

Fall 2020

# FOCUS

*In a world focused on things, we focus first on people*



**KANSAS STATE**  
UNIVERSITY

College of Health and  
Human Sciences

# From the Dean



Greetings from Justin Hall,

I hope this FOCUS magazine finds you healthy and well. 2020 has proven to be a challenging year, but we have made it to the end. Here's to hoping for a much better 2021.

K-State brought students back to town in August to begin their fall semester. They started a week earlier than originally planned and will depart campus the week of Thanksgiving. Following the holiday, students were asked to remain where they are to complete their courses and finals virtually. We believe keeping students from traveling back and forth will help control the spread of COVID-19.

Our fall semester was anything but normal. I would like to thank our faculty and staff who worked hard to continually adjust to an ever-evolving situation to make sure our students were still being provided a high-quality education. I also want to thank our students who came back to Manhattan, ready to embrace their new normal and continue moving their education forward. We were thrown a few curveballs during the semester, but everyone showed a tremendous amount of perseverance and grace through the process.

I am excited to share a few highlights and good news from around the college.

For a second year, our college has seen an increase in enrollment. This fall, we saw a 3.7% enrollment gain, which includes both undergraduate and graduate students. The college's retention rate (88.5%) and six-year graduation rate (68.8%) both exceed the university average. Furthermore, while K-State has seen decreases in enrollment over a number of admission cycles, our college has seen enrollment growth against the trend of the university with an increase in enrollment again this fall (three-year positive trend +3.7%). A big thank you goes out to our recruitment team and our faculty and staff who provide such a positive experience to our current and incoming students.

This fall, we launched two new health-focused programs within the college. The Department of Food, Nutrition, Dietetics and Health launched their bachelor's degree in sports nutrition and our Department of Kinesiology began its bachelor's degree in integrative physiology. The department will also launch a bachelor's degree in public health in the spring after receiving approval from the Kansas Board of Regents in late November. We anticipate these programs will be in high demand due to the high percentage of incoming students pursuing a career in the health field.

We were unable to host our typical commencement activities, I want to recognize all of our 2020 graduates. They have really had to adapt to a new normal while also missing out on some of the anticipated milestones in their lives. I am confident that these students are going to make an impact in whichever community they occupy. If you have a 2020 graduate or know a 2020 graduate, please make sure to recognize their significant accomplishment of earning a college degree.

After all that 2020 has brought us, we are excited to tell you that the College of Health and Human Sciences is still here and doing great things. Your support is truly appreciated by all of us.

Wishing you a happy holiday season,

John Buckwalter, Betty L. Tointon Dean



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FOCUS Magazine is published twice a year by the College of Health and Human Sciences. This edition was coordinated, written and designed by communications and events coordinator, Chelsi Medved. The photography is from private collections and the Division of Communications and Marketing Photo Services. Unauthorized use is prohibited. © 2020.

# Fall 2020 Outstanding Seniors

**Leadership Award** | This award is given to an individual who has exhibited excellence in leadership. Students are recognized for their contributions to the campus, college, program, and professional organizations.

**Ashley Pieper**  
*Kinesiology*

**Megan Wurst**  
*Communication Sciences  
and Disorders*

**Erin Slattery**  
*Early Childhood Education*

**Mallory Paske**  
*Human Development  
and Family Science*

**Molly Fiser**  
*Dietetics*

**Engagement Award** | This award is given to a graduating senior who has made exemplary contributions that impact the well-being of the community or individuals in the community.

**Grace Brennan**  
*Kinesiology*

**Erin Schmitz**  
*Communication Sciences  
and Disorders*

**Ali Delort**  
*Early Childhood Education*

**Geneva Fink**  
*Human Development  
and Family Science*

**Elise Wolf**  
*Personal Financial Planning*

**Mikiah Dykes**  
*Hospitality Management*

**Alyssa Cohn**  
*Dietetics*

**Taylor Farley**  
*Nutrition and Health*

**Dorothea Mies**  
*Nutrition and Health*

**Breanne Burks**  
*General Human Ecology*

**Madison Altis**  
*Human Development  
and Family Science  
(Gerontology)*

**Research/Creative Activity Award** | This award is given to a graduating senior whose research or creative activity has made a significant contribution to their field of study.

**Oziel Pruneda**  
*Kinesiology*

**Brooke Ackley**  
*Communication Sciences  
and Disorders*

**Emanuel Serrano**  
*Athletic Training*

# Making Connections

The professional mentoring program is open to sophomores, juniors, seniors and graduate students who are interested in being paired with a professional in their desired career field. Meet one of our mentor pairs, Dorothea Mies and her mentor, Julie Jones.



**Dorothea Mies**  
Nutrition and Health  
Pre-Physician Assistant

## **Why did you join the professional mentoring program?**

I joined the mentoring program because I wanted to get connected with someone in the career that I hope to be in one day. I wanted to learn more about the requirements and lifestyle of a PA by interacting with one and being able to shadow one.

## **How has the mentoring program impacted your professional experience?**

The mentoring program has allowed me to gain knowledge and experience via shadowing and communicating with Julie. I have felt more confident in my educational studies. This experience has solidified my want to become a PA. I enjoy the opportunity to shadow Julie and be able to see what an emergency department PA does on a daily basis.

## **Why do you recommend other students get involved in mentoring?**

I recommend other students get involved in the mentoring program because you will make invaluable connections with professionals in your desired career. These connections have helped me to become a more competitive applicant to PA programs and have helped me gain confidence my in education and the work place.

## **Why did you join the professional mentoring program?**

I felt the call to give back to my alma mater. I enjoy my career so much and I wanted to share that love and excitement with others also interested in this career path.

## **What do you enjoy most about the mentoring program?**

I love connecting with my mentees, being able to give them insight into my career, and help along the way with recommendations for shadowing, extra-curriculars, purpose statements, and discussions about interviews.

## **Why do you recommend other professionals get involved in mentoring?**

If anyone is feeling that call to do more, I believe being a mentor is a very solid step in the right direction. It does not take an overwhelming amount of time or energy, but the benefits these students receive from this interaction are abundant.



**Julie Jones**  
Emergency Medicine PA-C  
B.S. Athletic Training

## ***Become a Mentor!***

The college is currently seeking mentors, especially those in any health-related profession. Mentors apply online and are matched with students based on field, academic study, location and interests. Pairs are matched for one full year with the option to continue the current pairing.

**Website:** [hhs.k-state.edu/mentoring](https://hhs.k-state.edu/mentoring)

**Application:** [wildcatlink.ksu.edu](https://wildcatlink.ksu.edu)





Nancy Peterson, a representative of the Anita K Laurent scholarship group, meets with some of our scholarship recipients.

# Million Dollar Investment

More than \$1 million awarded in scholarships to HHS students this year is key to their success.  
By Marisa Larson, KSU Foundation

For many students, attending college is only possible because of scholarships. For others, scholarships help enrich their learning experience. This academic year, the College of Health and Human Sciences was able to offer 601 awards totaling \$1,019,018 due to the generosity of donors. This is nearly double the number of scholarships available just two years ago.

"I could not be more grateful to have received scholarships from the College of Health and Human Sciences because they have played an impactful role of my pursuit to earn a degree here at K-State," said Evan Jones, senior in kinesiology, pre-physical therapy, and Spanish. "I am very appreciative of the donors, the college, and the university for the opportunities to earn scholarships, which have kept me involved on campus."

As K-State works to attract students, having substantial scholarship support is key. "We are very thankful for the opportunity to increase the number of awards that we were able to make for our students this academic year," said Dr. Shawna Jordan, assistant dean. "Every student faces unique challenges in the pursuit of their degree and the generosity of our donors has enabled us to assist both undergraduate and graduate students. Scholarship contributions are vital when we look toward the success of our students. Scholarships allow us to recruit new students, as well as retain current students in working toward graduation. Student scholarships are utilized to support education through classroom, internship and practicum experiences, professional development and research opportunities."

*"The privilege to attend K-State as an out-of-state student is largely due to the generosity of donors. Having some financial stress alleviated has allowed me to succeed in my studies and encouraged me to give back to the College of Health and Human Sciences as an ambassador. I am very appreciative of the donors, the college, and the university for the opportunities to earn scholarships, which have kept me involved on campus."*

- Evan Jones, senior

Allison Arrendondo, junior in communication sciences and disorders, had a dream come true thanks to scholarships. "Without the scholarships I have received from the college, I would not have been able to have the fantastic college experience I have had at K-State thus far. Due to my scholarships, I am better able to focus on my academics and prepare for my future career as a speech language pathologist," she said. "This past spring, the College of Health and Human Sciences offered me financial assistance allowing me to live out my dream of studying abroad and traveling internationally. This opportunity has definitely been the highlight of my college experience because of the knowledge I gained and the friendships I made. I am forever thankful."

Investing in the success of students not only helps them while they are in college and encourages them to study hard, but it also sets the example of helping others.

## THE NUMBERS

FY19

**362 recipients**  
**\$766,729 awarded**



FY20

**542 recipients**  
**\$814,595 awarded**



FY21

**601 recipients**  
**\$1.019 million awarded**

"I'm the first one in my family to graduate college, and it wouldn't have been possible without scholarships," said Emanuel "Manny" Serrano, senior in athletic training and pre-physician assistant.

"Not only am I the first one in my family, but my brother is also attending college at K-State. We are both able to graduate debt-free and that wouldn't have been possible without the support of donors investing into students' lives. Support from friends and family is important, but to have support from someone I don't even know is even more incredible. It inspires me to do the same when I am in my career to invest and donate money to future students so they can have the same opportunity as I did."

**Thank you to all the generous alumni and supporters that made this investment a reality. You are truly helping change lives in our college.**

**For more information on scholarship support and ways you can make an impact, please contact Jeff Haug at [jeffh@ksufoundation.org](mailto:jeffh@ksufoundation.org) or visit the KSU Foundation website at [ksufoundation.org](http://ksufoundation.org).**

# Taking the Helm

This summer, the college welcomed two new department heads and welcomed back one faculty member as interim department head.



## Tandalayo Kidd

**Department of Food, Nutrition, Dietetics and Health**

Tandalayo Kidd, a professor and extension specialist, assumed the title of department head for the Department of Food, Nutrition, Dietetics and Health in June. Kidd has served K-State since 2004 when she began as an extension associate. Along with her extension and research responsibilities, Kidd provides expertise in and develops materials related to nutrition education, unwanted weight gain and environmental lifestyle factors affecting chronic disease risk for youth and young adults. She has significant experience with the community-based participatory research process because her approach centers on meeting the intended audience where they are, establishing trust, and then as a partnership, identifies healthier behaviors to achieve their desired goal. Since 2004, she has provided leadership and developed resources related to nutrition, physical activity, eating disorders, and sports nutrition in the child to adult population.

She has a unique background in that she is a U.S. Army veteran, a Licensed Practical Nurse, and a Registered Dietitian. She is one of the few people in the United States who carries both the Registered Dietitian and the Licensed Practical Nurse credentials. The two credentials have allowed her to evaluate lifestyle behaviors from multiple health perspectives. She's seen firsthand the struggles some people go through when recovering from surgeries, illnesses, and injuries, as well as dealing with the various aspects associated with many preventable chronic diseases. Their nutrition status prior to the event and during the healing phase is critical. Kidd is a three-time K-State graduate. She earned a bachelor's degree in foods and nutrition; a master's degree in hotel, restaurant, institutional management and dietetics and her doctorate in human nutrition.

## Martin Seay

**Department of Personal Financial Planning**

Martin Seay, Ph.D., CFP®, joined the K-State faculty in 2012 as an assistant professor of personal financial planning, teaching both undergraduate and doctoral students, and became the first department head for the newly created Department of Personal Financial Planning in 2020. His research focuses on borrowing decisions, how psychological characteristics shape financial behavior, and methodology in financial planning research. His work has been published in the Journal of Behavioral Finance, Journal of Financial Counseling and Planning, Financial Services Review, Journal of Consumer Affairs, Journal of Financial Services Professionals, Journal of Financial Planning, and Journal of Financial Therapy among others.

Seay currently serves as president for the Financial Planning Association® (FPA®), the largest membership organization for CFP® professionals in the country and includes many others who support the financial planning process. He also serves on the editorial review board for the Journal of Financial Planning and the Journal of Financial Therapy, and as a director for the Academy of Financial Services. He received his doctorate in housing and consumer economics with an emphasis in family financial planning from the University of Georgia.







## Kevin Roberts

### Department of Hospitality Management

Kevin Roberts assumed the role of interim department head for the second time. He is a professor in the Department of Hospitality Management and directs the undergraduate program in hospitality management. Roberts teaches in the areas of foodservice management and hospitality law. He has been recognized for his outstanding teaching and has received the Kansas State University Presidential Award for Excellence in Undergraduate Teaching and the College of Health and Human Sciences' Myers-Alford Outstanding Teaching Award.

His research interests are related to the application of food safety principles in the commercial setting. His current research focuses on behavior change of employees once food safety training has taken place. He is interested in developing alternative food safety training programs that not only target knowledge, but the antecedents of behavioral intention.

Roberts earned his bachelor's and master's degrees in hotel, restaurant and institution management from Iowa State University and his doctorate from K-State in 2008. He serves as director of the Center for Food Safety Research in Child Nutrition Programs, serves as a commissioner on the Accreditation Commission for Programs in Hospitality Administration, the accreditation program for all two- and four-years hospitality management programs, and on the American Hotel and Lodging Educational Institute Education Certification Advisory Council.

## Giving Back

Our Health and Human Sciences ambassadors hosted two philanthropy events this fall. In October, they hosted "Socktober", collecting new socks for the USD 383 FIT Closet. The FIT Closet is the Manhattan-Ogden school district's means of providing necessary essentials so all USD 383 students can attend class and integrate successfully.

In November, the ambassadors hosted a food drive for Cats' Cupboard. This food drive replaced the college's normal December event that coincides with the faculty/staff holiday party. Departments asked students, faculty and staff to contribute to their department bins. Those who contributed were entered into a drawing for free lunch at Lacy's Fresh Fare & Catering. At the end of November, the college donated 504 items to the Cats' Cupboard to support students and staff facing food insecurity.



November food drive bins.



Ambassadors tabling in the union to collect socks for Socktober.

# Where are they Now?

In 2017 when I added the communications coordinator to my role, I interviewed a group of current students regarding their experience with internships. This year, we caught up with some of them to see what they have been up to since graduating from K-State.

**By: Chelsi Medved**



## Patience Ivy

**B.S. ATHLETIC TRAINING, 2017  
CAPE GIRARDEAU, MISSOURI**

### **Current employer and position:**

Southeast Hospital/ Southeast Missouri State University;  
Assistant athletic trainer for women's basketball.

### **How did your degree from HHS (Human Ecology for you) prepare you for where you are?**

The hands-on experience in the athletic training program really helped prepare me for my graduate assistantship and also for my full-time position now- from the work in the classroom learning and practicing rehabs, specials tests, injury evaluations to the experience at our clinical sites working with the K-State athletes directly.

### **What community activities are you involved in?**

I have gotten involved with the local Big Brothers Big Sisters program and I have a Little Brother I just adore. We have been matched for three years now and I am honored to have him in my life here.



## Megan Ochoa

**B.S. NUTRITION AND HEALTH, 2019  
MARION, VIRGINIA**

### **Current employer and position:**

I am a student at Emory and Henry College, School of Health Sciences working toward my master's degree in occupational therapy.

### **How did your degree from HHS (Human Ecology for you) prepare you for where you are?**

My degree in nutrition and health (and gerontology!) helped me better understand how the human body functions, the importance of a healthy lifestyle, and how to clinically apply what I have learned in class to the field. My degree helped prepare me for my current curriculum through nutrition, kinesiology, gerontology, and human development classes. Although there are not many OTs with a background in nutrition, I believe it has helped me better understand the importance of the overall health of each individual.

### **Since graduating, have you had any big events happen in your life you would want to share?**

I have a new puppy named Miles!

### **What's next for you?**

Following graduation, I am planning to work as an occupational therapist practitioner with a focus in neurorehabilitation.



## Darah (Portenier) Bohl

**B.S. COMMUNICATION SCIENCES & DISORDERS, 2018  
FORT HAYS, KANSAS**

### **Current employer and position:**

I am in graduate school to become a speech language pathologist at Fort Hays State University.

### **How did your degree from HHS (Human Ecology for you) prepare you for where you are?**

My bachelor's degree in communication sciences & disorders from Kansas State University prepared me exceptionally well for my graduate studies in speech-language pathology due to the guidance and support from my professors, advisors, and other faculty members.

### **Since graduating, have you had any big events happen in your life you would want to share?**

Following graduation in December 2018, I moved home to Phillipsburg, Kansas, to begin working as a substitute teacher at the local elementary school. On June 15, 2019, I married my sweet husband, Taylar Bohl. We were gifted a farmhouse in rural Claudell, Kansas, and spent a year fixing it up. We moved into the home in May 2020.

### **What's next for you?**

I was accepted by Family Physical Therapy and Kearney Regional Medical Center in Kearney, Nebraska, to complete my medical externship starting in January 2021. I was also accepted by USD 325 (Phillipsburg Elementary School) in Phillipsburg, Kansas, to complete my educational externship beginning in March 2021. Upon graduation in May 2021, I have an employment opportunity with Aegis Therapies, which provides speech-language services in Phillips County and the surrounding rural areas.



## Kelly Lehw

**B.S. FAMILY STUDIES AND HUMAN SERVICES, 2018  
HIAWATHA, KANSAS**

### **Current employer and position:**

I work at the USDA Farm Service Agency as a program technician.

### **How did your degree from HHS (Human Ecology for you) prepare you for where you are?**

My degree in family studies & human services has been a perfect fit for my current role. My job is to serve local farmers and assist them in signing up for USDA farm programs. Throughout my time at K-State, I learned how to relate to individuals through a helping role, build positive relationships, and utilize leadership skills to contribute to a team. Excellent customer service is a priority and I couldn't feel more prepared to add unique perspectives from my education.

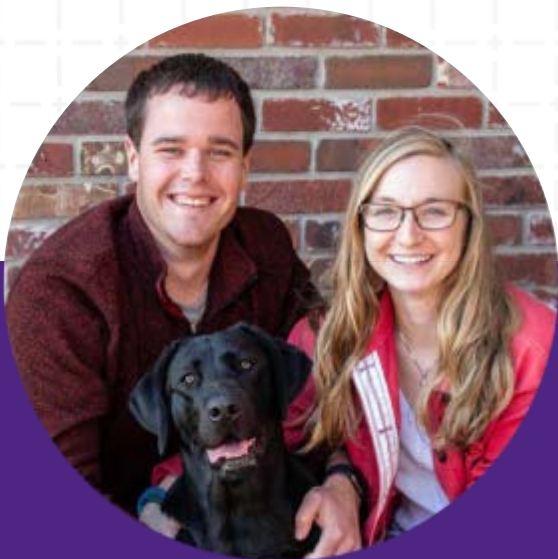
My current role at the FSA is a blend between the agriculture industry and the human services field. I grew up in a multi-generational farming and ranching family, and have always had a deep appreciation for agriculture in rural communities. I am thrilled to work with the rural farming community and serve the farmers of northeast Kansas.

### **Since graduating, have you had any big events happen in your life you would want to share?**

I added another Aussie puppy to my family in May! It has been fun watching Nova bond with her sister, Daisy. I only wish I had a fraction of their energy!

I have also been enjoying getting to experience huge milestones with my friends – weddings, babies, home-buying, new jobs, etc. Everything is so exciting!





## Hannah (Willems) Higgins

B.S. KINESIOLOGY, 2017  
OLATHE, KANSAS

### Current employer and position:

I am a health and wellness coach for Noom Inc.

### How did your degree from HHS (Human Ecology for you) prepare you for where you are?

My behavioral health classes at K-State sparked a desire in me to help people at an individual level lead healthier lives through behavior change. Through my classes, I learned some of the issues we face as humans on individual, interpersonal, organizational, community, and policy levels. Because of these classes, I knew I wanted to work with people on an individual level through everyday challenges they face.

### How has your job been effected by COVID-19?

I've worked from home since starting with Noom, so how I work hasn't changed much. However, working with clients from all over the world has been eye opening, heartbreaking, and very rewarding all at the same time during this pandemic and 2020 overall. It's made me grow as a health and wellness coach and helped me better understand the complexity and drive behind people's motivation to change. It's incredibly humbling being able to support doctors, nurses, teachers, first-responders and so many others on their journey to holistic health while going through the most challenging situations they've ever faced.

### Since graduating, have you had any big events happen in your life you would want to share?

I got married and got a puppy in 2018! I also went through classes to receive my NBHWC certification making me a National Board Certified Health and Wellness Coach.



## Maddy McClellan

B.S. APPAREL AND TEXTILES, 2018  
DALLAS, TEXAS

### Current employer and position:

I am a merchant for Fossil Group.

### How did your degree from HHS (Human Ecology for you) prepare you for where you are?

At K-State I studied apparel and textiles in HHS and finance in the College of Business. My role at Fossil is fairly all encompassing from line planning to weekly sales reports. I'm thankful for the diverse course offering within apparel and textiles that exposed me to the many areas of our industry. The most beneficial classes were Fashion Forecasting and our capstone course with Dr. Hiller, which included building a comprehensive business plan. I'm also thankful for the flexibility offered through our degree program in that I was able to double major in finance. Obtaining business acumen through my education has been a huge advantage as I've started my career.

### How has your job been effected by COVID-19?

Retail has been hit very hard during COVID-19. Fossil Group went into a reduced work plan for three months to cut costs and contingency plan. Unfortunately, in July, we had a restructure and layoffs were implemented to help cut costs. I'm thankful to still have a position at Fossil Group and look forward to continuing to grow professionally at the same company I interned at two years ago.



Family and Consumer Sciences Education students gathered after having class outdoors.

# Continuing the Tradition

In the past, if you asked students what they thought they would learn in “FACS Ed”, they would tell you homemaking skills: cooking and sewing.

While in the past that may have been true, family and consumer sciences education has become the forefront of teaching students general life skills at the middle school and high school levels. These students work with their teachers to learn about areas such as human development, financial planning, communication skills, culinary/baking essentials and textile and design.

“Family and consumer sciences works to teach students skills and information that they can apply to their future lives and use for the betterment of society,” said Remington Hedges, a May 2020 graduate and current family and consumer sciences educator at Emporia Middle School. “It is still very popular among students at the high school and middle school levels. Students love the hands-on real-world experiences that they receive in the classes and can immediately take home and apply to their lives.”

Family and consumer sciences teachers have been and continue to be in high demand. Our program has seen a great trend over the years of students securing employment before they receive their diploma. Hedges was hired before she ever student taught. “K-State definitely prepared me for my future job and made me a very desirable applicant. Our program

taught me a wide variety of teaching strategies that I use every day. While I am still learning as a first-year teacher, I was provided a solid foundation to grow on.”

This summer, the program transitioned to become part of the Department of Applied Human Sciences, providing the students with better ability to connect with faculty, their academic advisor and the support staff the department can provide.

“While our FCS students have always had a place in the College of Health and Human Sciences, adding them to a department will provide them with more of a home base that supplies a designated student services center, additional support staff and spaces that will allow greater collaboration with students in other programs,” said Assistant Dean Dr. Shawna Jordan.

Senior Kassady Griffin is appreciative of the program’s home base being located in the college. “I feel like I have a strong connection to our college considering the background and history of where our program started. Considering the college is a people-oriented college, we fit perfectly as we are a major that puts people first.”



# Around the College

## A new child care and education partnership: Kansas Institute for Early Childhood Education and Research

The College of Health and Human Sciences and the Division of Student Life announced the creation of the Kansas Institute for Early Childhood Education and Research, a strategic partnership between the university's academic and service components.

Both units offer child care and education on campus, core components of their missions, at the Hoeflin Stone House Early Childhood Education Center — known as Stone House — and the Center for Child Development, or CCD. These facilities will merge under the institute, integrating the clinical field experience requirements for students and the expertise of the early childhood education teacher education program faculty in the Center for Child Development. The institute will be housed in the College of Health and Human Sciences with a director to be named.

Under the institute, the university will continue its commitment to offer high-quality affordable child care and education to the K-State and Manhattan communities. Families enrolled at Stone House will be guided through the enrollment process at the Center for Child Development and plans are underway for welcoming all families to the facility. Instructional faculty from Stone House will lead designated classrooms in the Center for Child Development. All classroom teachers and faculty will work collaboratively on curriculum and program design. Students in the early childhood education program will complete required clinical experiences in the center.

Creation of the institute is consistent with the call by the Institutes of Medicine and the National Research Council in 2015 for institutions of higher education to reexamine their programs in light of the current state of the research on the science of child development, best practices in care and education, and economic and workforce development. Specifically, institutions are charged to review and revise their programs, policies and infrastructure to support child development and a cross-departmental, cross-disciplinary foundation for academic programs preparing students for multiple and interprofessional roles.

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## Health and Human Sciences professor receives NIH funding to improve dementia care environments for residents and workers



Migette Kaup, professor in the Department of Interior Design and Fashion Studies, and her co-PI, Margaret Calkins of the IDEAs Institute, have been awarded a \$246,000 research grant from the National Institute on Health, NIH, to validate a newly developed tool, the Environmental Audit Screening Evaluation, EASE. The EASE is an evidence-based instrument designed to evaluate the discrete elements of the household design in skilled care settings in a manner unlike other assessment tools. This tool was developed from several comprehensive reviews of the research on designs for individuals living with dementia.

This project will assess the validity and reliability of the EASE tool against three validated environmental assessment instruments. This level of specificity is necessary to advance our understanding of the role of different aspects of the designed environment on a variety of quality indicators and outcomes related to clinical care as well as behavioral health. Kaup notes, "This research will address limitations of existing assessment instruments by identifying which elements of the environment are associated with specific outcomes for residents, staff, and organizations."

Kaup has a background in applied research strategies regarding the relationship between the organizational and environmental factors of person-centered care. The outcomes of this project will be a continuation of her work to contribute to this body of knowledge, and make this information accessible to practitioners who can apply strategies that may make a significant and positive impact for people who live and work in long-term care settings.



## Faculty and staff recognized with annual college awards



**Carl Ade**, assistant professor in kinesiology, was awarded the Health and Human Sciences' Exploratory Developmental Research Grant. This award is intended to provide funds for early/conceptual stages of a research project with the expectation that successful projects will go on to further development under other extramural funding mechanisms. Ade received the grant for his proposal titled "The Role of NAD(P)H oxidase and Protein Kinase C in mediating 5-Fluorouracil Chemotherapy-induced cardiotoxicity", which aims to determine if 5-FU induced cardiotoxicity within coronary arterial smooth muscle is mediated through changes in NAD(P)H or Nox oxidase signaling.

**Lauren McDaniel**, instructor in kinesiology, was named the winner of the Myers-Alford Teaching Award. This memorial fund award is presented to a faculty member who has demonstrated an outstanding ability not only in teaching undergraduate and/or graduate students, but also in providing information to colleagues, peers and other practitioners in the field. McDaniel was hired 12 years ago by the department to develop and coordinate a new anatomy and physiology eight-hour lecture/lab course that meets the needs of students in the college and across the university. Since her development of this course, the enrollment has more than doubled. Along with instructing lectures, McDaniel also supervises three or four graduate students each semester who instruct the lab associated with the course.



**Kayla Schmidt**, human capital specialist I, was awarded the Outstanding Staff Award, which recognizes and rewards outstanding achievement and performance of a staff member within the college. She oversees all human resource business for the college. Though entering a newly created position in 2018, Schmidt was able to become an immediate asset to the business office, helping the college move to a shared service for all human resource functions and improve current processes and communications through both supervisors and employees.

**Steven Copp**, associate professor in kinesiology, has been awarded the 2020 College of Health and Human Sciences Award for Faculty Research Excellence. This award recognizes superior accomplishments in research, scholarly and creative activities and discovery. Copp's research focuses on mechanoreflex control of blood pressure in cardiovascular diseases including heart failure and peripheral artery disease, or PAD. "My work has focused on understanding how mechanical signals associated with skeletal muscle contraction are transduced into an autonomic nervous system reflex control signal and how that signal contributes to altered blood pressure control in heart failure and PAD patients," said Copp. "If we are able to understand the mechanisms of exaggerated blood pressure increases during physical stress in cardiovascular disease patients then we, as a scientific community, can begin the important work of developing novel therapies to target those mechanisms and mitigate the cardiovascular risk in those patients."



## Meeting the demand: new Bachelor of Science in public health available this spring

The Department of Kinesiology is taking action to provide more public health care workers through its new Bachelor of Science in public health. The degree will be available for enrollment beginning in spring 2021.

Student interest in the program is already high. "I am super excited to be enrolling in the new public health degree because it is such an up-and-coming field," said Kaity Rhine, K-State freshman from Cedar Park, Texas. "I feel that with SARS COVID-19, people are getting to see how important public health is right now and how crucial it will be for the future."

K-State will be the sixth program regionally to offer this bachelor's degree and the first among Kansas Board of Regents schools. The multidisciplinary degree, for 120 credit hours, includes courses offered across multiple departments and colleges. Applied practicum experiences will be part of the curriculum, allowing students to be exposed to real-world public health issues.

Thanks in part to the COVID-19 pandemic, the U.S. is facing a serious supply and demand issue involving public health workers. The World Health Organization estimates a projected shortfall of 18 million health workers by 2030 worldwide, mostly in low- and lower-middle income countries.

Students in the program will be prepared for careers responsive to the changing public health needs of people in Kansas and beyond. Careers in public health can include social and community health services manager; health educator; fitness and wellness coordinator; occupational health and safety specialist; public health analyst; biostatistician; epidemiologist; health care administrator; and clinical/research coordinator. These careers are just a few expected to see a high increase in jobs over the coming years. According to the Bureau of Labor Statistics, health educators and community health workers will see a 13% increase in jobs from 2019 to 2029.

Those wanting to continue their education will be prepared to pursue professional schools in areas such as physical therapy; occupational therapy; nursing; and medicine. They will also be prepared to pursue advanced degrees in public health or a number of other advanced degree programs on the K-State campus.

## Community health worker training pilot underway with Extension professionals in the College of Health and Human Sciences

A partnership between the Kansas Community Health Worker, or CHW, Coalition and K-State Research and Extension, or KSRE, professionals in the College of Health and Human Sciences is resulting in an education pilot for community health workers in Kansas and the region. Throughout August, Elizabeth Kiss, Elaine Johannes, Sandy Procter, Lisa Ross, Tandy Rundus, and Erin Yelland joined practicing community health workers to complete 30 hours of coursework in adult education, CHW core competencies and social and economic determinants of health content. The training-of-trainers course was supported by KDHE, the United Methodist Health Ministry Fund and KSRE's Kansas Health Foundation endowment. As a result, beginning the week of Sept. 28, the Extension professionals joined CHWs in providing 160 hours of training to students to become community health workers. Sixty hours of the online training was reserved for a culminating, applied experience in clinics, human service agents, Extension offices and health coalitions across the state.

The partnership with KSRE provides a unique statewide network of educators to compliment the CHW profession. Extension's expertise in issues important to Kansas CHWs, such as health, agriculture and food systems, community development, human development and much more are assets to the partnership. Most importantly, KSRE professionals have access to every corner of Kansas. Partnering with KSRE allows the CHW education course to be sustainable and more accessible to CHWs who live in rural and frontier parts of Kansas.

## Harms receives distinguished leadership award from national association



The American Kinesiology Association, or AKA, has selected Craig Harms, professor and kinesiology department head, as the 2020-2021 Jerry R. Thomas Distinguished Leadership Award winner for doctoral degree granting institutions. Harms will be recognized for his achievement at the upcoming AKA Leadership Conference Jan. 27-28, 2021.

This award recognizes outstanding administrative and leadership performance of an individual in an administrative unit at an AKA member institution. The selection committee considers many characteristics to determine the winners including the following criteria- As a department chair/director, the individual must have made significant contributions in at least two or more of the following areas: built innovative curricula to strengthen the undergraduate core of kinesiology; expanded faculty and student research productivity focused on physical activity; established partnerships and outreach activities that significantly impact the unit; achieved success in obtaining new or renovated facilities for teaching and research; inspired others to achieve at a high level; and made significant changes that enhanced the effectiveness and efficiencies of programs and services.

"Dr. Harms' performance and contributions to the Department of Kinesiology and Kansas State continues to move our department forward as our department continues to grow in both our academic programs along with adding new faculty to our ranks," said Tim Musch, university

distinguished professor and nominator.

Harms is credited with helping the kinesiology department's student numbers grow, recruited exceptional faculty, program development, increased extramural funding, enhanced graduate student education, increased undergraduate majors involved in research, and improved department infrastructure. Since becoming department head in 2014, Harms has based his visioning and decision-making on creating an environment for his faculty to be successful and making the department's student experience the best possible. To that end, Harms oversees a department that now has nearly 500 undergraduate majors and 100 minors.

The department's extramural funding has grown by more than \$5 million under his leadership, and he has helped recruit high-quality faculty members who have landed major grants from NASA, American Cancer Society, National Institutes of Health and more. Numerous kinesiology faculty members have won teaching and research awards, and faculty publications in leading research outlets have increased significantly. Harms has increased the number of graduate teaching assistantships and scholarships offered by his department, and opportunities for graduate students to travel and present their research at prestigious conferences have increased. He also helped his growing department secure, develop and equip additional classroom and laboratory space.

Under his leadership, the department launched a new degree program this fall, a Bachelor of Science in integrative physiology, and will offer a Bachelor of Science in public health beginning spring 2021. The development of these two new degrees are part of the department's 2025 strategic plan that has resulted in three newly developed curriculum concentrations within the major (health science pre-professional, applied exercise, physical activity and health promotion) that better prepares students for professional school and careers.

In addition to his department head role, Harms continues to teach, conduct research and is active in service to his profession. He recently served as vice president and was on the board of trustees of the American College of Sports Medicine, which has more than 50,000 members and is considered the global authority for sports medicine and exercise science.

Harms was recognized for his outstanding leadership by the University in 2019 when he was awarded the Presidential Award for Outstanding Department Head.

## Martin Seay named to InvestmentNews' 2020 40 Under 40 List

Martin Seay, associate professor and department head of personal financial planning and a CERTIFIED FINANCIAL PLANNER™ professional, has been named to the 40 Under 40 list for 2020 by InvestmentNews, the investing news source for financial advisors. The list was created to recognize young talent in the industry.

Seay was chosen from a pool of about 1,000 nominees by a panel of reporters, editors and other representatives of InvestmentNews.

"I am honored by this recognition from InvestmentNews, which is testament to the support and resources that Kansas State University and the College for Health and Human Sciences have provided to the personal financial planning program and faculty," Seay said.



A K-State faculty member since 2012, Seay teaches both undergraduate and graduate students. His research focuses on borrowing decisions, how psychological characteristics shape financial behavior and methodology in financial planning research. His work has been published in the Journal of Behavioral Finance, Journal of Financial Counseling and Planning, Financial Services Review, Journal of Consumer Affairs, Journal of Financial Services Professionals, Journal of Financial Planning and Journal of Financial Therapy among others.

For his work, Seay has been recognized with the 2014, 2017 and 2019 Best Applied Research Paper Award at the annual conference of the Financial Planners Association; the 2016 CFP Board of Standards' ACCI Financial Planning Award; and the 2016 Montgomery-Warschauer Award, which is awarded by the Journal of Financial Planning for the paper that provided the most outstanding contribution to the betterment of the profession in the previous year. Seay also was awarded the Kenneth Tremblay Early Career Housing Award from the Housing Education and Research Association in 2016.

Seay currently serves as president for the Financial Planning Association, the largest membership organization for CERTIFIED FINANCIAL PLANNER™ professionals in the country. The organization also includes many others who support the financial planning process. Seay serves on the editorial review board for the Journal of Financial Planning and the Journal of Financial Therapy and as a director for the Academy of Financial Services.

Seay received his doctorate in housing and consumer economics with an emphasis in family financial planning from the University of Georgia.

"The 2020 class of 40 Under 40 honorees represent the best of the future of the financial advice community," said George B. Moriarty, chief content officer of InvestmentNews. "These men and women have already made their marks on the industry through exceptional leadership and service to their communities."



# From the Faculty

Dear Friends of the College of Health and Human Sciences (HHS),



I hope this letter finds you and your family happy and well. It has been a wild and unpredictable year, wouldn't you say?!

This academic year, I am serving as chair of the HHS Faculty Advisory Council and the College Committee on Planning. However, this role is not the purpose of writing to you. Rather, I've been asked to reflect on how my role as an educator has changed in the COVID era. My passion for teaching and student development is what drives me to perform well in all aspects of my appointment.

Originally from Kansas, this is my 14th year in the Department of Interior Design and Fashion Studies at K-State. I teach in the Fashion Studies program on topics related to globalization and supply chain management, fashion forecasting, and merchandise buying and mathematics. I instruct our professional development course and oversee students' required internship experiences. These courses are offered to undergraduate students and are taken during their third or fourth year.

Before I go further, I have to make a confession. Given the nature of my courses, I've experienced less challenge in transitioning online over the past several months. My colleagues responsible for studios, labs, and practicums have endured far greater disruption in moving to a hybrid or online classroom format. They have worked tirelessly in making sure students receive the same level of instructional quality when facilities such as our design lab have not been accessible.

As for my courses, one practice I have implemented is continuing to hold classes synchronously during regularly scheduled class time. As I tell my students, my expectations are the same, there's just a bit more distance between them and myself. As an example, students in my courses are still expected to attend class on a regular basis and be engaged in class discussions.

During our advisory board meeting this semester, fashion industry professionals spoke to how their workplaces have been impacted by the pandemic. As many have experienced, one result of travel restrictions has been an uptick in Zoom meetings. Certain adaptations have actually proven to be just as effective as meeting in-person. Because these modes are also cost-efficient, professionals expect to continue to conduct business in this manner for the foreseeable future.

In my courses, students are encouraged to practice etiquette skills even if being present through technology. Concerning attendance, I have not noticed a difference in holding class online vs. in-person. Students who seriously approach their educational experience will be present in whatever modality. At least that has been my observation. Students are required to have their cameras on and I must be able to see their faces. By holding students accountable for maintaining a professional presence, I am still able to have meaningful interactions with them despite being online. In fact, the chat box feature in Zoom has been useful in supporting quieter students to have a voice, so to speak. The role of the chat box seems to promote inclusiveness and diminishes the hierarchical nature that sometimes evolves in the regular classroom. This is extremely important to those less assertive.

By being online, I've also observed more "dual mentoring" or mentoring happening in both directions. Up to this point in my career, I've not had much training in building an effective course online. In many instances, I've relied on my students to assist me with learning the nuances of Zoom. I have found this quite rewarding and exciting to explore new teaching pedagogies.

As one colleague noted, some faculty have become more willing to admit their struggles and limitations. In this way, they are utilizing their resources to support students in their own hardships. I have always had a great deal of compassion for my students though not always a lot of patience. Throughout this year, a mutual understanding or bond between myself and my students has developed. They have become more adaptable and attuned to the pressures I face while I've given a bit more leeway when it comes to my expectations of them.

In writing this letter, I also conferred with students to better understand how their educational experiences have changed. The responses I received were quite gratifying. Students reported feeling more accountable; the hybrid and online teaching models seem to add a level of independency for many. Particularly for those courses being offered asynchronously, students must take control and exercise strong time management.

In some ways, students also have a sense of greater connection with one another and the instructor. Empathy has been heightened in maintaining flexibility and adaptability. The current times have fostered the ideation that we are all in this together. As one student adeptly commented, it has "humanized" the classroom experience. Students have found many of their instructors to be more understanding of their overall wellbeing. Mental health issues and the resources provided by the university to students have been emphasized to a greater extent.

Another observation I've made is that students are gaining skills that will benefit them throughout their professional and personal lives. In addition to time management, students have been required to maneuver systems not used before, take more initiative and remain adaptable, and successfully complete courses during a time of heightened stress for many. My hope is that all of us have become more attuned and compassionate to the needs of others as we have weathered this pandemic together. As our college motto states, "In a world focused on things, we focus first on people."

With Kind Regards,

A handwritten signature in black ink that reads "Joy". The signature is stylized with a cursive, flowing script.

Joy M. Robbins, Ph.D.  
Professor  
Department of Interior Design and Fashion Studies

Note: Much appreciation to Delaney Green, junior in fashion business, for her assistance in providing content for this letter.

## No Commencement Ceremony? No Problem!



Class of 2020!



Class of 2020!

## Meet Flat Dean B!

Flat Dean B was available for students to have

their picture taken in celebration of their  
accomplishment all while following proper  
social distancing!

Kansas State University prohibits discrimination on the basis of race, color, ethnicity, national origin, sex (including sexual harassment and sexual violence), sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status, in the university's programs and activities as required by applicable laws and regulations. The person designated with responsibility for coordination of compliance efforts and receipt of inquiries concerning the nondiscrimination policy is the university's Title IX Coordinator: the Director of the Office of Institutional Equity, [equity@k-state.edu](mailto:equity@k-state.edu), 103 Edwards Hall, 1810 Kerr Drive, Kansas State University, Manhattan, Kansas 66506-4801. Telephone: 785-532-6220 | TTY or TRS: 711. The campus ADA Coordinator is the Director of Employee Relations and Engagement, who may be reached at [charlott@k-state.edu](mailto:charlott@k-state.edu) or 103 Edwards Hall, 1810 Kerr Drive, Kansas State University, Manhattan, Kansas 66506-4801, 785-532-6277 and TTY or TRS 711.