



LeTourneau
UNIVERSITY

School of Education Newsletter

SPRING 2009

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From the iDean—Dr. Jacobs

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Happy 2009! I am very excited that our semester has started so well! We have a large number of Teacher Education students working their way through block classes and are getting ready for their student teaching experience. What a joy it is to see the excitement in their eyes as they get closer to having their own class or team! How is God preparing you to meet the challenges in your life? God often takes us through challenging times to allow us to use those experiences for the comfort of others. Scripture tells us, *"Praise be to the God and Father of our Lord Jesus Christ, the Father of all compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have re-*

ceived from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows." (2 Corinthians 1:3-5 NIV) Let me encourage you to be an encouragement to others. How can we do that effectively? Let me suggest five ways:

1. You cannot give encouragement when you are talking about yourself – talking about how bad our problems will not give someone else a better perspective on their problems
2. Tell the person what they are doing right – we usually know what we do that is wrong, but an encourager tells someone else what is good about them; what they do well.
3. Talk about the future – make sure they know of what God can do, how He can take any situation and transform it for

His glory, using anyone or anything to accomplish His task

4. Give an example of overcoming – talk about how you or a friend overcame a situation or how someone has dealt with adversity. Mostly, give them hope

5. Let them know you are walking beside them – you may not be able to solve the problem or take the actions they need to take, but you can let them know what you have been through and how you would act. All of this must be done in a spirit of love. In John 14:1, Jesus tells us, *"Do not let your hearts be troubled. Trust in God; trust also in me."* Place your trust in the Lord and let Him use your experiences to minister to the needs of others.

Alaska Update

Our Alaska group is excitedly preparing for the trip in May. Thank you to all who supported the outdoor concession stand during athletic events in the fall! We will again be in the stand for softball and baseball season. Please stop by and help your friends prepare to minister to

the needs of the students in Alaska! There will be a special opportunity to meet with representatives from Alaska at the beginning of April. If you are interested in going to Alaska, there may still be an opportunity for you! Contact Dr. Jacobs for more details SOON!

Special Academic Chapel

On April 3, 2009, the School of Education will be hosting a special called Academic Chapel in Belcher Gym. Barry Rempel of SEND International and Michael Johnson from the Copper River School District in Glennallen, Alaska will be sharing some of the opportunities for LU students to get involved in Alaska.

Health Fair



This year's annual health fair (February 5th) at LeTourneau University is expected to be the largest yet, featuring nearly 70 healthcare vendors offering their services to students and the surrounding Longview community. A concentration on mothers and small children has been highlighted this year in order to provide healthy insights and activities to young families.

The School of Education is once again committing their time and efforts to assist and operate the health fair. Several classes will be in Belcher Gymnasium and Solheim Arena conducting activities: Development and Learning of the Young Child, Theories and Techniques of Child Counseling, Integrated Reading and Writing Methods, Activities for Special Populations, Fitness Testing and Prescription, and Children's Health and Physical Develop-

ment. Our students will be teaching young children about safety, nutrition, reading skills, and healthy habits. Also, large inflatables will be a huge hit with the kids. Other students will provide evaluations concerning body fat percentage, weight, strength tests, and flexibility. Without the participation of the School of Education, the health fair would lack all of these crucial elements that offer services to children, students, and the public as well.

"For the very first time, some sections of KINE 1512 Concepts of Lifetime fitness are being taught as hybrid sections."

Concepts of Lifetime Fitness

For the very first time, some sections of KINE 1512 Concepts of Lifetime Fitness are being taught as hybrid sections. The hybrid sections consist of one on ground class and one online class for the week. The online class consists of completing several online assignments in Blackboard. These online assignments have the students responding to a topic posted on the discussion board and also completing an online assignment or two. The students also enjoy 30 to 60 minutes of their favorite exercises on their own time. The kinesiology department will evaluate the success of the hybrid sections at the end of the semester and decide whether to continue to offer the option of hybrid sections.

Special Populations

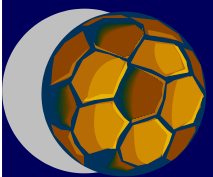
Mrs. Kathryn Baker's KINE 3803 Special Populations class has several field trips planned for the spring semester. The first trip will be to Windridge. It is a center that uses horses to help rehabilitate people with brain injuries. The students will get to observe youngsters being worked with at Windridge. The class will also go to the SDC (sensory lab) for Longview Independent School District in March. In April, the class will be involved with the Special Olympics/Field Day for Special Populations for the LISD.

ASC Announces the 2008 Fall All -Academic Teams

LETU had 11 student-athletes named to the American Southwest Conference's 2008 Fall All-Academic team which included the sports of cross country, football, soccer, and volleyball.

In order to be eligible for the honor, a student-athlete must have lettered in the fall of 2008, be in at least their second academic year, and have a cumulative grade-point average of 3.00 or higher.

Those SOE athletes named to the list from LETU women's soccer include Meredith Bowman (Education), Caitlyn Eubanks (Psychology), Caitlin Pastore (Kinesiology), and Kirby Posey (Kinesiology). Congratulations Ladies!



Teacher Education Corner



TAIR Conference

The East Texas TAIR (Texas Association for the Improvement of Reading) conference will take place on the campus of LeTourneau University on January 30, 2009 from 8:30 A.M. – 2:30 P.M. The key note speaker is author Angela Hunt.

Development and Learning of the Young Child

Students in EDUC 3353 Development and Learning of the Young Child are contributing to two campus initiatives this spring semester. They will be helping with this year's health fair. Their contribution is called "Talking Hands." They are making puppets and discussing with the children that having emotions is okay, it is what you do with your emotions that makes a difference. They also will be putting on a workshop in April. It is a make-it-take-it workshop for those who teach children ages 2 years to 6 years. The workshop will be on April 18. Mrs. Shari Mills teaches this course.

Psychology Corner

Bachelor in Psychology Degree for Working Adults

Do you love working with people? Are you fascinated with how people think and behave? Would you enjoy a career in counseling or child development? LeTourneau University can prepare you for graduate school and a career in the field of psychology. So begins the description of LeTourneau's newest online degree completion program—an online bachelor of psychology for working adults. The program began in January 2008. Students can take classes on ground at our educational sites throughout Texas: Longview, Houston, Austin, Bedford, Dallas and Tyler, or earn their degree online. One year later, the program has 85 online psychology students. The program is attempting to "build" its first on ground Psychology

cohort scheduled for April 20, 2009 at the Houston Galleria location.

Kappa Psi Delta (The Psychology Club)

KPD is hard at work planning events for the Spring semester. The first event will be held Friday, January 30 at Dr. Sheaffer's house (email KimPrice@letu.edu for directions). We will be having a game and movie night, with plenty of junk food available. Bring a friend!

Other events we are looking to organize will include:

- An on-campus seminar on graduate school in psychology and working with a bachelor's degree in psychology
 - A service project
 - Psychology-oriented field trips around Longview
- Fundraisers for non-profit organizations

Keep an eye open for flyers advertising events. If you want to be added to the email list, contact Kim Price. You do not have to be a psychology major to participate. All are welcome.

Reactive Attachment Disorder Training

A Reactive Attachment Disorder training seminar was held at LeTourneau on Friday, January 15th and Saturday, January 16th, 2009. About 200 community members attended the training. They used the Education Center for the seminar. The key note speaker was Eric Guy (www.centerforvictory.com). Area agencies that were represented included The Texas Department of Family and Protective Services, The East Texas Foster and Adoptive Care Association, Presbyterian Children's Homes and Services, The Family Law Council, and the Welfare Boards of various East Texas Counties.

Certification Corner

Greetings from the Certification office:

You don't have to drive anymore! LeTourneau University is officially a TExES exam paper-based testing center beginning January 31, 2009. What does that mean to you as a student? It means that you can take your teacher certification exams right here on our campus. All you have to do is go to the ETS website, <http://www.texas.ets.org/> and sign up for the exam of which you are eligible. When you chose your testing center, LeTourneau University will be an option for you. We are very excited about this because it provides more opportunities for people in the area to test and it will give LeTourneau University more exposure!

Texas Administrative Code (TAC) 227.10 (a)(3)(C) now allows degreed individuals who have not been enrolled in an Educator Preparation Program (EPP) to take Pre-Admission Content Test (PACT) to demonstrate content proficiency for possible admission into an EPP. **Taking PACT does not ensure admittance into a program.** EPPs may have additional admission requirements. This is not LeTourneau University's PACT program, but a new opportunity for people that are interested in teaching, but want to make sure that they have the content knowledge before making a decision to teach. It is a great way to get started and then a person can enroll in our PACT program and become certified to teach in Texas. What could be more exciting than that?

Recognize physical warning when exercising in cold temperatures

It is important to be aware of the messages your body sends while exercising in cold temperatures. Shivering, for example, is the body's attempt to warm itself and is an early indicator of too much cold exposure. When ignored, exposure to cold temperatures can lead to frostbite and hypothermia. However, these issues can be avoided by simple prevention. Layering clothes, staying dry, and keeping hydrated are just a few ways to avoid an unfortunate injury. Source: About.com

No evidence that colder temperatures negatively affect health while exercising

Cold weather exercisers should be aware of the physiological changes that occur when exercising in colder temperatures. In order to maintain the body's core temperature, the body makes physiological adjustments, including reduced blood flow to extremities and an increased metabolic rate. While there are several myths about cold temperatures adversely affecting health, exercising in cold temperatures can usually still be enjoyed. By simply realizing risks and taking proper precautions, exercise in the cold can be safe and effective. Source: LifeFitness.com

Kinesiology Corner

Do you ever wonder why you are feeling happy, sad, sluggish, or hyper? Sometimes, it has to do with the food you put into your body. The same is true, and even more so, for our kids. We ARE what we eat. Junk food = junk brains.

Most of us have likely experienced, in one way or another, how food can make us feel after eating it. Maybe you've felt uncomfortable and tired after a big Thanksgiving meal or energized to start your morning after a healthy fruit smoothie. Food affects both our physical and mental health. Good nutrition is an important component of an improved mood and an increased sense of well-being but it is not a substitute for medical care.

How Nutrients Help Your Brain

How we feel can be a result of what we eat, but what we eat can also be due to how we are feeling. Food and the chemicals in our brains interact to keep us going throughout the day. It is impor-

tant to eat a variety of healthy foods, as they have different effects on our brains. For example, carbohydrates increase serotonin, a brain chemical that has a calming effect. Perhaps that's why people often crave carbohydrate-rich foods when they are under stress. Protein-rich foods increase tyrosine, dopamine, and norepinephrine, which help to increase alertness. In addition, certain healthy fats (omega-3 fatty acids) become part of the membranes of brain cells and control many brain processes. Poor nutrition or lack of a variety of healthy foods can contribute to depression by limiting the availability of these specific nutrients.

How Timing Can Make a Difference

While what we eat can have a significant impact on how we feel, when we eat is equally important. Often the low energy levels that people feel throughout the day are a result of poor meal timing. For example, eating patterns that involve skipping meals may contribute to mood swings by causing fluctuations in blood

sugar levels. Food restriction can lead to binge eating, bigger emotional responses, poor concentration, increased stress, and an overall lower sense of well-being. Depression has been shown to develop in people with disordered eating who frequently restrict food. The optimal way to fuel your body is to space meals and snacks 3 to 4 hours apart and choose a healthy protein and carbohydrate source at each meal.

Visit MyPyramid.com and look inside the different components that make up a healthy eating plan. Visit the site to ensure you are getting a variety of healthy foods for a healthy body and mind. Next time you eat, pay attention to how you feel afterwards. Perhaps you'll begin to notice you're in a better mood and have more energy after eating a healthy meal. Remember to eat a variety of foods and space your meals and snacks throughout the day. Here's to a happier and healthier New Year! (source: NCPAD NEWS: January 2009, Volume 8, Issue 1)