

INSIDE THIS ISSUE:

Career Services: 2
**Opportunities
Await!**

Meet the Author: 2
Katie Eisenhauer

**Meet Our Peer
Advisors!** 3

In the Spotlight: 3-4
Betsy Knowles

Peanut Butter 4
Cup Cookies

Contact us!

608-785-6950

Come & Visit...

Monday - Friday
8:00 am - 4:30 pm
Thursday drop-ins
welcome!!

Public Health Community Health Education

By: **Rachel Novakovic**
Peer Advisor

There are so many majors to choose from, and Public Health, Community Health Education is one of them. What is Public Health, Community Health Education, you ask? It is a UWL major that uses an array of perspectives to teach students how to educate, prevent, and promote individuals and communities to live safer, healthier lifestyles. They are the kind of people who believe early intervention and education is crucial to improving everyone's health and well-being. You might be thinking, "Why haven't I heard about this major before?" Well, maybe you have. The PH CHE (Public Health, Community Health Education) major was formerly known as "Community Health Education." Their new name better represents the importance of learning about health education as an essential part of public health.

With a major in PH CHE you can pursue a multitude of career paths. You may be interested in health policy and do research, lobbying, or legislative work to affect change on a larger scale. You could also go into planning health interventions and education programs for schools, communities, or wellness centers. Even biostatistics, epidemiology, environmental health, or global

health and epidemics could be potential directions for someone with a PH CHE major to pursue.

The PH CHE program at UWL "is the only one of its kind in the University of Wisconsin System." – Community Health Education Homepage.

Dr. Cedergren, one of the assistant professors within the PH CHE program, took the time to sit down with me and answer a few of my questions regarding this major. When asked why he thought UWL's PH CHE program is so successful, he responded with two things: the faculty and the students. "The faculty on this campus are very knowledgeable and have a great network with the community. Many of the faculty are well-known within their field and bring a lot of insight and resources that advance the students education."

Along with the incredible faculty, the major is continuously working hard to offer a curriculum that reflects the evolving needs of the public. This can be seen in its updated coursework and recent name change. Cedergren also went on to add that "our students in the program are of very high quality and UWL's focus on student well being promotes a sense of connection to peers, faculty, and their future profession that

may be hard to come by at other schools."

The PH CHE program also includes a semester long preceptorship that allows the students to take what they learn in the classroom and apply it to real life experiences. With this combination of insightful faculty, clever students, and relevant coursework, the UWL PH CHE program does an excellent job at preparing their students for life after college.

If you would like to learn more about the PH CHE major contact your academic advisor to further explore. Start investigating! <https://www.uwlax.edu/health-education-and-health-promotion/undergraduate-majorsminors/community-health-education/>

"The major of
the future" -Dr.
Cedergren



About the Author: Rachel Novakovic

Major: Therapeutic Recreation, Pre-Occupational Therapy

Year: Junior

Hobbies: yoga, drawing, and volunteering

Organization Involvement: Pre-OT club and Alpha Xi Delta

Favorite Animal: Deer

Career Services: Opportunities Await!

By: **Katie Eisenhauer**
Peer Advisor

As undergraduate students, one of our ultimate goals is to use our degree to find a gratifying, successful career. Well, did you know there is an office dedicated to helping us do just that? Career Services, located in 1140 Centennial Hall, strives to “help students gain experience and market all they have done in order to find fulfilling employment”, according to Brenda Leahy, Senior Student Service Coordinator in the office. The Career Services office provides students with numerous valuable tools for gaining experience in their field of study, including resume and cover letter help, mock interviews, interview suggestions, and finding graduate schools, internships, and careers.

Additionally, Career Services puts on several events throughout the year to benefit students in gaining experience. Some of these events include the Part Time Job Fair and the Full Time Career Fair, in which over 300 employers attend each year to provide students with different work opportunities. At these fairs, students are able to talk to employers from the surrounding area and search for potential employment. Many students end up setting up interviews with employers from the fairs and ultimately get hired to work for those employers.

Brenda says that one of the definite strengths of Career Services is that each career advisor who works in

the office focuses on a particular area of study, so that the advisors know the employers really well and are able to more effectively connect students to opportunities in their field. For example, Brenda focuses on educational studies as well as accounting and finance. Having a focus in educational studies allows Brenda to form meaningful connections with school districts in the surrounding area in order to better assist education majors as they are trying to find a job. Furthermore, Brenda immerses herself in the field by serving on the Wisconsin Association of School Personnel Administrators and getting a consistent firsthand view into the profession in order to better serve her students. No matter what major a student has, he or she can be sure that there is a career advisor focusing on that particular area who is eager to provide opportunities to that student based on what he or she is passionate about.

According to Brenda, one of the most valuable tools that Career Services offers to students is the Eagle Opportunities database, an “online career services management system that provides students access to internships, full-time jobs, career fairs, information sessions, and more”. Students are able to search for jobs and internships by their major and

open endless doors for new experiences in their field of study. In addition, Career Services provides access to a tool called Interviewstream, in which students can create their own interviews and record themselves practicing various interview questions to feel more prepared for the actual interview.

What is Brenda’s favorite part of working in the office? “The students are amazing. We hear that from employers all the time. It’s so rewarding because we know the quality of our students so it’s great that employers can see that too”. Her advice to students is to “take time to explore and get involved. That’s the most important thing. Nobody wants just a degree, they want experience”. Career Services is the perfect resource to provide students with just that!

Want to open your eyes to endless opportunities today? Make an appointment in Career Services by visiting 1140 Centennial Hall.

“The students are amazing. We hear that from employers all the time” -Brenda Leahy

Meet the Author: Katie Eisenhauer

Major: Interpersonal Communication Studies and Spanish
Minor: Psychology
Year: Junior

Favorite flavor of ice cream: Black Raspberry
Favorite part about working in the AAC: The amazing students I get the opportunity to work with every day!!



Meet Our Peer Advisors!

By: **Sharie Brunk**
Senior Advisor

Peer Advising is a part of the UWL's Academic Advising Center located in 1140 Centennial Hall. Peer Advisors help students get answers to questions they have regarding not only the registration process, but academic, career, and personal concerns as well. They can provide a developing relationship that can be very beneficial during your college years.

Peer advisors are not

intended to replace your faculty/academic advisor; rather, they provide an alternate perspective on your academic process. Peer advisors support advisees and can refer you to other appropriate campus offices and staff for further assistance.

Peer advising takes place in the Academic Advising Center as well as in residence halls and in many other locations on campus. We like to think of peer advising as a

more informal 'student to student' kind of advising system. Being a Peer Advisor will help you build your communication skills, make connections on campus and give you a great experience to add to your resumé.



Katie Eisenhauer,
Sara Vesel, and
Rachel
Novakovic
(from left to right)

In the Spotlight: Betsy Knowles

By: **Sara Vesel**
Peer Advisor

Betsy, a senior lecturer of economics, was rewarded with the 2016 Eagle Teaching Excellence Award. In this interview, Betsy spoke about how she became a professor, her time here at UWL, and what she does for fun.

How did you prepare to become a professor?

I received my undergrad at the University of New Hampshire in Resource Economics with a minor in Community Development and Spanish. I received my Master's Degree from Oklahoma State University in Agricultural Economics with an emphasis in Rural Development.

Your biography for the teaching award states that before teaching, you conducted research for the Economic Research Service and worked for the Cooperative Extension Service in Community Development. What inspired

you to start teaching?

In my other jobs, I was always interacting with people and problem solving. I enjoy teaching, the opportunity arose, and my experiences from previous jobs just sort of translated into teaching.

Who is your biggest teaching inspiration?

I don't think I would identify any one person, rather multiple people. My colleagues in my department challenge me in a good way. They collectively share good ideas and we collaborate together, so I think that my department serves the role of my teaching inspiration. Bill Cerbin in the Center for the Advancement of Teaching and Learning also serves that role because of his breadth of knowledge about teaching and learning. He is really generous with his feedback and ideas.

It also says in your biography that you teach Principles of Microeconomics and Public Policy, Global Macroeconomics, and Business and Economic Research and Communication. Which class is your favorite to teach and why?

I don't really have a favorite class to teach. Rather, I have favorite parts of each class. I would say for Principles of Macroeconomics and Public Policy, I like that it is a policy class because that's what got me interested in economics.

CONTINUED ON PAGE 4



CONTINUED FROM PREVIOUS PAGE...

For Global Macroeconomics, I like that it helps the student to better understand what world macroeconomics means. This, in turn, helps them to comprehend day-to-day macroeconomic concepts. I love the research class because it's so applied and focuses on problem solving and learning how to deal with a situation that's really messy because it resembles situations people face in jobs. I think sometimes coursework can be so structured that it doesn't allow students to learn how to develop that aspect of learning.

Do you have a favorite teaching moment?

Being present at the moment when the desire to learn takes over – when students move from questions to questioning. It is when the understanding of a framework or model or point of view creates a desire to understand the world through a different lens. Teaching becomes

learning how to foster those moments.

What advice would you give to new teachers?

Never stop learning. There's always something to improve, but don't try to improve everything at once. It's so overwhelming when you think about the many pieces to the whole picture, but if every semester you pick and challenge yourself on one aspect of your teaching and try to improve that, at the end game, you've made strides.

What do you do in your spare time?

I like to read, garden, hike, and play music. I'm in a band called Prairie Smoke. I mostly play the fiddle and the banjo, but I can also play the guitar, harmonica, and a lot of other instruments.

What is your favorite motivational quote?

"You don't have problems; you have opportunities." – my dad

To read more about the Eagle Teaching Excellence Award, please visit : <http://news.uwlax.edu/top-teachers/>



Peanut Butter Cup Cookies

We're on the Web!
uwlax.edu/advising

Preparation:

1 hr 35 mins

Ingredients:

1 3/4 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking soda
1/2 cup butter, softened
1/2 cup white sugar
1/2 cup peanut butter
1/2 cup packed brown sugar
1 egg, beaten
1 teaspoon vanilla extract
40 miniature chocolate covered peanut butter cups, unwrapped

STEP 1:

Preheat oven to 375 degrees F (190 degrees C). Sift together the flour, salt and baking soda; set aside.

STEP 2:

Cream together the butter, sugar, peanut butter and brown sugar until fluffy. Beat in the egg, vanilla and milk. Add the flour mixture; mix well. Shape into 40 balls and place each into an ungreased mini muffin pan.

STEP 3:

Bake at 375 degrees for about eight minutes. Remove from oven and immediately press a mini peanut butter cup into each ball. Cool and carefully remove from pan.

STEP 4:

Enjoy :)



The Girl Who Ate Everything

Retrieved from: <http://allrecipes.com/recipe/9471/peanut-butter-cup-cookies/>