



INSIDE THIS  
ISSUE:

Hello, New Faculty!	2-3
Student Features	4-6
Group Fitness	6
The Center for Mindfulness and Compassion	7
Graduate Certificate in Public Health	8
Campus Town	9
Important Dates to Remember	9

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# The Graduate Column

The College of New Jersey

Fall 2015



In this issue, we are pleased to introduce new faculty and several outstanding students, plus, we highlight: fitness and mindfulness options; a new certificate program in Public Health; information regarding the upcoming registration period; and the arrival of Campus Town!

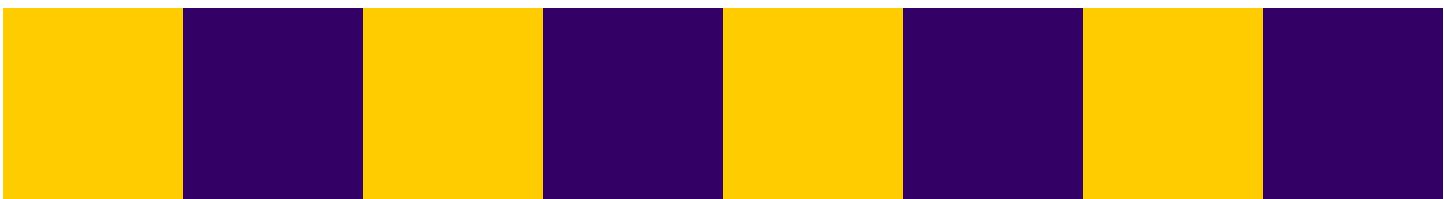
On behalf of the Office of Graduate Studies, best wishes for an enjoyable semester.

We look forward to seeing you on campus.

Susan Hydro

Director—Graduate & Intersession Programs





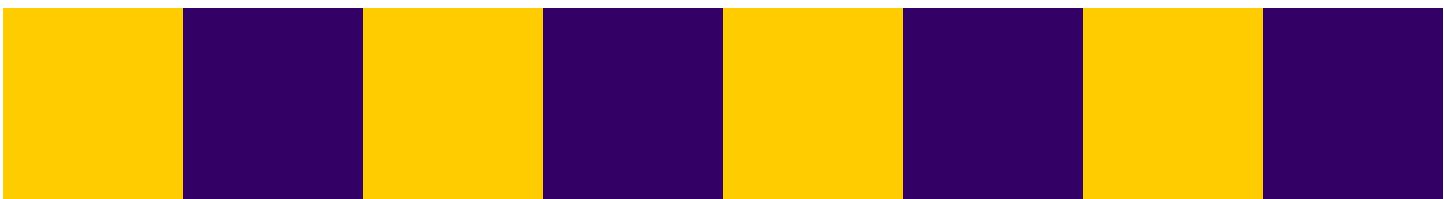
# Hello, New Faculty!

## Dr. Lauren Shallish

Let us give a warm welcome to Dr. Lauren Shallish, new Assistant Professor of Special Education in the School of Education! Dr. Shallish previously spent one year working as a presidential fellow at Hobart and William Smith Colleges and was then the Chief of Staff at the same institution for four years. She has also been working on a book entitled, "Disability Studies, Diversity Work, and Higher Education," that is due to be released at the end of 2016. Initially drawn to TCNJ by the high caliber of students and faculty, she continues to be impressed by the commitment to social justice she witnesses by the campus community. She adds that the beautiful campus is not a bad perk of working here either!

In the 2016-2017 academic year, Dr. Shallish plans on working to make a Disability Studies minor available at TCNJ. Having grown up on a lake, Dr. Shallish enjoys partaking in water sports such as water skiing in her spare time. She also enjoys raising chickens! A piece of advice she gives graduate students within the School of Education, specifically going into the teaching realm, is to always keep current on social and family issues so that you can have a better understanding of what is going on within the schools. She advises that all graduate students who are nearing the end of their academic journey do their best to make their resumes shine. She states that immersing yourself in new or unique experiences not only makes for a more attractive resume but also produces a more well-rounded and diverse professional who has an easier time connecting with the world. Welcome, Dr. Shallish!





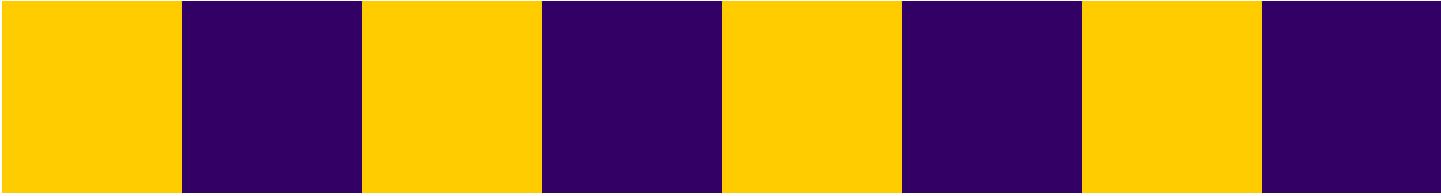
# Hello, New Faculty!

## Dr. Sarah Domire

Introducing Dr. Sarah Domire, a new assistant professor in The School of Education! Dr. Domire received her PhD in Special Education from Penn State University where she also taught several classes in severe disabilities and autism. In the past, she has also worked in the NYC public school system as a Special Education teacher and spent some time training other teachers within her specialization. In her spare time she likes to travel. She tries to travel as much as possible, planning at least one big trip per year! Very involved within her field, she was just recently published in, “Research and Practice for Individuals with Severe Disabilities.” She is a member of both the DADD (Division of Autism and Developmental Disabilities) and the CEC (Council for Exceptional Children). After learning about TCNJ’s incredible special education program and hearing through various sources about the impeccable reputation the TCNJ education students have garnered amongst the school systems, Dr. Domire was drawn to start teaching here. The supportive staff and faculty also sold her on taking a position at TCNJ. She enjoys the company of her fellow faculty members, stating that they are very embracing and welcoming to her as a new member of the TCNJ family.

In the future, Dr. Domire dreams of establishing an autism center on TCNJ’s campus. Since joining at TCNJ she has been impressed by the fact that her students here, at both the undergraduate and graduate levels, are so eager to learn about the coursework. She understands the pressures students in the School of Education feel, highlighting the high expectations placed on majors within this school and the rigorous course work. She acknowledges that the academic challenges met by students within the School of Education are also why the school produces such knowledgeable and prepared professionals. A piece of advice she wanted to share with the graduate students of TCNJ is to start planning for what comes after graduation as soon as you can! Despite the fact that it can be hard to plan for the future while trying to obtain your degree, Dr. Domire feels that it will help for a smoother and more prepared transition in the long run. Welcome, Dr. Sarah Domire, to TCNJ!





## Student Feature: Chinasa Tyler

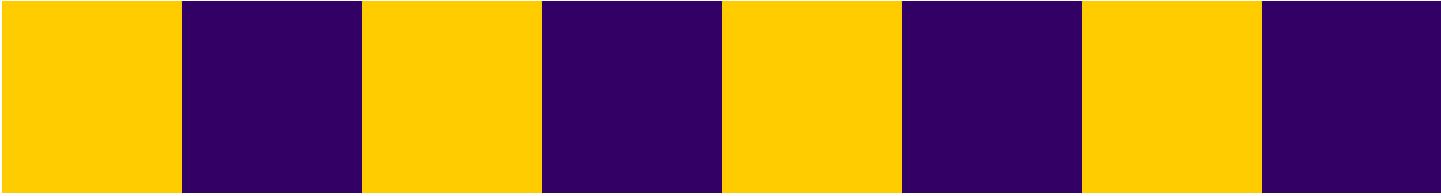


Introducing Chinasa Tyler! Chinasa is a full-time graduate student in the School of Education. She first came to TCNJ in the Spring of 2014 to pursue the Master of Arts in School Counseling program. She is also in the process of working towards her SAC certification. She expects to graduate in May 2016.

Before coming to TCNJ, she received her B.S. in Public Health from Stockton College where she also minored in Gerontology. After graduating from her undergraduate program, she found it difficult to find a job for which she had a passion. Chinasa knew that she had a strong desire to work with children in an educational setting. From a young age she was given the task of raising her nephew, a responsibility she says first inspired her love and passion for children. Knowing that teaching was not the right route for her, she decided that school counseling would be a better program to pursue. Having had a difficult past herself, she wanted to be able to be there for children who were in need of assistance, intervention, and guidance. Chinasa says that meeting the faculty at her admission interview is what impressed her most about TCNJ.

Over the course of her education, Chinasa has been an intern at Jefferson Elementary School in Trenton, New Jersey as a school counselor. She also interned at Hedgepath Middle School and Trenton Central High School, both of which are also located in Trenton, New Jersey. She is a member of the MCPCA (Mercer County Professional Counselors Association). This past year, Dr. Mark Woodford and Dr. Atsuko Seto recommended her for the Minority Fellowship Award by the National Board of Certified Counselors. She won this award and earned an accompanying scholarship. In her spare time, Chinasa enjoys teaching music to the children at her church. She also enjoys ballet, contemporary, and hip-hop dancing. After graduation, Chinasa dreams of working in an urban school district as a school counselor. The middle school population would be her preference, as she realizes there is a real need for counseling during that difficult, transitioning age.

As someone who is nearing the end of her graduate education, Chinasa has insightful advice to share with those who may just be starting out or even those who may be thinking about graduate school in the near future. She says that it is key to remain patient with yourself and try not to overthink the process all future counselors must complete to obtain licensure and employment. She underscores the importance of utilizing the great staff at TCNJ. Chinasa says that throughout her studies the staff has been extremely helpful in many capacities, whenever she has needed them.



## Student Feature: **Elizabeth Mikotowicz**



Meet Elizabeth Mikotowicz, a full-time graduate student in the five year MAT Special Education program. Elizabeth, or Liz as she likes to be called, will be graduating from her program in the Spring of 2016. A recent TCNJ alumna, she holds a B.S. in Psychology. She decided to pursue the 5-year program and continue graduate school at TCNJ because of its special education department, noting that it had an amazing reputation. After graduating high school, Liz took a gap year to work at a therapy consultation business in Medford, NJ which reignited her interest and passion for special education. In addition to being a full-time student, Liz also works for the Career and Community Studies program at TCNJ as a mentor. The CCS program offers students with disabilities the chance to get the four year college experience by attending classes, taking part in internships, and living with other students on and off campus. Always passionate about her field, she was the president of the Students for Disability Awareness Club at TCNJ as an undergraduate student. After graduation, Liz's ideal job would be working as a kindergarten teacher in an inclusive classroom setting. In her spare time, she enjoys sewing, crafting, and watching Netflix!

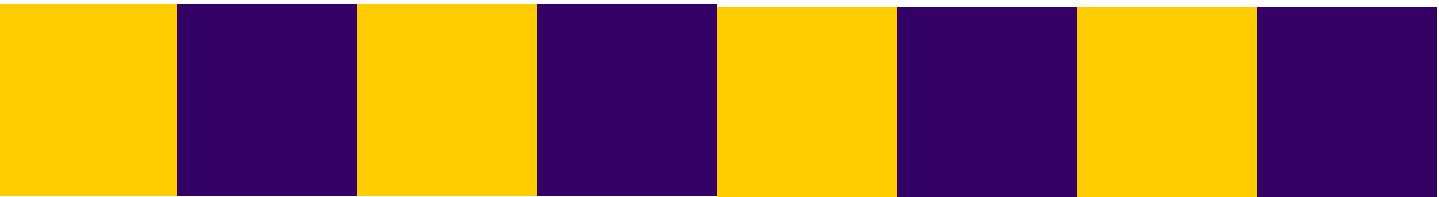
As a graduate student, the biggest challenge Liz has faced has been balancing work, school and a social life while also trying to absorb all the information she will need in order to be the best working professional possible. If Liz could give some advice to fellow graduate students, current or future, it would be for them to get involved on or off campus within your future profession. She feels it is a good way to gain experience in the field you're going into while also getting a feel for what it will be like working after graduation.

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Introducing Alyssa Mangel, a full-time graduate student in the five year MAT Special Education program. She just graduated from TCNJ this past spring with her B.S. in Women's and Gender Studies. Alyssa entered the program knowing she had a passion for teaching and always made it a part of her plan to attend graduate school here for special education. The reputation of the special education program is what really drew her to TCNJ. Alyssa is currently a volunteer with the Career and Community Studies program. In the past she worked in scholarly research with a special education professor through a program called Mentored Undergraduate Summer Experience or M.U.S.E..



## Student Feature: **Alyssa Mangel**



### Alyssa Mangel continued....

Alyssa's favorite class, so far, at TCNJ was SPED 597 – Promising Practices for Students Labeled as Having Emotional and Behavioral Disorders. She enjoyed this course because of its exploration of the intersections between race, class, disability labels, and the education system. Alyssa has truly appreciated the fresh perspective the class has offered. Alyssa's dream job after graduation would be co-teaching in an inclusion classroom, preferably in a public school within the kindergarten through second grade age range. Outside of her studies, Alyssa enjoys running and watching Netflix.

The biggest challenge for Alyssa thus far in her graduate studies has been the transition from being an undergraduate student to being a graduate student. A piece of advice Alyssa would like to share with current or future graduate students is to remember that graduate school is worth all of the effort. She realizes how challenging it can feel to go back to school, especially when you're eager to enter the 'real world' and begin working. Alyssa urges those feeling that way to hold on, stay the course, and remind yourself that the incredible opportunity of higher education is worth it in the long run.

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### Group Fitness

This fall the Office of Recreation is offering group fitness classes on campus! Some of the classes available include yoga, Zumba, kickboxing, and Insanity. The group fitness classes are available to all students, staff, and faculty for a once per semester fee of \$25.00. A schedule that includes all of the group fitness classes being offered this semester and their locations is available on the Office of Recreation website. Interested in signing up? Visit the Rec Center front desk today to fill out your form to get started! For more information on group fitness classes and the Office of Recreation, please visit <http://recreation.tcnj.edu/>.

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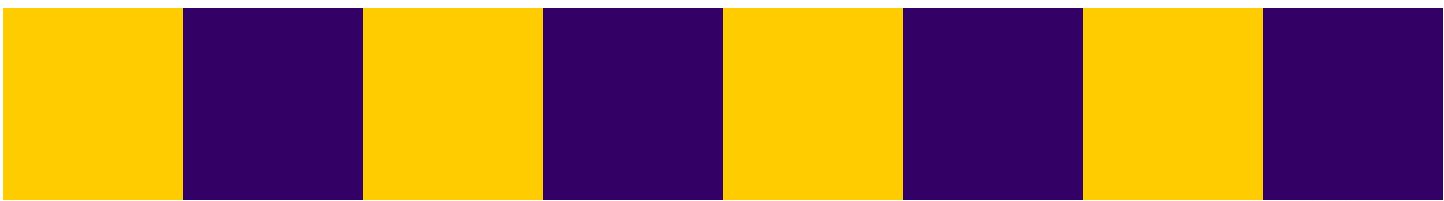
### Meet the Author Event

On Thursday, October 29th from 4:00 p.m. to 5:00 p.m., Elizabeth Hults Elko, TCNJ adjunct professor and two-time alumna, will be in room 113 of the School of Education building presenting her most recent publication, "How The Public School System Stole Petey Guzman's Life." The event will include a meet and greet, a brief reading, refreshments, and an opportunity to purchase your own signed copy of the book.

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### TCNJ Business Institute for Non-Business Majors

Are you a non-business major interested in learning about the important aspects of business and how the field works? If you answered yes, then a six-week program during the summer for the TCNJ Business Institute for Non-Business Majors may be for you. Stay tuned for more information in the Spring 2016 edition of the Column!



# The Center for Mindfulness and Compassion



TCNJ now offers mindfulness and compassion training through the Center for Mindfulness and Compassion.

You might be wondering, “What exactly is mindfulness?” As described by the center...

**“Mindfulness is the practice of being present to moment-to-moment experience, noticing and accepting it without judgment. It is both a formal (specific time/place) and informal (bringing mindful attention to any activity, situation, or place) practice.**

**Mindfulness is inherently about kindness.”**

The key attitudinal principles behind mindfulness are: not judging; patience; being open to the present moment experience; trusting yourself; accepting what is in the moment; letting go of expectations and preconceived notions; and developing a non-striving attitude that focuses more on living fully in the moment and less on the outcome.

If learning to navigate life from this point of view seems appealing, or you simply are intrigued and wish to learn more, then the Mindfulness and Compassion training sessions may be for you!

All Mindfulness and Compassion training takes place in the Spiritual Center.

If you are interested in the free, 30-minute drop-in guided meditation sessions, the schedule is:

Mondays: noon or 6:30 p.m.

Tuesdays: 4:00 p.m.

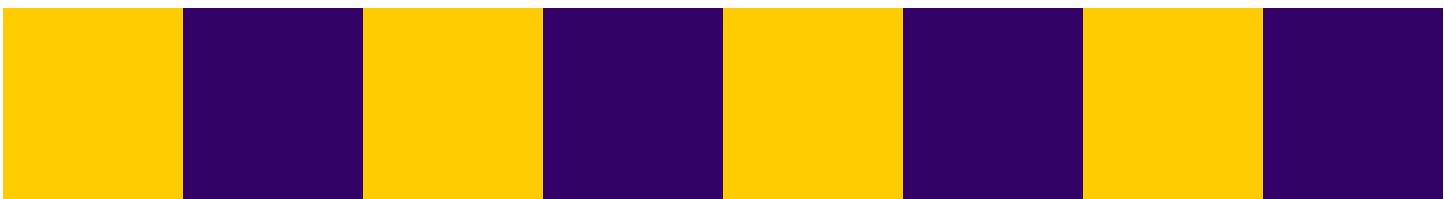
Wednesdays & Thursdays: noon

A free, four-week, 75-minute per week, non-credit ***Introduction to Mindfulness Course***, starts on October 22 and will meet from 4:00 p.m. – 5:15 p.m. This is limited to 12 students.

Contact **[mindfulness@tcnj.edu](mailto:mindfulness@tcnj.edu)** to learn more and to apply.

The Center also offers one-hour workshops on mindfulness for student organization, classes and groups on and off campus. The workshop topics include Mindfulness and Eating, Mindfulness and Stress, Mindfulness and Communication, Mindfulness and Performance, and Mindfulness and Self Compassion.

To learn more about the center’s programs and workshops, please contact **[mindfulness@tcnj.edu](mailto:mindfulness@tcnj.edu)** or go to **[lionsgate.tcnj.edu/organization/mindfulness](http://lionsgate.tcnj.edu/organization/mindfulness)**.



## Graduate Certificate in Public Health

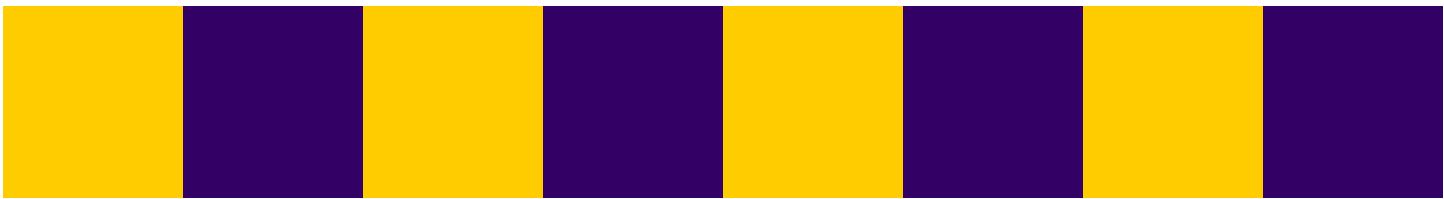
TCNJ is pleased to announce the Graduate Certificate in Public Health. The program is designed to help clinicians and managers retool their skill sets as healthcare undergoes a complete transformation both clinically and operationally. The existing healthcare system includes hospitals, physician practices, diagnostic and treatment centers, and public health agencies as well as suppliers to the industry such as pharmaceutical and biotechnology firms. The creation of new infrastructure such as electronic health records, health information exchanges, and accountable care organizations are examples of the types of transformation the industry is undergoing. Ultimately, all roads lead to increased healthcare quality and decreased costs at the population level, referred to as population health management.

Pursuant to these changes in healthcare, TCNJ's public health graduate certificate program's strength lies in an interdisciplinary focus on health data analytics and health risk communication. The certificate is a total of 5 courses and covers a wide array of topics pertaining to public and population health. The courses for the graduate certificate in Public Health include epidemiology, health promotion, public policy, health risk communication, and health informatics. The prerequisites for the program are a bachelor's degree, completion of a course in basic statistics (or its equivalent) and having an interest in healthcare as described on the applicant's essay for admission. If you would like more information on the Graduate Certificate in Public Health, please visit <http://graduate.tcnj.edu/2015/09/16/program-announcement-certificate-in-public-health/>.



### Highlight on Dr. Ruthann Russo

Dr. Ruthann Russo is a visiting Assistant Professor of Public Health for the 2015-2016 academic year. Working closely with the interdisciplinary public health task force and other members of the School of Nursing, Health, and Exercise Science, she is helping to implement TCNJ's Public Health programs. She currently teaches Epidemiology at the undergraduate level and is identifying public health internship sites. Dr. Russo is also a licensed NJ acupuncturist and volunteers with Acupuncturists Without Borders providing ear acupuncture to individuals suffering from addiction and/or trauma.



## Campus Town

In addition to new residences, Campus town offers much more to the TCNJ community! New eateries that will be seen within the campus town complex include Mexican Mariachi, Panera Bread, Yummy Sushi, Piccolo Pronto, RedBerry and Brickwall Tavern. Students, faculty, and staff will be able to find anything from Mexican food to a smoothie while on campus thanks to the large number of food vendors that Campus Town will house.



In addition to eateries, one could expect to see a nail salon, California Tanning, and even Verizon Wireless! While many of the establishments are still working towards opening in the near future, the Barnes and Noble bookstore and the new fitness center are both open and ready to greet you. Take a walk over to campus town today and see for yourself! For more information on campus town, please visit <http://www.campustowntcnj.com/>.

## Important Dates to Remember

<b>Tuesday, 11/3 - Friday 11/13</b>	Spring & Summer 2016 Registration Window
<b>Wednesday, 11/25 - Friday 11/27</b>	Thanksgiving Break
<b>Tuesday, 12/8 - Friday 12/11</b>	Exam period begins
<b>Monday, 12/14 &amp; Tuesday 12/15</b>	Exam period resumes
<b>Tuesday, 12/15</b>	Last day of Fall classes (graduate)
<b>Monday, 1/4</b>	Winter session classes begin*
<b>Monday, 1/18</b>	Martin Luther King, Jr. Birthday (no classes)
<b>Friday, 1/22</b>	Winter session classes end
<b>Friday, 2/5</b>	Last day to apply for May 2016, August 2016, December 2016 & January 2017 graduations without a \$35 late fee

\*Blended, online, or travel courses may start on or about 12/21—see PAWS for details.

**Note:** It is still possible to apply for December 2015 or January 2016 graduation, but a late fee of \$35 will apply.