



IUP Counseling Department Newsletter

A semi-annual newsletter for the IUP Department of Counseling alumni and students



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Welcome to the Winter 2010-11 edition of the Counseling Department newsletter. I am amazed that I have been editing this newsletter for 17 years, and am in my 30th year at IUP. I want to share some exciting news - For the second time in 7 years, IUP's Department of Counseling was named the **Outstanding Counselor Education Preparation Program** by the Pennsylvania Counseling Association (PCA) at its annual conference in October 2010. Drs. Holly Branthoover and Michelle Bruno, accepted the award on behalf of the department at PCA's forty-second annual conference in State College. The Department of Counseling was also honored with this award in 2003. Our chairperson, Dr. Claire Dandeneau said, "To be selected for this honor twice in seven years is quite humbling and a testament to the caliber of our program. The ongoing support from our dean, Dr. Mary Ann Rafoth, helps to facilitate our efforts. The faculty greatly appreciates Dr. John McCarthy's work in submitting the application for this award."

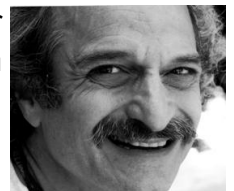
Further exciting news is that for the first time, in addition to our evening programs, we are recruiting students, to begin Fall 2011, for **full-time day programs; we are adding a school counseling daytime cohort on the Indiana campus, and a community counseling daytime cohort at Penn Center (Pittsburgh area campus)**. Students will take three courses per semester during the day providing another option to complete a counseling degree at IUP. As alumni continue to be our top recruiters, we appreciate you sharing this new program option, as well as our evening program with potential applicants.

We are also hard at work, under the leadership of Dr. L'Amoreaux, preparing curriculum proposals to expand our programs to 60 credits, move the school counseling degree program to a K-12 certification, and rename the community counseling program, "clinical mental health counseling." Curriculum changes address revised CACREP and PDE standards.

I want to share that my friend and colleague, **Dr. Robert Ackerman**, IUP Sociology Dept. and Director of MAATI / MARTI is leaving IUP, after 28 years, to become program director of the Human Services program at the Univ. of South Carolina Beaufort. Many of our alumni have attended workshops offered and coordinated by Dr. Ackerman.

Alum **Jennifer Conte** (MA, 2008), currently a doctoral student at Ohio University has been in a temporary faculty position teaching courses at Penn Center and Indiana. Jen has been a welcome addition. The faculty and I wish you a wonderful holiday and healthy new year!

Bob Witchel



Faculty News

Dr. Desmond and her family have been keeping busy with two little ones. Mason started preschool this year which jump-started his desire to become even more



independent. We are all learning to be more patient as he tries out his new skills. Maya is 6 months old and is still working out her sleep cycle. Needless to say, there have been some sleepless nights!

Dr. Desmond was promoted to Associate Professor this fall and is applying for tenure. She had an article titled "Student Reflections on the Journey to Becoming a Supervisor" accepted for publication in *The Clinical Supervisor* journal. She also gave two presentations at the second annual International Virtual Conference on Counseling in Second Life through the use of an avatar.

Nationally, Dr. Desmond is a CACREP on-site team member. She reviews counseling programs across the country for compliance with the standards. She continues to serve as a grant reviewer for the Dept. of Education. She is also honored to be on the editorial board for the *Journal of Counselor Preparation and Supervision* for the North Atlantic Assoc. for Counselor Education and Supervision.

Dr. Desmond continues to serve as co-chair of the Counseling Alumni Advisory Board. We are talking with board members about holding meetings in both our Indiana and Penn Center locations. If you have an interest in serving on the board please send an email to kdesmond@iup.edu. Best wishes for a happy and healthy 2011!

Dr. Witchel just returned from the "Brief Therapy" conference sponsored by the Erikson Foundation, in Orlando, FL. Keynote speaker was Thomas Szasz, MD, Bob wrote a paper on Szasz's book, *The Myth of Mental Illness* for a class in his master's program in 1970. Dr. Szasz will be 91 years old in April.

Dr. Branthoover, as President of PCA, had the opportunity to speak as the opening keynote in March 2010 at American Counseling Association (ACA) Conference and Exposition which was held in Pittsburgh, PA. The conference was co-sponsored by ACA and the PA Counseling Association (PCA). In addition, PCA held a successful reception for over 200 people on Friday evening at the conference. Many IUP students and alumni were in attendance. As PCA President, Dr. Branthoover has served as the PA representative to the North Atlantic Region (NAR) of ACA. During the NAR meeting at ACA, Dr. Branthoover was elected to serve as the Chair-Elect for North Atlantic Region for the term 2010-2011. In July, Dr. Branthoover, along with Drs. Desmond and Bruno, published an article titled *Strategies to Operationalize CACREP Standards in School Counselor Education* in *The Journal of Counselor Preparation and Supervision*.

In the fall, she conducted two professional presentations. At the annual PCA conference, she spoke on *Crisis intervention and disaster mental health: What you didn't learn in graduate school*. At the bi-annual NARACES conference in New Brunswick, NJ, she presented a poster session on *A balancing act: Addressing the needs of students and sites in off-site practicums*. Dr. Branthoover continues to volunteer for the Southwestern PA Branch of the Red Cross, to maintain her private practice in the Pittsburgh area, and to serve as the counseling department's Practicum Coordinator.

Dr. Kirsten Murray and her family welcomed Augustus Samuel Murray (pictured below) into the world at 11:34 p.m. on July 30th, 2010.



Dr. McCarthy: I have had the good fortune of many travels since the last newsletter. They have been filled with many things that I am trying to bring to the classroom in various ways. As the Chair of the Center for Credentialing and Education, a corporate affiliate of the National Board for Certified Counselors (NBCC®), I presented at counseling conferences in Malaysia and China. At the conference in Beijing, I had the wonderful opportunity to meet and spend time with Dr. John Krumboltz, who was gracious enough to allow me to interview him on his most recent career theory. (It's very interesting in case you haven't read it.)

I also continue to serve as an International Scholar in the Higher Education Support Program and am in my second year in working with Yerevan State University in Armenia (see picture on page 6). My most recent trip there was coupled with a regional meeting of professors from Eastern Europe and Central Asia. I certainly get a tremendous amount from these interactions. Finally, I will be on sabbatical in the Spring and will be spending my time with faculty in the Counseling programme (no typos!) at the University of Cambridge. It should be an exciting UK venture for me professionally and for my entire family that, I'm sure, will only bring about many fruitful outcomes.

Dr. Laura Marshak received the 2009-2010 faculty recognition award in the College of Education and Educational Technology (pictured with Dr Dandeneau below). Dr. Marshak was also awarded United Jewish Federation Shore/Whitehill Award for her work as a professional adviser to Friendship Circle, established in Pittsburgh in 2006 to help children and young adults with special needs to become more fully integrated into the broader community.

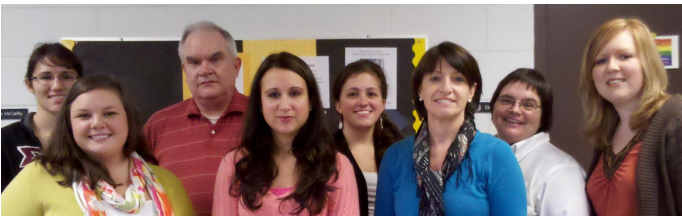


Spotlight on Students

The Counseling Education Student Association (CESA) is a representation of Counseling graduate students. Our goal is to increase communication between students, the department, and the university. CESA members work to create change within the university and the community. We recently completed a clothing sale and are planning to adopt a family for Christmas. Future goals include Bowl for Kids' Sake and a fundraiser at the Brownstone that will benefit Pathways. CESA also plans to purchase software for the Counseling library and to host a social event for all Counseling students.



Penn Center CESA: Front Row- Julia Rodgers (president), Jamie Eller (service/social chair). Back Row- Lynde Rozier (treasurer), Andrea Stewart (secretary), Connie Kramer (vice president), Dr. Cato (faculty advisor). Members (not pictured)- Sara Affalter, Heather Duncan, Caroline Fuller-Tripodi, Casey Ritenour, Alicia Schmidt, Kristina Taylor.



Indiana CESA: Front Row- Abby Jackson, Ashley Prokop, Heidi Cressley. Back Row: Ashley Rossi, Jim Ellermeyer, Abby Mailliard, Dr. Claire Dandeneau, Heather Smith. Members (not pictured)- Lyndsay Dzugan, Melissa Beck, Jason Mangold, Don Henry, and Stephanie Stahl.

Douglas Thomas has accepted employment as the school counselor at Veritas Academy in South Bend, IN. Veritas Academy is a K-8 charter school with plans to expand into the high school grades over the next several years. It was the first school granted a charter in the state of Indiana in 2002. Doug was a member of the Penn Center School Cohort 3 and is scheduled to graduate in December 2010.

K-12 School Counselor Certification

This year we are pleased to announce that, for the first time in the counseling department's history, a few school counseling students at Penn Center will be graduating with both elementary (K-6) and secondary (7-12) counseling certification. These students were required to take four additional classes (two of which were additional practicum experiences), as well as the completion of a 600 hour internship that consisted of 300 hours elementary and 300 hours secondary, totaling 57 credits. **The Department of Counseling is proposing that the school counseling degree become a K-12 certification program.**

Congratulations to Heather Duncan, Alicia Schmidt, and Lisa Tatone who will be graduating this December as the first school counseling students at I.U.P to complete the K-12 Bridge program, and Alissa Smith, who will be following in their footsteps when she graduates this spring, and Sarah Leiendecker who plans to graduate the following year.

Heather Duncan is currently completing her secondary internship at Highlands Middle School in Natrona Heights, and her elementary internship at David Leech Elementary in Leechburg.

Alicia Schmidt is currently completing her secondary internship at Baldwin High School in the Baldwin-Whitehall School District, and her elementary internship at Neil Armstrong in the Bethel Park School District, as well as Harrison Middle school in the Baldwin-Whitehall School District.

Lisa Tatone is currently completing her secondary internship at Derry Area High School, and her elementary internship at Derry Area Middle School and Grandview Elementary in the Derry Area School District.

Heather, Alicia, and Lisa said they feel honored and privileged to be the first school counseling students to graduate from I.U.P with K-12 Certification. They go on to state that there were many hectic and challenging moments throughout the process, but that the experience that they have gained is priceless. They feel that having both levels of certification has opened up a wide range of possibilities and job opportunities that would not have been possible without completing the K-12 bridge program. They acknowledged that they are grateful to their cohort members who helped pursue the creation of the K-12 bridge, and for their professors who stood behind them and helped to make the K-12 bridge a reality.

IUP Welcomes New and Returning Graduate Assistants!

Kyle Bellinger earned his Bachelor of Social Work from Mansfield University. Kyle is enrolled in the Secondary School Counseling track and is currently interested in Gestalt theory, group counseling with adolescents, and Attention Deficit Hyperactivity Disorder. As Dr. Carone's GA, he helps with the new student orientation, the GA interview process, and the pregnant and parenting teen workshop. Dr. Carone and Kyle also presented at the PCA Conference in State College on October 17th, 2010 on using the "here-and-now" process in groups with children. In his spare time, Kyle enjoys watching his favorite sports teams, the Indianapolis Colts and the New York Mets. He also enjoys spending time with his wife Faith and their two cats Max and Reese, singing, and attending Elmira Jackals Hockey games with his brother.

Heidi Cressley earned her B.S. in Communications/Public Relations from Slippery Rock University. She is currently enrolled in the Community Counseling Program and her professional interests include teen depression, and family and adult counseling. She is a member of CESA and ASCA and volunteers for teen ministries at her church. As a GA she works for Dr. McCarthy at the Center for Counselor Training and Services. In her free time, she enjoys watching her son, Corban, play football and basketball for Punxsutawney Area High School, visiting her daughter, Aubren, at Anderson University in Anderson, IN, walking, biking, and being a part of her church's drama team.

Rebecca Rose Hahn earned a B.S. in Psychology with a minor in English (Magna Cum Laude) from the University of Houston. Rebecca is enrolled in the Community Counseling Program at Penn Center, where she also works as a GA for Dr. Bob Witche. She assists with the IUP website, the counseling alumni newsletter, and with Dr. Witche's book on Intersexuality. Rebecca's professional interests include human sexuality, adolescents, mental health, the justice system, and counseling theories. Currently, Rebecca is a Psychosocial Rehabilitation Specialist. Rebecca was an ESL teacher and was a counselor for Children's Protective Services. In her free time, Rebecca enjoys jumping on the trampoline with Xavier (her nine-year-old son), outdoor activities, creative writing, and traveling.

Moira Jackson earned a B.A. in Sociology with minors in Psychology and English from Saint Vincent College. She is enrolled in the Secondary School Counseling program. Her interests include bullying in schools, multicultural awareness, and working with at-risk youth. She is a GA for Dr. Dandeneau and helps with research, website development and, departmental projects. Lately, she has been collaborating with GA Alex Nocella, Dr. Dandeneau, and Dr. Guth with constructing and organizing Professional School Counselor Development Day on campus. The topic of the program this year will focus on the helpful uses of social media and its relevance to the ASCA domains. Moira also plans to work with others to present on two topics at PSCA in the spring including CACREP programs and their incorporation of disability courses, and a variation of the social media presentation that will focus on the positive and negative uses of social media in school counseling. Alex enjoys attending concerts, watching movies, creative writing, and snowboarding.

Connie Kramer received her B.S. in Early Childhood Education and is enrolled in the Community Counseling program at Penn Center. Her areas of interest include marriage and family, cyberbullying, parenting and eating disorders. As an GA for Dr. Michelle Bruno, Connie's responsibilities include helping with PCA materials, and assisting with class preparation. Connie is currently vice president of the Monroeville branch CESA, and a member of PCA and ACA. She is a certified group exercise instructor and a certified Pilates instructor. Connie spends her free time driving her three teenagers to activities, hiking in the park with her two dogs, gardening, reading, and playing Scrabble.

Megan Kulish earned her B.S. in Psychology with a minor in English Literature from University of Pittsburgh-Johnstown. Megan is currently enrolled in the Elementary School Counseling Program and is interested in children with disabilities and child abuse and neglect. As a GA for Dr. Laura Marshak, she is helping to get a book published on children with disabilities, she also helps with a variety of research, writing, and presentations. Megan plans to present at PSCA on CACREP schools that incorporate disability courses. Megan is a member of Psi

Chi, CESA and Chi Sigma Iota. In her free time, she enjoys attending a workout class, spending time with family and friends and watching and attending Pittsburgh Penguin and Steeler games.

Alexandria Nocella completed her B.S. degree in Communications Media in May 2009 from IUP. Alex is currently enrolled in the Secondary School Counseling track, and planning to be K-12 certified. She is a GA for Dr. Lorraine Guth and works with the coordination of Field Experience, creating presentations and assisting students with the counselor training equipment. She is currently working with Dr. Dandeneau, Dr. Guth, and GA Moira Jackson on a PSCA conference presentation and the annual Counselor Day here at IUP. After graduation, Alex would like to work in an urban setting and coach girls' lacrosse. She enjoys photography, international travel, foreign films, design, coaching and the great outdoors.

Julia Rodgers earned her B.S. in Human Development and Family Studies from Penn State. Julia is enrolled in the School Counseling Program at Penn Center, where she also works as a GA for Dr. Branthoover. She helps with class preparation, Pennsylvania Counseling Association activities, practicum coordination, and research. Her professional interests include adolescents, suicide, family therapy, and preventative programs for children and adolescents. Julia is currently serving as President of the Penn Center chapter of CESA and is a member of ACCA. Outside of school, she works as a server at P.F. Chang's China Bistro in the waterfront. She enjoys spending time with family and friends, reading, traveling, watching football, and engaging in outdoor activities. Recently, she has begun rock climbing and white water rafting.

Heather Smith earned a B.S. in Psychology with a Business option from Penn State University. Heather is enrolled in the Elementary School Counseling Program. Her professional interests include various topics with children and professional development. As a GA to Dr. L'Amoreaux, she's involved with research, and updating Moodle courses and CACREP. Heather is co-president of CESA and IUP's chapter of Chi Sigma Iota. She is a member of ACA, ASCA, PSCA, PKP, and a lifetime member of Psi Chi. In her free time, Heather enjoys spending time with her husband and extended family, reading, walking, and she plays piano for a church on Sundays.

Graduate Assistants, Con't. Community Connections & Multicultural Counseling

Stephanie Stahl earned a B.S. in Psychology from Messiah College and is currently enrolled in the Secondary School Counseling program where she also works as a GA to Dr. Kimberly Desmond. As a GA, she performs research, collaboratively writes articles and works on presentations, and helps to prepare materials for meetings and classes. She is a member of CESA, PSCA, and volunteers with Indiana's chapter of PFLAG. Her interests include: pottery, knitting, cooking, traveling, farming, skiing, and the outdoors. She enjoys retreating to her small hometown to spend time with her family and friends.

Erica Ware earned a B.A. in psychology from Millersville University. She is currently enrolled in the K-12 School Counseling track. Her research interests include relational aggression among adolescent females and advocacy. As a GA, she works for Dr. Cato, assisting with research. She is a member of CESA and ASCA. She is married to an avid sportsman and has a beautiful one-year old daughter, Liliana. She spends her time advocating for her daughter, and other children born with craniofacial anomalies. She enjoys reading for fun, shopping, traveling, and a warm sunny day on the beach.

Kelly Zulick earned a B.S. in Social Work from Slippery Rock University. She is enrolled in the Secondary School Counseling track and is a GA for Dr. Murray Murray. She assists with class preparation, Counselor Link, and research. She is a member of CESA & Chi Sigma Iota and her professional interests include the impact that divorce has on children and adolescents, bullying in schools, and counselor wellness. In her free time, she enjoys working out, shopping, watching the Pittsburgh Steelers, and spending time with family, friends, and her kitten, Rocky.

Graduate students in the Department of Counseling are required to take a Multicultural and Diversity Issues in Counseling course as part of their coursework. This class is designed to increase students' awareness, knowledge, and skills with diverse groups. Professors in the Department have built connections with various diverse groups who have been invited to share their experiences with students.

One outstanding community partnership that has been formed is with St. Andrews Village (SAV), a senior living community in Indiana. For the past four years, Dr. Lorraine Guth's Indiana campus classes have visited SAV and had wonderful experiences interacting with the residents. The students met and dined with various residents while hearing accounts of their lives which were rich in history. During group discussions, residents answered questions and shared words of wisdom they had to pass on. Brian Parks, Executive Director, and other staff at SAV have welcomed the IUP Department of Counseling with open arms. This community connection is a fabulous, enriching experience for all involved. Pictured below with Dr. Guth (top row, third from left) are students along with residents of St. Andrews Village.



Thanks Alumni!

Dr. McCarthy wishes to thank the following alumni for speaking to his classes: **Merri Bindas, Michael Eddy, Corrin Linkes, Stacie Sebastian, and Sherri Klingensmith.** He was thrilled and grateful for their help!

Dr. Michelle Bruno, Dr. John McCarthy, and Teresa Fernandes-Collins (M.Ed., 2010) presented on screening for adolescent depression at the American Counseling Association conference in Pittsburgh in March.

IUP Counseling Department Newsletter



Yerevan State University (Armenia) students and faculty with Dr. McCarthy (center).

Spring 2011 Electives - licensure-only students and enrolled students (some courses have prerequisites)

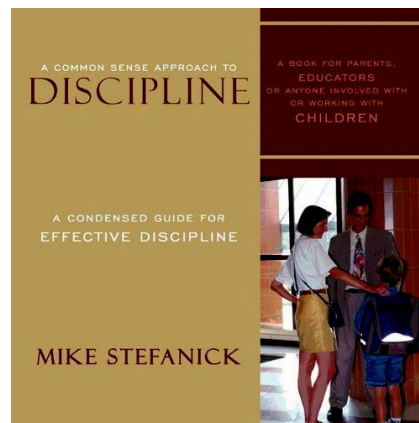
Course	Days	Times	Instructor	Dates	Location	Course # & Section
Human Sexuality Issues	W	7:20pm-9:50pm	Dr. Murray	01/18-05/06	Indiana	670-001
Intro to Family Issues in Counseling	T	4:45pm-7:15pm	Mimi Yablonsky	01/18-05/06	Monroeville	672-501
Understanding Disability	W	4:45pm-7:15pm	Dr. Marshak	01/18-05/06	Indiana	681-001
School Counselors and Students with Disabilities	T	4:45pm-7:15pm	Dr. Marshak	01/18-05/06	Monroeville	681-501
Advanced Counseling Theory: Techniques with Children and Adolescents	R	4:45pm-7:15pm	Dr. Desmond	01/18-05/06	Indiana	738-001
Advanced Counseling Theory: Gestalt Therapy	R	4:45pm-7:15pm	Dr. Witchel	01/18-05/06	Monroeville	738-501

NCC & CACREP—News for Recent Grads

The following was received from NBCC related to graduates from our programs since July 2007:

The applications of your students and alumni who applied and tested for the NCC in the 12 months prior to CACREP's decision to accredit the community counseling and school counseling tracks at IUP have been "converted" by our staff from their initial Board Eligible category to the GSA-NCC CACREP category. As such, those applicants are not required to document any post-graduate experience or supervision hours. That requirement of the NCC credential is waived for graduates of CACREP-accredited tracks. As soon as these applicants submit an official, final (sealed) transcript and their Counseling Supervisor's Endorsement form, they can be certified. **For further information contact NBCC at 336-547-0607**

Mike Stefanick (1971) has published a book to help parents, educators and anyone working with children. The title of the book is "A Common Sense Approach to Discipline" and is available on Amazon. Although it offers pointers to those who are frustrated with discipline and looking for help, the book also offers key ingredients for helping children succeed in school, prepare for the future and succeed in life in general. This book can also help improve upon parental involvement and enhance parent/school relationships.



As a way to acknowledge the mark of quality by our accreditation by the Council for Accreditation of Counseling and Related Educational Programs (CACREP), the Department would like to further support Community and School Counseling students by defraying their registration and travel costs for professional conferences and for coursework in other countries. Your support may also be dedicated to faculty initiatives. Thank you! **4450/NCSPF/SUBS/AO11**

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City: _____ State: _____ Zip Code: _____ Phone Number: _____

Email: _____

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Please mail this form along with your check made payable to Foundation for IUP to: Foundation for IUP, 103 Sutton Hall, 1011 South Drive, Indiana, PA 15705-1046 Or, to pay by credit card, please complete the fields below, or visit www.iup.edu/giveagift and enter Account Number 4450 in the "Other" field to designate your gift.

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The Foundation for IUP is a 501(c)(3) organization; gifts to The Foundation are tax deductible as per IRS regulations. The official registration and financial information of the Foundation for Indiana University of Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. For calls which originate outside of Pennsylvania, the telephone number is 717-783-1720. Registration does not imply endorsement.

Dr. Spinelli Memorial Fund

If you wish to contribute to the Dr. Spinelli Memorial Fund, contact the annual Fund at (724) 357-5555 or write to: The Office of Annual Giving, 313 Sutton Hall, Indiana University of PA, Indiana, PA 15705. The annual award is \$400 and is given to a current counseling student.

Newsletter on the Web

You can view this and previous issues of our newsletter at www.iup.edu/counseling in the news section.

Faculty email addresses

Dr. Branthoover	holly.branthoover@iup.edu
Dr. Bruno	michelle.bruno@iup.edu
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Dr. Dandeneau:	cdanden@iup.edu
Dr. Desmond	kdesmond@iup.edu
Dr. Guth:	lguth@iup.edu
Dr. L'Amoreaux:	nlamoro@iup.edu
Dr. Marshak:	lmarshak@iup.edu
Dr. McCarthy:	jmccarth@iup.edu
Dr. Murray	kirsten.murray@iup.edu
Dr. Witchel	bwitchel@iup.edu

Emeritus Faculty

Dr. Worzbyt jcworz@iup.edu
904 Peltier Dr., Cary, NC 27519

Counseling Alumni Listserv

If you want to join the Counseling Alumni Listserv send an email to Dr. Dandeneau at (cdanden@iup.edu) with the subject "Join Listserv." This listserv will allow you to keep up-to-date on current information, such as job opportunities we receive, alumni updates, and upcoming workshops. As a subscriber to the listserv, you will also be able to send emails to the list with information you think alumni would like to have.

Alumni Updates

Katie Carabrese (2004) is currently residing in Virginia where she works as a psychologist.

Kristina Rocco-Intrieri (2001) is currently a stay-at-home mom. She writes, "I am busy raising my three wonderful boys, and I plan to return to work when they are older."

Newsletter on the Web

You can view this and previous issues of our newsletter at www.iup.edu/counseling in the news section.

Counseling Alumni Advisory Board

The Counseling Alumni Advisor Board are talking with board members about holding meetings in both our Indiana and Penn Center locations. If you have an interest in serving on the board please send an email to kdesmond@iup.edu.

Department Website Dr. Witchel and his GA, Rebecca Hahn, maintain the dept. website at www.iup.edu/counseling. If you have any feedback or suggestions feel free to email us at bwitchel@iup.edu.

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Graduate Assistant:: Rebecca Hahn

Alumni Feedback

We want to know what our alumni are doing – professional activities, publications, presentations, current employment positions and so forth. We also want to update our mailing list, and obtain e-mail addresses. We are interested in knowing about employment and internship opportunities for our current students. Please return this form (add additional sheet if needed):

Name _____ Year of Graduation _____ Degree _____

Address _____

Home phone _____ Work phone _____

Email _____

Place of Employment _____ Job Title _____

Publications _____

Presentations _____

Other news _____

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