PESPE Summer 2010

UNIVERSITY OF MIAMI SCHOOL OF EDUCATION

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Advancing the Cause

School of Education Alumna Takes Steps to Prevent Sexual Abuse

Lauren Book-Lim has embarked on a long journey to prevent sexual abuse. A child abuse victim, survivor, and educator, Book-Lim recently completed a 500-mile walk from the Miami suburb of Aventura to Florida's state capitol in Tallahassee to raise awareness and support legislation to protect children from sexual assault.

"I am fighting for legislation we can't let slide," said Book-Lim, B.S.Ed., cum laude, 2008, Elementary Education. "Studies show that 95 percent of sexual abuse is preventable through education."

During the spring session, the Legislature passed several measures related to sexual abuse, including the removal of a statute of limitations, a voluntary one-dollar check-off for driver license renewal, the creation of child safety zones, and continued funding for a sexual abuse treatment center in Broward County.

Book-Lim is the founder and executive director of Lauren's Kids, Inc., a nonprofit organization that educates adults and children about sexual abuse topics through an in-school curriculum, a 24-hour

(story continues on next page)

University of Miami School of Education 5202 University Drive • Coral Gables, FL 33146 • 305.284.3711

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feature

(from page one)

crisis hotline, and speaking engagements around the country. The organization is also raising funds for the creation of a crisis center for children and their families coping with the aftermath of sexual abuse.

Last year, Book-Lim developed the "It's Okay To Tell" curriculum with clinical psychologist Tara Zuckerman, "While a curriculum can't stop a predator, it does provide kids with an age-appropriate context to recognize abuse and address the issue, rather than letting it continue." she said.



Book-Lim, who taught in Miami-Dade County Public Schools before launching Lauren's Kids, will be piloting the curriculum in the 2010 school year. Funded by a grant, her curriculum focuses on children in grades 1-5. "We are not teaching sex education, but listening to your guiding voice when something happens that makes you feel icky inside," she said. "We explain the difference between safe and unsafe touches, and why it's a bad idea to keep things secret. We are giving elementary school children tools to help them defend themselves."

Book-Lim also goes beyond educating children in her quest to prevent sexual abuse. She tells school administrators and



teachers how to recognize signs of potential abuse, and engages parents as well. "Like (School of Education) Dean Isaac Prilleltensky, I believe in education as a key to improving communities as well as individuals."

On April 2, 2010 Book-Lim began her Florida walk at the Aventura house where she was abused for seven years by the family's nanny, beginning at age 10. In 2002, the nanny confessed and apologized to the Book family. She was convicted and sentenced to prison.

As she walked 20 to 30 miles a day, Book-Lim met other abuse victims and family members, who recounted their experiences. In several cases, abuse

- Lauren Book-Lim victims who are now adults told her their stories for the first time.

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On arrival in Tallahassee on April 20, Book-Lim was greeted by Gov. Charles Crist, Florida legislators, and other state dignitaries at a rally organized by her supporters. "I'm a lucky young lady because I'm able to do this for so many people," she said from the Capitol steps. "This has been a healing journey for

me and many other Floridians."



dean's message

Promoting Well-Being on Many Levels

Our School of Education is driven by a clear vision: to be a center of excellence for mental, physical, and educational well-being in multicultural settings. In the past four years, we have shared that vision with educators, business executives, and community leaders in South Florida, the United States and around the world.



This issue of *Perspective* reflects that theme, showing how members of our School's "community" are having a positive impact on difficult educational, social and physiological issues. Our cover feature focuses on Lauren Book-Lim's multifaceted approach to prevention of sex abuse, from developing a curriculum for children to providing emotional support to victims and advocating new legislation in Tallahassee.

This issue also illustrates how a remarkable professor such as Eveleen Lorton can make a profound difference in the lives of our School's students, helping them become more effective teachers and educators, while contributing to the overall "well-being" of a classroom.

We are also demonstrating our leadership in the ongoing quest to understand how to improve and maximize an individual's physical well-being. Our recently renamed Department of Kinesiology and

Sport Sciences (KIN) is conducting vital research on issues ranging from childhood obesity and achieving peak athletic performance to maintaining a high quality of life for the elderly.

To summarize, our School is committed to improving well-being at every step on the continuum of life – and we are having a powerful impact on every level.

Dean Isaac Prilleltensky

Erwin and Barbara Mautner Chair in Community Well-Being



About Our Mark

he School of Education's symbol represents our collective focus on well-being as the core of our mission. The interlocking arcs stand for three basic components of well-being: the intellectual, emotional, and physical. These three components correspond to the three departments in our school, which are interrelated in their focus on well-being.

The University of Miami School of Education is organized into three departments:

- Teaching and Learning (TAL), which fosters intellectual and educational development
- Educational and Psychological Studies (EPS), which focuses on emotional health and psychological factors
- Kinesiology and Sport Sciences (KIN), which promotes physical wellness, fitness, and sport

Introducing the Department of Kinesiology and Sport Sciences

This spring the University of Miami Faculty Senate approved a name change for one of the School's three departments: The Department of Exercise and Sport Sciences (ESS) is now the Department of Kinesiology and Sport Sciences (KIN). "Kinesiology is a broader term that encompasses the study of human movement," said Professor and Chair Arlette Perry. "It includes athletic training, exercise physiology, biomechanics, sports medicine, organizational management, and all the other related fields." One of the advantages of the name change which will occur gradually over the summer and fall semesters - is that it will allow the KIN department's doctoral program to be ranked by the National Research Council. "We believe we have a top ten program," she said, "and we want to go head to head against the top institutions in the country. We're excited about the future!"



research

Nationally Renowned Clinical Researcher is School's Distinguished Visiting Professor

One of the nation's most distinguished psychotherapists, Donald Meichenbaum, Ph.D., is working closely with School of Education faculty to prepare grant proposals and applications. Known for his leadership in the prevention of violence and treatment of victims of post traumatic stress disorder (PTSD), Meichenbaum is also a guest lecturer in undergraduate and graduate courses in clinical psychology.



"The work I've done on stress inoculation training has been employed on a preventive basis for a variety of populations," said Meichenbaum, who is a distinguished visiting professor in the Department of Educational and Psychological Studies (EPS). He is also involved in stress prevention initiatives with U.S. soldiers returning from Iraq and Afghanistan, including the

creation of iPod videos that veterans can download from www.WarFighterDiaries.com and play on an as-needed basis.

"We have been working to strengthen the relationship between the School and the Institute," Meichenbaum said, noting that three faculty members - Etiony Aldarondo, Guerda Nicolas, and Prilleltensky - serve on the Institute's scientific board.

Meichenbaum added that the Melissa Institute has undertaken a major project to reduce school violence by improving students' reading comprehension. "The level of youth violence correlates negatively with the level of reading comprehension," he said. "The lower the reading ability, the higher the level of aggressive behaviors. This underscores another connection between the Melissa Institute and the School of Education."

Meichenbaum was voted one of the ten most influential psychotherapists of the century by North American clinicians in a survey reported in *The American Psychologist*. He has given programs on PTSD and other clinical topics throughout North America, Israel, Japan, and the former Soviet Union. Among his many publications, the book, "Cognitive Behavior Modification: An Integrative Approach," is considered a classic in its field.

As Meichenbaum said in a recent interview, "I cannot think of a more important problem to focus my attention on than the reduction of violence."

"Dean Isaac Prilleltensky is interested in bringing that kind of technology and platform to the School of Education," said Meichenbaum. "We would like to create a similar downloadable program for school administrators and teachers that would help them improve the quality of education and reduce violence in the schools."

Meichenbaum, who retired recently after a long career at the University of Waterloo in Ontario, Canada, also serves as director of the Melissa Institute for Violence Prevention and Treatment of Victims www.melisssainstitute.org in Miami. The Institute is designed to bridge the gap between scientific findings and public policies and clinical and educational practices.

Students, Coaches Attend Athletic Training Workshop

On April 24, 2010 more than 50 high school students, along with their coaches, turned out for the School's sixth annual athletic training workshop. "It's a great program for the students and the entire community, showcasing the educational and career options available here," said Kysha Harriell, Ph.D., program director, Athletic Training **Education Program.**

Harriell, who received her doctorate in exercise physiology this spring, noted that the School's athletic training program was recently reaccredited. It also has one of the highest first-time pass rates in the country for students seeking certification as athletic trainers. "The national average is 42 percent, but we typically have 80 to 100 percent of our students pass the first time they take the test," she said. "Once they are certified, they can also work in Florida as an allied healthcare professional."

Harriell added that several students in the program will be receiving graduate assistantship aid at Division I universities, and two undergraduates were given summer internships by National Football League (NFL) teams, the New England Patriots and the Washington Redskins. "Even though our program is relatively young, we're attracting a lot of attention around the country," she said.





faculty profile

Eveleen Lorton: A Lifetime in Teaching

In 44 years of teaching at the University of Miami School of Education, **Eveleen Lorton has shaped thousands of lives. Her students have** become accomplished teachers and school leaders in classrooms throughout the United States and the Caribbean, instilling a love of learning and a recognition of the power of the written word.

"I received an email the other day from a student I had 30 years ago," said Lorton, professor of Teaching and Learning (TAL) who is retiring after the spring semester. "He told me that he's still teaching and how much he loves the profession. That's pretty special to me." Another of Lorton's students, Morgan Kirk, B.Ed., '06, a teacher at Fort Myers High School, recently received the "Golden Apple" award from the Foundation for Lee County Public Schools. "The lessons you taught continue to be with me every day," said Kirk in thanking Lorton for her support.

As a girl growing up in Tampa, Lorton knew she wanted to be a teacher. She earned a bachelor's degree at Mount Union College, a master's at Ball State, and a doctorate in counseling at Louisiana State University, later completing post-doctoral work at New York University. She came to the University of Miami in 1966, and began her teaching career.

"I've seen many changes through the years. "Since I teach methodology, I keep up with the latest classroom research. I also learn something new from my students every semester."

Back in the 1970s, Lorton was one of the first educators to videotape student teachers in action so that they could get immediate feedback. She also gave 5-minute "microteaching" assignments to focus on particular areas of teaching, and provided continual opportunities for improving specific skills. In 1984, Lorton teamed with English teacher and Language Arts Supervisor Zelda Glazer to launch the university's first summer Writing Institute for 25 teachers at Miami-Dade County Public Schools. "We modeled the approach after the Bay Area Writing Project, and it has worked well over the years," she said.

As director of the summer institute - now named the Zelda Glazer Writing Institute -Lorton has brought in national consultants and found educational and corporate sponsors. She has seen attendance climb as high as 200 teachers attending the two-week-long sessions. This summer, Professor Mary Avalos will be succeeding Lorton as director, although it is difficult to imagine that Lorton will not continue to be involved in the Institute in some capacity.

"I have always loved good writing," said Lorton, whose favorite authors include Dave Barry and Annie Dillard. Lorton herself is an author whose publications include the book, "Human Development Through the Life Span," and numerous professional articles. A Danforth Associate and member of the university's Iron Arrow Society, Lorton has served as chair of the Florida Council of Southern Association of Colleges and Schools Commission on Colleges (SACS-COC), and plans to continue working with accrediting organizations in retirement.

As Lorton transitions to her new role, one of her favorite aphorisms seems applicable: "Life is a smile." There are many, many people today who are leading more fulfilled lives as a result of having been graced by Eveleen Lorton's smiles.







(Top) Lorton in her School of Education office this spring.

(Center) Lorton and the late Zelda Glazer, co-founder of the Writing Institute.

(Above) Iron Arrow inductees: former SOE associate dean, Liz Rothlein; SOE graduate and active alumna. Camille King; EPS professor emerita, Carolyn Garwood; Lorton; KIN professor, Sue Mullane.

(Left) Lorton demonstrating an instructional point using "props."



alumni

Dean Francine Peterman Draws on Lessons from School of Education

At Queens College's Division of Education, Dean Francine Peterman draws on the daily lessons she learned four decades ago at the School of Education. "I always look back on my experience at the University of Miami as the foundation from which I have blossomed," said Peterman, B.Ed. '75. "My favorite professor was Eveleen Lorton, who inspired me to become a teacher and to mirror her care, enthusiasm and grace in my own classrooms."

A New York native who grew up in Miami, Peterman recalls wanting to be a teacher as early as second grade, when she joined Future Teachers of America. After graduating from Miami Central High School, she enrolled at the University of Miami, planning to become a math teacher, but eventually decided to teach English.

Peterman recalls a formative class at the School in her junior year. "A professor walked in late to the class in rumpled clothing with his tie askew," she said. "Then, a second teacher came in with a very

prim, neat appearance. Finally, Professor Lorton entered, looking very professional. She then had us write down our impressions of the three teachers, noting that all students have individual preferences. It was a fabulous exercise for all of us, and one that I used later in life as a college professor."

After graduating, Peterman taught in Miami-Dade public high schools from 1975 to 1987, before becoming an educator at the university level with a focus on urban schools. She earned her doctorate in secondary education at the University of Arizona and spent 13 years at Cleveland State University as a teacher, department chair, and associate dean.



"I have tried to take a close look at the complexities and demands of teaching in an urban environment," said Peterman, who has participated in numerous research projects and school-university partnerships to recruit, prepare, and retain urban educators. Her publications include "Partnering to Prepare Urban Teachers: A Call to Activism" (2008), which she edited, and "Designing Performance Assessment Systems for Urban Teacher Preparation" (2005). She is also on the editorial board of the Journal of Teaching Research.

Last year, Peterman became the dean of education at Queens College, a member of the City University of New York (CUNY). "Queens College has incredible intellectual and social capital, with faculty and students doing amazing work," she said. "The college also has a long history of partnering with schools to make a difference. We want to expand those partnerships and have an even greater impact on the children and families we serve."

Noting that she shares the values of Dean Isaac Prilleltensky, Peterman said Queens College's conceptual framework of "Equity, Excellence, and Ethics" matches her own

priorities. "It's a really big part of how I define myself as an educator." she said. "We are here to be responsive to the community and to act in a caring, responsible, and respectful manner."

Kudos

Chelsea Mattox-Blanco, B.S. '07, a fourth-grade teacher at Keys Gate Charter School was named "New Educator of the Year" by Charter Schools USA in 2009.

In Memoriam: **Betty Shkoler**

etty Shkoler, M.Ed., '60, former president of the School of Education Alumni Association, passed away on March 28 at the age of 91. She is survived by her daughter Deborah Courtney, son David Shkoler, his wife Patricia, brother Irving Shkoler, his wife Korina, and sister Anne Martel. In a condolence note to the family, Marcia Goldstein wrote, "I taught school with your mom in Miami in the early 1960s. I loved her warmth and understanding. She was very special. My sympathy to all of you."



partnerships

Colloquium for Breast Cancer Survivors

In February, the School of Education partnered with the Sylvester Comprehensive Cancer Center to offer "From Surviving to Thriving Colloquium 2010." It brought together more than 100 breast cancer survivors and healthcare professionals, who received the latest information on health and wellness. A panel of speakers and presenters covered topics like functional training, oncology nutrition, the Lebed method, and physical therapy for lymphedema. It is the goal of the "From Surviving to Thriving Colloquium" to provide the knowledge, support, and encouragement that motivates breast cancer survivors to renew a physically active and healthy lifestyle.



(*Top*) Participants in the Colloquium practice movements to aid healing.

(Above) Dr. Wes Smith demonstrates appropriate stretching techniques at the Colloquium.

50 Attend Sports Ethics Seminar

More than 50 of the School's Sport Administration students attended the 3rd Annual Ethics Seminar on April 23 as part of their internship program. The seminar is an ongoing component of the School of Education's Program for Ethics and Social Responsibility, co-directed by Drs. Sue Mullane and Shawn Post. The program is funded by a generous gift from Dr. Edward and Joanne Dauer. Through the same program, Dr. Mullane and Dr. Post also conduct ethics programs for associate teachers in the Teaching and Learning Department.

The sport administration interns attended sessions on "Ethical Issues in Facility and Event Management," "Ethical Issues in High School Sports," and "Ethical Issues in College Athletics." Speakers included Patrick McGrew (General Director at the Bank United Center), Claude Grubair (Director of Athletics at Ransom Everglades High School), and former University of Miami Athletic Directors Dr. Harry Mallios and Paul Dee, and current Athletic Director Kirby Hocutt.

South Korean Students Attend KIN Workshop

ixteen students from Dong-A University in South Korea visited the University of Miami in January to take part in an Athletic Training Program at the Department of Kinesiology and Sport Sciences. The Korean Athletic Training Workshop was organized by Dr. Sae Yong Lee in conjunction with Jinhee Woo from Dong-A University to introduce the athletic training profession to Korean students. The workshop also gave the Korean students an opportunity to learn basic injury evaluation and rehabilitation techniques, and observe athletic training in practice.

Funding for Community Youth Program

he School of Education's program SPEC for Engaging Youth (SPEC-EY) in Overtown's Town Park Village recently received a second round of funding from The Children's Trust. Last year the leaders completed a youth-adult partnership curriculum with a focus on the principles of SPEC (Strengths, Prevention, Empowerment, Community Change). This year the School's initiative will focus on moving forward through a Learning and Leading Tool Kit to build community partnerships, emphasize community service, and enhance philanthropy.

Town Park Village recently donated a unit known as "The SPEC-EY House" and completely renovated the site.



achievements

Broward Teacher Named 'Outstanding Young Educator'

A leader in her Broward fifth-grade classroom, Stefanie DiGiorgio, B.Ed., '06, was recently named "Outstanding Young Educator of the Year" by the Hollywood Jaycees.

Now in her fourth year of teaching, DiGiorgio has started a Gifted High Achievement Program at her school, Hollywood Academy of Arts & Science. "In 2008, we started planning a program to allow students to take gifted classes from grade to grade, and implemented it during the current school year," said DiGiorgio, who is now program coordinator. "We have had a very positive response from students and parents."

Serving as chair of the school's Science Committee, DiGiorgio wrote a grant to provide access to Education City, an online program designed to engage students in science, math, and language arts. She is now taking educational leadership classes to continue to advance in her teaching career. "Our children are the future and the most important resource we have," she said. "I would hope that my contribution to our community would be an example to other educators."



DiGiorgio, who majored in elementary education with an ESOL endorsement, and psychology, said she has great memories of the University of Miami. "From my first 101 class to graduation, I loved the Teaching and Learning program. Many classes required us to develop skills we could use in the classroom, not just theory. As a result, I felt very well prepared to begin a teaching career."

DiGiorgio did her associate teaching at Flamingo Elementary School in Hialeah under the supervision of Professor Anita Meinbach, and was named 2007 Associate Teacher of the Year.



Dr. Etiony Aldarondo, Associate Dean for Research, was recently honored by the Institute on Domestic Violence in the African American Community and the School of Social Work at the University of Minnesota. He received the Social Justice and Scholarship Award in recognition of longstanding commitment, leadership, and contribution to scholarship and clinical practice that increases awareness of social justice challenges and their solutions in disadvantaged communities across the country. Dr. Aldarondo also serves as Director of the Dunspaugh-Dalton Community and Educational Well-Being Research Center.



a pediatrician, but I chose education for my career, I followed my heart and went into teaching – it's where I'm supposed to be in my life. Now, my dream is to become a professor one day and return to the **University of Miami.**"

- Stefanie DiGiorgio

Schumm Elected to Chair Conference

eaching and Learning Professor Jeannie Schumm was elected to chair the Teacher Education Division for the Association of Literacy Educators and Researchers (formerly the College Reading Association). Her term as chair will begin in November 2010 at the next annual conference.



student profiles

Editor's note: For this summer issue, we are featuring a top student from each of the School's three departments: Educational and Psychological Studies (EPS), Kinesiology and Sport Sciences (KIN), and Teaching and Learning (TAL).

KIN: Daniel Serravite

Back in 2006, Daniel Serravite came from Argentina for graduate studies in exercise physiology at the School of Education. "I met the faculty and visited the Laboratory of Clinical and Applied Physiology before enrolling, and I knew this was the right program for me," he said. "My career goal is to teach and conduct research at the university level."

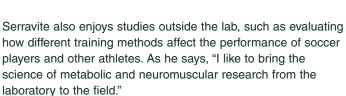
In May, Serravite completed work on his doctorate in exercise physiology with Professor Joe Signorile in the recently renamed Kinesiology and Sport Sciences (KIN) department. His dissertation, "Effect of Whole Body Vibration on Post Activation Potentiation," focused on neuromuscular performance in college students.

"We looked at periodic acceleration on a vibrating bed as a potential method to shorten the recovery time for a muscle after a workout," he said. "We used biochemical markers in the blood, as well as subjective measures like how sore the participants felt, in order to assess the impact. We found that the muscles did recover more quickly."



"I like to bring the science of metabolic and neuromuscular research from the laboratory to the field."

- Daniel Serravite (KIN).



(section continues on next page)





student profiles

EPS: Scott McNeil

Scott McNeil has been fighting a rare form of brain cancer since he was 8 years old. "With my ependymoma, I wasn't supposed to live past 10," he said. "But although I've been on chemotherapy and radiation therapy, I don't look at my situation as difficult. I'm a very positive person."

Today, McNeil is a 22-year-old junior who has set his sights on a career in counseling. "I've always liked to help other people, and I'd like to give back to our community."

A native of Deerfield Beach, McNeil became a Hurricanes fan at an early age. His older brother attended the university and his mother works at UM/Jackson Medical Center. While McNeil's schedule includes ongoing doctors' appointments and diagnostic testing, he's putting his energy into his studies with a focus on applied psychology. He received a scholarship from the American Cancer Society, and recently spoke at the organization's gala dinner. "I'm thankful that I can talk to other people and make a contribution to their lives," he said. "It's important to look at life from a positive perspective - despite everyone's personal challenges."



TAL: Melinda Misch

After teaching Broward special education students for nearly a decade, Melinda Misch decided to go back to school. She enrolled at the School of Education and earned her master's degree in education (M.Ed.) with a specialization in early childhood special education, under the guidance of Professor Beth Harry.

"I enjoyed the experience of getting my master's degree," said Misch, who teaches at Griffin Elementary in Cooper City. "I acquired



more knowledge on child development and learned lots of positive practices for teaching young children with disabilities."

A native of Miami Beach, Misch earned her undergraduate degree at Florida Atlantic University (FAU), then taught at the middle school level before "finding her niche" in working with pre-K children. "I feel like I have the most impact in helping with issues like communication disorders," she said. "I also see a lot of growth and development in these young children who have special needs."

As a master's student, Misch studied racial disparities in infant mortality rates in Broward. "While there has been a lot of focus on the medical aspects of infant mortality, like prenatal care and good nutrition, there has not been a lot done to address the developmental outcomes of babies at risk," she said.

To improve those outcomes, she worked with new mothers, helping them to track whether an infant was meeting developmental milestones and assisting in identifying any needed services. "I also shared the importance of singing and talking and reading to their babies," she added. "Those types of activities can really make a difference in addressing potential developmental disorders."



publications

Recent Publications

Fowers, B. J., Mollica, C. O., and Procacci, E. N. (in press). Constitutive and instrumental goal orientations and their relations with eudaimonic and hedonic well-being. Journal of Positive Psychology.

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