



MENU



March 25, 2016

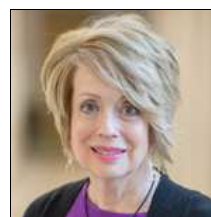
**ACCOLADES AND ACCOMPLISHMENTS | IN THE NEWS**  
**UPCOMING EVENTS | CELEBRATIONS | ABOUT THE SEHS BULLETIN**

#### FROM THE SCHOOL OF EDUCATION AND HUMAN SERVICES

*From Associate Professor Caryn Wells:*

Have you ever felt that you are living in a world of constant distraction and interruption, where busyness is part of the daily experience? *If so, you are not alone.* We hear that people are typically paying attention to what is in front of them about 50% of the time. We are living in an age where many feel pressed to 'multi-task' despite the knowledge that multitasking is a myth.

What is a means for entering into a place of stillness and quiet in a world that shouts for our attention? Mindfulness is a practice that many here at SEHS have learned about and practiced. I have the privilege of teaching mindfulness in all my graduate courses, and introductions to the doctoral students here at SEHS and medical students at the Oakland University William Beaumont School of Medicine (OUWB).



Mindfulness is a practice of paying attention, on purpose, to the present moment, without judgment or criticism (Kabat-Zinn, 2003). Mindfulness practice involves entering into stillness through meditation, perhaps focusing on the breath or a guided activity. Mindfulness is derived from ancient, Eastern traditions, and it is now considered mainstream in the United States and beyond. The benefits associated with its practice include lowered levels of anxiety, depression, and blood pressure, and improved immune functioning and optimism. The scientific and empirical research on mindfulness has grown considerably over the last decade, with significant medical contributions from researchers and neuroscientists working with fMRIs.

Mindfulness is practiced and taught in medical and law schools, the military, and corporate settings. Schools across the U.S. and beyond are also engaged in the social and emotional learning associated with mindfulness, with reports of improved student self-regulation and achievement levels.

I often provide full-day workshops in Mindfulness at Oakland University. The next workshop is scheduled for May 25th. Those interested can register by contacting **Kelly Quintana** (<mailto:kquintana@oakland.edu?subject=Mindfulness%20Inquiry>).

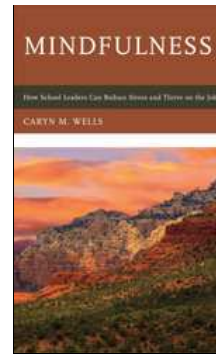
#### ACCOLADES AND ACCOMPLISHMENTS

**Caryn Wells Publishes Book**

Caryn Wells has recently published her book titled, *Mindfulness: How School Leaders Can Reduce Stress and Thrive on the Job*. The book, which was published by Rowman and Littlefield, conceptualizes mindful leadership and provides mindfulness practices for teacher and school leaders to consider as they work through days that often feel like '24/7' connectivity. Here's to the peace that mindfulness practice can yield.

Caryn invites you to join the growing circle of SEHS community members, learning to push the pause button each day, be fully present, and enter into stillness and well-being through mindfulness practice.

**Congratulations to Caryn!**

**IN THE NEWS**

### Dean's Choice Grant - Video Contest

The Oakland University Credit Union is sponsoring the Dean's Choice Grant, a contest for all SEHS students to create a video answering the question "How does the School of Education and Human Services at Oakland University impact the community?"

There are three prizes for this contest:

- First place - \$1,250
- Second place - \$750
- Third place - \$500

All videos must be submitted by April 15, 2016. Please pass this information on to anyone who may be interested. Contact **James Silvestri** (<mailto:jmsilves@oakland.edu?subject=Dean's%20Choice%20Grant%20Inquiry>) for additional information or view the **complete flier** (<https://www.oakland.edu/upload/docs/SEHS/Newsletters/SEH-13647%20Dean%27s%20Choice%20Grant%20Flyer.pdf>).



### ERL Supports Partnership Schools

The ERL has recently been involved with assisting Alcott Elementary in Pontiac as they worked toward making their library media center accessible. They have no school librarian, and volunteers had no access to the existing catalog and shelf list; books were in disarray, and no means for inventory or circulation was available. Julie Chapie and Barb Campbell met with the principal and volunteers from Alcott, along with David Secord and members of the Oakland partnership team to seek a solution. Assisted by Jeff Mozdierz, technology director for Oakland Schools, they were able to implement a plan for inventory and access. Volunteers have been working all year, and 6th grade students have been enlisted to work as library assistants to help with shelving and keeping order. Recently, Julie visited Alcott to assist with programming their new barcode scanner. As of that afternoon, records for books could be added to the catalog and a class of students visited the library media center to check out books.



In a slightly different way, on March 9, the ERL was able to support professional development by hosting 12 elementary teachers from the Avondale School District for a teacher lab session titled, *Putting the Spotlight on Mentor Texts*. The session was led by Marcia Hudson, elementary literacy consultant for Avondale Schools, and Barb Campbell, who researched topics forwarded by the teachers, providing information about both print and online resources available to support their teaching. On display were youth and professional materials, including an array of new 2016 books from the Trade Book Examination Center. A visit from YA author Sarah Miller was arranged for the group by Linda Pavonetti. ERL online resources as well as selected Michigan e-Library (MeL) resources were demonstrated and shared. Participants toured the ERL, Pawley Hall, and all were given guest privileges to borrow ERL books.

### Excellence in Mentoring Faculty Award - Call for Nominations

#### Extended nomination deadline - Friday April 8, 2016

The Excellence in Mentoring Faculty Award will be awarded to two full-time faculty members annually who have demonstrated excellence in mentoring in one of these three areas: teaching, scholarship or service. The two full-time faculty mentors selected to receive this award will each receive an additional \$500 to support their professional development activities in the 2016-17 academic school year.

The extended date to nominate a SEHS faculty member is Friday April 8, 2016. See the **nomination instructions** (<https://www.oakland.edu/upload/docs/SEHS/Newsletters/2015-16/FACULTY%20MENTORING%20AWARD%20SEHS%20Instructions%20%2016-17%20Revised%203%2018%206.docx>) for information on how to nominate a faculty member for this award.

Submit parts one and two of the nomination application to **Dr. Chaunda L. Scott** (<mailto:cscott@oakland.edu?subject=Faculty%20mentoring%20award>), Chairperson of the SEHS Excellence in Mentoring Faculty Award Committee, by March 18, 2016 at 5 pm.



### UPCOMING EVENTS

### Diverse Voices Conference - March 26, 2016

On Saturday, March 26, the Fourteenth Annual Diverse Voices Conference will be hosted at Oakland University in Varner Recital Hall from at 10am -1pm.

The aim of the Diverse Voices Conference is to provide a supportive forum for OU students, faculty, staff and community members to learn about and speak out in support of valuing all aspect of human diversity. This year's conference theme is *Learning about Human Diversity Outside of your Comfort Zone*.

Keynote Speaker

- Omar Brown-EL – Director, Center for Multicultural Initiatives

Additional guest speakers:

- Dr. Anthony Tuf Francis – Assistant Professor, TDES
- Several HRD undergraduate students

Entertainment and refreshments will be provided. Admission is free and open to the public. For additional information, contact **Dr. Chaunda L. Scott** (<mailto:cscott@oakland.edu?subject=Diverse%20Voices%20Inquiry>), Founder of President of the Diverse Voices Conference.



### Soundings - March 28, 2016

SOUNDINGS is a monthly Oakland University faculty research and scholarship forum. The next SOUNDINGS session will be held on March 28, from noon-1pm in 242 Kresge Library.

Dr. Chaunda L. Scott, associate professor will present on her recent Fulbright experience in South Africa. Her session is titled, *The Current State of Black South African Higher Education: Twenty Two Years Post-Apartheid - A Fulbright Specialist's Reflection*.



### OUCARES Evening Enrichment - April 7, 2016

OUCARES will be hosting an evening enrichment, *How to Deal with Challenging Behaviors in Individuals with ASD*, on April 7 in the ERL. The event will be hosted by Luke Y. Tsai, M.D., Professor Emeritus of Psychiatry and Pediatrics, Research Scientist Emeritus, University of Michigan Medical School and Rackham Graduate School.

The discussion will include:

- identifying challenging behaviors
- causes of challenging behaviors
- assessment and diagnosis
- evidence-based treatments
- question and answer opportunities

This event is designed for individuals with autism, parents and caregivers of individuals with autism, educators, therapists, social workers, and those interested in learning about this topic.

Please RSVP to **OUCARES**

(<mailto:oucares@oakland.edu?subject=Evening%20enrichment%20RSVP>).



### CELEBRATIONS



If you do not wish to have your birthday announced, please contact James Silvestri at [jmsilves@oakland.edu](mailto:jmsilves@oakland.edu) (<mailto:jmsilves@oakland.edu?subject=Birthday%20exclusion>).

#### ABOUT THE SEHS BULLETIN

Welcome to the SEHS Bulletin, where faculty and staff can share news and celebrate the wonderful things happening in SEHS. The bulletin is the perfect place to share information about your publications and awards, special projects and committee news, as well as announce events.

All are welcome to send items for inclusion. If you choose to do so, please ensure that your items are print ready, that you include all related links, and that you have permission to publish any photos being submitted. Please put "SEHS Bulletin" in the subject line and email your information to:

[sehs@oakland.edu](mailto:sehs@oakland.edu) (<mailto:sehs@oakland.edu?subject=SEHS%20Bulletin>).

If you have questions about the bulletin, feel free to email James Silvestri at [jmsilves@oakland.edu](mailto:jmsilves@oakland.edu) (<mailto:jmsilves@oakland.edu?subject=SEHS%20Bulletin>).



(<http://www.oakland.edu/>)

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(<mailto:sehs@oakland.edu?subject=SEHS%20Bulletin>) | 248.370.3050

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(248) 370-2100 | [Contact OU](http://www.oakland.edu/contact) ([/contact](http://www.oakland.edu/contact))

Coordinate map of Auburn Hills Entrance (<https://www.google.com/maps/@42.672702,-83.220234,16z>)

#### ACADEMIC DEPARTMENTS

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[Education and Human Services \(/sehs\)](http://www.oakland.edu/sehs)

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[Nursing \(/nursing\)](#)

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