

Health Professions House

2017-2018 Annual Report



Amber McDonald

Graduate Assistant

Health Professions House, College of Health & Human Sciences

Sandi Splansky

Faculty Coordinator, Health Professions House

Director, Academic Advising, College of Health & Human Sciences

Goals of an Living Learning Community

Living Learning Communities may have different missions and goals, but they are all designed to do the following:

- Develop a sense of group identity enabling all participants to recognize one another as learners, while still valuing the contributes of each individual.
- Help students recognize that participants are neither solely independent nor dependent.
- Provide facilities or spaces where people can come together to meet and engage in transformative learning activities.
- Create a supportive environment that engages new students in the life of the institution.
- Develop a seamless student experience that integrates social and academic experiences for those who are participating in the program because, even though the level of integration will vary, activities and programs are designed to enable students to bring their personal interest into their academic work and to integrate their academic work into their personal and social activities.
- Develop connections among disciplines, recognizing that although ways of knowing may be discipline-specific, knowledge and concepts are not.

Frazier, W., & Eighmy, M. (2012). Themed residential learning communities: The importance of purposeful faculty and staff involvement and student engagement. *The Journal of College and University Student Housing*, 38(2), 10-26.

Research Supports Living Learning Communities :

Supporting Student Learning Wherever it Happens (2000):

"Engaging students in co-curricular activities and settings is a way to model the ideal of a community of learners in which students, faculty, and student affairs educators engage in serious inquiry, learning with and from one another" (Shushok, Henry, Blalock, & Sriram)

Expectations to Experiences : Using a Structural Typology to Understand First-Year Student Outcomes in Academically Based Living-Learning Communities (2010):

"Students in collaborative living-learning communities were more likely to interact with their peers around academics and had a more positive perception about their residence hall contributing to enriching their educational experience."

"Students who are involved in Living-Learning Communities were more likely to develop relationships with faculty, have stronger communication skills, and participate in community service events." (Wawrzynski & Jessup-Anger)

Academic Success for STEM and Non-STEM Majors (2010):

"Being part of a learning community can contribute to a further sense of campus engagement which, in turn, can contribute to retention." (Whalen & Shelley)

Themed Residential Learning Communities: The Importance of Purposeful Faculty and Staff Involvement and Student Engagement (2012):

"Students benefited when they were actively involved in their educational endeavors and took an interest in the learning opportunities presented to them in their living environment." (Frazier & Eighmy)

Health House Faculty Advisors

Sandi Splansky, Ed.S., is the Faculty Coordinator for the Health House. The Health House has been under her leadership since 2001. She was the founder of the Health House in 2001 and lived in one of the first US living-learning communities at the University of Illinois. She has also served as the Director of Academic Advising in the College of Health and Human Sciences since 1986. Sandi was instrumental in developing the UNIV 101 course for the university. She holds three degrees from Northern Illinois University: B.S. and M.S. from the department of Family, Consumer, and Nutrition Sciences and an Ed.S. in Counseling from the College of Education. She was recently named as the recipient of the 2012 College of Health and Human Sciences outstanding Alumni Award. Sandi oversees all Health House activities and is an advocate for promoting a positive on and off campus for NIU students.



Dr. Jeanette Rossetti, EdD, RN is an associate professor in Nursing & Health Studies at Northern Illinois University. Dr. Rossetti received her BSN in nursing from Lewis University, her M.S. in nursing from St. Xavier University, and EdD from Northern Illinois University. Dr. Rossetti has received numerous awards for her teaching and professional talks. She worked alongside our ambassadors and staff this year by assisting with service. Her biggest area of interest centers on teaching and outcome assessment in nursing.



Dr. Sheila Barrett, Ph.D., is an Assistant Professor in Family, Consumer and Nutrition Sciences. Dr. Barrett's main area of interest are in adolescent obesity and related risk factors for type II diabetes and cardiovascular diseases. Dr. Barrett is originally from Jamaica where she completed her Bachelor's degree in Education. She obtained her Ph.D. in Nutrition and Dietetics at Florida International University in Miami Florida. Dr. Barrett is the co-founder of a non-profit organization which offers after-school tutoring in math, science, and reading to children K-12 and college-age students in South Miami Florida. She worked alongside our ambassadors and staff this year by assisting with field trips.



Graduate Assistant for the Health House

Hello there. My name is Amber McDonald and I am Health House Graduate Assistant. I am a second year grad student in the Rehabilitation Counseling program at NIU. I completed my undergrad studies in Rehabilitation Services with a minor in Public Health at NIU as well. I've been a part of the College of Health and Human Sciences my whole college career as you can see. This position has allowed me to become more involved in the college I just so happen to love and learn in. I work hand in hand with both Sandi Splansky and the Ambassadors making sure all of the background work is taken care of. I absolutely enjoy being apart of such a great team working to ensure that we have great opportunities and experiences for the students.



Student Ambassadors in the Health House

Health House, “Ambassadors” serve as leaders to their resident peers and are a vital component to the success of the Health House. Through their leadership and programming initiatives, the chosen Ambassador’s strive to enhance the academic, service, and social realms of the house residents’ lives. Please read what they have to say about their experience in the Health House .



My name is Shivani Desai and I am a senior pre-physical therapy major with a minor in public health. I have been a health house ambassador for three year now. A big part of my NIU experiences has been on campus involvement. Over the years I have been involved in pre-physical therapy club, NIU club gymnastics, alpha phi omega, and lambda sigma. Currently, I am president of student health organization, a university 101 peer educator, and a member of mortar board senior honor society.

Hello! My name is Michael Potoniec, and I am the Health House Ambassador on the fourth floor. I am currently a sophomore, and my major is Public Health with an emphasis in Environment and Health. Also, I am the Vice-President for Student Health Organization. I enjoy being involved around campus, but I also like to listen to music, watch movies, and spend time with friends!



Hello my name is Mary Lou Yarger. I am a sophomore and this is my second year in Health Professions House and first time being a Health House Ambassador. Starting spring semester, I will be in the Nursing Program at NIU and hope to graduate with a B.S. in Nursing and a minor in Family and Child Studies. Health House has helped me grow as a student and as a leader, and has given me great memories.

Hello and Welcome to the Health House! My name is Paulina Karecka. I’m a Senior, Nutrition and Dietetics major with a minor in Public Health. This will be my fourth year living in the Health Professions House, but my third year being an Ambassador. I am the President of the Student Dietetic Association, I am on the Nutrition Team through Dining Services, as well as Kappa Omicron Nu. In previous years, I was involved with the Student Health Organization, Alpha Phi Omega, and Lambda Sigma.



Hi, I am Damola Alawode. I am a senior at NIU studying Public Health with an emphasis in Health Administration. This is my second year at NIU I transferred from Harper Community College where I did my general education. I am Nigerian and I have a younger brother as well. This is my first year as a Health House Ambassador and I find it a very uplifting experience. I love meeting new people and I enjoy helping others. My favorite thing to do in my pass time is to hang out with friends and do something active. I am apart of E.B.O.N.Y women which stands which is a an organization based on uplifting women on the campus of NIU and we volunteer and host events on campus.

What’s up Health Professions House! My name is Dairion Sales; I’m a junior and an ambassador for the Health House. I am an admitted athletic training major. Lynwood, IL is my hometown, but I go to North Las Vegas ,where my mother lives, during the summers. I enjoy playing basketball and making music in my free time. I’m a major J. Cole/Dreamville fan.



Programming: Snack Chat Series

In Making the Most of College (2001), Richard Light States:

Part of a great college education depends upon human relationships. One set of such relationships should, ideally, develop between each student and one or several faculty members...the single most important bit of advice I can possibly give to new advisees (is): Your job is to get to know one faculty member reasonably well this semester, and also to have that faculty member get to know you reasonably well, (Light, R.J., 2001). Making the Most of College. Cambridge, MA: Harvard University Press. pp. 85-86).

A main component of Health House programming is the Snack Chat series which was formally known as Dine & Discuss in earlier years. These Snack chat events enable residents to network with faculty, staff, and guest presenters outside of the typical structured classroom setting.

Snack Chat: Rumors or Reality? September 12th, 2017

Prof. Jennifer Lichamer has spent 20+ years in the field of sexual health, including working many of those years here on campus at Health Services. Prof. Lichamer has seen and experienced just about every sexual disease and infection, so having her speak upon what the common community may get misconceived as far as sexual health was very enlightening for the residents. She condensed so much information and made it



understandable to us as an audience. Professor Lichamer explained that there are so many different ways one can be infected and not even be symptomatic in knowing it. After wrapping up the discussion, there was a handful of residents stayed 15-20 minutes after just for further discussion. **-Led By Dairion S.**

Snack Chat: Does Your Mind Matter? October 2nd, 2017

Residents that came to this event were very involved with the discussion and had a lot of questions for **Dr. Scott Sibley**. Dr. Sibley spoke to the residents about being conscious of their mental health as well as the resources available to them here on campus. Residents were able to ask questions regarding stigma, diagnosis and treatment. Dr. Sibley also expressed that some feelings of anxiety and other emotions similar to that are common feelings during a stressful time especially in college. He further explained to students to practice self-care to continue to be their best self.

-Led By Mary Lou Y.



Programming: Snack Chat Series

Snack Chat: Study Where? Study Abroad! October 11th, 2017

The snack chat event on October 11th was a great turn out. We didn't have a full house but the residents that came to the event showed interest in studying abroad and asked a lot of questions. This event was directed towards a certain group of people who are interested in studying abroad. We had two speakers at this event, **Dr. Jeanette Rossetti** and **Dr. Jeanne Isabel**, who drew interest to different locations and trips related to health. This event is good because coming into college, people will mention study abroad but rarely give information on how to begin the process. -Led By Shivani D.



Snack Chat: Fork It Over October 19th, 2017

Dr. Sheila Barrett and **Dr. Beverly Henry** came and spoke to our residents about healthy eating at the dining halls. Overall, the event was a success. Everyone was engaged in the conversations. Everyone volunteered and had something to add, which was great! Dr. Barrett talked about the tips she uses when she dines at one of the dining halls on campus. She was very honest and said that even she ends up getting chicken nuggets sometimes, which is okay as long as you balance it out with vegetables. Dr. Henry, brought her handouts on mindful eating. She also shared her popular macaroni and peanut butter dish her family makes at home. -Led By Paulina K.



Snack Chat: Challenge to Change November 16th, 2017

Dr. Amanda Durik discussed with us about the "Growth Mindset" theory. She explained that some people have a fixed mindset and view things as "unchangeable" based on their situation. For those individuals, it's hard for them to look on the bright side or find a better solution. She informed residents that there's still research on if people are born with a fixed mindset or not. Dr. Durik's theory really resonated with the residents that came out, everyone related her theory to something in their life and made everyone grasp a better understanding.

-Led By Damola A.



Programming: Snack Chat Series

Snack Chat: Entering Internship February 6th, 2018

Teri Schmigdall from Career Services came to speak to the Health House about the internship fair approaching. The students learned a lot from this program through their participation in the conversation and asking questions. The topic was great for students who were new to the idea and those who heard of it yet have not acted on it. Teri discussed the internship fair that happened a week later and all the tips a student would need to be successful there. The students also learned about all the free resources offered by Career Services as well. Ambassador, Shivani Desai said, "I hope we continue to have career services come to health house and talk to the residents about all the events they offer." -Led By Shivani D.

Hello
my name is

INTERN

Snack Chat: Who's Who? February 20th, 2018

The Health House hosted academic advisors **Stephanie Baskerville** and **Whitney Harris** to discuss the differences regarding physical therapy, athletic training and kinesiology. Whitney Harris led the group conversation explaining her background in athletic training. Whitney then went on to discuss some of the major differences from each major as she reviewed the handout she brought with a breakdown. Stephanie went over the major components of the Physical Therapy program as well. Both advisors answered questions from residents regarding program requirements and career options following. The discussion moved to discuss interdisciplinary teams and how all majors will somehow work together.



The students were eager to share information about their own career goals during that part of the event.

-Led By Dairion S.

Snack Chat: What's on Your Plate? : March 21st, 2018

Meg Burnham, our Registered Dietitian on campus, came to speak to our Health House residents about various ways to make meals at the dining halls fun and exciting, yet still healthy. Meg works in the Dining Services, Health Services, and with the NIU athletes. Meg also talked about different snack ideas that a lot of students enjoyed. We were able to laugh at some peoples' snack habits, but we were also able to come up with ways to help those students who are struggling to fit healthy eating in their hectic schedule.

-Led By Paulina K.



Snack Chat: Body Art VS Bank Accounts: April 10th, 2018

Mrs. **Kathi Gehrke** covered a wide variety of topics related to body art policy within the professional realm. Mrs. Gehrke is very knowledgeable on the policies regarding body art within hospital settings for the nursing field, but she also is familiar in other professional realms as well. It is also worth noting that the students seemed very interested in the topic at hand and were engaged for the most part. Kathi Gehrke connected with the students in a more effective way, and it really showed from the discussion that was present.



-Led By Mike P.

Events: Field Trips

Museum of Science and Industry: February 17th, 2018

Health House residents spent a Saturday at the Museum of Science and Industry! Residents were able to check out the many interesting exhibits such as the WOW tour. This was a behind-the-scenes tour that included a piece about a super berry which changes your taste buds to make anything sour taste sweet. It's currently being used in modern medicine. Residents enjoyed the other wonders of the museum and learned new things together.



Events: Special Events

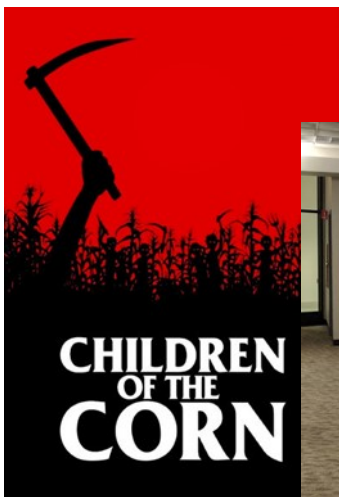
Health House & CHHS Welcome Days Picnic : August 24th, 2017

Residents, ambassadors, faculty advisors Dr. Rossetti, Dr. Barrett, and Sandi Splansky, **Dean Derryl Block**, **Associate Dean Beverly Henry** and CHHS advisors gathered around and enjoyed a meal together. We gathered indoors in Stevenson Hall's New Orleans Room. It was a great environment to meet and greet the new Ambassadors, faculty advisors, and welcome the first year residents to the house.



Movie Night: October 13th, 2017

The Health House hosted a movie night on Friday the 13th. Movie night was way to take the load off from school as it was around midterms week. Residents gathered to watch an older film, Children of the Corn. Everyone enjoyed the movie; it got many laughs out of the residents.



Events: Special Events

Study Tables: December 8th, 2017

The Health House joined together to build off of the commonality in classes to study. Right before finals week, residents were given a chance to have a space to study with fellow residents/classmates while enjoying some brain food. Some residents even helped out to tutor one another. Residents seemed to utilize the opportunity to socialize and study at the same time.



Welcome Back Huskie Bowl: January 22nd, 2018

The Health House celebrated a new beginning of a fresh semester at the Huskie Den. Residents and ambassadors socialized during a few rounds of dollar bowl. Some residents took the bus together and paired up on teams according to floors. Residents that were new to the Health House enjoyed meeting others as well.



Service

Service is another component of the Health House endeavor. This year's Ambassador's were committed to many on-going service responsibilities. . Ambassadors and residents joined together to venture into the community in a variety of activities. Volunteering in the community is not only a benefit to those who receive the assistance, it also enriches the lives' of the residents themselves.

YMCA Halloween Service Event, October 27th, 2017

Every year, residents from the Health House volunteer at the YMCA Halloween Festivities. This year we worked in several different areas such as the craft table, snack area, welcome table and cleaning up after the event. This event was fun to volunteer at and the residents really enjoyed interacting with the children.

- Led by Dairion S.



Feed My Starving Children, November 10th, 2017

This year, the Health House participated in the Feed my Starving Children food packing session. It was our first time doing an event like this so it was interesting to find out what it was all about. Residents gathered with other members of the community in Sycamore, IL to create meals for international shipping. There were lots of meals and connections made during this event.

- Led by Shivani D.



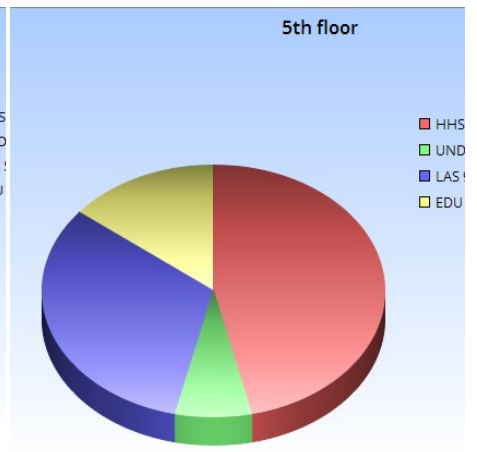
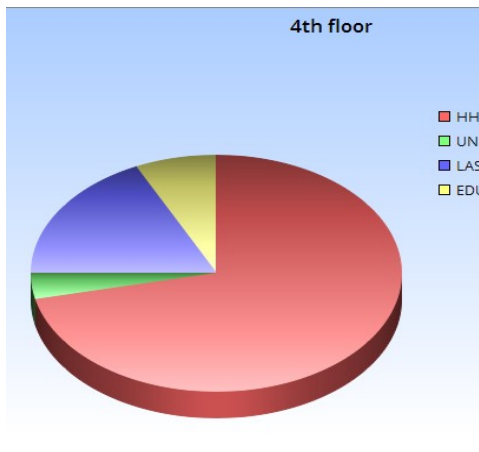
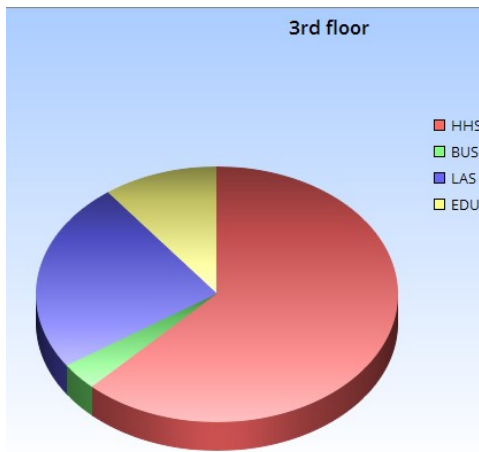
We would like to thank all faculty and staff who
have dedicated their time to
Health Professions House.

Your contributions are greatly appreciated.

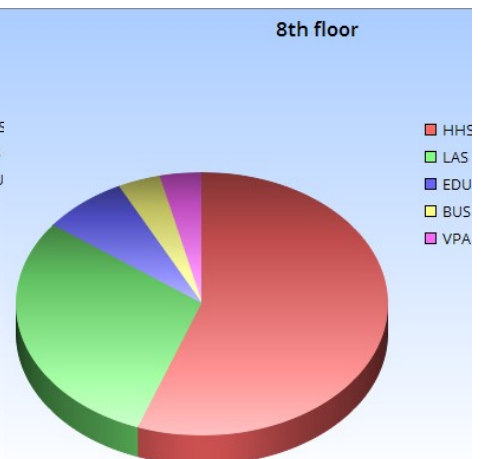
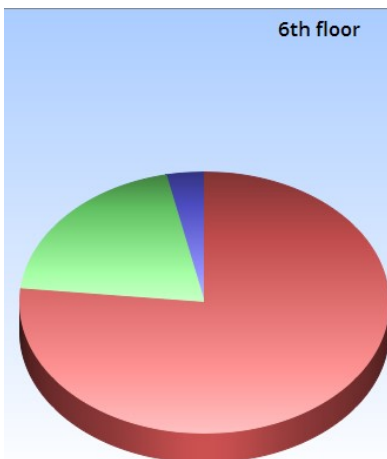
- Dr. Sheila Barrett, Assistant Professor within Nutrition & Dietetics
- Dr. Jeanette Rossetti, Associate Professor within Nursing
- Dr. Derryl Block, Dean, College of Health & Human Sciences
- Dr. Beverly Henry, Professor/Associate Dean for Academic Affairs
- Lauren Teso, Assistant Director for Residential Life Staff Development
- Melissa Bryant, Living Learning Community Graduate Assistant
- Payton Albrecht, Hall Director Graduate Assistant
- Bethany Gary, Complex Coordinator
- Brian Schneider, Director of Residential Dining
- Dr. Amanda Durik, Assistant Professor within Psychology
- Dr. Jeanne Isabel, Associate Professor within Health Studies
- Dr. Scott Sibley, Assistant Professor within Family, Consumer and Nutrition Sciences
- Jennifer Lichamer, Instructor within Allied Health and Communicative Disorders
- Teri Schmidgall, Career Counselor, Career Services
- Whitney Harris, Academic Advisor, KNPE
- Stephanie Baskerville, Academic Advisor, HHS/Pre-PT
- Meg Burnham, Coordinator of Nutrition program
- Kathi Gehrke, Coordinator in Nursing program

Who's Who?

Each floor of the Health House is made of various majors. Although, this LLC is geared towards those in HHS, we do have some residents of similar Human Service backgrounds in different Colleges across the university. Below are some charts which reflect the residents from each college per floor in both fall and spring semesters.

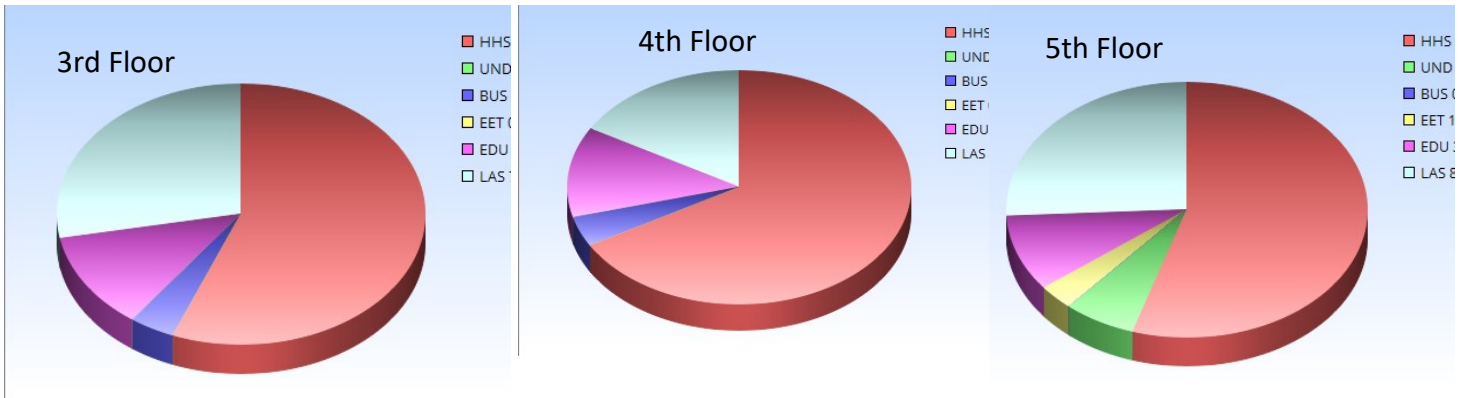


Fall 2017

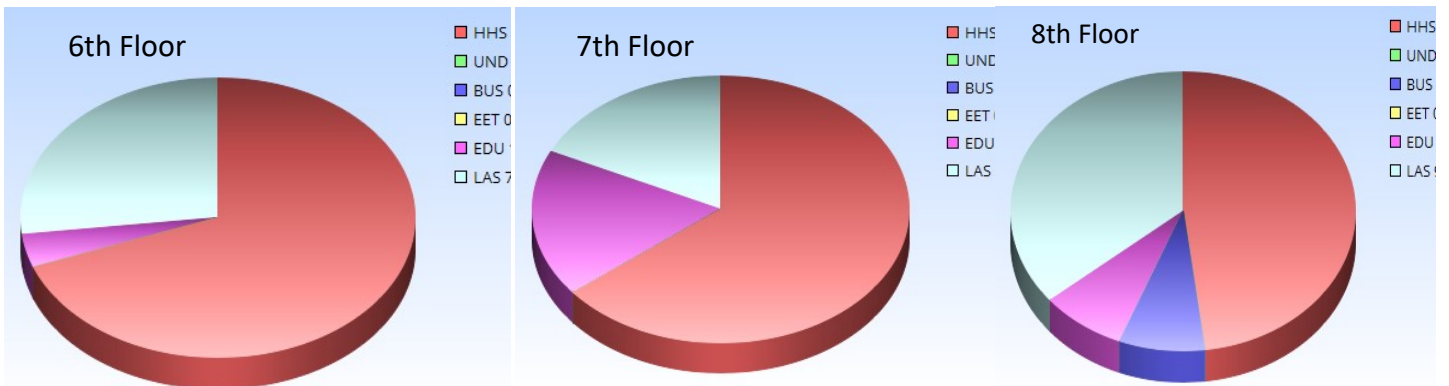


Who's Who?

Continued



Spring 2018



Over the course of this year, Health House Ambassadors were responsible to write the lead article for each month's newsletter. These newsletters are distributed to over 300 residents and faculty members. In case you missed them, below are the mini inserts of each newsletter.



WELCOME BACK!

'elcome Back to NIU!

Home back guys! I hope guys stayed healthy and in great health. As we're in the new semester, let's to set new goals and define them throughout the semester. Setting goals is easy and sticking to them is harder, but nothing is easier feeling than doing and goal awareness.

...each month in August I acknowledge awareness several topics that we should bring our attention to each month. January has a locked week for drug and alcohol awareness.



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Health & Wellness Newsletter

SPRING IT INTO GEAR

It's finally April, which means warmer days, and more time spent outside! Most of us are counting down the days until summer. In the final weeks, it is important to think about the following semester and summer plans. Planning ahead is crucial to being successful! Some of the things to keep in mind when this semester comes to an end is making an advising appointment to plan your fall semester, possible signing up for summer classes, building your resume, and getting volunteer hours. Looking ahead and planning for the semester to come is a important because you can make sure you're taking the right courses, you're on the right path, and you're not stressed out when the time comes to register for classes.

1. Advising appointment

Schedule an appointment with your academic advisor. Call the college of Health and Human Science if you are a CHHS major at 855-753-1081. If you are not a CHHS major, visit the director's page on NU's website and search 'academic advising'. This will be able to find a college for your major and contact that office to schedule an appointment.

2. Summer classes

Sometimes students like to get ahead or need to catch up with courses. Ask your advisor about summer and fall classes to stay on track. Graduation will come before you know it, so staying on track with courses is very important and easier with the help of your advisor.

3. Build your resume



Summer is a great time to work on your resume. Try finding a job around your hometown or field of study to gain extra experience and make money at the same time. Every employer will look into the experience section of your resume. The best time to make extra cash and gain experience is during the summer.

4. Volunteer hours

Most graduate school programs will ask for volunteer (paid/unpaid) hours also known as observation hours. Try finding a local clinic, hospital, or nursing home to volunteer at. For example, getting into a Doctorate Physical Therapy program at Northern, students are required to have 50 observation hours prior to submitting application. Look into your program and graduate school to see how many hours they require before applying. It's never too early to start!

Shani Dast

8th Floor Ambassador



NU CARES DAY
APRIL 21
8:00am

APRIL 21
8:00am

Health House Memorys

Over the course of this year, Health House Ambassadors and residents gathered together to make so many memories. Here are some pictures to sum it all up!

