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# 17th Annual Research Fair

College of Education and Professional Studies

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# 17th Annual Research Fair

*College of Education  
and Professional Studies*

February 24, 2014

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## **Sponsors:**

*CEPS Research and Grants Committee*

*Dean of the College of Education and Professional Studies*

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## **College of Education and Professional Studies**

### ***Mission and Vision***

The College of Education and Professional Studies at Eastern Illinois University has a tradition of providing an educational environment that is conducive to interaction, inquiry, and service. The goal of the College is to prepare professionals who will advance the intellectual, physical, psychological, and social well-being of our pluralistic democracy and global society. Offering preparation in varied fields and on multiple levels of study, the College serves a diverse student body at the undergraduate and graduate levels. The College has a reputation for excellence in its programs, strives to hold students to even higher expectations for learning, and is accountable for quality of academic programs and the assessment of learning.

The College will sustain and create varied partnerships between faculty, students and community agencies, including business, industry and P-12 schools. Administration, faculty and staff are committed to design and implement programs that reflect the changing community. All students participate in field-based experiences that bridge the gap between theory and practice. Students are prepared to be leaders in their professions. They integrate technology effectively and responsibly in their personal and professional lives. Graduates demonstrate respect for the dignity of individuals because they have seen it modeled and integrated in the College experience.

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## **A Mixed Method Examination of the Culturally Responsive Teaching Self-Efficacy of Teachers in Rural Illinois**

***Catherine Polydore & Rebecca P. Williams***

### ***Counseling and Student Development***

This study utilized a mixed methods design to examine the culturally responsive teaching self-efficacy beliefs of teachers in rural Illinois. One hundred and eighty seven majority White (98%) teachers, and school administrators completed the 40-item culturally responsive teaching self-efficacy scale and responded to open-ended questions about a case study.

## **A Study of Student Leaders' Facebook Use**

***Valerie Penn***

***Faculty Mentor: Dianne Timm***

### ***Counseling and Student Development***

Facebook and other social media have changed the way that our society communicates. As student affairs professionals, it is important to understand how this shift in communication affects our students and their development. This study aimed to learn more about how students leaders use Facebook, how they perceive Facebook, and how their leadership position has impacted their use and perception.

## **Abortion Among Women Attending College**

***Emily Cook***

***Faculty Mentor: Misty Rhoads***

### ***Health Studies***

This study was conducted to explore the knowledge, attitudes, and behaviors regarding abortion among women attending college. Three topics explored include knowledge of how many deaths occur due to legalized abortion, the use of contraception for pregnancy prevention among those surveyed, and the attitudes toward unrestricted abortion access.

## **Administrators' Perceptions on Using Guns for School Security**

***Jeff Marlo***

***Faculty Mentor: John Dively***

### ***Educational Leadership***

Showcase research on school administrators' views regarding arming their staff for school security purposes. Survey of state-wide Illinois public school administrators on said topic. Also includes study to find relationship between one's personal views on guns compared to their view on the usage of guns in schools for security purposes.

## **An Exploration of Retention and Attrition Among Non-Traditional Students at a Mid-sized Rural State University: A Mixed Methods Approach**

*Denise Corray*

*Faculty Mentor: Catherine Polydore*

*Counseling and Student Development*

This study investigates factors influencing retention and attrition among non-traditional-aged students at EIU by exploring their perceived level of importance and satisfaction with experiences relating to their tenure. Additionally, the study sought to gain an understanding of areas in need for improvement by an examination of the recommendations from participants.

## **Art Therapy with Children and Adolescents**

*Regiba Maj*

*Faculty Mentor: Angela Yoder*

*Counseling and Student Development*

When using art therapy with children, it is important to understand the developmental stages of drawings to better assess the artwork created in a counseling session. Various activities such as the Person Picking an Apple from a Tree (PPAT) drawing and Focus-Oriented Art Therapy are explored in my presentation, as well as the Formal Elements Art Therapy Scale (FEATS), a measurement system to evaluate a child-client's artwork.

## **Attitudes, Knowledge, and Behaviors Associated with Energy Drinks**

*Ashley Grotto*

*Faculty Mentors: Misty Rhoads*

*Health Studies*

The purpose of the study was to gain a better understanding of the knowledge, behaviors, and attitudes of college students concerning energy drinks. The sample was a convenience sample of 25 college students. Of the participants 96% strongly agreed or agreed that energy drinks with alcohol is a risky behavior.

## **B.I.O.N.I.C. (Believe It Or Not, I Care): An Analysis of a High School Mentoring Program**

*Adriane Moody, Rob McKinney, Maggie Schwartzkopf, & Aaron Hale*

*Faculty Mentor: Heidi Larson*

*Counseling and Student Development*

This study examined the effects of a high school-based mentoring program on

students experiencing challenging life events. Our goal was to discover the successful elements which compose a mentoring program and effective high school mentors. Implications of this study could affect school attendance, GPA, class rank, level of involvement, etc.

events and their perceptions of product and service quality. It was found that fan identification had a significant, positive relationship with satisfaction, product quality, and service quality perceptions.

## **Changing Perception of Key Stakeholders in the Training and Implementation for School Wide Positive Behavior Supports**

*Kathryn Havercroft*

*Special Education*

This study presents the critical elements and perceived effectiveness of year-long training and two year implementation of Positive Behavior Interventions and Supports (PBIS) in seven public schools in a large suburban school district in the Midwest.

## **Counselor Education Supervision Facilitated by Master's Level Graduate Students: Exploring Self-Efficacy of First-Year Counseling Students**

*Alyssa Swan, Rob McKinney, Adriane Moody, Stephen Lucas*

*Faculty Mentor: Heidi Larson*

*Counseling and Student Development*

The current research aimed to explore how supervision provided by second-year master's level students affected the counseling skill development and self-efficacy of first-year counselors-in-training. The results of the present study indicated that there is a significant difference between pre-test and post-test self-efficacy levels of first-year counselors-in-training. First-year students self-reported higher levels of self-efficacy implementing exploration and insight skills during IPR sessions.

## **Depression and College Students**

*Amelia Kerber*

*Faculty Mentor: Misty Rhoads*

*Health Studies*

The purpose of this study was to better understand college students' knowledge, attitudes, and behaviors concerning depression. Eighty-eight percent of responders claimed to know a college student suffering with depression and 80% knew of services on campus that offered help for these students, but would not use them.

## **Designing Objectives in Alignment with the Institution and Needs of Students**

*Sally Adams*

*Faculty Mentor: Dianne Timm*

### ***Counseling and Student Development***

Based on Master's Thesis research, the presentation focuses on Living Learning Communities and assessing students' perceptions within them. Students were asked questions to gauge the benefits of LLC programs and to evaluate the learning objectives of the housing department. The presentation is an understanding of differences between goals, objectives, and outcomes of LLCs, addressed will be students' perceptions and recommendations for creating a developmental environment.

## **Drug Use and Perceptions on a College Campus**

*Elizabeth Vanneste*

*Faculty Mentor: Misty Rhoads*

### ***Health Studies***

The purpose of this study was to gain an understanding of the current perceptions on drug use among college students. Fifty-three percent of participants believe drugs can be used in a non-addictive manner and 57% agree using drugs is a normal part of behavior.

## **Effects of Social Media on College Students**

*Claire Pilkerton*

*Faculty Mentor: Misty Rhoads*

### ***Health Studies***

The purpose of this study was to gain an understanding of the current perceptions on drug use among college students. Fifty-three percent of participants believe drugs can be used in a non-addictive manner and 57% agree using drugs is a normal part of behavior.

## **Factors Influencing First-Year Women's Decision to Join Sorority**

*Carrie Klaphake & Kasey Evans*

*Faculty Mentor: Catherine Polydore*

### ***Counseling and Student Development***

First-year college students face many decisions once arriving on campus. One of these decisions is if and how to get involved as an undergraduate. One possible avenue for student involvement on campus is to join a Greek-lettered organization, also known as a fraternity or sorority. The researchers chose to focus solely on first-year college women, with the aim of determining the main factors behind their decision whether or not to join a sorority. The research

question that guided the study was: What factors influence first-year college women to join or not join a sorority?

## **First-Generation Students Transition to a University**

*Jennifer Stevenson*

*Faculty Mentor: Mona Davenport*

### ***Counseling and Student Development***

A quantitative look at the differences in expectations and experiences of first- and non-first generation students at a mid-sized, mid-western university.

## **Helping Clients ACT**

*Rebecca Williams*

*Faculty Mentor: Rebecca Tadlock-Marlo*

### ***Counseling and Student Development***

Acceptance and Commitment Therapy is an emergent counseling theory that integrates mindful approaches to working through difficult issues (Bowen & Bowen, 2012; Hays, 2009). The purpose of this presentation is to provide a holistic, developmental, creative outlet for counselors to explore various facets of wellness, acceptance, and commitment with clients.

## **Literacy Mentoring Can Be Fun**

*Christina Edmonds-Behrend & Jennifer Stringfellow*

### ***Special Education***

This poster outlines a voluntary summer reading and professional development program for special education pre-teachers. Faculty mentors guided selection of books and discussion through book talks and Wikispace. Additionally, all participants learned through creation and sharing of teacher resources. Qualitative data, pre and post, will be shared.

## **Mental Health Status of EMS Providers**

*Jasmine Wendt-Ballard*

*Faculty Mentor: Misty Rhoads*

### ***Health Studies***

We looked at the knowledge, attitudes and behaviors of emergency medical service providers regarding mental health and how that changed over time. We surveyed over 100 participants from Sullivan to Yorkshire.

## **Motivating Interviewing for Substance Abuse Clients**

*Priscilla Huley*

*Faculty Mentor: Angela Yoder*

*Counseling and Student Development*

I will be presenting the benefits of utilizing motivational interviewing with the substance abuse population to assist them in becoming committed to a lifestyle change of recovery. I will explain the stages of change and effective techniques for each stage of change when working with the substance abuse population.

## **Perceptions of Gateway Requirements to Students Success: A Mixed Method Approach**

*Ashley Bell*

*Faculty Mentor: Catherine Polydore*

*Counseling and Student Development*

This presentation will provide information on the Eastern Illinois University's Gateway Program, the researcher has investigated the "extra requirements" that students in the program are required to complete in order to be released after their first year. The researcher will present her findings as well as discuss her personal recommendations for the program.

## **Student Community Service Motivations, Awareness, and Interests**

*Tyler Fisher, E. Jordan Stayer, Caitlyn Buchanan, Tyler Kalahar*

*Faculty Mentor: Catherine Polydore*

*Counseling and Student Development*

Fifty preservice teacher candidates participated in a study that measured perceptions and use of simple technology (i.e., stopwatch, tally counter, interval counter) with P-12 students. Pre-post questionnaires regarding perceived data collection effectiveness were utilized. Interrater reliability was assessed randomly. Overall, candidates perceived the technology as being useful in data collection.

## **Suicide Assessment and Information**

*John Deku, Amanda Fox, Jessica Milburn*

*Faculty Mentor: Angela Yoder*

*Counseling and Student Development*

Presenters will show assessments, statistics, resources and other useful information for professionals working with suicidal clients.

## **Teacher's Attire: Preschoolers' Perception about Good Teacher**

*Celia Naso*

*Faculty Mentor: Sham'Ah Md-Yunus*

*Early Childhood, Elementary, and Middle Level Education*

The study investigates the relationship between teacher's attire and preschoolers' perceptions on what is a good teacher. The study was guided by two research questions: 1. Does teacher's attire affect children's perceptions of their teacher's character traits? 2. Does teacher's attire influence children's social interaction with the teacher?

## **Test Anxiety Interventions for Adolescents Preparing for the ACT: Gum Chewing and Relaxation Strategies**

*Rob McKinney, Sara Puchalski, Adraine Moody, Alyssa Swan Keri Offenstein*

*Faculty Mentor: Heidi Larson*

*Counseling and Student Development*

Our study focuses on the subject of test anxiety and relaxation methods. We examine how individuals can utilize relaxation methods and gum chewing together to form an effective intervention technique for test anxiety. Researchers will illustrate how this intervention was applied to high school students preparing to take the ACT.

## **The Effects of Aerobic and Muscular Endurance Based Resistance Exercises on the Cardiovascular System in College Age Males and Females**

*Victoria Streif*

*Faculty Mentor: Stacey Ruhoff*

*Kinesiology and Sports Studies*

The purpose of this study is to evaluate the cardiovascular response in adult males and females, between the ages of eighteen and twenty-five, before and after participating in an eight week moderate-vigorous aerobic exercise program compared to an eight week moderate-vigorous aerobic exercise program combined with a muscular endurance based resistance training program.

## **The Extent of Student Free Speech**

*Abby Heras*

*Faculty Mentor: John Dively*

*Educational Leadership*

The purpose of this presentation is to explore how counselors can work efficiently and effectively with dangerous clients. This research consists of an

analysis of practices one can focus on through treatment to create positive changes within the client. The culmination of this research is presented to create a well-rounded foundation of information a counselor can reference when confronted with a dangerous client.

### **The Need-Based Assessment of Student Parents Attending Eastern Illinois University**

*Erica Ferrufino, Diana Ogbevire, Sherry Gunn, James Griffin*

*Faculty Mentor: Catherine Polydore*

*Counseling and Student Development*

The purpose of this study was to identify factors that contribute to the retention and graduation rates of student-parents. We analyzed the factors that impact Eastern Illinois University's student-parent population and examined the resources that the student-parent population need to be retained and be successful.

### **Using Narration to Navigate Invisible Chronic Illness (ICI)**

*Rebecca Williams*

*Faculty Mentor: Rebecca Tadlock-Marlo*

*Counseling and Student Development*

The necessity for innovative counseling skills to empower clients to come back from an invisible chronic illness is imperative. Within this presentation, presenters will offer a framework based on a 12-week manual they have created for working with young adults faced with invisible chronic illness.

### **What Makes Physical Education Teachers Credible to Children?**

*Scott Ronspies*

*Kinesiology and Sports Studies*

Physical education programs in schools are designed to ultimately lead children to be physically active for a lifetime. Physical education teachers may play an instrumental role in guiding and inspiring children and young adults to live an active and healthy lifestyle. One important component which can increase physical education teacher effectiveness is teacher credibility.

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## **College of Education and Professional Studies Development Grants**

### ***Fall 2013 Award Recipients***

Meghan Briscoe and John Bickford

Chad Carlson

Emily Cook and Misty Rhoads

Dylan Dilley and John Bickford

Dana Gilbertsen and Sham'Ah Md-Yunus

Kathryn Havercroft

Melissa Jones

Amelia Kerber

Dena Kniess

Heidi Larson

Dejan Magoc

Robert McKinney

Sham Md-Yunus

Valerie Metz and John Bickford

Alyssa Swann

Elizabeth Vanneste

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**Douglas Bower**

*Associate Dean*

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