



Each month we will spotlight several College of Education Faculty Mentors for you to get to know better. Our wonderful professors and instructors in **Education, Psychology & Counseling**, and **Health & Kinesiology** are here for you!

**What is a Faculty Mentor?**

A Faculty Mentor can be any NSU professor or instructor. Faculty mentors have in-depth knowledge of their field and are the best resource for expanding students' understanding of their discipline.

**Faculty Mentors are your go-to for help with:**

- Expanding knowledge within your major
- Career exploration and advice
- Internship opportunities
- Research opportunities
- Future academic pursuits
- Graduate programs

**How do I find a Faculty Mentor?**

**Assigned Faculty Mentor**

All students are assigned a Faculty Mentor when you declare a major. You can find who your assigned mentor is at the top of your degree audit ([Degree Works](#)) in the section labeled "Advisors".

**Faculty Mentor for Field of Interest**

Any NSU professor or instructor can serve as your Faculty Mentor, even if they are not assigned to you. Each faculty has an area of expertise that may be better suited for helping you with your specific future goals. Talk with your professors, assigned Faculty Mentor, or [Academic Advisor](#) about finding the right Faculty Mentor for you.

**Need tips on how to connect with professors? Check out the tips & resources sections at the bottom!**

**EDUCATION**

**EARLY CHILDHOOD EDUCATION**

**Dr. Anita Ede**

Associate Professor  
 Broken Arrow Education 162  
 (918) 449-6523  
 edear@nsuok.edu



**Teaching** → 25 years  
**At NSU** → 13 years

**Field Expertise**  
 Pre-K, Kindergarten, 1st Grade

**Research Interests**  
 Teacher Advocacy for students & themselves

**EDUCATION**

- \* B.S., *University of Miami*
- \* M.Ed. Early Childhood Education, *Northeastern State University*
- \* Ph.D. Doctorate in Curriculum and Social Foundations, *Oklahoma State University*

**Personal hobbies & interests** → I love to spend time with my family, garden, and read.

**Favorite course to teach** → ECED 4513 Organization and Implementation of Early Childhood Programs

This is my favorite course because it covers the "nuts and bolts" of what teachers do each day. In this course, teacher candidates learn how to write developmentally appropriate lesson plans, thematic units, and how to integrate content areas throughout the curriculum.

**What can you do with this degree?** → You can do many things with a degree in early childhood education!

The majority of people go into teaching in the classroom but not all. Some graduates work in social service agencies that monitor early care facilities. Others work for non-profits that serve children and families. Some of our graduates wanted to see the world and are currently teaching on far away military bases. Finally, some early childhood graduates continue their education and get a master's degree and PhD.

**Advice for students** → Do not rush through the program!

It is tempting to want to hurry along and get out into the classroom as soon as possible. Unfortunately, when we hurry, we often miss the important moments along the way. Be kind to yourself and take the time to process what you are learning.

**PSYCHOLOGY & COUNSELING**

**Dr. Johnny Mark Kirk**

Assistant Professor  
 Tahlequah Haskell Hall 108  
 (918) 444-3001  
 kirkj@nsuok.edu



**Teaching** → 10 years  
**At NSU** → 4 years

**Field Expertise / Research Interests**  
 Impact of social media, Internet infidelity, and how dogs mediate induced stress using cortisol, alpha-amylase and EEG patterns

**EDUCATION**

- \* B.S. Social and Behavioral Science, *Rogers State University*
- \* Master of Human Relations, *University of Oklahoma*
- \* Ph.D. Educational Psychology w/emphasis in Research & Statistics

**Personal hobbies & interests** → I travel.

I have been to Europe and Scandinavia the past 2 summers. I scuba dive, fish and attend OSU football games.

**What drew you to your field?**

I was a firefighter and first responder to the OKC bombing. I sought counseling for the emotional and psychological disturbances that followed and decided to go into counseling. While I was program director for the Tulsa COURTS program I was contacted by a previous professor and mentor and asked to adjunct some courses. I fell in love with teaching.

**Favorite course to teach** → Research and Statistics

I feel I can engage students in material many come to class dreading. I have many student researchers who though they would never like stats.

**What can you do with this degree?** → Come see me!

**Advice for students** → Persistence and self-care.



**HEALTH & KINESIOLOGY**

**Kimberly Loy-Seibold**

Instructor  
 Tahlequah RiverHawks Wellness Ctr  
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 loyk@nsuok.edu



**Teaching** → 3 years  
**At NSU** → 2 years

**Field Expertise / Research Interests**  
 Kinesiology  
 Biomechanics  
 Exercise Science

**EDUCATION**

- \* B.S. Athletic Training
- \* M.S. Health & Human Performance: Applied Exercise Science

**Personal hobbies & interests**

I love to cook and bake. I also live on a ranch and love working with my animals.

**What drew you to your field?**

I love helping others feel better and achieve their health goals. I also love athletics and sports and I have always been interested in how to make our bodies better, faster, stronger, and more efficient.

**Favorite course to teach** → Kinesiology

I get to teach functional anatomy, biomechanics, exercise science, and injury prevention

**What can you do with this degree?**

Ask what others, who graduated with your major, went on to do with their degree. Ask faculty what they think you could do with your degree. Then pick the options that suit your needs and personality best.

**Advice for students**

Always strive for greatness and go for what you want and don't be afraid to fail. We learn more from failure than success.

**Tips on How to Connect with Professors**

- ✓ **Introduce yourself** → Whether it's after class or via email, introducing yourself is a great first step to connecting with professors.
- ✓ **Attend their office hours** → It may seem intimidating to stop by a professor's office, but office hours are the time they set aside specifically to visit with them outside of class. Office hours are posted on their doors, in syllabi, or you can request via email.
- ✓ **Go to class** → **Always be prepared** → **Participate** → **Display respect**
- ✓ **Get involved** → Ask your professors about any organization/honor societies to join. Professors often sponsor these, so it is another great way to get more connected to them.
- ✓ **Ask them questions** → How did they get into their field? Were they ever lost college students? What can you do with your major? What can you do to prepare for life after graduation? The sky is the limit!

**NSU Resources**

**College of Education**

- [Education Department](#)
- [Psychology & Counseling Department](#)
- [Health & Kinesiology Department](#)
- [Academic Advisors](#)

**Career Services**

- [Career & Major Advice](#)
- [What can I do with a major in...?](#)

**Student Resources**

- [MY NSU](#)
- [goNSU](#)
- [Degree Audit](#)

**Other Resources**

**YouTube**

- [Top Mistakes Students Make - Not Visiting your Professor During Office Hours](#)
- [How to get to know your Professors better!](#)
- [How faculty mentors can help first-generation students succeed](#)
- [Developing Professor Relationships](#)

**Articles**

- [The Importance of Building Relationships with your Professors](#)
- [Guide to Communicating with Professors](#)
- [How to Build a Strong Relationship with your Professor](#)