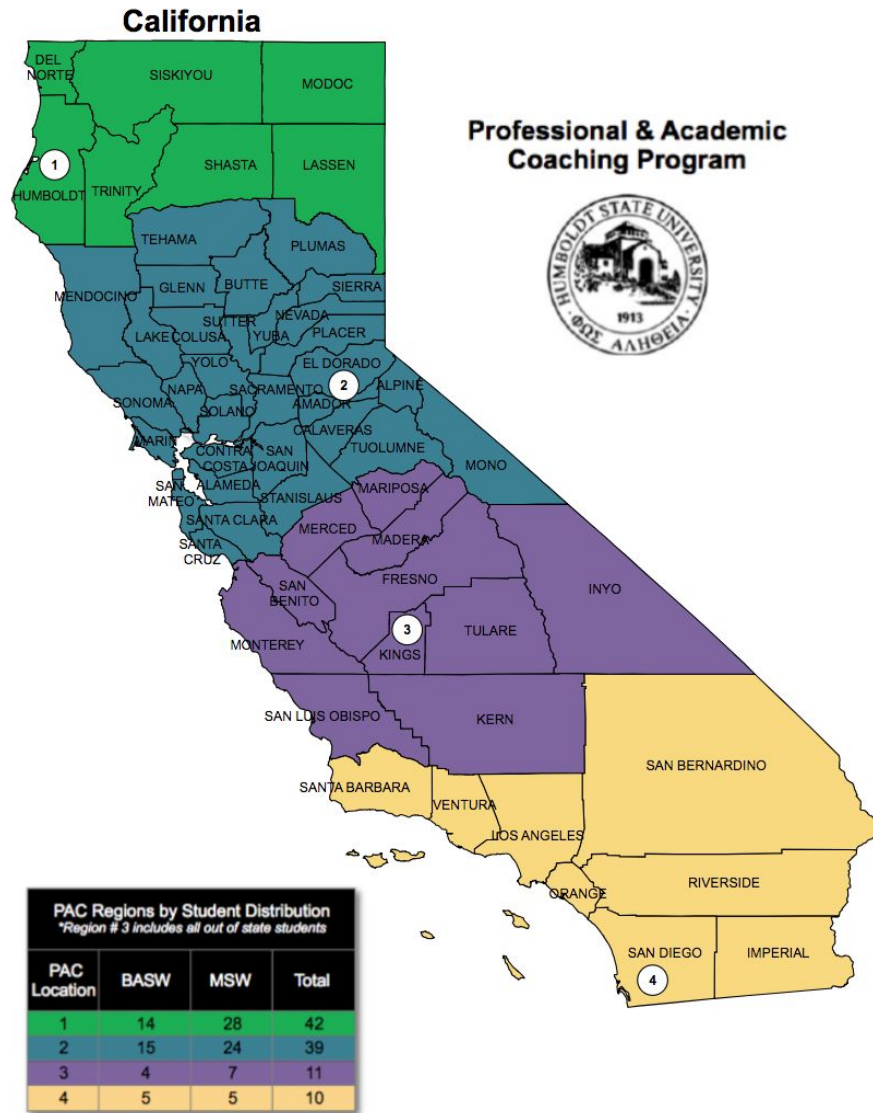


Regional Community Meetings



2019 Intensive Regional Community Meeting Locations:

Region 1	Chryste Johnson	BSS 162
Region 2	Jeff McKay	BSS 166
Region 3	Cindy Roland	BSS 508
Region 4	Michael Temple	BSS 402

About the Professional Academic Coaches (PACs)

The Humboldt State University (HSU) Distributed Learning (DL) BSW and MSW programs' Professional/Academic Coaching handbook was developed to help students understand why they may choose to participate in the Coaching Program and to assist coaches in more effectively providing the academic, social, emotional and professional support to students participating in the DL Professional/Academic Coaching Program.

The Professional/Academic Coaching program is designed to offer academic and professional support to students.

What is a PAC?

A Professional/Academic Coach (PAC) is a Humboldt State University alumni who partners up with current distributed learning students enrolled in the bachelor's and master's social work program. The PAC program is made up of four social work professionals with knowledge of student needs. The Coaches are able to work effectively with students, staff, and faculty in a team environment. Together, students examine their learning styles, habits of working, and current difficulties or barriers to success.

Why use Professional & Academic Coaching?

For a new student, a university can be an exciting, but also intimidating place. Even simple things that experienced students take for granted can be challenging for a new student. This may include finding one's way around a virtual classroom and the learning management systems, understanding school policies and procedures for registering for classes and learning the special language of the university such as "syllabus," "office hours," "annotations," and "prerequisites."

Some students learn the answers by directly asking professors in their classes or talking to university professional staff. However, many new students find out information by asking friends, especially when their friends are more experienced students or have recently graduated from HSU's Social Work programs. For this reason, regionally placed Professional/Academic Coaches are available to meet with students in those areas. This is to provide more accessibility for the Professional/Academic Coach when a face-to-face meeting seems more appropriate than a telephone or video call.

Students may also choose to select a Professional/Academic Coach that is located in a different area based on personal preference, shared professional interest or any other reason that will increase the effectiveness and relevance of the coaching relationship. In this situation, the unique benefits of connecting with a coach out of the student's geographical region may outweigh the opportunities for face-to-face, in-person meetings.

Meet the PACS



Region 1. Chryste Johnson: Superior Region Students

Phone: (707) 362-3161 (*text okay*)

Email: clj16@humboldt.edu

Hey there! My name is Chryste Johnson and I am thrilled to serve the Distributed Learning students as a Professional/Academic Coach.

In 1999, I took a leap and traveled over 800 miles from Los Angeles to start my academic journey at HSU. At the time, I studied Psychology with an emphasis in Developmental Psych and obtained a BA in 2004. For a number of years, I worked at Humboldt State in the Student Affairs area (Admissions, EOP, & Housing). In 2010, after some part-time work with children and adults with developmental disabilities, I felt the calling to social work. I joined the MSW Program and took the Title IV-E pathway. It was through my tenure through the MSW program that I found my passion for educating others. In 2012, after graduation, I began working at Child Welfare Services and continue to do so for Humboldt County DHHS (except for a short break from the work in 2014). It's hard and taxing work but it's also rewarding and fulfilling.



Region 2. Jeff McKay: Greater Bay/Sierra Region Students

Phone: (916) 849-5058 (*text okay*)

Email: jwm362@humboldt.edu

My name is Jeff McKay and I will have the pleasure of working with some of you this year as your Professional Academic Coach.

I come from a military and law enforcement background, and I earned my MSW at Humboldt in May of 2017. I currently work for El Dorado County Health and Human Services Agency - Child Protective Services as the coordinator for the commercially sexually exploited child (CSEC) program and County Task Force. My Agency background, apart from working with CSEC victims since 2013, has been in administration and policy as a Staff Services Analyst II.

I am married and have three boys with my partner of 18 years, and we are also foster parents to a wonderful young lady. I look forward to meeting and working with you on your academic journey.



Region 3. Cindy Roland: Central Region + Out of State Students

Phone: (559) 410-7755 (*text okay*)

Email: csr163@humboldt.edu

Hi there! My name is Cindy Roland. I am honored and excited to be part of the team as a Professional/Academic Coach for distributed learning students in the Central Valley.

I was born and raised in Fort Worth, Texas and I relocated to Lemoore, California when I joined the U.S. Navy in 2005. While serving in the armed forces I began my studies in Psychology and received my bachelors from Columbia College and later earned my MSW from Humboldt State University. I have worked within the military community for 12 years. I currently serve as a Work and Family Life Specialist providing programs and services that enhance resilience in military families in order to meet the unique challenges of military life.

In my spare time, I spend time with my family. I enjoy cooking, baking cupcakes and camping in the mountains with family and friends. I value self-care and spend a lot of time taking care of myself. I find it important to maintain a healthy relationship with yourself, making you a better person for your family, friends and a more productive social worker. I am excited to be here and looking forward to getting to know you!



Region 4. Michael Temple: Southern Region Students

Phone: (619) 993-4104 (*text okay*)

Email: mvt51@humboldt.edu

I greet you by saying hello in the Indigenous African and Native–American languages, Hujambo (Swahili) and Howka (Kumeyaay). My name is Michael Temple. I am currently a Faculty Professor, Counselor, and Coordinator of the Umoja Community: Mesa Academy program at San Diego Mesa Community College.

I earned my Bachelor of Social Work at the University of Montana; at San Diego State University through the Community Based Block (CBB) program, I completed my Master of Art in Education with a concentration on multicultural counseling and psychotherapy; and I am currently completing my Master of Social Work with an emphasis in Indigenous community and culture through Humboldt State University Distance Learning program. My instructional background includes teaching Career Life Planning, College Success Skills, and Life Skills & Personal Adjustment. I have experience in the areas of helping students change their attitudes, behaviors, and thoughts as they relate towards classroom, campus actions, and community etiquette; define their goals more clearly, acquire the tools to help them achieve their goals, both academically, personally, and professionally; and motivating students to be different, academically daring, and willing to take risk at breaking the norms that's become acceptable.

Some helpful tips from your PAC

Share Tips and Questions

For many of us, taking online courses is a new frontier. There are no dumb questions, and even if you think your solution is obvious, please share it! Someone in the class will appreciate it.

Think Before You Push the “Send” Button

Before you send material, ask yourself, “did I say just what I mean? How will the person on the other end read the words?” While you cannot anticipate all reactions, do read over what you have written before you send it. You want to ensure that what you say is meaningful, thoughtful, and carefully crafted to accurately describe your perspective.

Participate

In the online environment; it is not enough to show up! We need to hear your voice to feel your presence, and we especially need your comments add to the information, the shared learning, and the sense of community in the class.

Look at the syllabus to see when assignments are due and when modules begin and end. Courses typically have a very explicit schedule that tells you when you need to be online for different assignments. For example, you may have a class discussion for which you will need to submit an initial comment on a Monday and then respond to another student’s comment on Tuesday. Requirements of this kind will be spelled out in the respective assignment or discussion.

Note: If you are not an active participant in the online portion of your courses, you will not successfully master the class material, and there is a high probability that you will not receive credit for the course.

Understand Confidentiality

It is important to be mindful of the information shared in the postings. Some students may choose to share sensitive information about their professional or personal experiences. Special precautions will need to be taken in regards to confidentiality to ensure this is a respectful process. Learning products or discussions associated with the class will be treated as privileged. In addition, when you are attending a live session or meeting via Zoom/Sococo, please be aware of your surroundings. If you are in a public space, will you be able to engage fully in the classroom conversation or will you be concerned that someone might over hear you?

As such, they should not be shared beyond the classroom with these exceptions:

- Discussions that indicate the likely endangerment or the compromising of the well-being of enrollees or specific persons identified as being targeted for such activity
- Discussions related to consultation with faculty regarding classroom conduct and student learning