Over the next few weeks, students, faculty and staff will be introduced to the All-Access Campus Improvement Plan, an initiative put together and presented by a special parking and transportation committee that ultimately asks students to approve a hike in parking fees starting in fall 2009.

MTSU’s Student Government Association voted unanimously Jan. 29 to permit a student referendum on the parking-fee increase Feb. 24-26. The fee, which the university committee proposes to increase incrementally through the 2013-14 academic year, will fund the construction of MTSU’s first parking garage. The five-level, 830-space structure will be located on the east side of campus across from what will be the new Student Union. Many in the university community, including students, have said this is an answer to the long-awaited plea for better, more convenient parking at MTSU.

The proposed incremental fee increases are:

- 2009-10, $5 per semester;
- 2010-11, $15 per semester;
- 2011-12, $20 per semester;
- 2012-13, $40 per semester; and
- 2013-14, $60 per semester.

“Certainly students who commute will be interested in the convenience that a parking garage will offer,” said Patti Miller, assistant vice president for campus planning. “While there will not be a biweekly publication for the Middle Tennessee State University community Feb. 9, 2009 • Vol. 17/No. 14

Global-studies major provides international perspective

by Stacy Williams
news@mtsu.edu

Since receiving a federal grant to establish a global-studies curriculum in 1994, director Dr. Doug Heffington has been diligently developing global studies to infuse student life experiences with a global perspective. Now in its third year as an interdisciplinary major and 12th year as a minor, global studies is flourishing with prospective majors and has produced many successful graduates.

Through global studies, students with international inclinations are able to “expand and intensify their global interests within their entire educational experience at MTSU,” according to the GS Web site, www.mtsu.edu/global.

Beginning with a class introducing students to cross-cultural experiences, GS brings elements of global awareness to the classroom, such as geography, different cultural traditions and the impact of globalization in today’s world. Then students have the opportunity to design their curriculum,

Students to decide parking-fee hike

by Tom Tozer
ttozer@mtsu.edu

The fee, which the university committee proposes to increase incrementally through the 2013-14 academic year, will fund the construction of MTSU’s first parking garage. The five-level, 830-space structure will be located on the east side of campus across from what will be the new Student Union. Many in the university community, including students, have said this is an answer to the long-awaited plea for better, more convenient parking at MTSU.

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English Language Schools finding new welcome at MTSU

by Dr. L. Diane Miller dmiller@mtsu.edu

Please join me in welcoming ELS Language Centers Director Donna Myers and eight ELS instructors to the MTSU campus. ELS (English Language Schools) Language Centers offer a quality program of intensive English study for international students seeking to improve their English language proficiency. Sixty students from 16 countries are enrolled in the first four-week session with more expected to enroll in the second four-week session, which began Feb. 2.

ELS offers two programs of study with 12 levels of instruction: the semi-intensive program (20 classes per week) and the intensive program (30 classes per week). ELS Language Centers offer 13 four-week sessions each year.

Generally, three types of people enroll in an ELS Language Center program. One subgroup of students is made up of professionals coming from a foreign country wanting to improve their English speaking, reading and writing skills. A second subgroup consists of secondary or post-secondary students from a foreign country wanting to improve their English proficiency skills. These students may or may not matriculate to a university in the United States. The third subgroup includes students who want to improve their English proficiency skills to the point of passing the TOEFL, or Test of English as a Foreign Language, to matriculate to a U.S. university.

The students participating in the ELS Center at MTSU are admitted to MTSU as non-degree-seeking students enrolling in a one-hour seminar for pass-fail credit. They pay fees making them MTSU students with access to all campus facilities. ELS arranges social activities, housing, home-stay experiences and cultural/immigration counseling. Some students are staying at Campus Crossings Apartments, while others are living with Murfreesboro families.

The ELS offices and some classrooms are located on the second floor of the Fairview Center, where MTSU’s College of Continuing Education offices once were located. Having an ELS Center affiliated with and on residing at MTSU’s campus helps to promote global awareness in MTSU students. Second, about 50 percent of these students are high-school or college students seeking an additional degree. Hopefully their search for a U.S. university will be short-lived once they are introduced to the quality programs at MTSU and the hospitality of our campus community.

Many people worked to bring the ELS Language Center to MTSU. Dr. Kaylene Gebert asked Dean Mike Boyle to spearhead the project. Other contributors include John Burchfield, Sherian Huddleston, Teresa Thomas, Lynn Palmer, Becky Bussell, Maureen Young, Rick Chapman and Pat Spangler.

MTSU’s mission statement stresses its obligation to prepare students to participate as citizens in the global community. Increasing the number of international students enrolled at MTSU and increasing the number of MTSU students who study abroad are both goals that support MTSU’s Academic Master Plan.

When you see international students on campus, take some time to welcome them to campus. This may be their first visit to the United States. Give them an opportunity to practice their English-speaking and listening skills. Make them feel like members of our MTSU family.

For more information about the ELS Language Center, contact Myers at 615-898-2980.

Dr. L. Diane Miller is vice provost for academic affairs.

MTSU’s preliminary spring enrollment total of 22,516 students registered and taking classes is a 4 percent increase from January 2008 when 21,648 students were attending, said Sherian Huddleston, associate vice provost for enrollment services.

Preliminary numbers supplied from the Office of Records shows an overall increase of 968 students. After the 14-day census period that ended Jan. 28 and final edits, MTSU’s headcount totals will be submitted to the Tennessee Board of Regents soon, Huddleston said.

“We’re very pleased with these figures,” said Dr. Debra Sells, vice president for enrollment services and vice president for student affairs. “We believe they reflect our continuing efforts to both successfully retain our current students as well as recruit the very best new students in the state. In these difficult economic times, I think our students and their families recognize that an MTSU education is a sound investment that will pay big dividends over time.”

In specific areas such as total graduate population, MTSU’s College of Graduate Studies has a 16.8 percent increase from spring 2008 when 2,223 graduate students were taking classes. This spring’s total is 2,579, which is an increase of 374 students.

Huddleston reports an 8.5 percent increase in new students—1,461 new undergraduate and graduate students this semester compared to 1,347 in January 2008.

“They’re making great strides in graduate enrollment,” Huddleston said of the College of Graduate Studies.

Huddleston said the spring enrollment “traditionally is going to be less than the fall enrollment because of December graduation and other attrition.” The Records Office reported that 1,317 undergraduates and graduate students received degrees Dec. 13. A record 23,872 students attended last fall. This spring’s head count is 94 percent of the final fall enrollment submitted to TBR, Huddleston said.

Spring ‘08 enrollment jumps 4% as students seek ‘sound investment’

by Randy Weiler jwueler@mtsu.edu

The Carnegie Foundation honors university for community engagement, partnerships

by Tom Tozer ttozer@mtsu.edu

The Carnegie Foundation for the Advancement of Teaching recently reclassified MTSU for its 2008 Community Engagement Classification, which recognizes universities that demonstrate commitment to curricular engagement, and outreach and partnerships.

MTSU joins such universities as California State, Duke, Clemson and UCLA and 107 other institutions of higher learning across the nation “where teaching, learning and scholarship engage faculty, students and community in mutually beneficial and respectful collaboration.” The designation also reflects the university’s sharing of its resources with the community and being involved in programs that enhance scholarly, research and economic development.

“Community engagement is central to our academic core,” said Faye Johnson, assistant to the executive vice president and provost for special initiatives, who edited and wrote the proposal submitted for consideration.

“This is a very prestigious designation [that recognizes work] to implement and sustain an integrated campuswide commitment to continuous community engagement,” she added.

The report underwent a peer review to meet stringent criteria before it could qualify for the classification. MTSU’s American Democracy Project, coordinated by Dr. Jim Williams, history professor, was one of the models cited in the proposal that exemplified civic engagement demonstrated by MTSU students. Another initiative that propelled MTSU to the top classification was the university’s award-winning Experiential Learning Scholars Program, under the leadership of Dr. Jil Austin, chair of the Department of Management and Marketing.

“We are extremely proud of the designation and remain committed to this initiative in every way,” noted Dr. Gloria Bonner, assistant to the president in the Office for Community Engagement and Support. “Dr. Rosemary Owens, university strategic partnership coordinator, worked closely with the Office of Academic Affairs and a dynamic team of individuals representing our very fine institution.”

According to the Carnegie Foundation’s Web site, 217 institutions indicated their intentions to apply for the March 1 deadline. The 119 successful applicants represented institutions from 34 states and Puerto Rico. To learn more about the Carnegie Foundation for the Advancement of Teaching, please visit www.carnegiefoundation.org.

Get MTSU news anytime, anywhere @ mtsunews.com.
Sells to lead Division of Student Affairs on permanent basis

by Randy Weiler
jweiler@mtsu.edu

Dr. Sidney A. McPhee has announced the appointment of Dr. Debra Sells as vice president for student affairs and vice provost for enrollment and academic services at MTSU.

Naming Sells to the position removes the interim tag from her title. Sells, former associate vice provost for academic support services, replaced Dr. Bob Glenn on an interim basis in August. Glenn left MTSU to become president at Athens ( Ala.) State University.

I am pleased that Chancellor Charles Manning approved my recommendation to appoint Dr. Sells as our new vice president for student affairs,” McPhee said. “She is a highly capable individual who has done a phenomenal job in helping us to transition after the departure of former Vice President Bob Glenn.

“I have been impressed not only by her efficient and positive approach to her role as a university executive, but also by her keen knowledge of enrollment issues and the student-affairs area. We look forward to Dr. Sells’ continued leadership here at MTSU.”

This latest appointment continues the progress up the administrative academic ladder for Sells. The native of Benton Harbor, Mich., has been at MTSU since 1996, just after earning her doctoral degree in education from Arizona State University.

“I’m grateful for Dr. McPhee’s confidence in me,” Sells said. “We’ve had six months to really get to know one another. It has been a really good working relationship, and that’s important to me—that we both have trust and confidence in each other.”

Colleagues and faculty alike are excited about Sells becoming the permanent choice.

“Deb brings over 20 years of student-affairs experience to this position, and I, along with our students, should be excited about the opportunities that lie ahead for the Division of Student Affairs under Dr. Sells’ leadership,” said Dr. Gene Fitch, associate vice president for student affairs and dean of student life.

“Working with Deb during her tenure as interim has been a pleasant experience, and I expect she will continue doing a great job of guiding our division as we steer through MTSU’s efforts to continue providing quality service to our students and faculty in the upcoming budget reduction,” said Dr. Sherian Huddleston, associate vice provost for enrollment services.

Sells said the university “will be facing interesting times in the next few months. … Obviously, we have many challenges.”

In referring to the current economic and budget situation for MTSU, her concern shifts toward the students.

“No. 1 on our priority list will be: How do we serve our students?” she said. “How do we not only protect but enhance their future success experience as we deal with the serious budget issues we’re facing? The president always emphasizes ‘positioning ourselves for the future.’ We want to make decisions that will, in the long run, make both in- and out-of-classroom experiences at MTSU even better for our students.”

Sells credits a “very good and skillful staff” and an “exceptionally supportive vice president’s group” for helping her manage the transition of the past six months. She said her immediate priorities include “top billing for managing enrollment and retention, moving forward with planning and construction on the new student union and support for our sorority and fraternity organizations.” Sells served as director of housing and residential life at MTSU from 1996 to 2002 before moving into the leadership position for academic support services. She also held several residential life positions at Arizona State.

She earned her bachelor’s degree in sociology and communications at Hope College in Holland, Mich., in 1981 and her master’s in social work from the University of Michigan in 1983.

Sells, who lives near campus, said she also studies meditation, loves to read and recently started running, though she laughs that she “became a runner awfully late in life.”

Time for a real gar(b)age band

by Gina K. Logue
gklogue@mtsu.edu

Rcyclcd Percussion, a rock band that uses recycled trash as its instruments, will perform in concert at 7 p.m. on Thursday, Feb. 12, in the Tennessee Room of MTSU’s James Union Building. The event is free and open to the public.

The quartet uses barrels, basement garbage, building site leftovers, pots, pans, steppingstones, 50-gallon drums and recycled chainsaws to create a uniquely dynamic act. Their style has coined phrases such as “power percussion” and “junk rock.”

The group’s MySpace page (www.myspace.com/recycledrocks) describes their sound as “powerful industrial drumming backed by metal-grinding guitar and hip-hop/funk DJ.”

The band’s members—Justin Spencer, Jim Magoon, Ryan Vezina and DJ Pharaoh—have been together for four years. They have jammed with performers such as LL Cool J and have performed during halftime shows at many National Basketball Association and National Football League games.

The Fine Arts Committee of MTSU’s Office of Student Programming is sponsoring the concert. For more information, contact Greg Feiling at 615-898-5608 or gfeiling@mtsu.edu.

Feb. 22 is College Goal Sunday

by Randy Weiler
jweiler@mtsu.edu

TSU Office of Financial Aid personnel will be available to assist high-school seniors during the annual College Goal Sunday, scheduled for Sunday, Feb. 22, from 2 to 4 p.m. in the north lobby of the Business and Aerospace Building.

College Goal Sunday helps prospective college students obtain free online assistance filling out the Free Application for Federal Student Aid form and lets them talk to financial-aid professionals about resources and applying for scholarships and student loans.

Students and their parents or guardians should bring their 2008 federal tax returns or other income documentation, Social Security numbers, driver’s licenses, 2007 W-2 forms or year-end pay stubs and bank statements. Other “what to bring” information can be found on the Web site www.collegegoalsundaytn.org.

Attendees are asked to apply for their FAFSA pin number in advance by visiting www.pin.ed.gov.

For more information, visit http://financialaid.web.mtsu.edu/cgs.htm or call 615-898-2830.

New honor society seeking potential student members

by Gina K. Logue
gklogue@mtsu.edu

Students interested in joining Omicron Delta Kappa, one of the most prestigious leadership honor societies in the country, are invited to a “leaders circle” meeting at 4:30 p.m. Monday, Feb. 9, in Room 205. For more information, contact Laura Clippard at 615-898-5608 or lclippard@mtsu.edu. To learn more about Omicron Delta Kappa, go to the national Web site at www.odk.org.

No. 1 on our priority list will be: How do we serve our students?

Dr. Debra Sells, vice president for student affairs and vice provost for enrollment services

MTO

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Campus Calendar

Feb. 9-22

Please note:
Event dates, times and locations may change after press time. Please verify specifics when making plans.

TV Schedule

“Middle Tennessee Record”
Cable Channel 9:
Monday-Sunday—7 a.m., 5 p.m.
News/Channel 54—Sundays—1:30 p.m.

Through Feb. 20

Art Exhibit: “Revisited” featuring works by retired MTSU art faculty Ollie Fancher, James Gibson, Klaus Kallenberger and David LeDoux
8 a.m.-4:30 p.m. Monday-Friday, Todd Gallery
For information, contact: 615-898-5653.

Art Exhibit: “Idiom Savant: Photographs by Jim Stone”
8 a.m.-4:30 p.m. Monday-Friday, noon-4 p.m. Saturday, 6-9:45 p.m. Sunday
Baldwin Photo Gallery, LRC
For information, contact: 615-898-2085.

Feb. 9

Monday, Feb. 9
Spring Honors Lecture Series: 
Dr. Rolland Pack, “Nailing Jell-O to Ivy-Covered Walls: Honors and Higher Education”
3-3:55 p.m., HONR 106
For information, visit www.mtsu.edu/honors/Spring_Lecture_Series.shtml or contact: 615-898-5125.

Faculty Senate Meeting
4:30 p.m., JUB 100
For information, contact: 615-898-2582.

Lecture: Photographer Jim Stone
7:30 p.m., LRC 221
For information, contact: 615-898-2085.

Feb. 10

Tuesday, Feb. 10
Red Cross Blood Drive
sponsored by MTSU Association of Secretarial and Clerical Employees; bone-marrow typing also will be available
10 a.m.-4 p.m., KUC 322
For information, contact: merriman@mtsu.edu.

Black History Month:
John Pleas Faculty Recognition Award Ceremony
honoring Dr. Adonisjah L. Bakari
4-6 p.m., Tom Jackson Building
For information, contact: amlane@mtsu.edu.

Feb. 11

Wednesday, Feb. 11
Black History Month: Jazz Artist Series Lecture/Master Class
Presents Donald Brown
5 p.m., Saunders Fine Arts 101
For information, contact: daliquo@mtsu.edu.

Feb. 12

Thursday, Feb. 12
Women’s Studies Research Lectures: Dr. Jeremy Rich, “American Masquerades of African Empire…”
3 p.m., JUB 100
For information, contact: 615-898-5282.

Black History Month:
Jacqueline Springfield, “Going Back to Where I’ve Never Been”
7 p.m., BDA Studio Theatre
For information, contact: jholmes@mtsu.edu.

Feb. 13

Friday, Feb. 13
School of Music “Serenade for Lucy Strickland: A Recital in Music, Meter and Prose”
8 p.m., Hinton Music Hall
For information, contact: cas4i@mtsu.edu.

Feb. 14

Saturday, Feb. 14
Black History Month: College of Visual and Performing Arts Honors Lecture Series: “MTSU On the Record—Covering the Obama Administration: Race and Gender Issues”
3-3:55 p.m., HONR 106
For information, visit www.mtsu.edu/honors/Spring_Lecture_Series.shtml or contact: 615-898-2152.

Black History Month: “Poto Mitan: Haitian Women, Pillars of the Global Economy”
3:30-5 p.m., KUC Theater
For information, contact: franklin@mtsu.edu.

MTSU Brass Ensembles
8 p.m., Hinton Music Hall
For information, contact: 615-898-2493.

Feb. 15

Sunday, Feb. 15
“MTSU On the Record—Covering the Obama Administration: Race and Gender Issues”
3-3:55 p.m., HONR 106
For information, visit www.mtsu.edu/honors/Spring_Lecture_Series.shtml or contact: 615-898-2152.

Feb. 16

Monday, Feb. 16
Spring Honors Lecture Series: Michelle Arnold, “Journey of an Honors Student”
3-3:55 p.m., HONR 106
For information, visit www.mtsu.edu/honors/Spring_Lecture_Series.shtml or contact: 615-898-2152.

Black History Month: “Middle Tennessee Record—The Ash Crash”
Dr. Warner Cribb (geology) and senior geology major Jennifer Pickering discuss a geochemical survey around TVA coal-fired power plants that store ash on-site.
7 a.m., WMOT 89.5-FM

MTSU Symphony
4 p.m., Hinton Music Hall
For information, contact: 615-898-2493.

Feb. 17

Tuesday, Feb. 17
LIT&ITC Teaching Excellence Series: “Enjoying Teaching”
11:40 a.m.-1 p.m., Peck Hall 106
For information, visit www.mtsu.edu/litanditc/events.shtml or contact: 615-494-7671.

Desire2Learn Webinar: “Making the Most of the Quiz Feature”
1:30-2:30 p.m., Peck 106
For information, visit www.mtsu.edu/litanditc/events.shtml or contact: 615-494-7671.

Feb. 18

Wednesday, Feb. 18
Black History Month: Deidre Reed, “Grassroots Activism, Racial Rezoning and School-Based Reform in Nashville”
12:30-2 p.m. Peck 211
For information, contact: franklin@mtsu.edu.

Feb. 19

Thursday, Feb. 19
Mathematical Sciences Spring Symposium
2-4 p.m., Tom Jackson Building
For information, contact: 615-898-2669.

Feb. 20

Friday, Feb. 20
MTSU Symphonic Band
7:30 p.m., Hinton Music Hall
For information, contact: 615-898-2493.

Feb. 21

Saturday, Feb. 21
MTSU On the Record—The Ash Crash”
Dr. Warner Cribb (geology) and senior geology major Jennifer Pickering discuss a geochemical survey around TVA coal-fired power plants that store ash on-site.
7 a.m., WMOT 89.5-FM

MTSU Symphony
4 p.m., Hinton Music Hall
For information, contact: 615-898-2493.

Feb. 22

Sunday, Feb. 22
Black History Month: Ninth Annual Gospel Extravaganza Benefit and Scholarship Program
6 p.m., Murphy Center
Tickets: Adults: $10, children $5, children 6 and younger free
For information, contact: mglass@mtsu.edu.
Improvement Plan. Students will vote on the referendum via PipelineMT.

Miller added that the issue becomes a matter of value as the university community decides what convenience and less traffic congestion are worth.

The parking and transportation committee says MTSU must begin to build up because the campus has just about reached its building-out limits. The parking garage, which if approved could be a reality in three years, would be the first of several parking garages in the university’s future—all part of the Campus Master Plan. Construction of a new entrance on the northeast corner of campus, which is already funded and part of the overall Master Plan, is a project slated for the near future.

A campaign soon will be under way to roll out the All-Access Campus Improvement Plan. Students will vote on the referendum via PipelineMT.
Global Studies at MTSU is an excellent interdisciplinary field for students who are interested in taking control of their academic destiny and becoming sensitive, informed global citizens.

One of the most distinctive aspects of the major and minor is that the students exercise control over their own curriculum with the aid of the GS adviser. "This degree is student-centered, student-driven and in some ways, student-maintained," says Heffington.

Apart from these three required courses, there are more than 100 courses from MTSU’s colleges from which students may choose with Heffington’s oversight.

The major is expanding in many ways. The number of students declaring global studies as a major has increased every semester since its establishment; more than 60 students are currently declared GS majors. And with only one full-time faculty member, one graduate assistant, one adjunct faculty member and a secretary, this department has its hands full. Heffington is currently teaching five classes and meets individually with every current and prospective GS student.

"This man has ... bent over backwards making sure that things went smoothly for my GS degree," says Chris Zilly, a December 2008 global-studies graduate who moved to Japan after graduation to take a teaching position with a program called Interac. He was also eager to return to his fiancée, whom he met during his second study-abroad term in Nagoya, Japan. Zilly is particularly grateful that he could pursue his passion, Japanese language, and receive course credit toward a dual degree.

"I think it is a great way for students to see the world without it being a penalty to them, assuming the credits don’t match up with their current degree path," Zilly says. GS at MTSU is an excellent interdisciplinary field for students who are interested in taking control of their academic destiny and becoming sensitive, informed global citizens.

For more information, contact Heffington at 615-898-5978 or jheffing@mtsu.edu or visit the Web site at www.mtsu.edu/global.

Stacy Williams is a December 2008 journalism and global-studies graduate of MTSU.

A closer look at global-studies majors

Rachel Bonin, senior from Weatherford, Texas

Major: global studies
Minor: health
Languages: Chinese, some Spanish
Graduation date: August 2009
Study-abroad location: China
Future plans: "I would love to work with the International Red Cross ... (and) with disaster relief overseas and also in the United States."

Chad Lyon, senior from Murfreesboro

Major: global studies
Minors: Middle East studies, psychology
Languages: Arabic, Spanish
Graduation date: August 2009
Study-abroad location: Jordan
Why is global studies important to you? "I believe Americans will have greater opportunities internationally than domestically, particularly in the next five years."

Chris Zilly, graduate from Murfreesboro

Major: global studies, international relations
Minor: business administration
Language: Japanese
Graduation date: December 2008
Study-abroad location: Saitama and Nagoya, Japan
Why is global studies important to you? "I have a huge interest in Japanese as a language. It has proved to be one of the hardest challenges of my life."

Get noticed in MTSU’s official university publication! Check The Record’s 2009 deadline schedule at http://frank.mtsu.edu/~proffice/rec_deadlines.htm.
The effort is necessary to meet the new federal reporting mandate.

Dr. Cornelia Wills, Office of Institutional Research

The IPEDS surveys have a noncompromising deadline, Wills said. Participation is mandatory for all institutions eligible for Title IV funding to satisfy the requirements of the Higher Education Amendments. Noncompliance could include fines and suspension of eligibility to participate in Title IV programs.
Collaboration between MTSU and Austin Peay State University is leading to stronger nursing programs at both schools, said Debra Rose Wilson, associate professor in the MTSU School of Nursing.

Nearly 100 nursing students—50 from APSU and 48 from MTSU—were scheduled to receive guided imagery training Feb. 7 at MTSU. The event marks the second time since October that APSU and MTSU nursing programs have met in the Cason-Kennedy Nursing Building for a full day of workshops on how to use the guided-imagery techniques, Wilson said.

“Today’s health care worker is encouraged to use complementary therapies in the care of the patient,” Wilson said. “The guided-imagery workshop gives students an opportunity to learn and practice one of these techniques.”

“Guided imagery involves using mental images to calm oneself, reduce the stress response, reduce pain or blood pressure and promote sleep. This relaxing visualization has been found to enhance healing and physical health in numerous studies.”

“The power of the mind over biology is studied in the field of psychoneuroimmunology and is relevant to many disciplines besides nursing,” Wilson continued. “Athletes who use visualization techniques are known to improve performance, for example. Psychologists teach patients these techniques to reduce panic attacks or phobic reactions.”

Wilson, who also is a hypnotherapist, led the nursing students through the research on using guided imagery and possible applications of the techniques as well as skill-building and chances to practice the techniques.

“This is useful information. I will use guided imagery in my own daily life to increase feelings of well-being and to promote relaxation,” an MTSU student wrote in the evaluation form.

One Austin Peay student said, “We felt very welcome. I will use this information to help my patients with anxiety [and] stress relief and increase feelings of well-being.”

“This will be helpful with my patients for that period of time we are waiting for medications to kick in, or if they are experiencing a difficult procedure,” another MTSU student said.

By Randy Weiler
juwiler@mtsu.edu