



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

SPECIAL EDUCATION

Jarilyn Haney

Assistant Professor
SPED Program Chair
 Tahlequah Bagley Hall 129
 Broken Arrow Education 146
 (918) 444-3786
 haneyjw@nsuok.edu



Teaching → 10 years

At NSU → 3 years

Field Expertise / Research Interests

Special Education, Reading, Dyslexia, Inclusion

EDUCATION

- * B.S.Ed. Special Education, *Northeastern State University*
- * Master of Education, *Northeastern State University*

Personal hobbies & interests → I love to spend time with my family, watch movies, and travel.

Favorite course to teach → SPED 4433 Introduction to the Education of Children with Exceptionalities

I love to teach all the SPED courses but if I had to pick just one it would be SPED 4433 Introduction to the Education of Children with Exceptionalities. I like to teach this course because it gives me the opportunity to teach all Education majors about the laws of special education and about children with different abilities.

Who had the biggest impact on your educational experience?

I would say that my professors at NSU and OSU has had the biggest impact on my educational experience.

What drew you to your field?

My sister's experiences raising my nephew who has ADHD and her experiences as an IEP team member

Advice for students → I would recommend that the student reach out to his/her faculty mentor.

I always tell my students to not be afraid to reach out to me if they have any questions or concerns, I am always here to help.

PSYCHOLOGY & COUNSELING

Dr. Elizabeth (Beth) Melles

Assistant Professor
 Tahlequah Haskell Hall 101
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 melles@nsuok.edu



Teaching → 5 years

At NSU → 5 years

Field Expertise / Research Interests

Third-Culture Kids
 Postpartum Intrusive Thoughts

EDUCATION

- * B.A. English & Psychology, *University of Mary-Hardin Baylor*
- * M.A. Counseling, *New Mexico State University*
- * Ph.D. Counseling Psychology, *University of Oklahoma*

Personal hobbies & interests → Woodworking, running, swimming, reading, spending time with my family

What drew you to your field? Growing up internationally and being exposed to different cultures.

Favorite course to teach → Social Psychology

Because I am still fascinated by how individuals impact one another.

Who had the biggest impact on your educational experience?

A number of faculty in my undergraduate institution encouraged me to believe in myself and to have the courage to speak up in class.

What do you tell students who don't know what to do with their major?

Listen to yourself and pay attention to your interests, rather than to other people. You are the expert on you.

Advice for students → Communicate with faculty. We are typically very understanding when we know what is going on.



HEALTH & KINESIOLOGY

Margaret Dobbs

Instructor
 Tahlequah RiverHawks Wellness Ctr 135
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 dobbsms@nsuok.edu



Teaching → 21 years

At NSU → 13 years

Field Expertise / Research Interests

Teaching in Public Schools
 Board of Education Member
 Research in Teaching and Learning in a variety of teaching platforms.

EDUCATION

- * B.S. in Education
- * M.S. in Education Administration

Personal hobbies & interests

I love the daily practice of yoga. This discipline is so calming. It helps me connect mind and body and benefits the parasympathetic nervous system in the fight against anxiety, stress, and negative thoughts. I also love walking outdoors, cycling, and swimming. Reading has always been a favorite interest of mine. I enjoy traveling the world through books and in real-life travels with my husband Mark.

What drew you to your field?

Experience in the field of exercise, health, personal fitness training. I was recruited to NSU based on my teaching experience in the public schools and my experience in owning my own Fitness and Wellness business, including certification.

Favorite course to teach → Anatomy & Physiology

because the human body is a fascinating machine. I enjoy sharing my knowledge and experience of working with real clients with my students in real-life scenarios that apply most biological systems of the human body.

What can you do with this degree?

Take time to do your own research, ask questions, and come in and talk about what career interests you most. I really enjoy talking one-on-one with my students and advisees. I just wish more students would knock on my door.

Advice for students

I see how many people are struggling to focus in 21st Century with the distractions that pervade our lives and pull us away from the things that really matter - learning. I have simple suggestions for battling these distractions and am so willing to share. I care a great deal about my students and want them to succeed.

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](#)