

# SHSS Dialogs



*"One of the most basic but significant developmental topics is generational differences and how it impacts our impact on students."*

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## Black History Month

Dr. Debra Nixon

In 1915, Carter G Woodson and Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH) to educate and bring attention to the contributions of Black people in American and world history. Several years later, in 1926, Woodson urged the Black fraternity, Omega Psi Phi, Inc. to create Negro History and Literature Week. They later changed the Name to Negro History Week, designating February as the month to celebrate Black achievement, giving homage to Abraham Lincoln (who issued the Emancipation Proclamation) and Frederick Douglass (a noted abolitionist and proponent of education as empowerment). Both men were born in February. Years later, (in 1970) and in response to the Black Power Movement, the ASNLH changed the name from Negro History Week to Black History Week; finally extending the commemoration to the entire month of February in 1976. (continued on page 6).

<http://www.biography.com/blackhistory/history/black-history-month.jsp>

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*"Injustice anywhere is a threat to justice everywhere." -  
-Rev., Dr. Martin Luther King, Jr.*



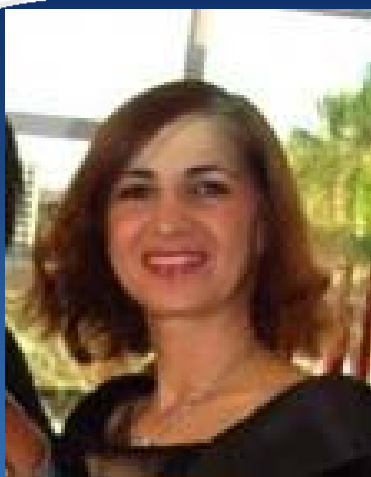
## A Message from Dean Yang

Dear colleagues, students, and alumni,

In this new edition of “SHSS Dialogs” I would like to discuss briefly a topic regarding “self care” for our fellow helping professionals. While reflecting over this academic term break, I find that there are quite a few critical challenges nowadays facing individuals, families, groups, communities, organizations, and the globe in the economic recovery. These social, historical, political, environmental, and human issues are so daunting that many helping professionals, like ourselves with multiple roles (e.g., working adult learners, therapists, mediators, parents, counselors, administrators, facilitators, researchers, advocates...) are very busy in trying to take care of others with little time to recuperate and regroup. Doing more with less under increasing pressures has become a norm on and off campus. At the same time our own wellness as helpers is being overlooked, leading to burnout.

No matter what programs you are working on at our School (i.e., DFT, DCAR or DMS), I would like to encourage you to exercise more self care and self awareness from a relational perspective, as part of the concerted efforts in “walking the talk.” Even with strong resiliency, we still need to invest time in self renewal and reflection, to avoid physical, emotional and/or spiritual depletion. Fortunately, as a learning community, we have lots of internal strengths to draw from, as we can be supporters for each other.

How we take care of ourselves as we take care of those at risk (or in need) is a meaningful question. I would like to invite you to explore these thoughtful issues around stress prevention techniques, compassion fatigues, inner peace journeys, vicarious traumas, balancing acts, sustainable engagement measures, healing methodologies.....across cultures. I am also looking forward to comparing notes with you in furthering our self care skills and strategies. Warm wishes.



Sara Smith  
SGA President  
Ph.D Student of Marriage & Family  
Therapy

### STUEY Student of the Year Nominee: Sara Smith

We would like to congratulate Sara Smith, the SHSS SGA president for her nomination as SHSS Student of the Year in the 2010 STUEYS.

The Student Life Achievement awards, commonly referred to as the “STUEYS,” is an annual celebration of NSU’s best in scholarship, leadership, involvement, service, commitment, integrity, and inclusion.

STUEYS were held April 20<sup>th</sup>, 2010 in the Rose & Alfred Miniaci Performing Arts Center at 6:15pm.



# College Student Affairs: Theory to Practice

Krystal Gayle O'Neill

Often in Student Affairs, people ask what my job is or why my function is important. While it all may seem like “fun and games,” there is a method to my madness. A wealth of theory exists to support the field of Student Affairs, and I use it in daily practice.

While we learn theory in class, we also have the opportunity to implement this knowledge into the most exciting jobs on campus as graduate assistants in the Division of Student Affairs. One of the most basic but significant developmental topics is generational differences. We study these differences and how they influence our impact with students. Whether it's “Generation X,” “The Silent Generation,” or my favorite “The Millennials.” In our field (Student Affairs) we are taught how to decipher what each generation's needs and tailor our programs to make sure everyone is included.

These positions provide practical experience of what we can expect once we enter the field. We prepare ourselves

*“These skills are put to the test daily as we communicate with students and educate them on how to successfully navigate the growing climate of diversity of higher education.”*

by working in a professional setting in one or more functional areas that aide in the transition from our graduate program to the full-time work world of student affairs.

NSU is the only College Student Affairs program to offer a concentration in Conflict Analysis and Resolution. So, we not only gain the theory base for Student Affairs but we also develop skills in interpersonal communication and conflict resolution. These skills are put to the test daily as we communicate with students and educate them on how to successfully navigate the growing climate of diversity in higher education.

I may be a little biased, but the program is one of the most comprehensive, innovative programs in the nation. Our practical application of both Student Development and Conflict Resolution theory gives us a competitive edge as a professional in Student Affairs.

# Student Spotlights



College  
Student  
Affairs

**Name:** Timothy Chin

**Hobbies:** Hanging out with friends and going to the beach.

**Influence of Program:**

My most memorable moment in the CSA program was my experiences in class. Having the opportunity to listen and learn from my fellow cohort allowed me to experience all area of Student Affairs.



Conflict  
Analysis  
and  
Resolution

**Name:** Tanya Moises

**Hobbies:** Spending time with family and friends. I am a volunteer with the American Red Cross.

**Influence of Program:** I currently work for the Miami-Dade County Commission on Human Rights, as a co-mediator facilitating parties in resolving conflicts, pertaining to alleged discrimination cases. My career interests are geared towards continuing to work on human rights issues, on a local, state, and international level. My long term goals include working for an international organization such as the United Nations, to providing consultation on conflict management.



Cross-  
Disciplinary  
Studies

**Name:** Cassandre Thrasybule

**Hobbies:** Reading, traveling, studying societies and cultures, I am always eager to help people. I have a passion for thinking about different ways to help my country, HAITI

**Influence of Program:** The program helped me broaden my understanding of the concept “culture” and mostly now I am able to understand conflict from different perspectives and therefore able to see how conflict can be prevented and solved.

**Name:** Nozomu Ozaki

**Hobbies:** Reading, Movie, Dining, Cooking, Art, Tennis, Ski, Exercise, and many more

**Influence of Program:** Nozomu (Naz) began his study at NSU by starting his Master program and later he decided to continue to receive his Ph.D. Naz have been spending hours in the Brief Therapy Institute for his internship and continued his dedication through Pembroke Pavilion to gain extra experience by working with a variety of clients.



Marriage  
Family and  
Therapy

## Editor's Note

Counting down my last days of class, I think about the memories that I've acquired in the last two years. I reflect on the impact that this program has had on my life and how it has set a foundation for my career as a student affairs professional. I think of the concept that you only get out of your experience, exactly what you put in. I walk away from this program knowing that I attended as many events, seminars, sessions as I could. I took advantage of every resource provided to me as SHSS student, knowing that these would only add to the value of my experience. And in the end these experiences will make me a qualified candidate for employment. Along the way, I made great friends and had good times. If I can provide one insight to those in the program and those coming in I would offer that you make sure you don't become just an "N- number." Get to know your professors, classmates and get involved! Get involved on-campus in the SHSS Student Government Association or in anything that you have a passion for!



Yaileimy 'Jamie' Rodríguez  
 Master of Science in College Student Affairs  
 Class of 2010  
 Graduate Assistant of Housing  
 Secretary of SHSS SGA  
 CSAA Vice-President  
 Shark Pride Committee Co-Founder

Dear SHSS Students,

Please participate in the 2010-2011 SGA election. Use this ballot sheet to cast your vote. Please submit your form to Dr. Debra Nixon (nixond@nova.edu) by May 17, 2010. Your participation is greatly appreciated. Nominees are:

**PRESIDENT:**

Krystal Gayle O'Neill  
 Laren Marx  
 Robert Keever

**VICE PRESIDENT:**

Andrew Ibrahim  
 Laren Marx  
 Samantha Toney

**TRESURER:**

Debaro Huyler  
 Aparna Saini  
 Sara Schilling

**SECRETARY:**

Zaibis Munoz  
 Charles Goesel

**CSA REPRESENTATIVE:**

Travis Checketts  
 Aparna Saini  
 Sara Schillings  
 Debaro Huyler

**MFT REPRESENTATIVE:**

Tequilla Hill

**DCAR REPRESENTATIVE**

Ian Dozier  
 Consuelo Kelley

**MACS REPRESENTATIVE:**

Claudia Harris

\*ONLINE REPRESENTATIVE

\*OPEN, YOU MAY WRITE-IN A NOMINEE

The list of the newly elected leaders will be posted Monday, May 24, 2010 by 5:00PM.

## Continued from cover

I offered the above synopsis of Black History Month (BHM), as I know many Americans (of all shades) wonder why it is even necessary to have the celebration of Black achievements. "It is such a separatist event—not inclusive at all," some may argue. For example, after our "Strengths of Black Families" event, a White female student asked me this exact question. I carefully explained to her that without such a time of recognition, many Black children would have no understanding of the vastness of their potential or the richness of their (our) heritage. For, there are few everyday reminders of the greatness of their people, which is why President Obama's ascent to the highest office in our land is so important. Nevertheless, there are mountains of reports in everyday media they inundate our children with messages of their supposed "pathology." So, until it changes, there will continue to be a need for a Black History Month. Hence, for the past three years, SHSS has offered presentations that center on the *Strengths of Black Families*.

Our specific focus in 2010 was "Black Love is Black Wealth" taken from a poem by poet and Virginia Tech professor, Nikki Giovanni entitled "Nikki Rosa." In the piece Nikki announces:

...And I hope no white person ever has cause to write about me, because they don't understand Black love is Black wealth; and they'll probably talk about my hard childhood and never understand that all the while I was quite happy.

In the background of her oration, the New York Community (gospel) Choir sings, the hymn, *It is Well* (with my soul). This notation is important as Giovanni juxtaposes Black spirituality and Black sociology. She suggests that the well meaning (perhaps) White press writes about Black life in ways that imposes its own idea about wealth, health, and happiness (to name a few), but fails to truly "get" the Black experience. Hence, they (the press) should (in my opinion) ask questions instead of making assumptions.

I have a similar concern with mainstream sociologists and psychologists who seem to enjoy comparing the lives of a privileged people to that of a disenfranchised people. So, one has to ask what are the motives of such inquiries.

So, annual emphasis on the strengths of Black families truly harkens back to the purpose of Black History Month, to bring attention to the strengths of our people.

Just weeks before, someone else-- this time a Black, male reporter--asked me: "What are the strengths of Black families?" in a tone that seemed to question whether there were any strengths in Black families. My response-- after I gathered myself-- was "our love." And while that is true, I believe that we have an even greater strength than love--our creativity. But, first understand that when I talk about Black family, I am speaking of the entire Black community, the whole people—not simply the rigid understanding of family—mother, father, children.

For the concept of the village, by the way, began in African antiquity, was not stripped away with the peculiar institution of slavery. Our embrace of family is the concept of our oneness—a collective understanding that we are one despite external devices like social, economical and/or political disenfranchisements.

So, the strength of the Black family is in our creativity. Womanist (Black feminist) thought has embraced as its mantra "making a way out of no way" which is a saying that evokes Black spirituality, reminding our people that through our extraordinary faith we have been able to survive and even thrive in hostile environments. Our "making ways" can be seen in every aspect of our lives from the arts to science and technology. Black strength is inventiveness, our creative genius. We find ways to refashion and reinvent destructive ideas, transforming those same metaphors into positive, even financially profitable inventions. Visit the following URL for example of Black ingenuity.

<http://www.biography.com/blackhistory/history/101-facts-inventions.jsp>.

Neither, time nor, space will allow an exhaustive account of the Black contributions that mirror the strengths of Black families. Moreover, that is not the point of this treatise. My contribution to the SHSS dialogue comes in the form of a challenge: Consider Black History Month as an opportunity for you to be inclusive in your response to all people of all backgrounds. This month, for me, is a reminder that our story is just one of many in the USA, and if we [Americans] are going to make "special" months obsolete in this ever-browning country of ours, then it has to begin by acknowledging the strengths of a people that has helped to make this country great. Someone has called the US an experiment. I'd like to submit that the acceptance and celebration of Americans of African descent is a "t" test that must be passed if we are going to live out "the true meaning of [our] creed: 'My country tis of thee, sweet land of liberty' per Martin Luther King, Jr., quoting one of our most endearing, patriotic hymns, *America*.