GOOD SPORTS
From Athletic Training to Exercise Science, Xavier’s sport studies programs are a hot ticket. p. 6
CAMPAIGN KICKOFF
The Together. For Others campaign kickoff event in September brought alumni and supporters to campus. xavier.edu/campaign
A Message from the Dean

XAVIER IS MORE THAN A UNIVERSITY. IT’S A PROMISE…

to our students and their parents, to alumni, faculty and staff, and to our local and regional community. Our University’s brand pillars of “Learning, Serving and Achieving—Together” convey that promise. Programs in the College of Professional Sciences deliver on that promise. And our graduates extend that promise to their communities in the real world—every day.

Our students serve marginalized communities, help homeless families find housing, promote mental health, teach your children, and improve the work environments of organizations. They are able to do so because of the strong and long-standing partnerships we have with local schools, health networks and social service agencies. Our graduates are living fulfilling and meaningful lives of service because of the educational experience they had on campus.

The College of Professional Sciences is recognized for preparing leaders in health care and being responsive to the workforce demands of the rapidly changing health-care industry. We are on the cutting edge of preparing health-care professionals through interprofessional education and collaboration so that Xavier graduates across academic disciplines are prepared to nurture the health of our communities—together.

Our School of Education is a vibrant team of educators, scholars and learners dedicated to promoting the well-being of our children through sound educational leadership and instruction. They do so in the Jesuit Catholic tradition of excellence. In virtually every program within the college, learning occurs in the real world and is indistinguishable from service. Animating the Jesuit value of Magis, our students aspire to achieve more—together—for others.

We invite you, too, to aspire to more by supporting Together. For Others. The Campaign for Xavier University! Join us in our efforts to promote the health, education and well-being of this community and communities around the country by helping us support our students and grow and enhance our academic programs. Together we can fully deliver on the promise that is Xavier.

Paul Gore, PhD
Dean, College of Professional Sciences

ON THE COVER: Senior Jesseka Ritchie, an Athletic Training major, helps former player Malcolm Bernard get stretched before a game last season.
Remi Oriowo, right, puts her nursing degrees to work as a hospital clinical educator.
Developing leaders for fulfilling lives of service is the overall goal of the College of Professional Sciences. From nursing to education to psychology, graduates of the college are leading the way in their professions—like Remi Oriowo, an alum and current doctoral student who’s already making a difference.

In 2008, Oriowo moved to Ohio from Nigeria to join her daughters and came to Xavier for a master’s in nursing. By 2017, she had not only earned her master’s but had completed her doctoral classes as well and is now a clinical educator for Premier Health Partners in Dayton, where she coordinates continuing education programs for nurses to ensure they meet the criteria of the Ohio Nurses Association.

What resonates for Oriowo, who graduates with her Doctor of Nursing Practice in 2018, is nursing’s emphasis on population health along with the Jesuit principles. “It’s aligned so well with what we are required to do with population health,” she says. “The goal is to be able to lead population health management, which means I should be able to work with a group of health professionals and be able to apply research evidence in a practical way to improve health care.”

With its focus on promoting wellness rather than treating illness, population health is a pillar of the College of Professional Sciences and a priority of Xavier’s newest fundraising campaign.
children be successful by supporting them in school and at home.

The college practices interprofessional collaboration by providing experiences to students from across multiple majors and departments that teach them how to work together and support each other to promote better outcomes. In the process, they learn about each others’ professions and how to be team leaders.

The Center for Population Health will be housed in the new Health United Building—a multi-million dollar structure being built on campus in partnership with TriHealth. When the building opens in fall 2019, it will house all health-related elements of a Xavier student’s experience, including:

- A new recreation center.
- A new health and wellness center.
- Learning labs and classrooms for Nursing, Occupational Therapy, Health Services Administration, Sport Studies and Radiologic Technology—all part of the college.

“The Health United Building will be a state-of-the-art teaching and learning environment for our health-related educational programs,” Gore says.

It’s also the first of its kind to combine all three services in one place. “We have found no other instances where a college or university is combining these three elements—a rec center, a medical facility and academics. Plus we have a Center for Population Health and wellness programming to promote student and community health.”

Having such vital services for students in one location is also an expression of the Jesuit ideal of cura personalis, caring for the whole person, says Kerry Murphy, major gifts officer. “Now we’ll be able to care for our students’ minds and bodies with counseling, academics and wellness.”

Other campaign naming priorities for the College of Professional Sciences include the School of Nursing, also to be housed within the new building, and the Center for Catholic Education, as well as scholarships to benefit students in all departments, and a new speaker series.

Gore also wants to create an endowed chair for the Center for Population Health to lead and coordinate programs involving interprofessional education across all departments.

“We are already well known in the college for espousing and embracing this emergent model of health, a wellness model rather than a disease model, and one platform for advancing the health of our population is to engage students in interprofessional experiences,” Gore says. “It’s important because all our grads will enter a world in which no single person can accomplish their mission but must work together, for others,” he says.

It’s a model that Remi Oriowo has embraced in her career and in the capstone project she researched for her doctorate, which focuses on teaching elderly heart patients how to reduce hospital readmissions while staying healthier at home. Its success requires many professionals—doctors, nurses, counselors, occupational therapists, educators—working together, which Gore notes is the goal. Interprofessional education is an initiative the campaign will help to expand, providing greater opportunities for students like Oriowo, who work to improve the health of our communities.

TIME TUNNEL: The campaign kickoff event featured a walking tour of Xavier history.

Population health is a key focus in all Health Services Administration courses.

SAVE THE DATE. Experience interprofessional education at the annual Dementia Summit on March 1, 2018. xavier.edu/dementia-summit
Support the College of Professional Sciences

There are several ways to support the college and Together. For Others. The Campaign for Xavier University. Donations at all levels are welcome and appreciated. Donors may apply their donations to name a center, school, scholarship or endowed chair. Naming opportunities include:

- The Center for Population Health.
- Endowed Faculty Chair for the Center for Population Health.
- The Center for Catholic Education.
- The Schools of Education, Nursing or Psychology.
- Endowed scholarships for students pursuing degrees in the College—$50,000.
- A new Speaker Series—$250,000.

HOW TO GIVE

To learn more about making a gift to the College of Professional Sciences, please contact Kerry Murphy at 513-745-3831 or murphyk6@xavier.edu or visit xavier.edu/campaign.
For Taylor McCarthy, coming to Xavier University was a home run—a no-doubt, straight-to-center field, game-winning shot.

“Personally, I knew someone who went through the same program, and he has a great job with Ironman in Florida,” says McCarthy, a 20-year-old Chicago native. “Before I decided where I wanted to go, he talked very highly of the professors and the resources that Xavier has to offer.”

She’s majoring in Sport Marketing, part of the Department of Sport Studies in the College of Professional Sciences. The department just happens to feature some of the fastest-growing programs at Xavier.

“Xavier gives you the smaller school community with access to a big city,” says McCarthy, who plans to graduate in 2020. “There are many sport and event opportunities in Cincinnati for volunteering, internships and even jobs.”

This fall, McCarthy took advantage of the location by volunteering with the Cincinnati Reds. On weekdays, she would show up at Great American Ball Park two hours early to distribute raffle tickets to fans.

“You get to interact with people from all over who share one common interest—baseball!” she says.

The Department of Sport Studies offers undergraduate degrees in Sport Management, Sport Marketing and Exercise Science, as well as master’s degrees in Sport Administration and Athletic Training, and an online program in Coaching Education and Athlete Development.

The programs require students to work in the sport industry, which helps them network and build relationships. To this end, the programs seek to maximize student contact with industry professionals and enhance understanding of the business of sport through academic preparation.

Professors say it is the type of employment one can find, as well as Xavier’s experiential learning opportunities, that attracts students. Three programs—Sport Management, Exercise Science, and Coaching Education and Athlete Development—are especially driving enrollment, says Doug Olberding, chair of the department.

“Between Exercise Science (38) and Sport Management (60) we probably have about 100 freshman students,” Olberding says. “It’s the kind of degree you can do a lot with—like athletic training, or physical therapy school—or you can go get an advanced degree. Or go to medical school.”

Olberding says department officials originally thought they would have about five students in the Exercise Science program. Then 20 students changed their majors to Exercise Science, and another 20 signed up.

“We’re thinking we may have to cap our enrollment,” he says. In Sport Management, it’s about the alumni finding jobs, Olberding says. “Just look what they’re doing,” he says. “It’s competitive to find a job, but our students do well.”

Classes can also be diverse, ranging from topics like the History of Sport to Legal and Ethical Issues in Sport, says Associate Professor Linda Schoenstedt, who took a recent Sport Studies class to Australia.

“I taught the International Sport class,” she says. “Given the growing popularity of different sports in the world including soccer, cricket, rugby etc., and the ability to consume sport in real time through electronic media, sport managers are finding opportunities to participate, market and sell sport worldwide in multiple career areas.”
Sport Marketing sophomore Taylor McCarthy’s volunteer job with the Cincinnati Reds this fall gave her access to the ballpark—and the professional baseball industry.
XAVIER SPORT STUDIES ALUMNI INCLUDE

Sean Brown, Senior Director of Ballpark Operations, Cincinnati Reds
Mark Gazdik, Director of Corporate Development, University of Dayton
Greg Harrell, Director of Ticket Sales, FC Cincinnati
Nicholas Lampe, Advance Scouting Intern, Los Angeles Angels
Nicole Bailey, Account Executive, Oakland Athletics

SPORT STUDY DEGREES OFFERED

BS | Sport Marketing
BS | Sport Management
BS | Exercise Science
BS | Sport Administration
MEd | Coaching Education and Athletic Development (Online)
MS | Athletic Training

With internship opportunities in the Cincinnati area, students like McCarthy can work for colleges and professionals, often leading to full-time employment. Xavier alumni include high-ranking officials with professional basketball, baseball and soccer teams, as well as universities and colleges across the country. They offer many of the internships and networking opportunities that are critical for students to observe and apply their new knowledge and skills.

“This gives you the opportunity to network and learn about the field while still in school,” McCarthy says.

“So far, I’ve been able to get very involved with Xavier Athletics and the surrounding Cincinnati community while only in my first year. I’ve volunteered numerous times with the Cincinnati Reds Urban Youth Academy, Girls on the Run Greater Cincinnati and the Flying Pig Marathon in May. And Xavier has a Sport Business Club where the focus is career preparation, networking and volunteering—another great opportunity.”

Coaching Education and Athlete Development, Xavier’s first graduate online degree program, was the brainchild of Associate Professor Ron Quinn, who created the first cohort two years ago.

“Coaching is much more complex today, and coaches are held to a greater level of accountability at all levels,” Quinn says.

“Just because you played a sport does not mean you can coach it. Coaches today must be familiar with sport physiology, appropriate sport pedagogy methods, leadership development, coaching ethics, social-emotional-physical-psychological athlete development, and socio-cultural aspects of sport.”
Coaches like Tyler Hopperton are doing just that. Hopperton is a 28-year-old Walton, Ky., native who says the online coaching program is helping him right now in his current position as head football coach at Mount St. Joseph University in Cincinnati.

“The course descriptions interested me the most,” he says. “The program has been great, as the online setup allows for flexibility with my crazy coaching schedule, while engaging the classmates together through discussions and a residency course that allows us to network at a national coaching conference.”

That kind of networking has allowed Hopperton to brainstorm with coaches across the country, he says.

“And the coursework is always directly applicable to my everyday job. Especially as a young coach, I value the daily lessons of the courses as their applications add to my experience.”

That’s what it’s all about, the professors say. They want to teach, while also adding to the student’s experience.

McCarthy knows all about it. She relished arriving early to the ballpark, ready to volunteer. And she looks forward to doing it again. She’ll wear her Reds T-shirt and a huge smile, because it’s another opportunity to work in a place she loves, and to prepare for a career she’s always dreamed of.

“It is so much fun to talk with Reds fans,” she says. “Great American is such a beautiful ballpark, and I love to volunteer while being surrounded by a baseball atmosphere.”
Teresa Young knows all about first-day jitters. She understands because she remembers exactly what it was like when she, as a first-time education major, faced a classroom full of students. “It’s scary, it’s wonderful,” she says. “It’s overwhelming.”

Oftentimes, that first day is even more daunting for the teachers. But Young, now the director for Xavier’s School of Education, says the moment also affirmed what she had come to realize. “It felt like I was meant to do this,” she says.

Equally affirming is that she often hears that same conviction. “A lot of our students tell me they always wanted to be a teacher. It’s all they’ve ever wanted to do.”

In fact, the School of Education is second only to the School of Nursing in numbers of students. What makes Xavier the destination of choice for teaching is also what makes Xavier the choice for so many other degrees—a focus on experiential learning. And to borrow a baseball metaphor—a commitment to getting aspiring educators out “in the field.”

In the case of an education student, the field is a real classroom—observing, absorbing and learning. Of course, real classroom experience wouldn’t be possible without real classrooms or multiple partnerships. Over the years, those partnerships have grown to include more than 30 school districts, numerous private schools, the Archdiocese of Cincinnati, the Diocese of Covington and multiple not-for-profit centers.

Young thinks it’s important that aspiring education majors learn about the classroom so they have time to reflect on all their experiences. “We get students into a classroom from the very start, seeing what it’s like to be in a school with teachers and children, all the various facets of a school,” she says. It’s a process that allows students to learn about teaching.

Being in the field isn’t limited to just the customary, final-year practice of student-teaching and being observed. At Xavier, education majors have real classroom experiences all four years while they’re taking reading classes and doing methods courses, which culminate in 15 weeks of student-teaching. Part of the classroom experience is being mentored by their cooperating teacher and Xavier faculty at the same time.

To Young, that process is not just a challenge for a young college student but also an opportunity to realize a life-long dream. “Some students have an affinity toward teaching, and we can engage them with the things that interest them.”

Xavier students don’t just learn. They help. Young recognizes that Xavier
FOCUS ON CATHOLIC TEACHING: THE CENTER FOR CATHOLIC EDUCATION

Here’s a bit of education trivia that’s not trivial: Nearly 56,000 students attend a local school system that’s nationally the sixth largest of its kind, but it isn’t a school district. What is it? If you answered “Catholic,” give yourself an A—as in the Archdiocese of Cincinnati.

While St. Xavier High School and Xavier University remain linked in history, more than eight decades have passed since their separation. Since 2007, Xavier’s primary engagement with Catholic schools has been through the Center for Catholic Education.

The Center originally offered free continuing education to Catholic school teachers and administrators in the greater Cincinnati area. These days, the Center has increased the scope of its initiatives, offering a wide range of programs for Catholic educators including:

- PROFESSIONAL LEARNING COMMUNITIES designed to transform the focus of the classroom environment from teaching to learning.
- CATHOLIC SCHOOL TEACHER SCHOLARSHIPS that award a 40-percent reduction in tuition for coursework and workshops taken at Xavier.
- THE ANN BUENGER CATHOLIC SPEAKER SERIES attended each year by more than 800 teachers.
- OPTIMUM Learning Services for Catholic educators to provide an enriched and productive learning environment for students.

Young adds that the mark of a true educator is a love of learning at all stages of their careers.

“Good teaching is good teaching,” she says. “Education professionals continue to hone their skills and talent base.”

Xavier’s partnerships also extend to working teachers seeking to supplement their state teaching license through additional endorsements or a master’s degree. In some cases, Xavier brings the classroom to where the teachers are, offering master’s classes at satellite locations in schools throughout the Cincinnati region.

Renee Mattson, a field coordinator in Xavier’s special education program, sees the value in making professional development friendlier for working professionals.

“We work in tandem with other schools, offering a package of courses to help teachers advance their careers from the comfort of their local school setting,” she says. “They do not have to travel down to the main campus because we come to them.”

In a career that demands constant testing and validation from both students and educators, effective teaching will always be more than just a test score. The proof is in the classrooms—Xavier’s classrooms.

“You can see it in the numbers of students we’re educating through our graduate program,” Young says. “Teachers do want lifelong learning. It’s not just a cliché.”

That’s certainly true of Young, who began her career as a second-grade teacher in Toledo, Ohio. And as a college professor she still loves being in front of a room full of kids or learning something new herself and seeing her own students grow into their teaching profession.

“Recently I attended a conference on young children’s literature with a former student who’s now a teacher with a classroom. Now we’re learning together. It was just so great!”

COMMUNITAS 13
A LIFE OF SERVICE
ALUMNA LEAVES NEARLY $1 MILLION TO MHSA

Spencer Kupper wishes he could meet her, just for a moment, just to say, “Thank you.”

After all, when someone donates a third of their entire life savings—in this case, nearly $1 million—to Xavier’s Master of Health Services Administration program, you ought to be able to say thanks, right?

Instead, Kupper will have to be satisfied knowing that he and others like him will enjoy the benefit of Mary Santarsiero’s generosity, because her money is being put to good use. The MHSA program is making sure.

Santarsiero, a 1970 graduate of the MHSA program, then known as Hospital and Health Services Administration, died in 2011 at the age of 89 in Stratford, Conn. As one of the first women to enter the field of health-care administration, she spent her career working for the Veterans Administration.

Hers was truly a life of service, and with her last wish, she’s still serving. Her estate went to three charities, including the MHSA program at Xavier. In all, her gift to the program totaled well over $900,000.

Program Director Sr. Nancy Linenkugel, PhD, earmarked the funding to support internships for smaller non-profit entities that don’t have the ability to take on the full cost of an intern.

Xavier is one of only seven MHSA programs in the country that still require the third-year administrative residency, and finding new residency placements is always a priority.

“Our residencies are year-long, paid experiences, and occasionally there is a health-care organization that would be a wonderful learning spot for our students but cannot afford the $42,000 or so annual residency stipend,” Linenkugel said.

“Once we learned that Mary Santarsiero had bequeathed a considerable amount to the MHSA program, then-Dean (Mark) Meyers and I decided that a needed use for these monies was as a match for the residency stipend of an organization that couldn’t afford the entire amount.”

The result was the Santarsiero Residency, which has already funded residencies for four students, including Kupper, a 2016 MHSA graduate from Dayton. His residency was at Dayton Children’s Hospital.

“The residency required by the MHSA program was a major reason why I chose Xavier for my graduate education,” Kupper said. “I saw it as a great chance to be able to demonstrate my knowledge and skills learned in the classroom in the real world of health care.”

A graduate of the University of Connecticut, Santarsiero worked at the local Veterans Administration where she helped diagnose diseases. Later, when hospital administration opened for women, she enrolled at Xavier for her master’s degree, and after graduation, she worked at the Cincinnati VA Medical Center.

In March, her scholarship was finalized, and now, students and organizations can enjoy the same Xavier experience she did. “Looking back, I feel the residency was the most impactful educational experience of my career,” Kupper said.
STANDOUT GIFT. Mary Santarsiero, (first row, in white) gave a large part of her life savings to Xavier.
PRESENCE OF MIND

The young woman was suicidal when she first sought help from Nicholas Salsman, PhD. The Xavier clinical psychologist, who is also director of the University’s Psychological Services Center, introduced her to a new treatment concept that’s growing in popularity—including at Xavier.

“It’s mindfulness, and it may have saved her life.”

“She wanted to avoid her life,” Salsman says. “We really worked on mindfulness and how to really engage in her life and be present even when things are painful, and since doing that she’s sober and confident in handling and experiencing her emotions more fully, and now she’s getting back into school. She is happier and hopeful.”

Salsman is one of several Xavier faculty who are teaching mindfulness to their undergraduate or graduate students, including those studying counseling, nursing and theology. He says research shows mindfulness has multiple positive benefits.

Kathleen Hart, chair of the School of Psychology, says the idea of mindfulness, which stems from the Buddhist faith, has been around for centuries. It’s reached the popular press in recent years as a form of lifestyle improvement, even reaching The Today Show.

“It’s a component of particular therapeutic strategies that seem to prove very helpful for people with a wide variety of conditions, from very difficult-to-treat personality disorders to pain management and stress reduction,” she says. “Over time we have revisited what are in some ways very ancient techniques and repackaged them to help people.”

For Salsman, mindfulness is a core component of Dialectical Behavior Therapy, which he teaches to his doctoral students. The therapy is a treatment for suicidal people, and mindfulness is a key component. He defines mindfulness as being aware of the present moment non-judgmentally. “It’s a collective wisdom thousands of years old, and my field of science has discovered it and realized it carries a lot of benefits.”

COUNSELING A WINNER

As one of the first to offer a graduate program at Xavier 65 years ago, the Department of Counseling has prepared over 5,000 students as clinical mental health and school counselors. Most have stayed to serve the Cincinnati area.

Along the way, it has developed into a model program with a commitment to excellence that earned it recognition this year by the American Association for Counselor Education and Supervision (ACES). The prestigious 2017 Robert Frank Outstanding Counselor Education Program Award Masters Level was presented at the association conference in Chicago in October.

Department Chair Brent Richardson said reasons for the recognition include the department’s consistent reaccreditation by the Council for Accreditation of Counseling and Related Educational Programs, its students’ exceptional pass rate on certification exams, and the faculty’s experience as professional counselors.

The department also gets high marks for increasing enrollment of minority students, now over 18 percent, incorporating service learning in the curriculum and developing professional relationships with site supervisors and others who provide Xavier students with required practicums and internships. Students work at about 50 sites each semester.

RISING FROM THE ASHES OF ADDICTION

When students in Rhonda Norman’s Consultation and Supervision Counseling class decided to research the opioid addiction epidemic, they chose the name Phoenix Rising for their group project. The name reflects the goal of addiction treatment and recovery—to rise from the ashes of addiction.

The results of their research may go a long way toward achieving that goal. Their needs assessment report for the Addiction Services Council in Cincinnati laid the groundwork for expanding the agency’s treatment services in response to the spike in opioid deaths. They recommended hiring a doctor or nurse practitioner to prescribe medications onsite as part of a new Intensive Outpatient Program (IOP) that would include medical treatment.

Clinical director Joshua Johnson enjoyed working with Norman and her four students, who are studying for their master’s in Clinical Mental Health Counseling. As a 2012 grad and adjunct professor of the same program, he values the expert advice they provided and hopes the Council finds grant money for the new treatment program using the students’ report.

“Their research helped lay the framework for us. Now we need to find the funding to make it happen.”
Your gifts to the College go a long way toward helping our students achieve their goals by providing financial aid and tuition support. Also, by providing professional support through practicums, field placements and residency opportunities, you enable students to connect with their professional field of study. With your help, students in the College of Professional Science can turn their dreams into reality by graduating and succeeding at the highest levels.

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