

UPCOMING CONFERENCES

- AZSCA, NASP, ACA, AERA all have spring conferences coming up!
 - AZSCA - February 6-7
 - AZAPT - February 17

CAMPUS EVENTS

- 12/2 - Louie's Cupboard
- 12/2 - Super Smash Jacks
- 12/2 - Winterfest
- 12/2 & 12/3 - Nutcracker Ballet
- 12/2 - 12/4 - Ceramics Holiday Sale
- 12/2 - 12/4 - School of Music Holiday Dinners
- 12/6 - Flu Vaccine Clinic

UNIVERSITY DEADLINES

- 12/12-15 Finals
- 12/16 Graduation!
- 3/7 Fall 2023 Enrollment

STUDENT SPOTLIGHT

- Allison Williams

FACULTY SPOTLIGHT

- Austin Guida

DEPARTMENT HAPPENINGS

We are joining social media! If you have an event or announcement you would like posted on our accounts please [email](#) us!



On February 25th, we will be hosting a play therapy workshop with an Arizona play therapist, Kelly O'Donnell. The workshop will be held on the Flagstaff campus and be open to 25 participants. Anyone will be welcome to sign up on a first come first serve basis. More details will be sent out as the date gets closer including time, how to sign up, and how to get travel stipends for non-Flagstaff students. If play therapy interests you, the Arizona Association for Play Therapy is holding its annual [conference](#) in Scottsdale on February 17th.



Dr. Mott will be piloting a brand new counseling class this spring: Mental Health Care Systems! We wish her luck with this endeavor! Sign up if you are interested. The class is EPS 599-004 Tuesday's @ 12:45 PM.

Tucson's '20 and '22 cohort are planning to get together to celebrate the graduating cohort's achievements and cheer on the new cohort. Pictures from the event will appear in the January newsletter.

UPCOMING CONFERENCES

The 2022 conferences are all wrapping up, but be on the lookout for 2023 conference details in future newsletters. One in particular to keep in mind is the [Arizona School Counseling Association Conference](#) in February. Another date to remember is January 10, which is when proposals for the [2023 APA Convention](#) are due.

ACADEMIC DEADLINES

The end of the fall semester is upon us! Here are some important dates to remember:

- 12/12 - 12/15 - Fall 2022 finals! Click [here](#) for tips on a successful finals week!
 - 12/16 - Fall 2022 Commencement! The College of Education will be in the 10 am ceremony. Click [here](#) for more information.
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CAMPUS EVENTS

Stay connected to the Flagstaff and NAU community this fall. Here are some interesting upcoming events:

- 12/2 - Louie's Cupboard 9:30 am to 4:30 pm at the Union. This is an opportunity to get free food and hygiene supplies if you are in need. Click [here](#) for more info.
- 12/2 - Free Pizza/Entrepreneurship Discussion at Boundaryless in the Union.
- 12/2 - Super Smash Jacks Tournament from 5 -9 pm in room 204 of the College of Education. This is a free to enter event where you can play a variety of games.
- 12/2 - Winterfest in the Union from 5-9 pm. Decorate cookies, ornaments, and ugly sweaters for free with an NAU ID. There will be free snacks!
- 12/2 - 12/3 - The Nutcracker Ballet in Ardrey Auditorium. The Flagstaff Symphony Orchestra and the NAU Community Music and Dance Troupe perform multiple times. Tickets are priced by section and can be purchased [here](#).
- 12/2-12/4 - Ceramics Holiday sale in the Ceramics Complex. Ceramic objects are created by students with a portion of the proceeds funding student scholarships and conference costs.
- 12/2 - 12/4 - Holiday Dinner by the School of Music each night in the ballroom of the du Bois Center. Tickets for this event are \$85 and can be purchased [here](#).
- 12/6 - Flu Vaccine Clinic from 3 pm to 5 pm in the HLC. No appointment needed!

NAU
Events

Flagstaff
Events

Phoenix
Events

Tucson
Events

STUDENT SPOTLIGHT

Allison Williams, a North Valley EdS student, recently presented a poster about COVID's Effects on Special Education Students as part of the Arizona Association of School Psychology's 2022 conference.

When asked what a key takeaway of their presentation was, Allison said, “essentially, student needs are going up over time, which data shows was likely exacerbated by COVID. Additionally, there is a high need for mental health professionals like School Psychologists in schools right now.”



Allison says there are ways that school psychologists and educators can help students in the next few years. Allison says these things include, “incorporating more Tier I interventions in schools, collaborating with families to aid in smoother Kindergarten transitions, using evidence-based evaluation procedures to assist students in need, and advocating against the use of retention, or "holding students back", as a means of improving student performance.”

Allison is excited to enter their internship next year and gain even more experience in the field of School Psychology and would like to focus on counseling services with children and families. Allison is very interested in working with Indigenous and LGBTQIA+ populations. Allison is a part of these groups as a member of the Tohono O'odham tribe in Southern Arizona and a gender non-conforming person. Allison stated, “As a member of these groups myself, I think that it's very important to be involved in supporting members of your own community. I also subscribe to the idea that representation matters and that it is important for children and young people to see others like themselves in professional roles.”

Beyond their work in the program and 7+ years in education, Allison likes to spend their spare time with their family, partner, and tripod cat Skippy.

FACULTY SPOTLIGHT

Austin Guida is a faculty member primarily based at the Tucson campus as well as an alumna of NAU. In her “student” role, she is currently finishing up her dissertation in which she “developed a co-parenting education group grounded within Acceptance and Commitment Therapy (ACT).” She says, “the group teaches high conflict co-parents skills and coping mechanisms for cooperatively co-parenting their children.” Austin’s dissertation focuses on the effect of the group on psychological flexibility, and interpersonal processes related to co-parenting such as self-regulation, and co-parenting self-efficacy.



When asked what the key take away of her work is Austin said, “Children’s adjustment to divorce/separation is largely determined by how parents choose to co-parent. Interventions that allow parents to develop skills for regulating negative emotion, enhance perceived competence to co-parent, and strengthen functional and values-driven co-parenting, can mitigate the negative impact of high conflict for parents and children alike.”

Austin developed one of the only group interventions for high conflict co-parenting in Pima County. This work has received recognition and recommendation by justices of the Arizona Superior Court in Pima County Family Court. In addition, Austin also provides reunification family therapy, co-parent counseling, individual mental health counseling to children and adolescents of high conflict families, and she co-facilitates identity development groups for teens.

As an alumna, Austin finds it exciting to share her passion for counseling and counselor education with NAU. She says that returning to where her journey in higher education began has been a gratifying and full circle experience. She further stated that, “as a faculty member, I have gained an even deeper appreciation for the meaningful work that our administration, staff, faculty, and students, contribute to communities across Arizona. Go Jacks!”

CULTURAL SPOTLIGHT

NAU celebrated **Native American Heritage Month** during the month of November with lectures, discussions, cultural activities and events for the NAU Community. Located at the Flagstaff campus, the [Office of Native American Initiatives](#), held an Elder's Program Storytellers series, in-person and remote discussions for students and alumni, as well as a Native American Heritage Football game throughout the month of November!



The **ONAI** operates year around and seeks to make a substantial contribution to the Native American community by collaborating with tribal colleges and universities to build bridges of support for students and Indigenous-serving Institutions across the globe. It is part of 5 different programs and multiple partnerships to support NAU's goals on being the leading University to service Native American student. They are The Native American Culture Center (NACC), Institute for Native-serving Educators, Tribal Leadership Initiative, Institute for Tribal Professionals and Development.

The [Native American Culture Center](#) is a central hub at our Flagstaff campus that educates larger communities on the histories, cultures and issues facing Native American, Alaskan Native and Native Hawaiian Indigenous communities. It also provides resources for Indigenous students, Arizona tribes, local organizations, as well students, staff, and faculty throughout the NAU campus.

Commitment to the sustainability of Native American Land is a core feature of [The Institute for Tribal Professionals](#). Its focus is on the protection and sustainability of Native American Lands by strengthening tribal capacity and sovereignty in environmental and resources management through culturally relevant education, research, partnerships, and policy based services.

For students who are seeking culturally competent and individualized support, they may reach out a partner of ONAI, the [Office of Indigenous Student Success](#) (OISS). OISS specializes in peer mentor support, one-on-one guidance with a professional team member, connections to on and off campus resources as well as activities and events surrounding Native American, Alaskan Native and Native Hawaiian Pacific Islander cultures.

Holiday Celebrations Around The World



As many winter holidays approach, we would like to take the time to highlight how different cultures around the world celebrate. Many cultures around the world have holidays this time of the year that are usually connected to nature or a significant religious event.

Yule and **Soyal** are holidays that are tied to the winter solstice as it marks the darkest day of the year and the beginning of the sun's return. **Yule** or Yuletide is a pagan celebration that begins on the winter solstice (December 21) and typically lasts until New Years Day. Many people are familiar with yule logs, but the original yule logs were cut down oak trees that were slowly fed into a fire for 12 days. In addition, bringing greenery like holly and mistletoe into homes began as a Yule tradition to celebrate new beginnings and new life. Similarly, **Soyal** is a Zuni and Hopi holiday to ceremonially bring back the sun.

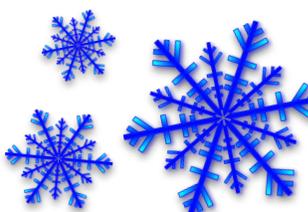
Las Posadas, Christmas and **Hanukkah** are holidays that celebrate significant religious events. Las Posadas is a holiday that originated in Spain and is intended to recreate the journey of Mary and Joseph on their way to Bethlehem for the birth of Jesus. For 9 nights before Christmas, people will go house to house dressed up as shepherds, angels, Mary, and Joseph. They ultimately celebrate with music, food, and a piñata.

Christmas is a Christian and Greek Orthodox holiday to celebrate the birth of Jesus Christ on December 25th. Christmas is steeped in many traditions which can vary greatly among those who take part. It is typical to celebrate with music, decorations, and an exchanging of gifts.

Hanukkah is a Jewish holiday to celebrate the rededication of the Holy Temple in Jerusalem. The holiday lasts for 8 days and nights, the exact date varies depending on the Hebrew calendar. Many who celebrate will light one candle per night on a menorah to remember the miracle of the original menorah that lasted 8 nights.

Diwali, which already occurred on November 12, is a Hindu holiday and the most important holiday in India.. Diwali is also known as the festival of lights. The celebrations vary widely depending on what region you are in and how it is interpreted locally. Although there are many variations, there seems to be one commonality, [the victory of good over evil](#).

Kwanzaa is unique in that it was created fairly recently (1966) as a means of creating unity in a time of cultural distress. Kwanzaa is a week long African-American celebration that includes many African traditions. Similar to Hanukkah, one of the main traditions is to light a candle display, this one called a kinara. Kwanzaa is celebrated from December 26th to January 1st.

 Happy Holidays! 