

Samuel W. & Marilyn C. Seidel School of Education & Professional Studies

The Seidel News

FALL 2009

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The Seidel News is published twice a year.
Dr. Susan Muller edited this edition.

Generating a Spirit of Inquiry

I recently visited Dr. Scott Mazzetti's exercise science laboratory to observe a group of exercise science students conducting research to measure responses to high impact exercise. Students conducted the experiments with minimal coaching from Dr. Mazzetti—they followed strict protocols and knew that failure to do so would invalidate this particular routine.



Seidel Dean
Dr. Dennis Pataniczek

A couple of weeks later, I attended the Education Intern Gallery Walk where over a hundred education seniors and several graduate students presented their action research projects in a poster session format. The topics of inquiry were varied and students spoke passionately and articulately about their research and what it meant for them as aspiring classroom teachers. They all seemed prepared to answer my question of "How will what you have learned change what you do in your classroom?"

Earlier in the semester students from all majors at Salisbury University participated in the Salisbury University Student Research Conference. It was exciting to

listen to the presentations of our students from social work, exercise science, physical education and all of the other Seidel School majors. Again, students were articulate and informed about the work they had completed and were eager to share it with those who stopped to listen.

Isn't this the hallmark of the academy—to

engage in inquiry and research to broaden our understanding of the world? It is a hallmark, certainly, of Salisbury University's commitment to undergraduate research and the opportunities that are afforded to all of SU's students. In our social work program for example, students are urged to tie inquiry to all aspects of the practice courses in order to see that inquiry is not separate from but integral to their work as professionals. This experience will serve our students well as they pursue professional careers and enter graduate programs.

Thanks to faculty in all four departments for nurturing and encouraging this level of student inquiry.

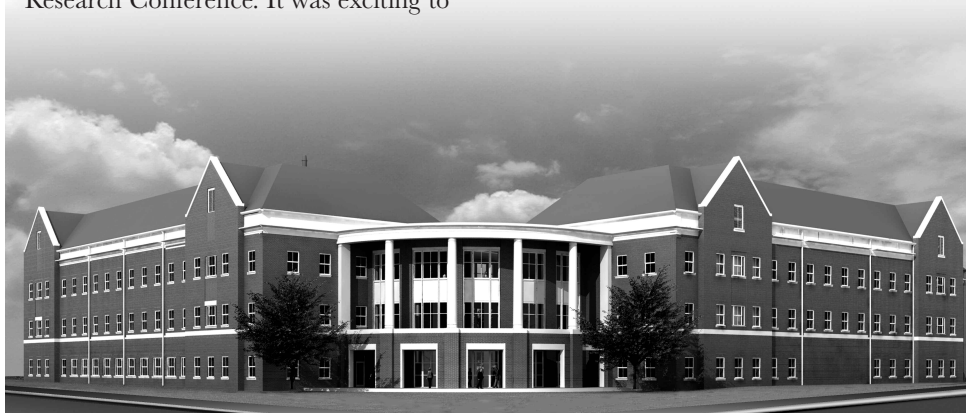
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Gorrow and Muller Book Is Award Finalist

When it comes to teacher wellness, Drs. Teena Ruark Gorrow and Susan Marie Muller, both faculty members in the Seidel School and experienced public school educators, really know their “ABC’s.” Their new book, *The ABC’s of Wellness for Teachers: An A-Z Guide to Improving Your Well-Being in the Classroom and Out*, is a finalist for the Association of Educational Publishers 2009 Distinguished Achievement Award.

Judged by an expert panel of editors and educators, the year’s top educational products

were evaluated according to usability, efficacy and overall educational value. The award credits organizations leading the way in educational resources and sets industry standards.

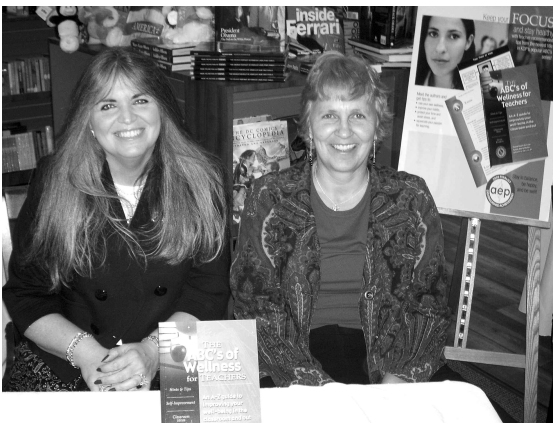
Recently released by Kappa Delta Pi, International Honor Society in Education, *The ABC’s of Wellness for Teachers* offers quick, expert advice to facilitate wellness and promote career longevity. “When Teena and Susan proposed a book on wellness that would fit into Kappa Delta Pi’s ABC series, it seemed a perfect match,” said series editor Karen Allen. “The purpose of our ABC series is to offer teachers practical tips and ideas that they can access easily and try right away.”

The ABC’s of Wellness for Teachers presents a repertoire of strategies to facilitate well-being and address everyday problems faced by today’s teachers. Signs of optimal wellness, strategies to promote balance and other self-assessment tools to help improve overall health are included. “We hope this

book will serve as a stimulus for teachers to reflect on the many aspects of life that influence wellness,” Gorrow and Muller said. Striking a balance between personal needs and work responsibilities is the key to achieving well-being and remaining engaged in the teaching-learning process.”

Kappa Delta Pi, Gorrow and Muller were recognized during the prestigious AEP Awards in June at the National Press Club in Washington, DC. An excerpt and other information about the book can be viewed online at www.kdp.org/publications/kdpbooks.php. Information about the 2009 AEP Awards can be viewed at www.aepweb.org/awards/prodevwin.htm.

Teena Ruark Gorrow, associate professor in the Department of Teacher Education, is a former public school teacher, principal and central office administrator. Professor Susan Marie Muller, chair of the Health, Physical Education and Human Performance Department, is a certified health education specialist and health fitness specialist.



Dr. Teena Ruark Gorrow (left) and Dr. Susan Marie Muller, co-authors of The ABC’s of Wellness for Teachers, recently signed their book during an author signing event at the News Center in Easton’s Talbottown Shopping Center.

Elementary Education Cohort Graduates

In spring 2007, the Department of Teacher Education at Salisbury University began an Elementary Education Cohort Program comprised mainly of students who had completed an Associate of Arts in Teaching from Chesapeake College. The first cohort was joined in fall 2007 by another group of students exploring the same option. These very special students paved the way for future cohorts and have completed their Bachelor of Science program at Salisbury University. They have been completing course requirements at the Eastern Shore Higher Education Center located on the grounds of Chesapeake College in Wye Mills, MD, and proudly graduated from Salisbury University on May 21, 2009.

Among this year’s graduates were Amy Amalfitano of Denton, Laura Anderson of Queen Anne, Amy Cohee of Federalsburg, Deanna Darby of Queenstown, Karen Davis of Trappe, Kristen LaGrossa of Stevensville, Holly Love of Denton and Kristin Stiles of Ridgely.

A graduation celebration dinner was held on Tuesday, May 19, at the Eastern Shore Higher Education Center where representatives from both campuses along with family and friends gathered to celebrate the accomplishments of this unique group of students. Representing Salisbury University were

Dr. Tom Jones, then provost; Dr. Bob Tardiff, associate provost; Dr. Dennis Pataniczek, dean of the Seidel School of Education and Professional Studies; Dr. Laurie Andes, chair of the Department of Teacher Education; and representatives from the faculty and staff of the Seidel School. Representing Chesapeake College were Dr. Barbara Viniar, president; Dr. Kathy Barbour, vice president for academic services; Dr. Willie Woods, dean of arts and sciences; and Dr. Deanna Stock, A.A.T. program representative. Also attending were Maryland Delegate Addie C. Eckardt and Elizabeth Neal of the Maryland State Department of Education.

The celebration was hosted by Deborah Urry, executive director of the Eastern Shore Higher Education Center, and Dr. Amy Stephens Meekins, professor emeritus and cohort liaison. Both Urry and Meekins were honored by the cohort graduates at the conclusion of the ceremony.

Graduating students appreciated the opportunity to enroll in small classes located close to their homes. LaGrossa noted: “The cohort experience at the ESHEC has been a great one. I have made some wonderful friends and learned so much. The cohort allowed me to take all the education classes that I needed to graduate without having to go far from home.

I think the cohort is great for those who have families and want to seek an education without commuting so far. I am thankful for having the opportunity to have had some great professors who helped me throughout my experience at Salisbury and who have taught me so much.”

Her sentiments were echoed by Anderson who stated: “The cohort program, professors, and fellow Salisbury interns are the reasons for my successes. The cohort program provided me with the education that I need to succeed as a future educator. I have had the opportunity to establish friendships with the professors as well as with other SU students. I am proud to say that I am a graduate of the cohort program offered at the Higher Education Center and I would strongly recommend it for future Salisbury University students.”

Members of the cohorts graduating this spring were the first to enroll in the program in the spring and fall of 2007. A third cohort has just completed their first year in the program, and plans are underway for a new cohort to begin in the fall. For additional information about the ESHEC ELED Cohort Program, contact Meekins at asmeekins@salisbury.edu or 410-543-6391.

Wagner Featured in Guitars in the Classroom Newsletter

Dr. Diana Wagner, assistant professor of education, and Lisa Gurkin, special education teacher for the emotionally disturbed at Prince Street School, were featured in the recent edition of the Guitars in the Classroom (GITC) newsletter, distributed nationally to GITC participants in more than 20 states!

What made you want to start training educators with GITC?

Diana: I saw the GITC ad when I was reading *Acoustic Guitar* magazine and visited the Web site. As a musician and a professor in education, I thought this was a perfect way for me to reach out to local schools. Teaching and singing! And I get ****paid**** for this?!

Where besides GITC do you teach?

Diana: I'm assistant professor in the Education Specialties Department at Salisbury (MD) University. I also teach at folk festivals in the summers. I especially love Folk College and Heart of the Alleghenies Festival in Pennsylvania.

Who do you train and where are your classes?

Diana: I bring GITC to local P-12 teachers on the Eastern Shore of Maryland. They are a very dedicated group of people! And because one of our counties and several individual schools are art-integration schools, there is a lot of demand for professional development for teachers. We meet in our wonderful new teacher education facility on the SU campus. I also visit local schools, helping teachers and doing workshops for youngsters.

"What we give to children who are touched by GITC is the freedom to let their voices and creativity out in an educational system that undervalues both. Musicians are liberators"

— Diana Wagner

What are your favorite teaching songs?

Diana: My absolute favorite is "Oh, Freedom." Any time a song can bring the souls of people, their history and our current experiences together, I'm moved beyond words. In baseball, pitchers have a "walk-up" song—the song that is played as they walk from the bullpen to the pitching mound. "Oh, Freedom" is my walk-up song!

I also love, and my teachers love, "The Lion Sleeps Tonight." The great structure, South African rhythms and beautiful images make that a very versatile song to use with classes.

Student Research in the Seidel School: A Changing Culture

This year's annual Salisbury University Student Research Conference (SUSRC) held on April 24, 2009, was an obvious success for the entire University. With a record-breaking 190 presentations (120 oral and 70 poster), the SUSRC represented an outstanding scholarly experience for many SU students.

This unprecedented number of submissions was a result of increased participation from all four schools, but perhaps most notably, the Seidel School. With almost 40 submissions, the Seidel School put forth its largest contribution to the SUSRC in recent years.

With topics ranging from "Different Teaching Styles' Effects on Student Learning"

to "Influence of Resistance Exercise Work on Energy Expenditure" to "College Football Player with Brachial Plexopathy Following Direct Blow to Erb's Point: A Case Report," it was evident that both students and faculty had made it a priority to incorporate scholarly activities into the various Seidel degree programs.

According to Chrys Egan, the 2009 SUSRC Committee co-chairperson, participation in this year's SUSRC has moved Seidel toward "being leaders of the conference" and has "shifted the research presentation culture in Seidel." Also worth noting, the largest number of submissions from a faculty advisor in the Seidel School came from Dr. Eric Carpenter from the Department of Health, Physical Education and Human Performance (HPEHP). The Seidel representative for this year's SUSRC was Scott Mazzetti, also from HPEHP.



Home School Physical Education Program Continues

Registration is underway for the Department of Health, Physical Education and Human Performance's Home School Physical Education Program.

Began in fall 2005, this program has provided valuable physical education instruction for home-schooled children ages 4-18 for the past four academic years. Students participate in developmentally appropriate movement activities that include fitness, fundamental skills such as throwing and catching, and sport-specific skills in a variety of sports.

Under the direct supervision of Eric Carpenter, the Home School Physical Education Program will meet every Thursday in the fall, 12:30-1:30 p.m. September 24-December 3 in the Maggs Physical Activities Center.

Registration for fall 2009 and spring 2010 is \$15 per child or \$40 for families with three or more children. Individual semester rates also are available. Deadline for registration is Friday, September 4.

Faculty Happenings

Presentations:

Connors, K., Graves, C., Outten, C., Parker, C., Ruark, J., Siers, R., Siers, S., and Stonnell, S. "Co-Teaching Revisited." March 2009, National Association of Professional Development Schools Annual Conference, Daytona Beach, FL.

Connors, K., Graves, C., Outten, C., Pataniczek, D., Ponder, C., Ruark, J., Siers, S., and Stonnell, S. "RAIS of Light: A Model for Linking Action Research with School Improvement Plans." March 2009, National Association of Professional Development Schools Annual Conference, Daytona Beach, FL.

DeWitt, D. "A Case Study of High School Hazing: Using a Restorative Justice Model to Change a District's Behavior and Culture." February 19-21, 2009, American Association of School Administrators' (AASA) National Conference on Education. San Francisco, CA.

Elbum, S., Siers, R., and Siers, S. "The Integration of Technology in the Collaborative Internship Practicum." March 2009, National Association of Professional Development Schools Annual Conference, Daytona Beach, FL.

Hillman, K., Wooley, S., Patterson, S., Wengert, D., Muller, S., and Fortune, D. New Standards for Teacher Preparation in Health Education. AAHPERD National Convention, Tampa Bay, FL. March, 2009.

Muller, S. & Wengert, D. AAHE Initiatives Update. February 6, 2009. Eastern District AAHPERD Convention, Lancaster, PA.

Muller, S., & Gorrow, T. Burned Out or Zoned Out? - Six Steps to Fostering Resiliency. February 6, 2009. Eastern District AAHPERD Convention, Lancaster, PA.

Outten, C. (adjunct instructor and mentor), Graves, C. (intern), **Ponder, C.** (intern), Ruark, J. (intern), and Stonnell, S. (intern), "Documenting Student Learning Attributable to PDS (Poster Session)." March 2009, National Association of Professional Development Schools Annual Conference, Daytona Beach, FL.

Royer, R. "Educational blogging: Going beyond reporting, journaling, and commenting to make connections and support critical thinking." March 2-6, 2009, Society for Information Technology and Teacher Education. Charleston, SC.

Royer, R. and Richards, P. "Field experiences in digital storytelling: Increasing teacher confidence and transfer into the classroom." March 2-6, 2009, Society for Information Technology and Teacher Education. Charleston, SC.

Notable Professional Endeavors:

The Maryland Higher Education Commission honored **Dr. Peggy Proudfoot-McGuire** of the Social Work Department with the prestigious Henry C. Welcome Fellowship.

After 30 years of service to social work education and the profession, **Dr. Marvin Tossey** was honored this spring with a 2009 Lifetime Achievement Award from the National Association of Social Workers - Maryland Chapter.

Publications:

Dennis, D., Cox, W., Black, A. and Muller, S. (2009). The Influence of Religiosity and Spirituality on Drinking Behaviors: Differences Between Students Attending Two Southern Universities. *Journal of Drug Education*, 39(1), 93-110.

Gorrow, T., & Muller, S. (2008). *The ABC's of Wellness for Teachers: An A-Z collection of suggestions for improving your well-being inside and outside of the classroom.* Kappa Delta Pi, International Honor Society in Education. Indianapolis, IN.

Gorrow, T. R., & Muller, S. M. (2009, March). *LAUGH: A fun way to wellness at work.* Kappa Delta Pi ProPointers.