your school administrators solve school problems and they will learn to use your knowledge and skills in many ways. In addition to supporting students and families, be a support for teachers and administrators and a valued mental health practitioner in the school community.

What are the changes you've seen within the profession?

In my schools through the years, I noticed that there were many more assistance programs being developed for students in regular education who had reading or math difficulties. School psychologists can participate in developing interventions before exceptional student education supports are considered. Another change I saw is that the referrals for comprehensive evaluations are much more complex. The academic and mental-health difficulties that students are experiencing appear to be becoming increasingly complicated.

What do you feel has been your greatest accomplishment in your life?

Being a mother to a son has been my greatest challenge and is my life's most rewarding role.

What has been your greatest accomplishment in your career?

If I had it to do all over again, I would choose to be a school psychologist. I have benefitted from supervising interns and having an opportunity to impact young people and their families in a positive way.

Special Mentions

Honors and Awards



(Pictured left):

Congratulations to Dr. Peter Caproni, as he is a Community Award Recipient of the NSU 2018 Faculty Member Award!

(Pictured right):

Congratulations to Catalina Uribe and Pam Hirsh for being invited and initiated into Nova Southeastern University's chapter of the The Honor Society of Phi Kappa Phi!

Phi Kappa Phi is the nation's oldest, most selective, and most prestigious all-discipline honor society.



Special Mentions

2019-2020 Internship Placements

Psy.D. Students

Mekdes Damenu- Dallas Independent School District in Dallas, TX

Stephanie Wietrzychowski- Hillsborough County in Tampa, FL

Susanna Hoy- School District of Palm Beach County

Stephen Beard- Illinois School Psychology Internship Consortium: SIU School of Medicine and Springfield School District

Leandra Irving- Palos Behavioral Health Professionals in Palos Heights, Illinois

Jenna Lalia- Pleasantville Union Free School District in New York

Gabriela Irizarry- Pleasantville Union Free School District in New York

Kelley Aucello- School District of Palm Beach County

Emma Greco- School District of Palm Beach County

Alexandra Machado- Miami-Dade County Public Schools

Breanne Taylor- Miami-Dade County Public Schools

Samantha Guy- School District of Palm Beach County

Anais Alvarez- School District in Spartanburg, South Carolina

Jennifer Valdes- Miami-Dade County Public Schools

Psy.S. Students

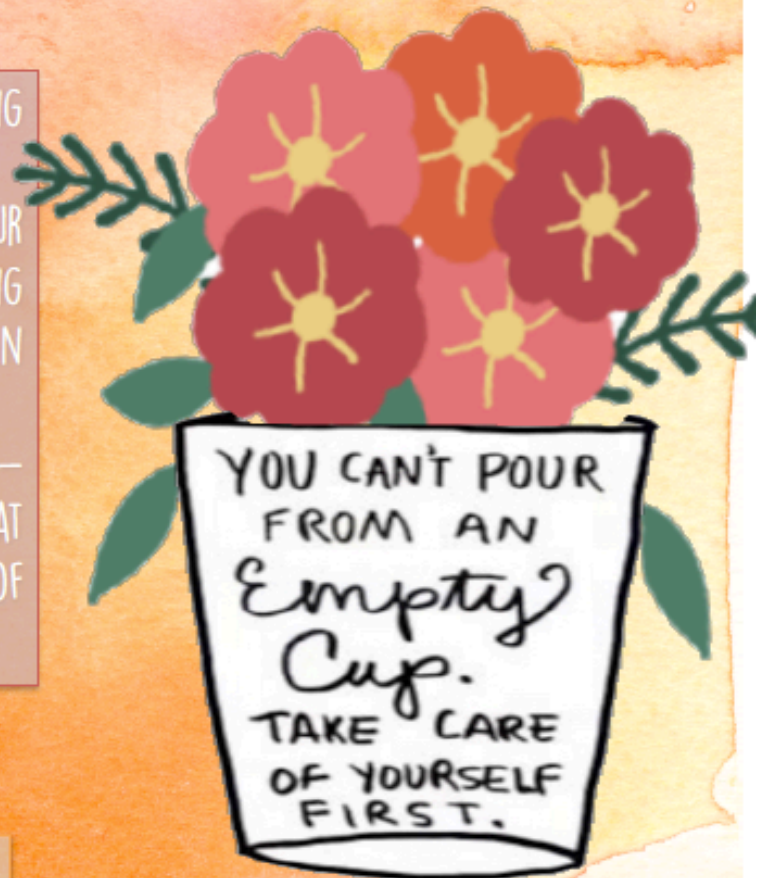
Self-Care Corner

What is Self-Care?

SELF-CARE IS A BROAD TERM FOR ANYTHING YOU DO TO BE GOOD TO YOURSELF. IT'S PARTLY ABOUT KNOWING WHEN YOUR RESOURCES ARE RUNNING LOW, AND STEPPING BACK TO REPLENISH THEM RATHER THAN LETTING THEM ALL DRAIN AWAY. IT ALSO INVOLVES INTEGRATING SELF-COMPASSION INTO YOUR LIFE IN A WAY THAT HELPS TO PREVENT EVEN THE POSSIBILITY OF A BURNOUT.

Types of Self-Care

SENSORY, EMOTIONAL, SPIRITUAL,
PHYSICAL, SOCIAL



Self-Care Corner

Continued

Sensory

- CUDDLE UP UNDER A SOFT BLANKET
- FOCUS ON THE SMELL OF FRESH AIR
- WATCH THE FLAMES OF A CANDLE OR FIRE
- FOCUS ON THE MOVEMENTS OF YOUR OWN BREATHING
- SIT IN THE HEAT OF THE AFTERNOON SUN
- WALK BAREFOOT IN THE GRASS
- HAVE A MASSAGE WITH ESSENTIAL OILS
- HOLD A PET IN YOUR ARMS

Social

- MAKE A LUNCH DATE WITH A GREAT FRIEND
- WRITE AN EMAIL TO SOMEONE WHO LIVES FAR AWAY BUT YOU MISS
- REACH OUT TO SOMEONE YOU HAVEN'T SEEN IN A WHILE
- CONSIDER JOINING A GROUP OF PEOPLE WHO SHARE YOUR INTERESTS
- STRIKE UP A CONVERSATION WITH SOMEONE INTERESTING
- JOIN A SUPPORT GROUP

Spiritual

- KEEP A DAILY MEDITATION OR MINDFULNESS PRACTICE
- READ POETRY
- ATTEND A SERVICE, WHETHER IT IS RELIGIOUS OR HUMANISTIC
- WALK IN NATURE AND REFLECT ON THE BEAUTY AROUND YOU
- MAKE A DAILY LIST OF 5-10 THINGS THAT MAKE YOU FEEL GRATEFUL
- SAY AFFIRMATIONS THAT GROUND YOUR SENSE OF SELF AND PURPOSE
- GO ON A TRIP WITH THE SOLE PURPOSE OF PHOTOGRAPHING THINGS THAT INSPIRE YOU

Emotional

- KEEP A DAILY JOURNAL AND BE TOTALLY HONEST ABOUT YOUR FEELINGS
- SEE A THERAPIST, EVEN IF IT'S JUST FOR A FEW SESSIONS
- WRITE A LIST OF "FEELING WORDS" TO EXPAND YOUR EMOTIONAL VOCABULARY.
- MAKE TIME TO BE WITH A PERSON WHO TRULY UNDERSTANDS YOU
- LET YOURSELF CRY WHEN YOU NEED TO
- DELIBERATELY ENCOURAGE YOURSELF TO LAUGH
- SING ALONG TO THE SONG THAT BEST EXPRESSES YOUR CURRENT EMOTIONS

Physical

- DANCE TO YOUR FAVORITE SONGS
- DO YOGA — EVEN IF YOU'VE NEVER TRIED IT
- JOIN A CLASS AND LEARN A NEW SPORT
- GO RUNNING WITH YOUR DOG
- CYCLE THROUGH THE CITY
- SIMPLY GO FOR A WALK

Upcoming Events

NSU College of Psychology

- **May 10, 2019:** Social Justice and ASD: Best Practices in Assessment with ELLs. 9am -12pm Maxwell Maltz Building – Room 2057. <https://psychology.nova.edu/ce/forms/2018/social-justice-asd.pdf>
- **May 17, 2019:** Medical Play Therapy and Child Life: Interventions in Clinical and Medical Settings. 9am-4pm Carl DeSantis Building – Knight Auditorium. (<https://psychology.nova.edu/ce/forms/2018/medical-play-therapy.pdf>)

United Way of Broward County Commission on Substance Abuse

- **May 14-15, 2019:** 5th Annual Behavioral Health Conference. Signature Grand, Davie. (<http://www.drugfreebroward.org/BHC2019/>)

Kristi House

- **May 17, 2019:** Hurricanes: Supporting Families through Trauma. 2-4pm Naranja, FL. (http://www.kristihouse.org/event/hurricanes-supporting-families-trauma/?instance_id=2942)
- **May 31, 2019:** Children and Traumatic Stress. 2-5pm Miami, FL. (<http://www.kristihouse.org/education/#event|children-traumatic-stress-8|2918>)

American Psychological Association

- **June 21, 2019:** Crisis Response Planning for Preventing Suicidal Behaviors. 1-4pm Washington, D.C. (<https://www.apa.org/news/events/2019/june-corner>)
- **August 8-11:** American Psychological Association's 2019 Annual Convention. Chicago, IL. (<https://convention.apa.org>)

Florida Association of School Psychologists

- **July 10-12, 2019:** FASP Summer Institute. Naples, Florida (http://www.fasp.org/Events/Summer_Institute.html)

National Association of School Psychologists

- **July 8-10, 2019:** 2019 NASP Summer Conference. Phoenix, AZ (<https://www.nasponline.org/professional-development/nasp-2019-summer-conferences>)
- **July 22-24, 2019:** 2019 NASP Summer Conference. Hartford, CT (<https://www.nasponline.org/professional-development/nasp-2019-summer-conferences>)



HAVE A GREAT SUMMER!



Want to write for the Gazette? Want to get more involved in GrASP? Please email Jenna Lalia at jl2378@mynsu.nova.edu or Juliette Hubbard at jh2688@mynsu.nova.edu.

SPECIAL THANKS TO OUR CONTRIBUTORS

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