

January 2016

## Two CEHD Faculty Members Recognized for Research

Regina Garza Mitchell, the 2015 CEHD Emerging Scholar Award recipient, has authored or co-authored 20 publications, presented at 34 national and state conferences, and received \$361,549 in grant funding.

[Read the entire article »](#)

## Assistant Professor has Journal Article Published

Dr. Stephanie Burns, assistant professor in the Department of Counselor Education and Counseling Psychology, has published a new journal article, "Neurofeedback in Hereditary Angioedema: A Single Case Study of Symptom Reduction" in the journal "Applied Psychophysiology and Biofeedback."

[Read the entire article »](#)

## Family Studies Student Wins WMU Study Abroad Photo Contest

Brooke Csikos, a student in the Family Studies program, recently won first place in the "Broncos Abroad" category of the 2015 WMU Study Abroad Photo Contest.

[Read the entire article »](#)

## Sport Management Student Completes Internship of a Lifetime

Xibi Wang, a graduate student in the sport management program, recently completed an internship with the organizing committee for the 2015 IAAF World Track and Field Championships in Beijing, China.

[Read the entire article »](#)

## Associate Professor Invited as University of Nebraska's Featured Guest

Dr. Jessaca Spybrook, associate professor of evaluation, measurement and research, was invited to be the featured guest of the Emerging

Scholar Series at the Methodology, Analytics, and Psychometrics (MAP) Academy at the University of Nebraska.

[Read the entire article »](#)

## Research Awards

The College of Education and Human Development (CEHD) at Western Michigan University (WMU) recognized two faculty members at the Fall 2015 CEHD Town Hall Meeting for their outstanding scholarly accomplishments.

**Regina Garza Mitchell**, assistant professor of higher education leadership in the Department of Educational Leadership, Research and Technology, and **Dr. Robert Bensley**, professor of community health education in the Department of Human Performance and Health Education, were recipients of the Emerging Scholar and the Distinguished Scholar awards at the meeting held on September 25, 2015.

### 2015 CEHD Emerging Scholar Award:

Regina Garza Mitchell, the 2015 CEHD Emerging Scholar Award recipient, has authored or co-authored 20 publications, presented at 34 national and state conferences, and received \$361,549 in grant funding. Since 2010, Garza Mitchell has had 351 citations, a h-index of 8, and i10-index of 6.

Garza Mitchell's research interests center around organizational issues and change including leadership, faculty work, and online education, primarily in the community college sector. In particular, she is interested in how organizations change and, more importantly, how we can use what we know to create positive change in higher education.

The Emerging Scholar Award recognizes one individual with outstanding scholarly accomplishments and the potential for continued excellence. The recipient must be a full-time, board-appointed faculty member in CEHD at WMU. At time of nomination, faculty member must not be tenured.



## **2015 CEHD Distinguished Scholar Award:**

Dr. Robert Bensley, the 2015 CEHD Distinguished Scholar Award recipient, has had 140 grants and contracts, \$9,151,056 in total grant funding, 114 federally and three internationally funded projects, 80 papers presented, 47 publications published, and 19 technology interventions and projects.

Dr. Bensley came from computer science and ended up health education. As his love for both fields merged, Dr. Bensley's research began to focus on technology solutions for health behavior change. As a computer programmer, health educator, and entrepreneur, Dr. Bensley has been able to develop a track record of funding success, wide national recognition, and, most importantly, he has been able to develop systems that have improved the lives of millions of people.

The Distinguished Scholar Award recognizes one individual with a body of outstanding scholarly accomplishments that has had an impact on the field. The recipient must be a full-time, board-appointed, tenured faculty member with a minimum of seven years of service in CEHD at Western Michigan University (WMU).



Details about these two CEHD research related awards can be found at [wmich.edu/grantinnovationcenter/policies](http://wmich.edu/grantinnovationcenter/policies).

## **Assistant Professor has Journal Article Published**

Oct. 7, 2015

Dr. Stephanie Burns, assistant professor in the Department of Counselor Education and Counseling Psychology, has published a new journal article, "Neurofeedback in Hereditary Angioedema: A Single Case Study of Symptom Reduction" in the journal "Applied Psychophysiology and Biofeedback."

Neurofeedback training was performed consisting of rewarding and encouraging 12-15 Hz brainwaves (SMR), while simultaneously discouraging 4-7 Hz brainwaves (theta) and 22-30 Hz

brainwaves (high beta) in the right dorsal posterior quadrant of the brain (T4, P4) for 20 half-hour NFB sessions to determine the impact on cortisol levels, DHEA-S levels, scores on the Symptom Checklist-90-R (SCL-90-R), the quality of life inventory, and acute attack medication usage for a Hereditary Angioedema (HAE) patient.

This study mirrored the benefits found using neurofeedback with other chronic physical conditions in the literature. Specifically, it raises the question about focusing on specific quadrants of the brain and using specific training frequencies to target stress triggers for HAE patients. As stress triggers are a large part of HAE as well as the chemical nature of HAE creating a stress feedback loop for patients, neurofeedback may be one tool to help individuals experiencing HAE regain resiliency to stress without causing HAE attacks or other unwanted side effects. Further research is needed to develop and validate this neurofeedback protocol for HAE patients as well as explore the efficacy of other neurofeedback protocols for HAE in order to generalize the findings.

# Family Studies Student Wins WMU Study Abroad Photo Contest

Brooke Csikos, a student in the Family Studies program, recently won first place in the “Broncos Abroad” category of the 2015 WMU Study Abroad Photo Contest. Csikos took the photo, titled “Laughter is Loud,” during the summer of 2015 while in China during the Health and Education Across China: From Kindergarten to College program led by Dr. Yuanlong Liu, chair of the Department of Human Performance and Health Education.

The annual WMU Study Abroad Photo Contest invites photo submissions from Bronco study abroad alumni in four categories: People; Places; Food; and Broncos Abroad. The Broncos Abroad showcases photos of WMU students engaged in learning activities or embracing local culture. This year’s winners were decided by the WMU campus, via ballots at the Study Abroad Fair on October 14.



Photo contest winner: Brooke Csikos, Health and Education Across China, 2015



# Sport Management Student Completes Internship of a Lifetime

Xibi Wang, a graduate student in the sport management program, recently completed an internship with the organizing committee for the 2015 IAAF World Track and Field Championships in Beijing, China. The three-month internship afforded Wang with many opportunities, including preparing for and executing a quality international hallmark sporting event. During the championships, he was able to interact with many world-renowned athletes such as the world's fastest 100-meter sprinter, Usain Bolt from Jamaica.



# Associate Professor Invited as University of Nebraska's Featured Guest

Dr. Jessaca Spybrook, associate professor of evaluation, measurement and research, was invited to be the featured guest of the Emerging Scholar Series at the Methodology, Analytics, and Psychometrics (MAP) Academy at the University of Nebraska. The Emerging Scholar Series is a

two-day event, December 3-4, which include a keynote presentation and statistics workshop. Spybrook's keynote and workshop focus on issues related to statistical power in cluster randomized trials. More information is available at the University of Nebraska Emerging Scholars [webpage](#).