

# *Educational Psychology*

## NEWSLETTER

## March 2024

### DEPARTMENT HAPPENINGS

#### UPCOMING CONFERENCES

- 3/15-3/16 NBCC
- 4/11-4/13 ACA
- 4/11/4/14 AERA

#### UNIVERSITY DATES + DEADLINES

- 3/11-3/15 Spring Break

#### CAMPUS EVENTS

- 3/6 Email Writing Strategies Workshop
- 3/7 Career and Graduate School Fair
- 3/21 Let's Talk Mental Health Screening
- Every Tuesday - Dog Days

#### STUDENT SPOTLIGHT

- Michaela Bedwell

#### FACULTY SPOTLIGHT

- Dr. Lena Gaddis

#### CULTURAL SPOTLIGHT

- 3/17 St. Patrick's Day
- 3/25 Holi
- 3/31 Easter
- Women's History Month

#### Working with Eating Disorders

**Workshop** At the North Valley Campus on Thursday, April 4 from 5:00 - 8:00 p.m. Dr. Amy Biang, LCMHC, CEDS, NCC will lead a conversation about working with clients who have eating disorders. Dinner will be provided (for in-person attendees). Click [here](#) to sign up. This workshop will also be delivered virtually over zoom for those unable to attend in-person. We hope to see you there!

Last month, several of our students and faculty members attended the National Association for School Psychologists (NASP) conference in New Orleans. Many of them participated in presentations.

One of our PhD students, Emma Ferns, is pictured here at her poster presentation.

Go to the next page to see a couple of other photos from the conference.



Please be sure to send us pictures and announcements of all the wonderful things that happen this year and we will feature them in the newsletter. Send these to [Tessa.Alexander@nau.edu](mailto:Tessa.Alexander@nau.edu).



**NASP Continued**  
Allison Williams and Cassie Craig are pictured to the left, exploring New Orleans.

Professor Laura Rodriguez and Dr. Marianne Fillhouer are pictured right with Andrea Lopez at their presentation.



## UPCOMING CONFERENCES

- [NBCC](#) will be March 15-16 in Washington DC. Registration is now open.
- [ACA](#) will be April 11-13 in New Orleans. Registration is now open.
- [AERA](#) will be April 11-14 in Philadelphia.

## ACADEMIC DATES + DEADLINES

- 3/11-3/15 Spring Break

## CAMPUS EVENTS

- 3/6 - Email Writing Strategies Workshop | 4 to 5 pm in the WA Franke College of Business, room 101 | This is a part of the Career Competencies workshop series where you can learn strategies to craft clear, respectful, and effective emails.
- 3/7 - NAU Career + Graduate School Fair | 10:30 am to 2:30 pm in the Union Fieldhouse | Stop in to this open house style career fair. Check with [career@nau.edu](mailto:career@nau.edu) for a list of employers attending. You may be invited to interview the very next day!
- 3/21 - Let's Talk (Free Mental Health Screening) | 3:30 pm to 5 pm in Mountain View Hall | You can receive a free 15 minute mental health consultation with a licensed clinician.
- Dog Days | Every Tuesday until April 30th from 2:30-3:30 pm | Lumberjack Care Center | Spend time with therapy dogs!

**NAU  
Events**

**Flagstaff  
Events**

**Phoenix  
Events**

**Tucson  
Events**

## STUDENT SPOTLIGHT

This March, we are spotlighting one of our Combined Counseling/School Psychology PhD students, Michaela Bedwell. Michaela is in her third year and she just completed the APA Match process for her internship next year. She was accepted at her first choice APA accredited site! “I am so happy to start my next journey into the internship phase of my academic career.”

Beyond her preparation for internship, Michaela has also submitted her qualifying research project to the APA Convention in Seattle and says, “I am keeping my fingers crossed that I get approved for a poster presentation. It will be a great follow-up from last year when I was able to do a poster presentation at NASP in Denver.” She is also working on her dissertation.



When asked what her biggest takeaway has been so far in the program, she says, “My biggest takeaway has been to also seek guidance! Whether it's from advisors, other professors, or peers. They can help you navigate challenges, presentation anxiety, and research aspirations. My advisor and other professors have led me to opportunities to explore my interests, discover new ideas, and set achievable goals. I always have to remind myself that seeking guidance doesn't mean I'm incapable; it shows that I am willing to learn and improve. It has also helped me overcome my imposter syndrome.”

Michaela's plans for the future beyond her growth during her internship and completing her dissertation include wanting to work with adolescents in juvenile detention centers as well as completing a post-doctorate experience. “My professional passion is working with children and adolescents who have big behavior needs. I love helping these children and their families by providing them with support that can help them both at school and at home. I feel very fortunate to have found this niche in the field of Psychology that I fit into very well.”

Outside of her academic and professional pursuits, Michaela has several hobbies including weight lifting, building Legos, and spending time with her dog Dragon and cat Disco (pictured above). “My Mom and sister are the most important people to me in the entire world and I always look forward to spending time with them and traveling. I enjoy going to the movies, dancing, reading Stephen King novels, and spending time in the sun with my best friends.”



## FACULTY SPOTLIGHT

This month we are celebrating one of our School Psychology faculty members, Dr. Lena Gaddis. After 33 years at NAU, Dr. Gaddis is retiring. This will leave us with big shoes to fill but we wish her all the best as she begins her next chapter at the end of this academic year.

Please read on to hear what she had to say about her time and NAU and what her retirement will look like.



I came to NAU on July 3, 1991 without a place to live. I stayed with my new colleague, Kathy Sullivan, and within a week I moved into an apartment on the east side. I went hiking in the Inner Basin on the San Francisco Peaks the next day, which was challenging given I had come pretty close to sea level. I remember fondly the colleagues that came in with that year – Drs. Ramona Mellott and Pat Peterson, both of whom are still in the college. Dr. Bill Martin came as the new chair of EPS that year; I am thankful to have had him as a mentor in those early years. I am thankful for other department chairs - Drs. Ramona Mellott, Eugene Moan, Kathy Bohan, Robert Horn, and Sara Abercrombie – for their leadership and mentorship.

Another memorable time is that with EPS women's softball team; we called ourselves "Jerry's kids" in honor our beloved coach, Dr. Jerry Peterson. Jerry passed away several years ago, and I still miss him. I've never been accused of being an athlete - I believe that played deep right field – but it was fun playing with other women faculty and graduate students. Since then, I have had so many wonderful colleagues over my years at NAU, and I am thankful for each of them. I am most proud of the hundreds of students that come our School Psychology training programs. Many became gifted practitioners and leaders in the field. I'd like to think I had a bit to do with their success. I will miss my colleagues, as well as the excitement of each new cohort of students!

I love Flagstaff, and plan to continue to make it my home in retirement. I hope to find venues to volunteer and contribute to the community. I would like to travel, and reconnect with friends and family. Other interests I would like to pursue include genealogy, refurbishing furniture, gardening, and creating yard art. Lastly, I look forward to doing more hiking and other outdoor activities with my puppers, Lucy and Jaxson. So, thanks for the memories everyone – I will still be in town, so don't hesitate to let me know if you're up for lunch, dinner, movie, hike, etc.!

**Please keep reading for special messages to Dr. Gaddis.**

# Messages For Dr. Gaddis



When I started in Fall 2020 (peak pandemic), my only impression of Lena was from Zoom calls where her adorable pup would make an appearance. Over the years, I've just been so grateful for Lena's humor and fun outlook. From running into her at David Sedaris's event to watching Kung Fu Panda IV with her... Just kidding, we watched Freud's Last Session. But she's always doing fun things and has been such a treasure in our department! She will be greatly missed. I haven't even gotten close to getting enough jokes or learning a fraction of what she knows!

- Chesleigh

Congratulations, Dr. Gaddis! You have done an amazing job as faculty, and we are so grateful for the time you spent with us. I feel truly blessed to have been your student and work colleague! I wish you the best with your retirement.  
Best wishes, Laura

Congratulations on your retirement!  
- Austin

Enjoy your retirement; you earned it!  
- Noe





# Messages For Dr. Gaddis

Dear Lena,

Your dedication to the EPS programs and student learning, your thoughtfulness, and your generous spirit have helped countless students and faculty, and I am sure going to miss you. Thank you for everything you have done over your career to contribute to NAU, you have made a real difference. I hope retirement is full of new adventures!

Best wishes, Sara



Dearest Lena,

As you embark on this new chapter of your life, I wanted to take a moment to express my heartfelt congratulations on your retirement! Your dedication and commitment to our students and the field of School Psychology has left an indelible mark on all those you've encountered throughout your career. I will always remember our shared past at USM, and the early years of us as brand-new faculty in the department. The memories we've shared will always hold a special place in my heart. I appreciated your support when I taught the cognitive assessment class for the first time, and being there for Mike, me, and my kids. As you bid farewell to the familiar rhythms of academic life, I hope you take this opportunity to indulge in all the pursuits and passions that bring you joy and fulfillment. Whether it's traveling to far-off destinations, immersing yourself in hobbies, or simply savoring the tranquility of retirement, may this new chapter be filled with endless possibilities and contentment. My sincere wishes for a retirement filled with joy and fulfillment.

Warmly, Ramona

## CULTURE AND DIVERSITY SPOTLIGHT

March holds many holidays and celebrations in 2024! Let's take a look at some of them:



**St. Patrick's Day is celebrated on March 17th.** Parades, shamrocks and corned beef dinners are usual celebrations for this holiday. St. Patrick, for whom the day is observed, was born in Great Britain during the fifth century. He was kidnapped and brought to Ireland as a slave at the age of 16. He eventually escaped, but returning to Ireland and is credited with bringing Christianity to the people of Ireland.

The first St. Patrick's Day was celebrated with a parade in a Spanish colony on March 17, 1601 (now St. Augustine, Florida). More than a century later, in 1772, Irish soldiers serving in the English Military marched in NYC to honor their patron saint. Since then, the holiday grew in popularity by Americans. Corned beef and cabbage became a traditional meal made popular during the turn of the 20th century when Irish Immigrants living in New York City's Lower East side substituted Irish back for corned beef with their cabbage to save money.

Today St. Patrick's Day is celebrated around the world with parades, wearing of green clothing and sitting down and sharing Irish inspired meals. Erin go bragh!

**Easter**, actually originated as an ancient pagan celebration of the spring equinox which is why it occurs on the Sunday after the first full moon following the vernal equinox, which welcomes spring in the northern hemisphere. This year that date is March 31. For Christians, Easter is a celebration of the resurrection of Jesus Christ after the three days of his crucifixion. The weekend before is usually spent in solemn prayer, reflection and preparation. The holiday is a time of hope and new beginnings. Colored eggs symbolize new life and rebirth at the table. Some tables include a carved lamb made out of butter with a red and white flag signifying "the Lamb of God". Traditional foods that surround an easter meal include ham, green beans, grated horseradish (a reminder of Christ's bitter suffering on the cross), and sweet breads like Pasca, Babka or carrot cake.



**Holi**, celebrated on March 25, is one of the more revered and celebrated Hindu festivals. The traditions of this holiday vary throughout India, but all are rooted in Indian mythology. The most common is the legend of Hiranyakashipu, a demon king of ancient India. Hiranyakashipu enlisted the help of his sister (Holika) to kill his son (Prahlada) a devoted worshipper of Vishnu. Holika, in an attempt to burn Prahlada, sat with his son on a pyre while wearing a cloak that protected her from fire. But, the cloak protected Prahlada instead and Holikak burned. Later that night Vishnu succeed in killing Hiranyakashipu – good triumphed over evil . In many places in India a large fire is lit on the night before Holi to celebrate this occasion. The next day the tradition of playing with colors takes place where people spray colored water on each other in delight while singing and dancing.



## Women's History Month

*Highlighting the contributions of women to events in history and contemporary society*