

HEALTH SCIENCE GRADUATE NEWSLETTER

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AN EVENTFUL START TO SPRING 2016!

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Hi from Health Science:

Freezing temperatures, a blizzard, wickedly cold wind chills, ice and temperatures in the 60's. Certainly not the typical start to a semester. Mother Nature has been challenging – to say the least! Given the uncertainties of weather, the Provost made it very clear: personal safety matters most. We appreciate your desire to participate in classes. However some of you have extremely long commutes, driving to or from places with very different weather situations than what we are experiencing on campus. Always be guided by what is safest for you.

Only days before the blizzard, the University held its annual Assessment Conference. These meetings bring together people from across the campus who are responsible for assessing specific coursework, programs, certificate programs and the like.



The Health Science Master's Program is among those participating at the graduate level. Faculty experienced in evaluation meet and review program reports, evaluation plans (such as our Master's portfolio) and related matters to provide advice, to determine assessment areas that might need redirecting, and to offer an overview of assessment policies. I am proud to announce that the Health Science Master's Program earned 'best practices' across all assessment dimensions. We appreciate that completing a portfolio requires student effort. Please know that your contributions – in the form of those portfolios -- are incredibly helpful to the assessment process. With your portfolios, the Department is able to consider the extent to which the Master's program is achieving what we hope to accomplish.

May the rest of the semester be wonderfully uneventful weather-wise. Enjoy the learning!

DrR



SPECIAL POINTS OF INTEREST:

- Welcome back!
- In health news...
- What happens when you withdraw from a course- from the virtual advisor.
- What courses will be available for Summer and Fall?
- ConGRADulations!

IN HEALTH NEWS

- ◆ According to The Nation's Health, published by the American Public Health Association, more young women are being diagnosed with cervical cancer in earlier stages thanks to the Affordable Care Act. This finding is attributed to the legislation's allowing young people to stay under their parents' insurance until age 26.
- ◆ The same publication notes that Hawaii is ranked the "healthiest" state for the third year in a row, followed by Vermont, Massachusetts, and Minnesota. These 'healthy' rankings are based on obesity rates, preventable hospitalizations, adult smoking, and other factors. The least healthy state was Louisiana.
- ◆ Scientists presenting at the American Heart Association conference listed the top unhealthiest professions based on "Life's Simple 7": blood pressure, blood sugar, cholesterol, fitness levels, diet, smoking and obesity. The least healthy professions were said to be salespeople, transportation/material movers, administrative support staff, restaurant workers, police, firefighters, and business/finance professionals.



ASK THE VIRTUAL ADVISOR

Question:

My boss just gave me new responsibilities. I don't see how I can keep up with coursework and my job. What happens if I have to withdraw from my course?

Answer:

As long as you withdraw within the time frame provided by the University, there is absolutely no problem in withdrawing from a course. This term, the deadline to withdraw from a full semester course with a grade of "W" is Monday, 4 April. Rather than an earned grade for the class, a "W" would appear on your transcript. The "W" has no negative impact whatsoever on your GPA. If the course happens to be one required for your concentration, you would re-register for it at some time in the future. If the class was an elective, you can decide to reenroll *or* not to take the course. Regardless of whether the W was received for an elective or a required course, it does not influence your GPA nor your standing in the Master's program.

Question:

I am starting to put together everything I'm eventually going to need for my Master's portfolio. Since I began the program, I realized that maybe I wasn't as organized as I thought. I can't find all of the things that I need for the portfolio? Is that a problem? Am I still going to be able to graduate if I don't have all the required pieces for the portfolio?

Answer:

No problem. We fully understand that life happens. If you should discover that you're missing one of the elements to be included in the portfolio, what do you think is a reasonable alternative? Sometimes substitutions occur because materials are misplaced. Sometimes it happens because of your particular experiences. For example, maybe you never had a graded individual presentation, but you did receive feedback for a group effort. You can include that 'replacement' group element instead of an individual presentation. You need only make a note in the corresponding reflective piece, pointing out your substitution and your rationale for the material which you offer in the portfolio.

**"We fully understand
that life happens....**

**Sometimes substitutions
occur because materials
are misplaced."**

Question: **Last semester, I registered for graduation and submitted my portfolio. Unfortunately, I had to withdraw from the class I was taking. As a consequence, I won't be able to graduate until I reenroll in it. Do I have to submit another portfolio? Or can I re-use the one which I already submitted?**

The Master's portfolio is among what the University refers to as a student 'milestone.' If you go to your PeopleSoft record, you'll see that the University lists there all of the 'milestones' that are applicable to your degree program. For example, did you apply any transfer credits to your degree? Did you take no more than the University-allowed number of 500-level credits? For Health Science, there is an additional milestone: Did you submit a portfolio? Once you submit an acceptable portfolio – whenever that might be – you'll see that the portfolio 'milestone' will show that it has been completed. Happily, you never have to resubmit a portfolio. That first time is the only time your portfolio is submitted and reviewed.

Question: **I registered to graduate at the end of this semester. Because of work and other responsibilities, I don't think I'm going to be able to complete my coursework. Is that a problem?**

Not at all. If you withdraw from coursework or know that you will not be able to submit the required partial – both of which prevent your graduation -- you only have to contact the Office of Graduation. Inform them that your plans have changed. They will remove your application from the current semester's applicants, placing it among those for the term which you now think is your commencement will happen.

CLASS SCHEDULES



Summer class
registration opens
March 7th!

Summer 2016 Classes:

Course #	Title	Instructor	Facility ID	Time
HLTH 785	GRADUATE SEMINAR IN HEALTH	Radius	LI0104	6pm-10pm W
HLTH 619	ORGANIZING SYSTEMS OF CARE FOR	McSweeney	LI0102	5pm-8pm M & W
HLTH 655	MNG CONF VIO ABU HLTH SER SE	Nelson	LI0119	9am-2pm SAT
HLTH 502	HLTH SOC WEL PROMO HLTH COM	Brace	ONLINE	
HLTH 657	HLTH ADV0 ACR SERV SETTINGS	Nelson	LI0119	9am-2pm SAT
HLTH 501	TEACHING ABOUT DRUGS AND SEX	TBD	LI0107	
HLTH 601	CONTEMPORARY ISSUES IN SCHOOL	TBD	LI0107	
HLTH 627	HEALTH AND WORKER PERFORMANCE	Werts	LI0104	6pm-7:55pm T & TH

***Please note, the Fall 2016 schedule is TENTATIVE and subject to change!**

Fall 2016 Classes*:

Course #	Title	Instructor	Facility ID	Time
HLTH 505	DRUGS IN OUR CULTURE	Cox	LI0111	4pm-6:40pm TH
HLTH 551	INTRO TO ENVIRONMENTAL HEALTH	Brace	LI0105	4pm-6:40pm W
HLTH 603	EMERGING ISSUES/HEALTH OF THE NATION	Maxwell	ONLINE	ONLINE
HLTH 615	COMM HLTH:QUALITATIVE/QUANTITATIVE ELM	Brace	LI0004	6:30pm-9:10pm T
HLTH 617	HEALTH ADMINISTRATION	Nelson	LI0117	7pm-9:40pm W
HLTH 618	INTRODUCTION TO PUBLIC HEALTH	Allen	LI0004	6pm-8:40pm M
HLTH 625	RESEARCH METHODS IN HEALTH	TBD	TBD	TBD
HLTH 631	PROGRAM PLANNING IN HEALTH ED	TBD	TBD	TBD
HLTH 633	HLTH SYSTEMS	Cox	LI0107	7pm-9:40pm T
HLTH 639	INTRO TO HLTH BEHAVIOR & HLTH PROMO	TBD	TBD	TBD
HLTH 643	TEACHING ABOUT DRUGS AND SEX	TBD	TBD	TBD
HLTH 785	GRADUATE SEMINAR IN HEALTH	Radius	LI0105	7pm-9:40pm T

Congratulations to our Fall 2015 Graduates

Abeeb Adewumi
Davine Clarke
Jeremy Davis

Kimberly Fitzwater
Anna Kim
Shalesha Lake

Catherine Wolf
Sean Wright
Brian Young

Meet & Greet: TU Health Science

PROFESSOR "MICKEY" JANCEWSKI

Faculty Member Highlight

Professor Jancewski is our faculty member highlight for this semester, but could also be considered an alumnus or current student highlight! She knew she wanted to be a health educator early on when she read about the job and what health educators did. Professor Jancewski was paying her way through college and found information on TU's Health Science program which was local, affordable, and offered a program catering to her interest. She decided to continue her graduate career at Towson, for the same reasons. Mickey taught at TU after she finished her Masters, but when she became a single parent she needed to step down. As her son entered college, she returned to the faculty. Her career highlights include teaching health to students in public and private schools, being the first AIDS Education Prevention Specialist for Baltimore City, working to run the Employee Wellness Program in Baltimore County Schools, and working as an assistant principal. After all of this experience, Professor Jancewski moved to CCBC as a Coordinator of Allied Health Programs in Workforce Development. She was very successful in this position and has retired, becoming a lecturer again for TU. Professor Jancewski recently decided to commit to a doctoral program and was accepted Fall 2015 to the TU Educational Doctorate for Instructional Technology. She is currently enrolled in two classes. Professor Jancewski knew what her career would be after undergrad, but it has taken a shape that she never expected. She says, "your career will take you where you belong". She loves the impact she has been able to have on her students' lives and feels like she truly belongs at TU. In her free time she enjoys biking and swimming.

KATIE HARRIS

Student Highlight

Katie graduated from Eastern Kentucky University in 2012 with her B.S. in Health Care Administration and a minor in business and computer information systems. She decided to pursue a career in health care in high school when her father was diagnosed with terminal lung cancer. She moved to Maryland after being hired by The Johns Hopkins Health System as a Data Analyst for the Casemix department and has since been promoted twice and is now a Project Lead. She heard of TU's Master in Health Science program from a coworker and wanted to excel at work by furthering her education. The class variety and flexibility were both appealing to Katie. Her favorite thing about TU is the quality of instruction. The program has expanded her knowledge of the industry, and in ten years she sees herself continuing to move up in the Johns Hopkins System, as a director or CIO. In her free time, Katie enjoys cooking. She says it helps relieve her stress from the day!

MALLORY KUSTERER

Student Highlight

Mallory is a current student in the TU Master of Health Science program. Prior to her graduate career, Mallory spent time interning and working in various medical settings and attended Towson University as an undergraduate student, majoring in healthcare management. After working for a few years in the health industry, Mallory decided to pursue a Master's degree to gain more knowledge in the field and further her career potential. She chose Towson because of her familiarity with the campus and professors, as well as her fond memories from her undergraduate career. She says the Health Science program offers a nice alternative to an MBA as it includes some business aspects but also focuses on the health industry and health promotion, all of which she finds fascinating. Her fondest memory of Towson is meeting her husband ten years ago in an undergraduate GenEd class! In ten more years, she sees herself continuing to work in health care. After interning with CareFirst BlueCross BlueShield as an undergrad, Mallory was hired full time and is now in a management role. She looks to take on additional responsibilities and grow in her leadership skills and eventually would like to become an adjunct professor, preparing students for their own careers in health care. In her free time, Mallory enjoys spending time with her husband and two year old son. She enjoys playing golf, practicing yoga, cooking, and traveling to new destinations.



TU Health Science Alumni

MELISSA MCNEILY

Alumnus Highlight

Melissa decided to pursue a career in health science after studying abroad in the Republic of Botswana. She witnessed firsthand the effects of HIV in the community, which was often highlighted in the media at the time. Melissa knew from this trip she would like to work with HIV prevention activities in Africa and would return there one day. She began her career as a health educator and program manager for colorectal and breast cancer prevention grants. She learned about outreach and community engagement from that position. The experience also was helpful as she became a volunteer in the Peace Corps. Her specific appointment was with the Health Extension Peace Corps in the Republic of Uganda conducting health education in her rural community; developing and implementing HIV prevention activities in schools; creating a peer educators program; and assisting a widows' group in obtaining funding to build a vocational training center. In 2003, the President's Emergency Plan for Aids Relief was implemented in 14 countries around the world, Uganda being one of them. Upon completion of her program in Uganda, Melissa returned to the U.S. and worked with the state health department's HIV counseling, testing and referral team. While in this role, she decided to obtain a Master's degree in Health Science to gain understanding of health principles and to be more competitive in future job opportunities. TU's program was the right fit for Melissa. She enjoyed the smaller class sizes and the freedom to work full time, as well as the experience of being in a classroom with other professionals and instructors who could conduct fruitful and interesting discussions. Throughout the program, Melissa felt the courses aligned well with her interests, improved her writing, and made her more confident in presenting information. She says the TU Health Science graduate program prepares students by providing a strong foundation in health behavior and health promotion, program planning and evaluation, and emphasizing the use of theories when developing and implementing interventions. She advises, "Get to know your fellow classmates and establish professional relationships. You never know who you may cross paths with again in the future!" She also advises students to reach out to their professors and utilize the resources they are given while in the program. In her future, Melissa would like to be working internationally or acting in a global health/international development role involving Africa or Latin America. In her free time she enjoys hiking, traveling, reading memoirs, trying new foods and spending time with her husband. Having recently moved to D.C., she plans to volunteer with the D.C. Returned Peace Corps Volunteer network.

CHRISTY SKIPPER

Alumnus Highlight

Christy completed her bachelor's degree in community health education. After working in the field for a bit, she realized that she wanted and needed a master's degree to open up additional careers in the government setting. Pursuing her graduate degree allowed Christy to apply for a leadership position at a local health department. Throughout her time at Towson, she took courses that were relevant to her job such as policy and leadership management courses. Being able to take these classes and work at the same time was extremely beneficial. Not only could she bring real world experience back to the classroom and to her assignments, she could also apply what she was learning to her work. Her experience at TU helped her gain confidence in her leadership skills. She appreciated the tough love along with the care and concern the professors have for the students. In the next few years, Christy sees herself becoming certified in project management and promoted to a more senior level in her current company. She advises current graduate students, "Graduate school is a choice! It's supposed to be tough, it's supposed to be hard and in the end you'll have earned a degree that can place you at a better station in life both personally and professionally." In her free time, Christy likes trying new restaurants and recipes. She has been experimenting with a plant based diet and is amazed by how much you can do with vegetables and beans!

