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Eastern Illinois University

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The Chat Room

College of Education and Professional Studies Newsletter

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Got News?



Tell us about your professional lives! See pg. 7 for details.

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How EMTs Handle Stress



Wendt-Ballard presenting

Jasmine Wendt-Ballard, senior in Health Administration, surveyed the mental health status of 103 local EMTs to gather information on the knowledge and behaviors of paramedics and students becoming EMTs. Wendt-Ballard, a paramedic by trade, noticed how she and her colleagues dealt with the high stress involved in the job and chose to research this topic for her Health Studies Research Methods class under Dr. Misty Rhoads.

She surveyed area EMTs about alcohol use and found that 60% of the individuals she surveyed reported consuming alcohol 1 – 2 days a week. Wendt-Ballard, a paramedic herself, analyzed the surveys and

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How EMTs Handle Stress

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Dr. Rhoads & Wendt-Ballard

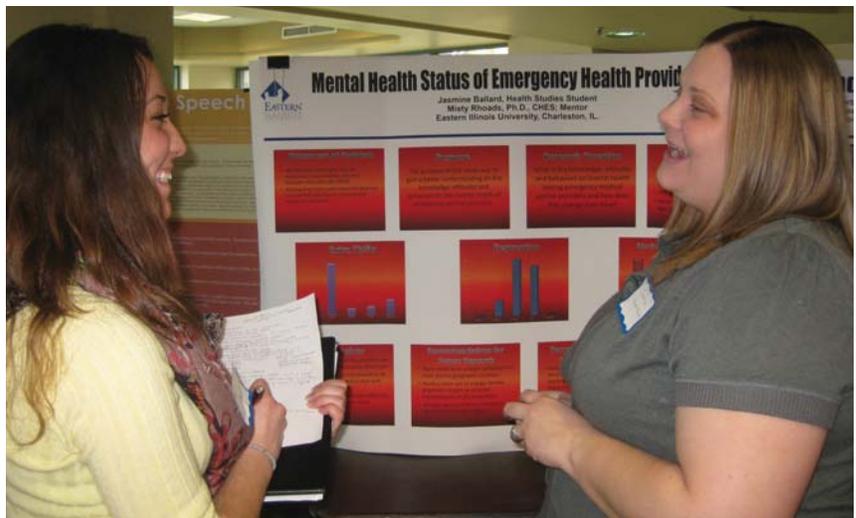
found that EMTs drink 8 out of 10 days that they do not work. “Typically an EMT is scheduled to work 15 day a month and on average the respondents report picking up an additional 1-5 shifts per month which means they are working 16-20 shifts per month at their primary job. If that is true, they are only off from their primary job 10-14 days per month. If they are consuming alcohol 2 days a week and are only off for 10 days out of a month they are consuming alcohol 8 out of the 10 days they are off work,” said Wendt-Ballard. Additionally, Wendt-Ballard determined that 43 individuals from the survey reported feeling depressed, and 88% of those 43 individuals never talked about feeling depressed.

“We know it’s a problem, but then to quantify alcohol use and depression showed we know we have to do something,” said Wendt-Ballard. This research was presented to educators and professionals in the field, specifically to the Committee for EMS Mental Health in Effingham, the Region 6 EMS Coordinators Netting, and at the Russell Symposium.

She compiled data to form statistics about EMTs and students becoming EMTs while being supported by EIU faculty and the encouraging Health Studies department. “I came here because of the major and coursework EIU offers. This program is unlike other programs that I looked into,” said Wendt-Ballard. “Also, Dr. Rhoads helped push the research and offered support to break boundaries.” Jasmine would love to see her research expand to a state-wide study.



Wendt-Ballard



Students Explore College Athletics

Two Sport Administration Graduate students, Jessica Alexander and Tasha Buchmiller, with help of faculty mentor, Dr. Sarah Stokowski, presented posters at the 2014 College Sports Research Institute (CSRI) Conference in Columbia, South Carolina. Alexander presented “Comparison of Alcohol Use Among NCAA Division I FCS Student-Athletes and Non-Athletes” and Buchmiller presented “Inside the Maul: Perceptions of NCAA Division I Women’s Rugby Student-Athletes”

Before the presentation, Alexander, Buchmiller, and Stokowski spent much of their time preparing their information. “They’re learning the research process – how to apply research to practical setting,” said Stokowski. Through this process, Alexander and Buchmiller are figuring out who they are as individuals and scholars. “You need to understand your background to understand your study,” said Stokowski.

Both students were highly interested in gaining knowledge and networking at the conference. “I want to explore more specific areas to help with my future decisions and make connections with scholars,” said Alexander. “I want to look into other students’ research and see how to make mine better,” said Buchmiller. “I want to gain knowledge in my area, gender issues in the athletic realm, and hear others’ perspectives.”

This conference experience for these students has been much more intense because although students attend national conferences, they do not typically present among scholars in the field. Through this academic presentation experience, these students are prepared to find, and apply current research in their future careers.



Buchmiller, Alexander, and Stokowski

Faculty Retirements



Larry Ankenbrand

(with wife Maureen)

Kinesiology and Sports Studies

37 years



Janet Carpenter

Early Childhood, Elementary, and
Middle Level Education

19 years

2014 Alumni Awards

CEPS Rising Star Award

for alumni who are within 10 years of graduation from Eastern Illinois University. They must have excelled in their field or in the career for which the CEPS degree prepared them.



Adam Karcz '07 BS in Health Studies, is an Infection Preventionist in the Department of Infection Prevention & Epidemiology for Riley Hospital for Children at Indiana University Health, in Indianapolis, Indiana. Prior to working in Indianapolis, Adam served as a System Epidemiologist for Children's Healthcare of Atlanta, in Atlanta, Georgia. While in Atlanta, he had the opportunity to work and co-author a publication with the Epidemic Intelligence Service of the Centers for Disease Control and Prevention during the 2009 H1N1 influenza epidemic.



Sarah Watson '05 MS in Community Counseling, has worked for the Division of General Studies (DGS) serving undeclared freshmen and sophomores at the University of Illinois at Urbana-Champaign since 2006. She was awarded Outstanding New Advisor by the National Academic Advising Association (NACADA) in 2008. Sarah then served as Admissions Director for DGS for two years before moving into her current role as Academic Achievement Program Director.



Joe Sornberger '12 EdS in Educational Administration, is the superintendent of Palestine Community Unit School District #3 in Palestine, Illinois. Since 2002, Sornberger has held several positions in the school district. He has been a disciplinary aide, special education teacher, junior high social studies teacher, and junior high basketball coach.



Jessica Leach '12 MS in College Student Affairs, became an Assistant Director of Business Career Services at the University of Illinois at Urbana-Champaign (UIUC). In 2013, she became the first director of the Media Career Services office in the College of Media at UIUC.

2014 Alumni Awards

Leadership & Service Award

for alumni who have had a significant impact in their chosen field, community, or society.



Richard (Corky) Emberson '94 *BS in Recreation Administration, is the Superintendent of Recreation at the Urbana Park District, serving in that capacity since 2009. Upon graduation from EIU, Corky was hired as Director of the Paxton Park District for about seven years. Corky moved to the Urbana Park District where he served in various managerial positions for Fitness, Aquatics, Athletics, and Community Programs before being the Superintendent.*



Angie Gentry '90 *BSEd and '01 MEd in Elementary Education, has served as the principal of Arcola Elementary School in Arcola, Illinois for the past 5 years. Prior to her principalship, she was an 18-year veteran teacher at the same school. She taught fourth grade for 15 years and primary Title 1 reading for three years. She also served as the district's gifted director and instructor for three years.*



Ruth Kissner '98 *MS in Guidance and Counseling, initially worked for a community rehabilitation stabilization program, where after a year of working she was promoted to director. She moved to education as the guidance counselor at Wayne City High School, a small rural high school in Southeastern Illinois in 1999. During her tenure at Wayne City, Kissner and fellow colleagues developed an innovative program for at-risk children impacted by incarceration of a family member.*

2014 Alumni Awards

Lifetime Achievement Award

for alumni who have attained distinguished professional success and prominence. These honorees are living role models in their disciplines within CEPS and will be inducted into the College's Hall of Fame.



Steve Allen '68 BS in Speech Education, '72 MS in Student Personnel Work, and EdS '74 in Educational Psychology and Guidance, served 27 years as Guidance Director for the Newman and Shiloh school districts. Upon retiring from the Newman/Shiloh schools, he worked part time as a counselor in the Kansas Treatment and Learning Center for the Eastern Illinois Area Special Education district for four years.



Suzanne Barchers '67 BS in Elementary Education, taught grades K-5 or remedial reading for fifteen years. After the publication in 1990 of her first book, *Creating and Managing the Literate Classroom*, she began her editorial career. In 2000, Dr. Barchers wrote 28 children's books for LeapFrog while serving as Managing Editor at Weekly Reader. In 2004, she accepted the position of Editor in Chief and Vice President at LeapFrog. To date, Suzanne's publications list includes 215 books for teachers and children.



Kent Johnson '81 BS in Recreation Administration, serves as the executive vice president and chief operating officer of YMCA of the USA (Y-USA), the national resource office for YMCAs in the U.S. Previous to joining Y-USA in 2007, Kent held leadership roles for the YMCA of Metropolitan Milwaukee, including president and CEO. Prior to the Milwaukee Y, he worked for the YMCA of Metropolitan Chicago and the Sheboygan, Wisconsin YMCA, where he began his full-time Y career in 1982.



David Stotlar '74 BS in Physical Education, serves as the Director of the School of Sport & Exercise Science at the University of Northern Colorado. He teaches on the faculty in the areas of sport management and sport marketing. He has had more than 90 articles published in professional journals and has written more than 50 textbooks and book chapters. During his career Dr. Stotlar has given over 300 presentations and workshops at national and international professional conferences.

Class Notes

2000s

Brittnie Simpson '07 BSEd and '13 MSEd in Elementary Education, was recognized as the 2014 M.S. in Elementary Education Distinguished Graduate student. Simpson works as a third grade teacher at Riddle Elementary School in Mattoon, IL.

Sheila Mingee '07 MSEd in Educational Administration, is the new president of Lakeview College of Nursing, in Danville, IL. Mingee has worked for the college since 1989 for multiple positions such as administrative assistant to the dean and president, resources assistant, associate chief executive officer, and director of administrative services and facilities management.

Erica Blessman '09 Erica Blessman '09 BSEd in Early Childhood Education, is marrying Bill Lenihan in July. Blessman currently works as a preschool teacher for Princeton Elementary School District 115, in Princeton, IL.

2010s

Lindsey Reel '10 BSEd in Elementary Education, married Nathan Ames in June. Reel is a third grade teacher at Lake Crest Elementary School in Oakland, IL.



(Elliott and his brother Colin)

Elliott McGill '12 MS in Kinesiology and Sports Studies, is the new head coach at Nitro Swimming in Austin, TX. Previously, McGill had been the head coach of the swimming team at EIU.

Jessica Browne '12 BSEd in Elementary Education, is in her first year as head track and field coach at Paxton-Buckley-Loda (PBL) Junior High. She has been a fifth grade teacher at PBL Eastlawn Elementary School for the previous two years.



Got News?



Are you or someone you know an Alumni of the College of Education and Professional Studies? Is there something you would like to share?

Email us at cepsnews@eiu.edu

We want to know what's going on in your professional lives!