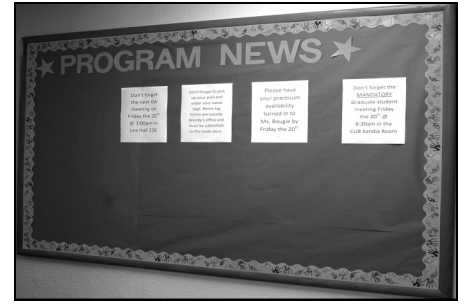


CDIS Newsletter

Photo by Andrew Gallegos



Look Inside For:

- > Updates on recent ENMU events
- > Exciting CDIS crossword puzzle
- > Semester quiz—Are you abusing *your* voice?
- > “5 Rules for Surviving Grad School”



Photo by Andrew Gallegos

Literacy through Movement

by Kat Million

Wondering how to get children interested in reading? Combining movement to a story or poem can be a good way to bring that story to life and to get children more involved in the world of books. You don't have to be an amazing choreographer to create a dance from a book, you just have to use your imagination and be willing to try something new.

Anyone can create in any way they see fit, but there are a few pointers I would

like to give you in order for the activity to run smoothly. First of all, the book you choose is very important. Stories and poems that are full of verbs, adjectives, emotions, and enthralling locales are usually going to provoke more interest compared to those that do not. The goal is to get the child to become active, and the story needs to reflect your objective. Choosing books that are full of compelling pictures is another way to activate the imagination and draw the interest of the

child. Large, colorful picture books will be more helpful than books with little or no pictures. Another way to help bring the book to life would be to include props and/or costumes in your movement activity. Finally, adding music can also help bring the story to life.

• *Story continues on page 3*

Who Are We? A Look at ENMU's CDIS Department

by Lacy Plummer

If you are still trying to decide what to be when you grow up and you're a caring person interested in the well-being of others maybe you should consider speech-language pathology. Speech-language pathology offers a rewarding career that requires sincere interest in helping people, sensitivity, personal warmth, and perspective to be able to interact with a person who has a communication problem.

Speech-language pathologists work with clients who have a wide range of difficulties, which may include language, voice (pitch or loudness), articulation (pronunciation), swallowing, and fluency (stuttering). Speech-language pathologists may treat clients who range from infants to elderly in a variety of settings, such as clinics, hospitals, schools, rehabilitation centers, private practice and state agencies.

ENMU offers an Undergraduate and Graduate program to prepare you for a career as a Speech-language pathologist.

• *Story continues on page 3*

Inside this issue:

Semester Calendar	2
Surviving Grad School	3
Crossword Puzzle	4
CDIS Quiz	5
GA Boot camp	5
NSSHLA Information	6
Contact Us	6

Upcoming Events

Oct.— 4-8th, midterm exams
 16-17th, Peanut Festival
 Nov.— 24-26th, Thanksgiving break
 Dec.— 6-10th, final exams
 10th, Commencement

October 2010

Su	Mo	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010

Sun	Mo	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ENMU CDIS, continued...

A Bachelor's degree offers pre-professional instruction in normal and disordered processes of speech, language, and hearing. You must earn a Bachelor of Science in Communicative Disorders or complete leveling courses in order to apply for the Graduate program.

A Master's Degree offers advanced training and certification preparation in assessing and treating speech, language, and hearing disorders. Graduate classes will prepare you for your National Examination in Speech Pathology and/or Audiology (NESPA) and offer training in many of the career fields available to SLPs. Interested students must apply and be accepted into the graduate program. Application takes place in the spring semester and the deadline is typically around the end of March. If accepted you may begin classes and practicum in the summer or fall semester.

Not that we're biased, but we have a great program!

100% of ENMU's students graduating with the Master of Science degree in CDIS have passed the National Examination in Speech Pathology and Audiology (NESPA) within their first 2 attempts.

94% of these candidates passed on their **initial** attempt - taken prior to graduating while still enrolled in coursework at ENMU (students are typically beginning their last semester of coursework - this number is based on a 3 year average).

100% of ENMU students passed on their **1st** attempt in the 2009 calendar year

82% of ENMU students passed on their **1st** attempt in 2008-2009 academic year

100% of ENMU students passed on their **1st** attempt in the 2007-2008 academic year

84% of ENMU students passed on their **1st** attempt in the 2006-2007 academic year

86% of our students graduate within a 3-year-period (these

numbers include all of our students who were admitted into our program and includes those who left for personal reasons or who extended their program voluntarily)

100% of our students seeking a job are employed within the first month following graduation.

Source : ENMU CDIS Homepage

If you are a hard working individual looking for a rewarding career come check out our program. You can get more information by calling 575-562-2156 to make an appointment with the program director or checking out the ENMU Communicative Disorders website, <http://liberal-arts.enmu.edu/health/cdis/index.shtml>.

It's early August – commencement is over, your diploma is hanging on the wall of your parents' living room (because you surely don't have your own place by now, lowly grad student) and you're looking the next chapter of your life right in the face. Bigger program, more work, more responsibilities. Scary, right?

It doesn't have to be. Yeah, grad school can be very intimidating. Terrifying, even. But you'll live to see your Master's just like you did with your Bachelor's degree, and here's how:

Rule number one : Give yourself “me” time. With all of the responsibilities every grad student faces, you need time apart from it all. Find something that calms you. This can be reading, writing, biking, yoga, etc. The only thing required for this “me” time is that it's calming – if it gets you into a Zen frame of mind, use it. Even if it's only ten or fifteen minutes a day, relish every second of it. Don't skip, and don't shorten your time, no matter what. You'll need those fifteen minutes as an anchor when you're the busiest.

Rule number two : Have confidence in yourself. You've already completed one degree and you did that well enough to be accepted into a graduate school program. How many people can say that? Remember that when you feel like you can't handle the workload.

Rule number three : Spread your work out. While

the whole cramming-everything-into-the-night-before method may have worked before, it's not going to now. Instead of rushing near due dates, spread your work out. If you have a five page paper due in two weeks, do one page a day until it's done. You're done early, you're stress-free, and you're much happier.

Rule number four : Don't be afraid to ask for help. Your instructors are there to teach and challenge you, yes, but they're not drill instructors. If you need help, ask. They're not going to shoot you down – at the very least, they'll point you in the right direction. The better you are at asking for help now, the better you'll be as an active professional.

Rule number five : Develop a relationship with your fellow grad students. They're all in the same boat you are, and when stress starts to seep in the cracks of your lifeboat they'll be able to understand exactly what you're going through. Then, when it's their turn, they'll have you to lean on too. Plus, it never hurts to have someone with whom to compare notes.

Remember, grad school isn't impossible. Millions of people have gotten through it before you, and there will be even more to follow in your footsteps. Just keep in mind that you can do it, follow your rules, and breathe. Never forget that it's more than worth it in the end.

Remembering to Breathe: 5 Rules for Surviving Grad school

By Alyssa de la Garza

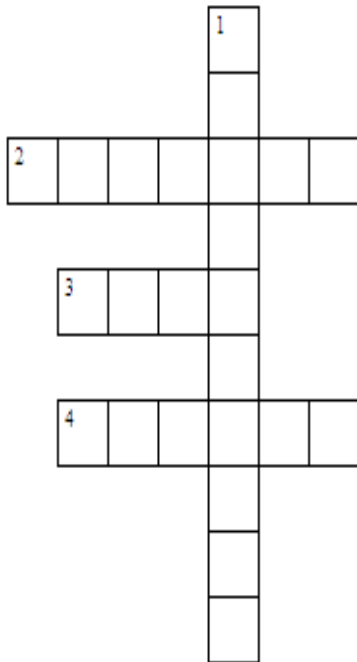
Literacy through Movement, continued...

“The possibilities are endless and your limitation are the edges of your own imagination.”

Once you have chosen an appropriate book, you will need to go through the story and figure out what “extras” you will need. For instance, if you chose Dr. Seuss's *Foot Book* you might want to get a plethora of different colors socks and different styles of shoes. If you chose Arlene Mosel's *Tikki Tikki Tembo* you might want to find some Asian themed music to play in the background. The possibilities are endless and your limitations are the edges of your own imagination.

Now you are ready to start choreographing! Read through the story and identify all the verbs, adjectives, and emotions. If you are doing this activity with young children, you will need to create simple movements that mirror these words. Older children will be more engaged and use more of their creativity if they are allowed to create their own movement. So now the fun begins! As you read through the story, perform your movements using the props/costumes/music as needed. This activity can be a fun past time, used to promote literacy, encourage physical activity, and activate interest in the arts. In the world of Speech-Language Pathology, the possibilities are endless! Whether you are working on articulation, pragmatics, semantics, etc. you can find a book that could be used to address that topic. Like I said earlier, you're limited only by your own imagination. Some of my favorite books include those written by Dr. Seuss, P. D. Eastman, Eric Carle, and Shel Silverstein.

Just for Fun



DOWN

1 Speech-Language Pathologists are sometimes called speech _____.

ACROSS

2 A _____ degree is a minimum requirement to serve as a speech-language pathologist in most public school, medical, or other private settings.

3 American Speech-Language-Hearing Association

4 ENMU offers both on-campus and _____ undergraduate courses in CDIS



Need Space?

**Grab an ENMU
CDIS Tote Bag
from Wendy in the
Office!**

\$20.00

Are You Abusing Your Voice?

By Margaret Hanlon

Vocal abuse and misuse disorders occur more frequently than all of the other voice disorders. It is also one of the most preventable. Want to find out if you are at risk for a vocal abuse or misuse disorders, answer these simple yes/no questions to find out.

1. Are you frequently exposed to loud music or noise where you find yourself needing to raise your voice to talk?
2. Do you smoke/drink?
3. Are you exposed to or inhale irritants or pollution that causes throat clearing and/or coughing?
4. When engaging in conversation do you typically find yourself trying to talk over background noise such as the T.V. or radio?
5. Are you normally around kids or pets that cause you to yell or raise your voice to gain their attention?
6. Do you participate in sports?
7. Do you try to talk and strain your voice when you are sick, such as when you have laryngitis?
8. Does your job require you to talk for the majority of the day, or yell for extended periods of time?

If you answered yes to any of the preceding questions you may be at risk for a vocal abuse or misuse disorder. However, it is never too late to start taking care of your voice. Being aware of the common causes of vocal abuse disorders and moderating your exposure is the key to prevention. Now that you are aware of common ways to abuse your voice you should think twice and alter your talking habits next time you are at a loud concert or sporting event.

Here are some tips to help you keep your voice healthy:

- At sporting events clap or use noise makers instead of cheering and screaming
- If you need to raise your voice or yell for a period of time make sure you rest your voice afterward for at least the same amount of time if not more that you used your voice.
- Drink plenty of water and stay healthy.
- Don't smoke.
- If you feel your throat getting dry or your voice sounds hoarse make sure to get plenty of rest.
- Warm up your voice before heavy use.

GA Boot Camp: Revamping the Department

by Natalie Moctezuma

Our graduate assistants have been hard at work preparing the speech and hearing clinic for another amazing year of therapy and classes. Thus far, they have tackled all bulletin boards in the department by updating them with a fresh new look! The three main bulletin boards will now be split up into three main categories. We have an undergraduate/ general public information board, graduate school information board, and a career opportunity board with up-to-date job listings.

We would like to note that older jobs listings will be taken down and placed into the CDIS JOB BINDER lo-

cated in CDIS computer room for anyone interested! In addition to revamping our lovely bulletin boards, students will find that all clinic rooms have been sanitized and organized making them ready for new and returning clients. The CDIS library and computer room are also ready for another productive school year.

With a new school year, we welcome new students into the CDIS program! Welcome aboard and good luck!

This year will be a busy year for the CDIS program. The size of the program has grown steadily and this year we have a total of 38 stu-

dents. Our wonderful professors will certainly have their hands full teaching and coaching all of the future Speech-language pathologists and audiologists!

The CDIS program would like to extend our congratulations to the new graduates: ENMU CDIS Class of 2010!

Graduating students:

- Amanda M. Balderaz
- Amy D. Bates
- Justine D. Delgado
- Jovanna C. Encinias
- Candance L. Harris
- Christina Marie Hidalgo
- Tristin L. Kirkpatrick
- Katherine A. Lossing
- Caitlin L. Mock

- Tiffany M. Paneral-Graham
- Deanna L. Shovelin
- Valerie M. Trask
- Gregory "Greg" Villar
- Denise C. Wormser

They have worked very hard throughout their time here at ENMU and we wish them all the best with their new and rewarding careers!



NSSLHA

- Fun facts about the National Student Speech Language Hearing Association:
- NSSLHA is the only national student association recognized by the American Speech and Hearing Association (ASHA)
 - 13,000 students nationwide are members
 - NSSLHA has chapters at over 300 colleges and universities, including ENMU
 - Any CDIS student can join, no matter if they're full-time or part time, graduate or undergraduate
 - Even communicative disorders students who attend school or live outside of the United States can become members of NSSLHA
 - Dues for one year are \$60
 - Some of the benefits of joining the local and national chapters of NSSLHA include discounts on ASHA conference registration, Special Interest Division membership, and much more
 - NSSLHA members also receive subscriptions and access to ASHA and NSSLHA journals, the NSSLHA Leader, and the NSSLHA newsletter that runs three times a year
 - Joining is simple! You can join online at www.nsslha.org or you can go to their website and print out a membership application

Source : www.nsslha.org



Speech and Hearing
 Rehabilitation Outreach Center
 ENMU Station 3
 1500 S. Ave K
 Portales, NM 88130

Phone: (575) 562-2156

Photo by Andrew Gallegos