

Marshall University

H.E.L.P. Program

Spring 2018 Vol. 23, Issue 2

CHANGING LIVES FOR OVER 35 YEARS

With seven unique divisions and programs, the H.E.L.P. Center provides academic assistance and support to a wide variety of learners.



Barker and Clay Attend LDA Conference

Cindy Clay and Sara Barker had the opportunity to attend the Learning Disabilities Association of America conference in Atlanta, Georgia, February 21-24. This national conference includes continuing education and informational sessions for teachers, mental health professionals, and parents and individuals with learning disabilities. Attendees came from around the country and even internationally to share their interests and knowledge.

It was Cindy's first time attending, and she found it very valuable in learning more about topics such as executive functioning training, and advocacy topics, such as accommodations for testing, implementation of IEP and 504 Plans, and legal rights of students with learning disabilities and mental health needs.

Sara was impressed that the conference addressed the latest trends in the field, such as assistive technology and emphasis on college transitioning. She also enjoyed the nifty LDA app, which included daily sessions schedule as well as access to completing evaluation forms and digital version of all handouts used in presentations.

Cindy and Sara are excited to share and use the information learned to continue to expand and enhance services at the H.E.L.P. Program.

Success in and out of the Classroom

H.E.L.P. student Ericka Budd has had a wonderful season with Marshall University's Track & Field Team. She finished in the top 10 of Conference USA shot put. This season, Ericka has made efforts to improve her throwing distance and help out her team. She attributes her success to hard work, practice, and no injuries. She also said she had great coaching and a lot of support from her mother, Kirsten Budd. In sixth grade, Ericka began competing in Track & Field, and while she was at Huntington High School, she became a state champion. Ericka's coaches and trainers cite her hard work and passion as leading to her success. As if being a successful student and student athlete weren't enough, Ericka works at the H.E.L.P. Program Front Desk. The H.E.L.P. family joins Ericka in celebrating her accomplishments.

3.0 and above G.P.A. Fall 2017

Jacob Abul-Khoudoud

Alexander Adkins

Johnathan Adkins

Emily Anderson

Mason Anderson

Sapphire Atkinson

Olivia Barlas

Cole Blake

Matthew Brown

Emily Burger

Joseph Carmi

Michael Converse

Meredith Currin

Hannah Eidt

Lydia Freeman

Sophie Golomb

Jacob Gressang

Evan Griffith

Richard Halloran

Christopher Hinson

Steven Janiszewski

Kady Lemons

Alex Lynn

Megan McGehee

Brok Mills

Brittney Moore

Brian O'Keefe

Ethan Peake

Madison Peters

Andrew Pisters

Phillip Pisters

Logan Queen

Brendan Reardon

Savannah Ruedt

Joseph Schwartz

Madison Silver

William Slone

Heidi Smith

Brandon Spittler

Allen Ray Vance



Mindfulness

Kelly Mazzeo of the Echelon Academy, Sandy Spring, Maryland, led a training session at the LDA entitled "Moving Into Mindfulness." This included emphasis on physical movement and how this engages the brain for learning and improves motivation and morale. Benefits of mindfulness are understanding emotions and self-regulating emotions and behaviors. She states that mindfulness is the difference between "Mind full," when we are "overloaded" with thoughts and emotions, and "Mindful," focusing on the moment, our emotions, and responses.

At H.E.L.P. we are fortunate to have our own mindfulness expert in founder, Dr. Barbara Guyer. Dr. Guyer has been working on her own book about mindfulness, and each semester she shares mindfulness techniques with the College H.E.L.P. tutors. The tutors benefit greatly from these techniques, and pass them on to their students. Mindfulness is something everyone can benefit from, including students, parents, and educators.

H.E.L.P. Graduate Assistants find Professional Success

Diagnostics Graduate Assistant Emily Woodrum earned the Dr. Marty Amerikaner Scholarship for Excellence in Clinical Psychology. Emily is in Marshall's Psy.D. doctoral program, and she earned this scholarship for demonstrating excellence in psychotherapy, mentoring, and advocacy. The H.E.L.P. Program is proud of Emily's efforts as a student and practitioner.

Katie Cundiff, College H.E.L.P. Tutor, presented at six conferences this spring, including The Ohio University History Graduate Conference and the Brian Bertoti Innovative Perspectives in History Graduate Conference. Katie's presentations, such as "I Can't Believe it Was Butter: West Virginia's Dairy Industry and the Great Depression," share research and insight regarding agriculture in West Virginia during the Great Depression

Don't let anything stop you. There will be times when you'll be disappointed, but you can't stop. Make yourself the best that you can make out of what you are. The very best.

– Sadie Tanner Mossell Alexander

LeDerick Horne: *Hidden Disabilities*

The keynote speaker for the Learning Disabilities Association of American Conference, Atlanta, Georgia, was LeDerick Horne. LeDerick was labeled as “neurologically impaired” in third grade and has walked the path from “disability” to empowerment and success.

“There is no wheelchair for dyslexia.”

He is a motivational speaker and advocate, and the founder of a nonprofit mentoring organization, Eye to Eye. His work is focused on overcoming the challenges of all disabilities to work towards positive change. His keynote address was inspiring and included spoken word poetry as well as his story and thoughts from his new book, *Empowering Students with Hidden Disabilities*.

“There is no wheelchair for dyslexia,” he states, explaining that the road for an individual with learning differences is long and fraught with misunderstanding. LeDerick explains that we are all born with some sort of challenge. He highlights “the path to disability pride,” with steps including: meeting the challenges, self-disclosure, acceptance, using supports and accommodations, self-advocacy and connecting to disability community.

As LeDerick explains, self-esteem is the best indicator of a child’s success in life and highlights the importance of self-knowledge and self-acceptance, which is “asset based,” not “deficit based.”

Path to Disability Pride:

- Meeting Challenges
- Self-disclosure
- Acceptance
- Using Support and Accommodations
- Self Advocacy
- Connecting with a Disability Community



**Have something you want to share in our next
newsletter? Let us know!**

Email Sarah Morgan: morgan105@marshall.edu

Crosland School's Holistic Approach

Renna Moore represented the H.E.L.P. Program at the John Crosland School College Fair in December. Crosland, an independent K-12 school, was the first school in North Carolina dedicated to the education of children with learning and attention differences, serving students with ADHD/focusing, dyslexia, executive functioning, processing information, expressive/receptive language, navigating common social skills, following directions, reading comprehension, dysgraphia and dyscalculia issues. Their holistic approach uses innovative academic tools combined with enrichment programs, sports, the arts, and executive functions classes to close the learning gap and create well-rounded students in the process.

Fletcher School Embraces Unique Students

Renna Moore spoke with students at the Fletcher School in Charlotte. The Fletcher School is a non-profit, independent school offering a comprehensive educational program designed to build the academic, social, and emotional competence of students with specific learning disabilities and/or ADHD. The program enables students in grades K-12 to experience success and embrace their unique talents.



New Scholarship for H.E.L.P. Students

Larry Nitardy, a graduate of Marshall's business management program and, Toby Nitardy, a graduate in elementary education, are funding a new scholarship for College H.E.L.P. students. The Larry and Toby Ann Nitardy Scholarship will benefit full-time students from Kentucky, Ohio, and West Virginia. More information on the scholarship is available by contacting the Office of Financial Aid at Marshall University.

Poetry Corner

H.E.L.P. Program Poetry Contest 1st Place: Patrick Knight:

The trees are calling
The wind whispering to me
The secrets of life

The sun is shining
We are playing in the fields
We are eternal

H.E.L.P. Program Poetry Contest 2nd Place: Joe Schwartz:

Fish

The fish swims
He swims fiercely

Though the current presses hard
The fish jumps

In the air he twirls
He flips

In this domain
He is free

While a bird passes overhead
The sun shines radiantly

Insects buzz past
The fish catches one in his mouth

Gravity pushes
Pushes him back beneath the ground

The fish swims
He swims fiercely

Honorable Mentions

**Jacob Gessang for “Blowing in the
Wind” and “The Summer Bite”**

Caroline Woodward for “Horses”

Graduates Say Goodbye

Chana Gellert

Degree and future plans: Sports management and marketing. I want to get a job with a professional sports team.

How I feel about graduating: Great and bittersweet!

How the H.E.L.P. Program helped: Jeanette was a big help

People I would like to thank: My parents and Jeanette

Advice for younger students: Go to tutoring and don't party too much.

Andrew Pisters

Degree and future plans: Nursing. I plan to work at the Thomas Memorial Hospital ER for 1-2 years, then move back to Texas to be with my family.

How I feel about graduating: I think it was long overdue! I feel great!

How the H.E.L.P. Program helped: I appreciate the tutoring, separate room, and extra time on tests, as well as the organizational help from Sara Barker.

People I would like to thank: My parents, Sara Barker, Kathy, and Carol for getting me through the program with their support.

Advice for younger students: Go to class! It is the best way to pass your classes.

Favorite quote: "Do or do not, there is no try." – Yoda

Thanks for all the good years and support along the way.

Alexander Yew

Degree and future plans: Health Sciences. I plan to be a personal trainer for a few years. Then, hopefully I can start my own facility.

How I feel about graduating: I feel great. It's about time.

How the H.E.L.P. Program helped: It helped tremendously. I wouldn't be graduating without their help.

People I would like to thank: My parents and all of the H.E.L.P. family. I would like to give a special shoutout to Mike Dolin and Raghav (Raj) Sarkar.

Advice for younger students: Time management and balance

Favorite quote: "If I'm a good kid, I'll be alright."

Brian O'Keefe

Degree and future plans: B.S. in Geography, with a GIS certificate. I plan to work as a GIS analyst/technician or specialist.

How I feel about graduating: Exciting time.

How the H.E.L.P. Program helped: That helped me get through the tough courses in past semesters.

People I would like to thank: Everybody.

Advice for younger students: Have your tutors help you if problems arise.

Favorite quote: "We are going to have a party!!" –text message from Amy Jones Burdick after we we found out I got a B on my Literary Analysis in Science Fiction.

Graduates Say Goodbye (cont.)

Savannah Ruedt

Degree and future plans: Health Science with minors in marketing and psychology. I want to go into pharmaceutical sales.

How I feel about graduating: I'm very excited to graduate and start my next chapter in life.

How the H.E.L.P. Program helped: The H.E.L.P. Program has helped me so much. They made sure all my accommodations were met and helped me stay on top of all my classes and grades.

People I would like to thank: My parents, my tutors, and my friends.

Advice for younger students: Go to tutoring at the H.E.L.P. center. They really do help you stay on top of all your classes. Have fun in college.

Jonathan Adkins

Degree and future plans: Secondary Education, specializing in social studies. My plan is to start teaching and go to grad school.

How I feel about graduating: It's bittersweet. I am going to miss Marshall. I am also very excited to start my career.

How the H.E.L.P. Program helped: The H.E.L.P. Program has helped me with all of my classes in my four years. I have been helped with papers, tests, and other assignments.

People I would like to thank: My parents and everyone at the H.E.L.P. center!

Advice for younger students: Never give up with school work!

Favorite quote: "Speed has never killed anyone, suddenly stopping does." –Jeremy Clarkson

Go Herd!

Ethan Peake

Degree and future plans: Political Science. My plans for the future are to someday run for US Senate to represent the great state of West Virginia. I also want to represent the interests of underappreciated groups, such as the American Merchant Marines, railroaders, and to make public the various abuses in the fashion industry.

How I feel about graduating: After six long, stressful years, I feel as though a tremendous weight has been lifted off my shoulders, and it feels GREAT!

How the H.E.L.P. Program helped: The H.E.L.P. Program has been a great help. The program's goal of assisting those individuals with learning and behavioral issues is vital, and I feel as though my grades would not be where they are today had it not been for the fine people here at the program

People I would like to thank: I want to thank all of my tutors here at H.E.L.P. who have managed to somehow maintain their sanity when working with me. This especially means Kim Corriher who has gone above and beyond in her level of helping me. I would also like to thank my friend, David Copeland, for his assistance in helping me in German. Most of all I want to thank my parents who have sacrificed everything to get me to where I am today!

Advice for younger students: Make the most of what HELP has to offer. Take advantage of extracurricular activities on campus. I wish I would have done more of both!

For more information about our services:

Contact Us

Marshall H.E.L.P. Program

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help@marshall.edu

Visit us on the web at
www.marshall.edu/help

How Can You Help?

As a 501c3 non-profit, the H.E.L.P. Program relies on the generous assistance and contributions, in whatever size or form, from people just like you to help us achieve our mission of ensuring that students with a specific learning disability and/or A.D.H.D. receive the academic support and assistance needed to help them succeed at Marshall University and beyond. In addition, we serve school-aged students and medical students. All of the staff, tutors, and students at H.E.L.P. offer their sincere appreciation for any help you may be able to provide.

If you would like to contribute to the H.E.L.P. Program, you may mail a check made out to “MU H.E.L.P. Program” along with your name, address, phone number and email address to:

Marshall University H.E.L.P. Program
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Remember, the H.E.L.P. Program is a 501c3 non-profit, so your charitable donation is tax deductible as allowed by law.