



Each month we 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.

**Want a chance to meet your Faculty Mentor? Stop by the [Faculty Mentor/Student Meet & Greet!](#)**

**Thursday, April 9th from 4pm - 5pm  
UC Ballroom, Tahlequah**

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

## EDUCATION

### EARLY CHILDHOOD

#### Kimberly Phillips

Assistant Professor  
Tahlequah Bagley Hall 131  
Broken Arrow Education 146  
(918) 444-3753  
philliki@nsuok.edu



Teaching → 14 years

At NSU → 1 year

#### Field Expertise / Research Interests

Pre-school  
Mothers parenting after/in prison  
Putting the PRO back into Education  
Trauma-Informed Care

#### EDUCATION

- \* B.S. Family Relations/Child Development, *Northeastern State University*
- \* M.Ed. Early Childhood Education, *Northeastern State University*
- \* Ph.D. Candidate, Instructional Leadership/Academic, *University of Oklahoma*

#### Personal hobbies & interests

My family, faith, friends, coffee, my cats, shopping, and Karen Kingsbury novels

#### Favorite course to teach

There is not one I do not like teaching. I love them all!

#### Who had the biggest impact on your educational experience?

Former teachers, professors, my mom, and two sisters.

#### What drew you to your field?

I LOVE teaching and I want to have the best teacher candidates for our children. What better way to make an impact on a child's life than being the best teacher you can be by having the best educational foundation by being a student at NSU.

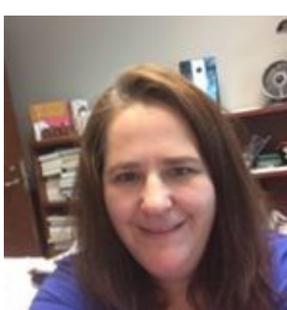
#### Advice for students

You cannot save everyone, but the ones you do save will never forget you! My family, faith, friends, coffee, my cats, shopping, and Karen Kingsbury novels .

## PSYCHOLOGY & COUNSELING

#### Dr. April Phillips

Associate Professor  
Undergraduate Program Chair for Psychology  
Broken Arrow Education 262  
(918) 449-6356  
philli48@nsuok.edu



Teaching → 15 years

At NSU → 9 years

#### Field Expertise / Research Interests

Social & Evolutionary Psychology  
Mate Selection & Attraction  
Mate Value  
Forgiveness  
Jealousy & Attachment in traditional and polyamorous relationships  
Morality in religious and non religious populations

#### EDUCATION

- \* B.S. Psychology, *University of Science & Arts of OK.*
- \* M.A. Experimental Psychology, *University of Central Oklahoma*
- \* Ph.D. Social Psychology, *University of Oklahoma*

**Personal hobbies & interests** → I like to travel and spend time with my kids.

#### What drew you to your field?

Psychology is what I was most interested in. It allows me to study human behavior and social interactions and I get to go to school forever.

#### Favorite course to teach

Evolutionary Psychology is interesting and fun to talk about. I enjoy doing research and it's rewarding to introduce students to this part of our field. Some students even decide they actually like research after taking my class!

#### Who had the biggest impact on your educational experience?

My advisor & mentor for my Master's degree at UCO. He introduced me to Evolutionary Psychology and convinced me that I could actually go to school forever. All I had to do was get a PhD.

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

Research job options and talk to faculty and professionals in the field. Counseling is a great career for many students but there is more to psychology than being a counselor or therapist.

**Advice for students** → Get to know faculty. We are here to help and you need good recommendation letters for graduate school.

## HEALTH & KINESIOLOGY

#### Sheila Fritts

Instructor  
Tahlequah RiverHawks Wellness Ctr 134  
(918) 444-3915  
frittss@nsuok.edu



Teaching → 19 years

At NSU → 3 years

#### Field Expertise / Research Interests

Prenatal Moms  
Adapted Physical Education  
Health perceptions of Generation Z and college students

#### EDUCATION

- \* B.A., Oklahoma City University
- \* M.S., Northeastern State University
- \* Ph.D. Candidate, University of Arkansas

#### Personal hobbies & interests

I love spending time with my adult children. In the summer I like to be in the water and in the winter I catch up on books and movies.

#### What drew you to your field?

I like to be physically active. As I studied and learned more about the effect of physical activity in regards to overall wellness, I knew that teaching physical education was perfect for me.

#### Favorite course to teach

That's a toss up. I really like teaching personal health. The classes are primarily composed of freshmen students who are looking for answers to every kind of question. I really love teaching Elementary Programs in Physical Education. The class is not only required for HPE majors but for ELEM majors as well. At the end of every semester at least one ELEM student tells me that they never thought they'd want to teach PE, but the class changed their mind.

#### Who had the biggest impact on your educational experience?

My high school English teacher at Alma High School really inspired me. While I was earning my masters degree, Dr. Kathy Hixon and Dr. Vanessa Anton were amazing mentors.

#### Advice for students

Don't chase money. Follow your passion and chase your dream.

### 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 for students 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](#)