

In a world focused on things, we focus first on PEOPLE.

Fall 2017

FOCUS



Message from the dean



Fall semester in the College of Human Ecology was a busy one! We welcomed 443 visiting students from April to August for Orientation and Enrollment, and it has been a pleasure to see them become part of our Human Ecology family these past few months.

Along with new students and new faculty, we also have new spaces in Justin Hall as well. This issue of Focus highlights one of our strategic goals for undergraduates: transformational educational opportunities. In the college's K-State 2025 Strategic Plan, Goal No. 2 states: "To provide diverse educational opportunities including research, scholarship, creative activity and discovery experiences in health and human behavior to prepare students to be competitive for postgraduate opportunities, including employment and graduate education." In this issue, you'll hear what students say about how a transformational opportunity helped them advance their skills outside the classroom.

In my recent visits with alumni across the country, I make it a point ask about the unique opportunities they had while here at K-State and why those experiences were so important. I believe we should build on the quality education provided to Human Ecology students in the past and continue to push the academic opportunities to greater heights with a more competitive skill set and even better opportunities for our current students.

I encourage all of our students to find opportunities to advance their knowledge outside of the classroom. It is these transformational opportunities that shape our students in distinct ways. I also encourage our alumni to help foster these experiences by providing internships, mentorship or just friendly encouragement to our students.

Dean John Buckwalter

Tweeting dean

Dean Buckwalter is an avid tweeter. Throughout the year, he has the opportunity to meet with alumni, students, faculty and friends to hear about their experiences with @KState and @KStateHE. Follow @JohnBuckwalter1 on Twitter to hear some of these stories!



Great group of incoming @KStateHE students going through @KStateOE today. We are very excited you are here. Welcome to @KState! — at Justin Hall



A pleasure to spend the evening with awesome @KState @KStateHE alumni!



Follow the College of Human Ecology on Twitter @KStateHE

The educator's role is to assist learners in becoming aware and critical of assumptions.

trans ■ for ■ ma ■ tion ■ al learning

By Barbara Anderson, head of the Department of Apparel, Textiles, and Interior Design

The College of Human Ecology is proud of our legacy of improving human well-being through the efforts of our faculty, students and alumni. This edition of Focus highlights a sampling of recent activities beyond the classroom that we use to prompt transformational learning among our students.

By definition, transformational learning is “an idealized model of adult learning that distinguishes between learners as receptacles of knowledge versus learners who are actively engaged through critical reflection and discourse to question assumptions, expectations and context to achieve deeper meaning and new perspectives to guide their actions.” Jack Mezirow, originator of the theory of transformational learning, articulated three phases to the process of transformational learning: a disorienting dilemma or event; self-examination and questioning of beliefs and values; and exploration and implementation of new thoughts or actions.

Personal growth and change — often in significant ways — are the focus of teaching for transformational learning. We all develop an

understanding of the world through our lived experience. Sometimes we are taught our beliefs and values, and sometimes our personal experiences shape our beliefs and values. No matter how we arrive at our understanding of the world, that framework guides our decisions and actions. To function well in the ever-changing global society, individuals need to have the capacity to reflect on their perspective and change as they realize there are different ways of understanding and acting within the context of the situation at hand.

Every day our faculty provide transformational learning experiences through in-class activities, but they also provide opportunities to participate in activities beyond the classroom that allow students the opportunity to challenge their values and beliefs, examine other ways of understanding and explore new ways of thinking and acting. The out-of-the-classroom activities we highlight in this issue of Focus include faculty-led study abroad trips, internships for academic credit and undergraduate research.

"These experiences are important for students to gain cultural awareness and an understanding about our global community."

— Shawna Jordan

A visit to Split



Members of the K-State travel group met with the provost, far left, from the University of Split during their visit.

In the spring 2017 semester, Human Ecology students across various health-focused majors had the opportunity to visit Croatia along with Dean John Buckwalter and Assistant Dean Shawna Jordan. Students on the 10-day trip were nutritional sciences, athletic training and kinesiology majors.

This trip was an international health experience with the purpose of assisting students in broadening their perspectives on global health issues while also appreciating the differences when comparing the United States' health care system with a European model. While traveling, the students had opportunities to examine the biological, psychological, socio-cultural, economic, geographic

and political influences on health in a global world.

To enhance their educational experience, the group visited different cities throughout Croatia and talked with researchers who are conducting environmental physiology experiments. One location that played a very important role in the trip was the University of Split and its medical school. This university is unique because it offers an English-speaking medical school along with the Croatian medical school. Students spent time in the teaching hospital to experience and view the differences from a typical facility in the United States.

A few highlights of the trip included visits to hyperbaric

chambers, seeing the current diving research experiment, meeting with health care professionals and touring the facilities. The students were also able to explore the Klis Fortress at one point, which for "Game of Thrones" fans was very popular because it is where some of the show's episodes have been filmed.

Assistant Dean Jordan found that this traveling experience and insight to a different country and various cities benefited the students exponentially.

"These experiences are important for students to gain cultural awareness and an understanding about our global community," Jordan said. "I enjoy seeing the experiences through the eyes of our students who are traveling abroad for the first time. They begin to transform and see the world through a different lens. And the discussions that we had with the students during the trip about all of the experiences are one of the greatest highlights. These discussions allowed me to see the change occurring within the students."

Next year, a health experience trip to Paraguay will be offered. The college plans another trip to Croatia in 2019.



Across the pond

Education Abroad is a university-offered program that allows students to take their knowledge anywhere in the world. Learn how two students spent their summers taking their knowledge overseas.



Nicholas Bouzianis

Nicholas Bouzianis, junior in nutritional sciences, life sciences and pre-med, studied abroad in Kenya, Malawai, Tanzania and Zambia from Jan. 17-Aug. 2. For him, studying abroad has fostered an environment where he could explore larger questions about the world.

"K-State has done an excellent job preparing me academically for my future profession," Bouzianis said. "But learning information from a book or behind a desk in a lecture hall is often capable of doing only that, and that's why I wanted to go abroad."

When asked about the biggest thing he learned while away, Bouzianis said that the world is not as it is portrayed through the media.

"The façade that there is danger and strife lurking behind every corner is an ostensible one," Bouzianis said. "This, of course, is not the case everywhere in the world. Caution should be practiced when spending time in another country where everything is foreign to you — but generally speaking, the world is a safe place."

The most challenging part of the trip as a whole for Bouzianis was getting out of his comfort zone — and realizing that a comfort

zone is something that has been mentally constructed. When comparing cultural differences between Kenya, Malawai, Tanzania and Zambia, Bouzianis noticed that the people in Africa were much more intentional about building relationships than we are in America. Here at home, people avoid making eye contact or starting a conversation with a stranger. However, citizens in Africa seemed to be much friendlier and wanted to get the chance to know you better.

Some of Bouzianis' favorite memories from the trip included spending time with his host families. Meeting amazing people was at the top of the list.

"Nearly everyone I met was incredibly endearing and welcoming," he said. "I was essentially adopted as a member of any family that I visited, and this quelled most of my insecurities and the feelings that I didn't belong or that I was intruding. I did get attacked and have my food stolen by a baboon during my time in Victoria Falls National Park. This isn't my favorite memory, but most people haven't been attacked and burglarized by a baboon, so I thought it's worth sharing."

Bouzianis encourages students wanting to study abroad to abandon a structured program and plan your own trip that will better align your experiences with your interests, if your major works with it. Bouzianis continued his studies online through K-State Global Campus while he traveled Africa.



Rhiana Martin, senior in interior design, traveled to Dublin, Ireland, to study abroad for an internship over the summer months. Martin chose to study abroad because she wanted to experience workplace practices and learn design philosophies in Europe.

While away, the biggest lesson that Martin learned was to say "yes" to every invitation to meet new people. When one is studying abroad it's easy to feel isolated, but Martin said that she met some of the best people in Ireland that she would not have otherwise if she decided to stay within her comfort zone.

"Learning how to successfully budget money during those two months was difficult," Martin said. "I didn't think I would ever experience anything quite like living in a foreign country without a reliable income. I also worked in Dublin for a residential furniture showroom and interior design studio, and although I was the only intern, I was able to engage with clients, visit construction sites, and create 3-D models of residential projects. In the field of design, it is rare in the United States for entry-level designers to work closely with clients and their projects, which is why I chose to intern abroad."

In comparing the University College Dublin and Kansas State University, Martin said that Dublin is different from K-State's campus in a variety of ways. "One noticeable difference is that to get to the city center of Dublin, it requires a 30-45 minute bus ride, whereas K-State is only a 30-minute walk or so from downtown.

Studying abroad is life-changing for a lot of people, but one of the biggest aspects of it is how it can impact and influence you after college.

"By studying abroad in Dublin, I was able to engage with professionals in a European workplace environment," Martin said. "Because of this experience, I know that working in a European environment is not only available to me, but an opportunity that I am going to pursue after graduation."

Martin's advice to anyone wanting to study abroad during their undergraduate career is to "just do it." "There is no better time than now to push yourself out of your comfort zone and embark on a life-changing adventure," she said.



Rhiana Martin

In the field

Internships offer a firsthand experience of applying your classroom knowledge to real-world situations



Name: **Kelly Leheew**
 Year in school: **Fourth year**
 Major: **Family studies and human services**
 Internship: **K-State Research and Extension**



Name: **Brittany Haynes**
 Year in school: **Fourth year**
 Major: **Hospitality management**
 Internship: **Nashville Lifestyles magazine, Nashville, TN**

Why did you choose this internship?

I chose this internship because I was in 4-H for 12 years and I wanted to see what it was like from a different position in the organization. 4-H played a key role in my life as I grew up, so I wanted to make an impact on kids in the program, just as others had done for me.

What were a few of your favorite memories from your internship?

I think my favorite moments of my internship were the times when I had the chance to interact with the youth in the program. I loved teaching, helping them with their projects and being a familiar face that they were comfortable talking to.

What was the biggest takeaway you got from completing your internship?

The biggest takeaway that I gained from my internship was developing a new sense of respect for extension agents. They are tremendous leaders in the community and have additional responsibilities outside of 4-H. They truly are superheroes in their own right with a tremendous amount of dedication to youth and their community.

What piece of advice would you give to fellow students regarding internships?

I would like to encourage all students to give internships a try. They seem intimidating at first, but they can be a fun experience. Internships are awesome for exploring what you love.

Any other information you would like to share about your internship experience?

I had a great time in my internship and would encourage everyone to get out of their comfort zone and experience what the real world can offer college students through job shadowing, volunteering, part-time jobs or internships.

Why did you choose this internship?

I grew up outside of Nashville and knew that I wanted to be exposed to events in the city. Last summer, I interned with a wedding planner in Manhattan. I knew that in order for me to continue my passion for the industry, I needed to do something outside of my comfort zone and dive into a new city and make new connections that could open doors for me outside of Kansas.

What were a few of your favorite memories from your internship?

- 1) In case you didn't know, Nashville is a HUGE foodie city. New restaurants are opening daily, so throughout the summer I've got to explore these new places with connections I've made through the magazine. Before this summer, I had never in a million years dreamt of eating sushi. But, let me tell you: if your boss tells you to try something, you better buckle up and try it! I can now say that Nashville is the first and last place I will ever eat sushi!
- 2) We put on an event called "Nashville Influencers" in June that was basically a networking breakfast for businesspeople across the city. There was a panel of top influencers in the city that included the owner of the top restaurant, CEO of the convention and visitors bureau, a fashion designer, the Grand Ole Opry director, and a well-known city blogger. Before this internship, I had no idea how much hospitality majors are needed in big-time cities like Nashville. One of the panelists even said he wishes that a hospitality university open up in the city because the need for these types of people is so high right now. Hearing this not only made me feel a sense of relief, but it also gave me a whole new appreciation for my degree and K-State's hospitality management program.

Any other information you would like to share about your internship experience?

I would like to give a big shout out to Dr. Malek for not only pushing us to get the most out of our internships this summer, but also staying involved and checking in on us. Thank you!



Name: Hannah Willems
Year in school: Fourth year
Major: Kinesiology
Internship: Meadowlark Hills, Manhattan, KS

What was your favorite part of your internship?

My favorite part about the summer was getting to know the residents. Each one had such a unique story and it was so much fun being able to hear each of them. I also loved working with the Parkinson's boxing program and helping teach the other exercise classes.

What was the biggest takeaway you got from completing your internship?

The biggest thing I learned over the summer was that I love working with senior citizens and definitely would like to continue doing so in my future career.

What piece of advice would you give to other students looking at internships?

Put yourself out there and challenge yourself to do something you that maybe you didn't think you'd ever do. You might turn out to love it. And even if you don't, you can say you tried it and know you don't want to do that in the future.

fully prepared for the office environment when I secure a full-time position. Also, I had to challenge myself to ask questions when I was unsure about a task. The interior designers who I worked with were very helpful in answering questions that I had and that is when I learned the most.

What was the biggest takeaway you got from completing your internship?

The biggest takeaway was experiencing what it would be like to work in the professional world. I learned more about the design process and what role an interior designer has in making a design come to life. I learned that communication and collaboration skills are key to being successful. Through my internship, I had the opportunity to see what it is like working with architects, other designers and clients on one project. It confirmed that this career is the right choice for me because I enjoy working in groups on projects to create the best solutions. To see how people come together to make a design possible in real life was a beneficial part of my internship. It was also interesting to see how much I already knew about design, but also how much I learned in a short amount of time. This opportunity gave me more confidence in the skills that I do have, but also areas where I can improve so I can be fully ready for a job when I graduate.



Name: Maddy McClellan
Year in school: Fourth year
Major: Apparel and textiles, marketing specialization
Internship: Nisolo, Nashville, TN



Name: Kourtney Dowers
Year in school: Fourth year
Major: Interior design
Internship: Hoefer Wysocki Architecture, Leawood, KS

How were you able to secure this internship?

I first learned about Hoefer Wysocki Architecture at the Design Expo. When I learned that the firm is in my hometown, I thought that this could be a great opportunity for an internship. One of my interior design professors connected me with a K-State graduate who works at the company. What I really like about the interior design program at K-State is that our alumni are very involved and I am grateful that they are willing to assist students.

What was the most challenging part of your internship?

The most challenging part was that I have never worked in an office environment before, so everything was very new. From office protocols to technology and overall environment, it was an interesting learning experience. I appreciate having this opportunity this summer so that I am

Why did you choose this internship?

The ethicality of the company I was investing time with was really important to me. Nisolo does a great job combining things I care about: uplifting creators of the product, designing beautiful products and taking care of its employees and customers.

What were a few of your favorite memories from your internship?

I really loved getting to know my fellow interns. There were four of us total from across the country. It's been great seeing the people behind the brand. I really love going on taco runs with my co-workers. My one-on-ones with my supervisor also were really educational. My absolute favorite memory was when Nisolo hosted its sneaker launch party in our showroom. There was live music, food, drinks and a photo booth. It was absolutely a blast.

What was the biggest takeaway you got from completing your internship?

It was the first time I've had a vantage point from inside a company. I loved seeing what it takes to make such a huge system function. The people here are perfectionists about what they are offering their customers, and it really pays off. It was great to be a part of a cycle that gives customers a product that they can be proud of — from how it's made to how it looks.

What piece of advice would you give to fellow students regarding internships?

Look very, very thoroughly into housing for your internship. Make sure you know what you're getting yourself into. I would also recommend only apply to brands with which you have a connection.

“Seeing the diversity of the college’s research and witnessing the growth and confidence in students is one of my favorite things.”

— Michelle Towes, associate dean of research

New discoveries

Undergraduate research provides students the opportunity to further their knowledge



The undergraduate students were given three minutes each to present their findings to the graduate students, who served as judges. Graduate students presented to postdoctoral students and faculty members. Winners received scholarship money ranging from \$50-\$200.

Categories of research include hospitality management; food, nutrition, dietetics and health; kinesiology; apparel and textile management; interior design; and family studies and human services. The subcategories of those groups are social science, animal research, and communication sciences and disorders. Participating in this kind of research not only benefits the transformational learning aspect of the student, but it is also another way for students to understand the process, develop new knowledge, improve their critical thinking skills and give them the opportunity to get to know a faculty member outside of a classroom setting.

Extensive research and creativity within a particular field of study has become increasingly popular over the years at universities across the nation. At the College of Human Ecology, undergraduate and graduate students are given the opportunity to do research through the Office of Undergraduate Research & Creative Inquiry on a topic that relates to their area of focus, work with a faculty member on said project and then present it at the end of the year for a scholarship prize.

Research and creative inquiry are defined as scholarly, collaborative, authentic, original work or an assessment from a new point of view conducted by a students or group of students within a mentored environment for the purpose of publicly disseminating the information through a university seminar, poster/oral conference presentation, performance exhibition and/or publication.

Last year, around 130 students from Human Ecology enrolled in the research exploration class. To showcase their research, students are invited to display and discuss their research during the Research, Scholarly and Creative Activity, and Design, or RSCAD, Forum. Fifteen students from the college’s master’s and doctoral programs and 22 undergraduate students presented their research posters at the forum. Michelle Towes, associate dean for research and scholarship who oversaw the forum, describes her passion throughout the entire process is working with undergraduates.

“Getting to see the diversity of the research in the college and witnessing the growth and confidence build in the students is one of my favorite parts,” Towes said. “I hope to see more students become interested in the research forum and join us in the future.”

During their presentations, students were evaluated on the following criteria: the posters’ content and effective communication; design work of displays; written content; and the format of the poster.

This year’s first-place winner of the Graduate Student Research and Creative Inquiry Forum was Jesse Stein, doctoral student in kinesiology, who presented his poster on the “Effect of physical activity on health and fitness in firefighters.” The first-place winner of the Undergraduate Research and Creative Inquiry Forum was senior Emily Andrews, who had the best creative inquiry presentation for her project, “Rooted: naturally dyed meditation garments.”

The following also placed in the College of Human Ecology’s Graduate Research and Creative Inquiry Forum:

- Brittany Hollerback, doctoral student in kinesiology, received second place for her poster, “The first twenty exercise training program and firefighter recruits’ fitness and health.”
- Rebecca Gasper, a master’s student in public health, received third place for her poster, “Physical activity messages in population magazines: A cross-sectional analysis by target audience.”

Additional winners from the College of Human Ecology’s Undergraduate Research and Creative Inquiry Forum:

- Shelli Brannan, senior, best apparel, textile, and interior design research poster, “Light and learning: Effects of lighting conditions on children with ASD.”
- Alec Butenas, kinesiology, best food, nutrition, dietetics and health/kinesiology research poster, “Chronic limb ischemia exaggerates the increase in blood pressure during dynamic muscle stretch in decerebrate rats.”
- Lara Hoss, junior, best family studies and human services research poster, “Parental factors as predictors of dating violence among adolescent parents.”

Undergraduate research opportunities helping students shape career plans

With the hopes of setting himself apart with his application to medical school, Alec Butenas, senior in kinesiology, decided to invest his time in research. As a junior, Butenas joined Steven Copp, assistant professor of kinesiology, and four graduate students in the lab to study peripheral artery disease, also known as PAD. More specifically, Copp and his team are studying exaggerated reflex responses to exercise by simulating PAD in blood pressure, nerve activity and heart rate. Their research will pave the way for future human studies to find medicine that will attenuate these exaggerated reflex responses in the over 8.5 million Americans currently diagnosed with PAD.

"I didn't realize when I sought an undergraduate research position that I would become so infatuated with being at the forefront of our current scientific understanding," Butenas said. "I'd say that this is what has kept me so interested in research today."

Butenas has not only benefited from the experience of the research itself, but he has also gained a mentor in Copp, who has helped him throughout his time in the lab.

Asked why he continues to do research today, Butenas said he thrives on the challenge. "I love the idea of constantly being challenged with our current understanding," he said. "In research, one is not learning from someone else's work, but rather one is at the forefront of scientific ignorance and coming up with conclusions based off of scientific evidence. The best thing about doing research is applying what you've learned in the classroom at the frontier of knowledge."

Lara Hoss, senior in family studies and human services, first became interested in a research opportunity her freshman year of college. She went to a marriage and family therapy — now couple and family therapy — seminar, which stressed the importance of getting involved in research during one's undergraduate years.

Hoss took the advice to heart and joined a research team her freshman year. During her sophomore year while taking a family violence course, she discovered that dating violence was a topic she needed to know more about.

The basis of Hoss' research involves adolescent parents and dating violence. Hoss works as part of a team with Michelle Toews, associate dean for research and scholarship, Kristin Anders, a postdoctoral faculty member, and Eric Goodcase, a doctoral student.

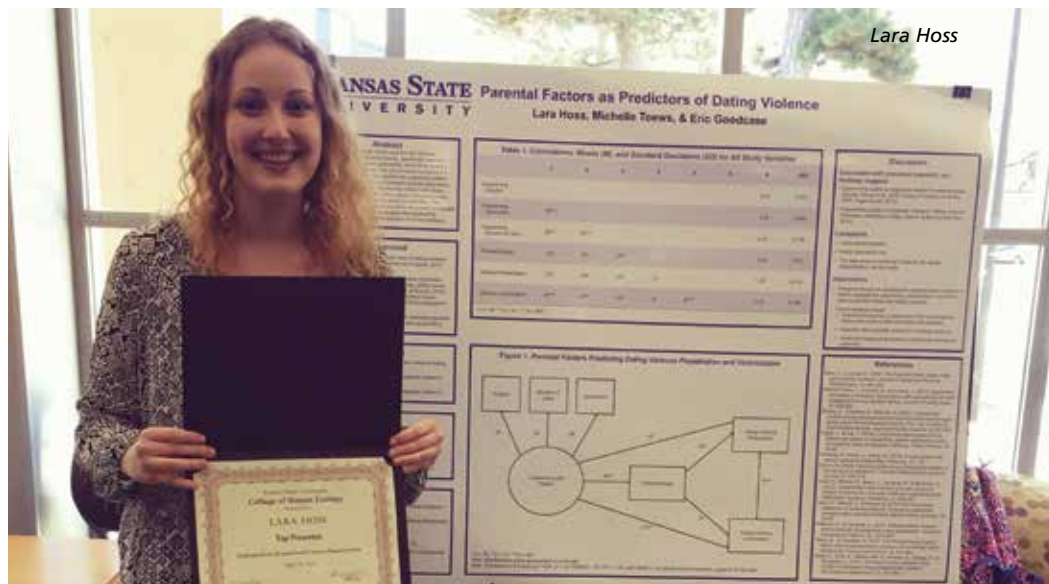
"When I joined Dr. Toews' research team last August, she provided me with the data she collected from her Relationship Education program. I looked through the data and came up with some research questions, such

as how does co-parenting and parental stress affect dating violence in teen/parent relationships," Hoss said.

Being part of a research team provides more to Hoss than just answers to her questions. "The best thing about doing research is the self-exploration," Hoss said. "Dr. Toews gave me quite a bit of freedom when choosing my topic, which allowed me the opportunity to learn about something that intrigued me. If you have a desire to learn, research is a great opportunity."

Engaging in research also helps one explore topics of interest, which for Hoss, may help her find a population that she would like to work with in the future. "Overall, what I hope to gain is hands-on experience that will prepare me for the research I will be doing during graduate school," she said.

Following graduation, Hoss plans to apply to graduate school to study couple and family therapy.



Lara Hoss



Alec Butenas

"I gained the most knowledge about understanding others' perspectives."

— Megan Ochoa

Developing leaders

Two Human Ecology students attend Leadership Honors Bootcamp in Washington, D.C.

At the end of the 2017 spring semester, Human Ecology students Megan Ochoa and Darah Portenier had the opportunity to attend a Leadership Honors Bootcamp in Washington, D.C. The bootcamp is an intensive five-day program for university students that provides the skills needed to effectively lead others at their schools and in their communities.

Encompassing five different modules, the Leadership Honors Bootcamp focuses on understanding the dynamics of group behavior, becoming an intentional leader, developing yourself as a leader, putting new leadership skills and strategies to work, and

how to engage the whole and create buy-in.

"The Honors Leadership Bootcamp encompassed so much information about leadership as well as how to work in groups, organize and facilitate events, and understand others through their perspective," said Ochoa, a junior in nutrition and health.

"The program is not the typical leadership program, but rather it works to help meet individuals where they are and grow from there. As members of an all-girls

group of

10, we focused on what it means to have confidence in our abilities, to become facilitators, give feedback to others, and learn what our leadership styles are. I gained the most knowledge about having effective communication, theories about various group settings and how to enhance meetings, as well as understanding others' perspectives."

Carolyn W. Jackson, chair of the advisory board for the Leadership Honors Bootcamp, is a K-State alumna. Jackson has a Bachelor of Science in home economics education and a Master of Science in family economics. Her professional mission is to guide young professionals to develop skills for success with a focus on process to get results.

Both Ochoa and Portenier, who is a junior in communication sciences and disorders, were able to translate what they learned at the honors bootcamp and relate it back to K-State very easily. As Ochoa puts it, "The motto for the College of Human Ecology is 'In a world focused on things, we focus first on people.' I think this is very important to remember not only as students on the council but as we go out into the world. I saw our motto used at the honors bootcamp by K-State alumna Carolyn Jackson as she invited us to her home and welcomed us in as though we were all family."

Portenier added, "Throughout my first few weeks back at Kansas State University, I have been able to translate many of my skills I learned at honors bootcamp. I specifically have worked on trying to be more 'present' within all aspects of my life as a K-State student. Being 'present' was a concept that we talked about, as many of us tend to get so immersed in everything that we have going on tomorrow, next week or next month, that we forget to truly be 'present' in the here and now. I am continually working on being more present within the organizations that I am involved in, my coursework and in my relationships with my peers, friends and family."



Megan Ochoa, third from right in back row, and Darah Portenier, second from right in back row, with students attending the Leadership Honors Bootcamp.



Megan Ochoa, left, and Darah Portenier in front of the Capitol in Washington, D.C.

Very hospitable gesture: New scholarship continues couple's teaching legacy

College of Human Ecology students, especially those in hospitality management, are quite familiar with the names Pat Pesci, or "Mr. P." and Betsy Barrett, or "Dr. B."

Pesci, director emeritus and instructor of the hotel and restaurant program, spent 25 years at K-State, retiring in 2015. He was known as "Mr. Manners" for the many dining etiquette workshops he led.

Barrett taught hospitality management and dietetics courses at K-State from 1993 until her retirement in 2015. She is responsible for bringing one of the most popular courses to campus, Introduction to Wines, in 2001.

Though this couple stepped away from the classroom after a combined 62 years of service to the university, they still continue to provide educational opportunities for students. The Patrick H. Pesci and Elizabeth B. Barrett Study Abroad Scholarship is for undergraduate and graduate students in hospitality management or dietetics who want to study abroad.

"We wanted to give students in these programs the opportunity to study abroad at least once in their college career," Barrett said. "Studying abroad expands educational growth. Students get to experience a different culture from their own and discover the American way is not the only way people live."

K-State provided Pesci and Barrett with the opportunity to travel to many different countries and share the experiences with students.

"We have been lucky to take students to both France and Italy, and we have been able to grow as people and educators because of these trips," Barrett said.



Inspiring the future: Going above and beyond \$1 billion

The Innovation and Inspiration Campaign will continue to support K-State's vision of being recognized as a Top 50 public research university by 2025, but will now focus on three key areas which complement the 2025 vision: the land-grant mission of making education accessible and affordable, building on our areas of strength through interdisciplinary programs of excellence, and ensuring a legacy of success through long-term investments.

The Innovation and Inspiration Campaign is instrumental to meeting the College of Human Ecology's 2025 goals."

— John Buckwalter, Ph.D., dean



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If you are interested in investing in the College of Human Ecology at Kansas State University, please contact Dana Hunter, director of development, at 785-532-7291 or danah@found.ksu.edu.

Recognizing Excellence



Friend of the College: Meadowlark

Meadowlark is a not-for-profit organization devoted to caring for the seniors in the Manhattan area by providing senior living services and wellness programs, as well as a full spectrum of senior living options at Meadowlark Hills, its continuing care retirement community. Meadowlark and the College of Human Ecology have been longtime partners, working to improve the quality of life for older Kansans and identifying and responding to the challenges and opportunities of an aging society.



Entrepreneur Award: Brett Bartholomew

Brett Bartholomew, a K-State graduate in kinesiology, is a strength and conditioning coach, author, consultant and founder of the performance coaching and consulting company The Bridge Human Performance in Atlanta, Georgia.



Executive Leadership Award: Greg Ward

Greg Ward, a 1969 K-State graduate in restaurant management, is a current franchise owner of Wendy's in Pittsburg, Kansas, and a co-franchiser of three T.J. Cinnamons Bakery locations in Denver, Colorado, and Tulsa, Oklahoma. His restaurant career began with Gilbert-Robinson Restaurants in Kansas City where he worked for more than 14 years, rising from assistant manager to vice president of marketing and specialty restaurants.



Distinguished Research Award: Barbara Stoecker

A K-State alumna in home economics education,

Barbara Stoecker is regents professor of nutritional sciences and Marilyn Thoma chair in human sciences at Oklahoma State University. An expert on micronutrient requirements, she was a member of an Institute of Medicine panel to establish the recommended dietary intakes for micronutrients. Stoecker was initiated into the Oklahoma Higher Education Hall of Fame in 2016.



Rising Professional Award: Josh Mathiasmeier

Josh Mathiasmeier, a 2011 K-State graduate in

nutrition and dietetics, is a registered dietitian and director of nutritional services for USD 500, the public school district in Kansas City, Kansas. He works to increase food quality and customer satisfaction with the 32,000 meals his staff serves daily throughout the district.



Public Advocacy Award: Dana Weaver

Dana Weaver, a 1998 K-State graduate in business administration and

gerontology with an emphasis in long-term care, is the chief operating officer of LeadingAge Kansas. Weaver works with nearly 160 not-for-profit aging services providers dedicated to serving the needs of aging Kansans.



Celebration of Excellence recognizes six award winners



For the annual Celebration of Excellence Dinner, Hoffman Lounge became unrecognizable. This year, third-year interior design students were tasked to transform the space.

"Although it was not a typical interior design project, this opportunity allowed the students to work with a real client, a real budget, a real schedule and they were able to see and help with the installation," said Michael Dudek, associate professor of interior design.

Three teams took the first two weeks of school to create three different concepts that could be created using the same materials. While their focus was on the overall room transformation, they also had to provide recommendations from everything to the linens and place settings to the centerpieces. The students were challenged to find economical items that could be reused and revamped in many different ways.

After all presentations were completed, parts of each presentation were chosen as the winners of the competition.

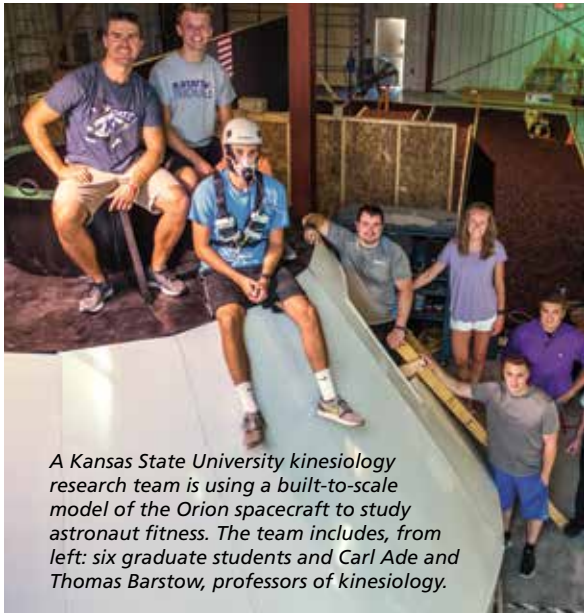
"Our students were incredibly impressive in utilizing the skills they have learned in their classes," said Dana Hunter, director of development for the college. "Our guests were delighted to see

both the interior design and hospitality management programs team up to create such an inviting atmosphere and deliver a delicious meal and fun service."

While the interior design students were working on the visual aspects of the evening, the hospitality students were busy in their new quantity foods lab kitchen prepping for their first night of service. The Celebration of Excellence dinner was the first use of this newly installed kitchen, which received its occupancy just two days before the event.

While the students helped to make the event special and new, the event's main focus was to welcome prestigious alumni and friends back to the college. Six alumni and friends were back on campus to not only accept their awards, but also to meet and socialize with students and faculty in their given profession. The award winners spent time speaking in classes, attending socials and presenting lectures in their short time on campus. These award winners were selected as winners as they whole-heartedly put the mission of the college in the forefront of their work: "In a world focused on things, we focus first on people."

In short: A quick look at what's going on in the college



A Kansas State University kinesiology research team is using a built-to-scale model of the Orion spacecraft to study astronaut fitness. The team includes, from left: six graduate students and Carl Ade and Thomas Barstow, professors of kinesiology.

David Ammerman, doctoral student in personal financial planning, and **Morey MacDonald**, professor of personal financial planning, won the Certified Financial Planner Board of Standards' American Council on Consumer Interests' Financial Planning Award.

Sarah Asebedo, recent doctoral graduate in personal financial planning; **Martin Seay**, assistant professor of personal financial planning; and **Kristy Archuleta**, associate professor and director of personal financial planning, won AARP's Public Policy Institute Financial Services and the Older Consumer Award.

John Buckwalter, dean of the college, was re-elected to the board and elected chair for the Board of Human Sciences within the Association of Public and Land-grant Universities, APLU.

Kelsie Carpenter, recent bachelor's graduate in kinesiology, was named the American Kinesiology Association's Undergraduate Scholar.

Kim Hiller Connell, associate professor of apparel, textiles, and interior design, received the college's Myers-Alford Teaching Award.

Shane Hammer, doctoral student in kinesiology, was named the American Kinesiology Master's Scholar.

Josh Harper, **Courtney Hoffman** and **Dayton**

Schmazried, seniors, and **Aubrianna Graham**, junior, all in personal financial planning, won the Edward Jones challenge in St. Louis.

Stuart Heckman, assistant professor of personal financial planning, received the university's Big 12 Faculty Fellowship Award.

Katie Heinrich, associate professor of kinesiology, received the college's Faculty Research Excellence Award.

Peggy Honey, associate professor of interior design, has accepted the coordinator role for Faculty Exchange for Teaching Excellence, or FETE, with the Teaching and Learning Center.

Nolan Keim, senior in personal financial planning, received a TD Ameritrade \$5,000 scholarship. He was one of 12 recipients nationwide.

Stephanie Kurti, recent doctoral graduate in kinesiology, was named the American Kinesiology Doctoral Scholar. She also won the university's Presidential Award for Excellence in Undergraduate Teaching, the University Distinguished Professors' Graduate Student Research Award, and the university's Golden Key Outstanding Graduate Teaching Assistant of the Year Award.

Kristin Malek, assistant professor of hospitality management, received the university's Mentoring Fellowship Award.

Terrie McCants, clinical associate professor of family studies and human services, received the Acorn Award from the Heartland Mediators Association.

Timothy Musch, university distinguished professor of kinesiology, received an Environmental and Exercise Physiology Section Honor Award from the American Physiological Society. He also was named a university distinguished professor in May 2017 and received the college's Faculty Research Excellence Award.

Brianna Nelson-Goff, professor of family studies and human services, became an honorary inductee to the Noncommissioned Officer Corps with the U.S. Army.

Bryan Orthel, assistant professor of interior design, received the university's Commerce Bank Undergraduate Teaching Award.

Michael Ottenbacher has been named head of the Department of Hospitality Management and he will be a Mary L. Vanier endowed professor. He will begin his duties Dec. 1.

David C. Poole, professor of kinesiology, received the Edward F. Adolph Distinguished Lectureship Award from the Environmental and Exercise Physiology section of the American Physiological Society.

Sandra Procter, assistant professor of food, nutrition, dietetics and health, and extension specialist, received the college's Faculty Extension Excellence Award.

Sara Rosenkranz, assistant professor of food, nutrition, dietetics and health, received the Dean Barbara S. Stowe Endowed Faculty Development Fund Award. This award was established to support outstanding faculty in their pursuit of professional growth. Rosenkranz also received the college's Dawley-Scholer Award for Excellence in Student Development.

Kevin Sauer, associate professor of food, nutrition, dietetics and health, was elected as the director-at-large for the Academy of Nutrition and Dietetics. He recently served this organization on the Code of Ethics Task Force.

Joshua Smith, recent doctoral graduate in kinesiology, received the American College of Sports Medicine Charles M. Tipton Outstanding Graduate Student Research Award.

Phil Vardiman, associate professor and director of the athletic training program, served as an athletic trainer on the medical staff for the USA Track and Field team at the Olympic Games in London, England.



PROFESSIONAL MENTORING

MAKE AN IMPACT THROUGH MENTORING!

Alumni and friends of Kansas State University with three or more years of professional experience and a desire to share their knowledge are invited to be professional mentors in the College of Human Ecology.

Provide feedback, guidance and expertise to mentees in the following areas:

- *Career-readiness skills*
- *Professional presence*
- *Career and volunteer opportunities*
- *Professional networking*
- *Career resources*

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Austin Anderson

Professional Mentoring Program Coordinator
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David Thompson, teaching associate professor of family studies and human services, received the Kansas Association of Teachers of Family and Consumer Sciences and the Kansas Association for Career and Technical Education's Postsecondary Teacher of the Year awards and was recognized at their summer conferences.

Michelle Toews, associate dean for research and scholarship, received a Career Achievement Award from the College of Education and Human Ecology at her alma mater, Ohio State University.

Phillip Vardiman, director of the athletics training program, was named the 2016 Kansas Athletic Trainer of the Year by the Kansas Athletic Training Society.

Marlene Verbrugge, research assistant professor of family studies and human services and director of 4-H Military Partnerships, received the Excellence in Engagement Award from the university's Provost Office and the Center for Engagement and Community Development.

Tracee Watkins, doctoral student in Hospitality Management, was awarded the James Beard Foundation's \$20,000 scholarship. She was one of 10 to be awarded from across the nation.

New faculty and staff

The college welcomes the following new staff members:

Austin Anderson, mentoring coordinator in the Dean's Office

Gina Besenyi, assistant professor of kinesiology

Scott Dietrich, assistant professor of athletic training

Renee Fehr, instructor of family studies and human services

Anthony Ferraro, assistant professor of family studies and human services

Becky Gilmore, academic advisor for kinesiology

Marcie Lechtenberg, director of the Family Center and assistant clinical professor of couple and family therapy

HanNa Lim, assistant professor of personal financial planning

Jill Parker, academic advisor in family studies and human services

Kiersten Wukitsch, student development assistant in family studies and human services

Upcoming events

Fall Semester

Present-Dec. 16 The Historic Costume and Textile Museum's exhibition "Thrifty Style" is on display at the Marianna Kistler Beach Museum of Art.

Spring Semester

March 6-8, 2018, Hospitality Summit hosted by the Department of Hospitality Management.

April 7, 2018, All-University Open House.

April 12-13, 2018, Symposium hosted by the Department of Apparel, Textiles, and Interior Design.

April 21, 2018, Travel and Dining Auction.

May 11, 2018, Spring Commencement Honors and Awards Reception.

May 12, 2018, Spring commencement.





Dean John Buckwalter had the unique opportunity to have the last four living deans of the College of Human Ecology meet in Justin Hall this summer. From left are Barbara Stowe, Carol Kellett and Virginia Moxley.



The Department of Hospitality Management greets students with Call Hall ice cream during their first week back at school.



Students enjoying a morning snack during the Week of Welcome.