

TU Insider

October 2019

Important information for students about what's happening at Thomas University

Career Center assists job seekers

By Sharita Mitchell-Perkins
Student writer

The Career Center at Thomas University is the place where TU students and community members can learn how to write or update résumés, write cover letters and obtain assistance with finding a job. Open weekday evenings and Sunday afternoons, the Career Center is located on TU's Forbes Campus adjacent to the library in room 104 of the Russ Science Building.

Working with Career Center clients is Penny Gaskins, a graduate student in TU's Master of Science in Clinical Rehabilitation and Mental Health Counseling program. As part of her internship, she offers assistance to students and community members, including veterans.

"My passion is helping people,"



Photo by Sharita Mitchell-Perkins

Penny Gaskins, Graduate Student Intern, explains all the services TU's Career Center provides to students (from left) Akasha Williams, Destiny Reed, Jewel Montisano and Nathaniel Holland.

Gaskins said. "I came back to school because I wanted to make a difference. Thomas University is a part of that, and the Career Center

will be the light."

In addition to one-on-one

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TU students walk to end Alzheimer's disease

On Friday, Oct. 4, about 30 Thomas University students volunteered their time to assist with the Alzheimer Association Walk held at the Historic Courthouse in downtown Thomasville. Students worked to help set up for the event, participate in the walk and cleaned up afterward.

"The TU students made the walk a success," said Angela Williamson, one of the event's committee members.

Many students who volunteered have grandparents who are now suffering from Alzheimer's or have passed away because of this terrible disease. This walk had special meaning to them. They recognize the importance of raising funds for Alzheimer's research and the need to support local events like this one. Dr. Steve DePaola, and his wife, Professor Robin DePaola, served on the organization committee.

JV Softball team helps through yard work



On Thursday, Sept. 19, members of the Thomas University JV Softball team assisted one of Thomasville's elderly community members with yard work and minor outdoor home repairs. The team surprised Ray Cordell with the gift of trimming his home's front bushes, raking his yard, blowing out his carport and repairing a railing. The day also happened to be Cordell's birthday, so the afternoon began with the team singing "Happy Birthday" to him. Dr. Steve and Professor Robin DePaola organized this community service project.



Psychology Club donates fans to seniors



The Thomas University Psychology Club recently donated 15 fans collected in September during its fan drive to seniors at the Scott Senior Center in Thomasville. Psychology student Leo Alvarez-Villalobos helped coordinate the drive and delivered the fans. "Many older adults in Thomasville live on a fixed income and are unable to afford central air conditioning," Alvarez-Villalobos said. "These fans will provide an opportunity for them to cool their homes." Participating in the donation are TU students Luis Padilla (left), Leo Alvarez-Villalobos (second from left) and Samantha Gilbert (second from right). Joining in the event are Joan Fleetwood (fourth from left), Scott Senior Center director, along with volunteers and seniors.

Student Life offers meal plan options

The Office of Student Life offers two meal plan options for all students, which are served in the dining hall located inside the Pinetree Residence Hall, 126 S. Pinetree Blvd.

Students can purchase the buffet style "Full Meal Plan," which consists of 10 meals per week (breakfast and dinner served Monday through Friday) for \$1,120 per semester.

The weekly menu is posted in the dining hall and on the TU website in the Student Life section. Students can choose from an entrée, side dishes, salad bar, and dessert. Breakfast foods are also available at

both meals.

Additionally, any student may choose the "Sunday Dinner Only" buffet meal plan, at a cost of \$112. The Sunday Dinner Meal plan requires a minimum of 30 students to participate in the plan.

In addition to its regularly offered menu at the Hawk's Nest, located inside the Campus Center on TU's Forbes Campus, any students may also purchase a "Lunch Meal Plan" for \$448, which is served Monday through Thursday. Students can choose between the special of the day or a chicken tenders meal at the

Hawk's Nest.

All meal plans can be purchased online through the student portal. In the box marked "Reason for Payment," be sure to type "Full Meal Plan," "Sunday Dinner Only Plan" or "Lunch Meal Plan," depending on your choice. Meal plans may also be purchased by calling 229-227-6883 or by paying in the Thomas University Business Office with cash, check or credit/debit card.

For more information, contact Dr. Robert A. Bohman, Vice President for Student Life, at bbohman@thomasu.edu or 229-226-1621 Ext. 1136.

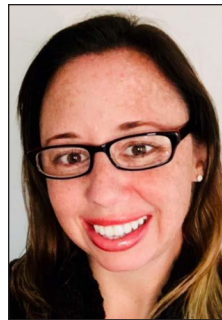
'Cultural Resources and Climate Change' at next Science Café

Barbara Clark, a registered professional archaeologist and regional director of the Northwest and North Central Regional Centers of the Florida Public Archaeology Network, will present "Cultural Resources and Climate Change" at Thomas University's next Science Café on Tuesday, Oct. 29.

Clark holds a bachelor's degree in Anthropology from Florida State University and a master's degree in Archaeology and Heritage from the University of Leicester. She is currently working on a second master's degree in Public Administration through the University of West Florida.

Clark serves on the Board of Directors for the Register of Professional Archaeologists, the Florida Archaeological Council and the Tallahassee Trust for Historic Preservation. She is also a member of the Florida National Forests Resource Advisory Committee.

Clark's professional interests include public archaeology, historical archaeology and developing partnerships for preservation through asset-based community development. She is also very involved in advocating for



Barbara Clark

cultural resources protection at the state level and is the primary organizer for Florida Archaeology Day at the Capitol, held every year during the state legislative session.

The Florida Public Archaeology Network's (FPAN) was established in 2004 by an act of the state Legislature to establish a "Florida network of public archaeology centers to help stem the rapid deterioration of this state's buried past and to expand public interest in archaeology."

The Science Café will be held in the Flowers Foods Executive Classroom inside Smith-Bonvillian Hall on TU's Forbes Campus.

The event is free and open to the public. The event will begin with a reception featuring the guest speaker at 6 p.m. followed by the presentation at 6:30 p.m. For more information, contact April D. Penton at apenton@thomasu.edu.

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assistance, the Career Center will also host seminars open to the public about different topics related to employment and jobs searches. The Career Center will also host job fairs for employers to interview potential employees.

"Career Centers are important for everyone," Gaskins said. "I didn't have the opportunity of someone asking

me what I want to be when I grow up or being assessed when I was in school."

The Career Center is open 5-8:30 p.m. every Monday through Friday and 1-6 p.m. Sunday. Saturday appointments are also available. For more information, contact the Career Center at 229-226-1621 ext. 1139 or careercenter@thomasu.edu.

Adulting 101 session focuses on banking



Photo by Sharita Mitchell-Perkins, Student photographer

TU students gathered on Oct. 10 for the TU Library's first Adulting 101 session on checking accounts, savings accounts and balancing a budget. Leading the session was George Rhodes (third from left), Thomasville Branch Manager of Ameris Bank. The next Adulting 101, which will be held at 2 p.m. Oct. 24 in the TU Library, will focus on credit cards and credit scores.

Counseling students can now take NCC licensure exam before graduating

Students in Thomas University's Master of Science in Clinical Mental Health and Clinical Rehabilitation Counseling program no longer need to wait until after graduation to take the exam to become a National Certified Counselor (NCC) through the National Board of Certified Counselors (NBCC).

TU is one of only 13 universities in Georgia to receive approval for its students to take the NCE/NCMHCE exam before graduating. Beginning in the spring of 2020, TU's students can take the exam after completing six of the eight required subject areas. Those students must still complete the remaining coursework required for graduation.

Once students pass the test, graduate, and submit a final transcript to NBCC, they can graduate as a National Certified Counselor. They can then use that passing test score towards their LPC application upon completion of post-graduate clinical hours.

"Being able to offer the NCE and NCMHCE to students while they are still enrolled is a great opportunity for our students," said Dr. Cristina Jones, Director of the Clinical Mental Health and Clinical Rehabilitation Counseling

degree program. "They have the same advantage of taking the CRC exam as well before graduation. As a dually accredited program, our students have the potential to enter the job market upon graduation with two nationally portable credentials in the counseling field."

NCC certification is the largest national certification in the world. It verifies that a counselor has met the national standards set by the counseling profession. Obtaining the NCC certification demonstrates that the counselor is dedicated to an enforceable code of ethics, and the counselor is committed to continued professional development.

Having the NCC certification increases a counselor's opportunities for career advancement and provides opportunities for the counselor to contribute to advocacy efforts for the counseling profession.

Students who apply to take the exam before they graduate get an early start on the NCC application process and can take the exam while the coursework is still recent in their minds. The NCC exam score can then later be submitted to the student's state board when he or she applies for state licensure.

TU observes Disability Awareness Month

Thomas University's Office of Disability Services is celebrating October as Disability Awareness Month with a series of activities.

Events began with a kickoff on Tuesday, Oct. 1, in front of the TU Library on the Forbes Campus with the little person walk, a wheelchair obstacle course, mental health surveys, walking on the darkside. On Thursday, Oct. 3, therapy dogs were on hand inside the TU Library to ease students' anxiety about midterms.

Four more events will continue the Disability Awareness Month celebration.

- At 2:30 p.m. Tuesday, Oct. 22, Dewey Stalvey, and Archbold EAP Counselor, will present "Mental Health and the College Student" in the Campus Center Classroom on the Forbes Campus.
- Participants can learn more about dealing with disabilities in the classroom at 2:30 p.m. Thursday, Oct. 24, when Carol Sprague, Director of Exceptional Students with Thomas County Public Schools, presents "Accommodations in K-12 Education."
- At 2:30 p.m. Tuesday, Oct. 29, Rebecca Cowan-Story with Georgia Vocational Rehab will present a basic sign language seminar. Both events will be held in the Campus Center Classroom.
- At 2:30 p.m. Thursday, Oct. 31, Rich Curtis, Associate Professor of Art and a member of the TU Mindfulness Committee, will present "Mindfulness and Meditation" in the Campus Center Classroom. Curtis will cover techniques for dealing with anxiety and ADHD.

Also during October, the TU Art Gallery, located in the Student Life Building on the Magnolia Campus, will feature works by Easterseals clients created as part of a collaboration between the organization and TU art students. Each participant explored drawing, painting and sculpting. The artwork will be on display through the month of October. A closing reception will be held at 6 p.m. Thursday, Nov. 7. The event will include silent auction of the featured artwork with proceeds benefiting Easterseals.

For more information about Disability Awareness Month events, click here for the complete list or contact Dr. Katrina Steele, Director of Disability Services, at ksteele@thomasu.edu or 229-226-1621 ext. 1164.



TU students tried out the wheelchair obstacle course (above) and painting without using their hands during the Disability Services Awareness Month kickoff on Oct. 1. View more photos from the event on our [Facebook page](#).

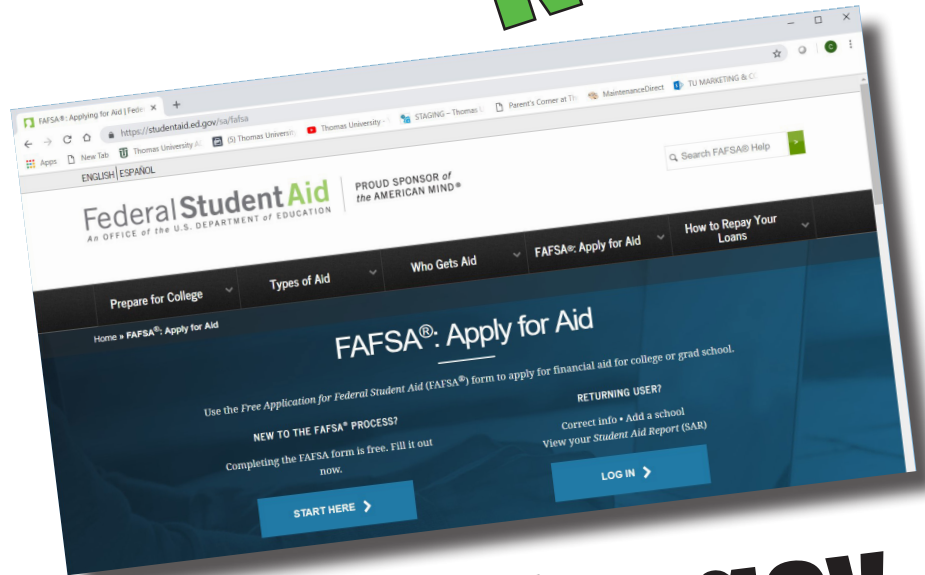


Get a head start!

The 2020-21 FAFSA is available

NOW!

- File early to avoid the rush later!
- Log in with your FSA ID.
- Use 2018 tax information.
- Link your parents' or your tax information by using the IRS Data Retrieval Tool.
- TU's school code: 00155500



www.fafsa.gov

Have questions?

Need help?

Contact the TU
Office of Financial Aid
& Scholarships!

229-584-2460

