

The Women In Sports

Special Interest Group

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SIG Updates and Announcements

COORDINATOR'S MESSAGE

Women In Sports Blog

The Women in Sports SIG is constantly working on new ways to provide information regarding our SIG as well as news relevant to the purpose of the SIG. It is with this purpose that I am happy to announce our SIG has received AASP approval to start a blog that will provide more information on the Women In Sports SIG members' work within the area, relevant news concerning Women In Sports, and articles covering the range of research and practice on women in sports issues. You can look forward to seeing the new blog by early 2012 with a call for articles and news to be announced as well.

Leeja Carter, Women In Sports SIG Coordinator

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SIG ANNOUNCEMENTS

Article Submissions for the WIS Blog

The *Women in Sports* SIG is looking for contributions for our blog! Unsolicited contributions from members are welcomed and must be relevant to the issues concerning the purpose of the *women in sports* SIG. All submissions should be sent to the Editor, Leeja Carter at (womensportsig@gmail.com). Authors should ensure that their manuscripts comply with all APA publication and ethical guidelines.

Women's Health on the WIS Blog!

The Women's Health blog section is devoted to help Exercise and Sport Psychologists, Performance Enhancement Specialists, or other related practitioners get valuable information on how to incorporate health and fitness techniques into their daily lives, along with gleaming useful tools for their toolboxes to help their clients adopt a healthy lifestyle.

WIS Symposium for AASP

We are happy to report that the Women In Sports special interest group is developing a symposium submission for the AASP 2012 conference in the area of exercise promotion in women.

Nominations for Women In The Spotlight Q & A

I would like to invite members of the SIG to nominate a professional women to be featured in our Women In The Spotlight section; the Women in the Spotlight column features women who are leaders in the field of sport psychology. This column will include women in applied practice, academics, coaching, and research and provides the opportunity for women to demonstrate how they use their skills to move our profession forward.

Nominations for Students Corner Q & A

To highlight the daily research and practice conducted within the AASP

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community by AASP student members, the Students' Corner is designed to spotlight female undergraduate and graduate AASP student members displaying exceptional work within the field of exercise and sport psychology. WIS invites its members to submit proposals of female students that are currently working to promote the interests of women (through research or practice) and/or exemplify leadership qualities.

Mentorship Network

In order to promote the collaboration between professional and student women of AASP within the field of exercise and sport psychology, WIS has developed a mentorship network; this network will serve WIS members who seek a mentor as well as those who are interested in mentoring WIS members. Those interested in getting involved or to inquire about more information are asked to contact Leeja Carter at: lmcarter@temple.edu.

Article Submissions for the Spring/Summer Newsletter

The *Women in Sports* SIG is looking for contributions to the newsletter! The *Women in Sports* SIG newsletter is published twice a year (Spring/Summer and Fall/Winter). Unsolicited contributions from members are welcomed and must be relevant to the issues concerning the purpose of the *Women in Sports* SIG.

Additionally, contributions should not have been published elsewhere. All submissions should be sent to the Editor, Leeja Carter at (womensportsig@gmail.com), and be received by April 15th for the Spring/Summer issue (published June 1st) and October 15th for the Fall/Winter issue (distributed December 1st). Authors should ensure that their manuscripts comply with all APA publication and ethical guidelines.

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The Women in Sports SIG will maintain a position that works to promote research and practice within the areas of gender equality in sport, perception of female sport participation, promotion of female sport participation, and promotion of healthy behaviors and body satisfaction (e.g., self-esteem, positive body image, etc.) within adult and youth, female sport participants.

About The Coordinator



Leeja Carter is an instructor of psychology at Rutgers University, Camden campus, a Psychology of Human Movement Ph.D. student at Temple University, as well as an editor of the WIS SIG newsletter. She has a Bachelor's and Masters degree in Psychology from Fairleigh Dickinson University with thesis concentration in sport psychology. Leeja is an advocate for disability sports promotion, woman's sports and equality, as well as multiculturalism in sports and research. Her research interests focus on socio-cultural belief systems of physical activity and health amongst persons with disabilities and minorities as well as understanding the multifaceted components that affect an athlete's ability to become fully emerged in their competitive performance; such emersion is known as "Flow" as well as sociocultural belief systems

Newsletter Editors



Michele is a Licensed Clinical Professional Counselor (LCPC) and a Certified Consultant through the Association for Applied Sport Psychology (CC-AASP). Michele earned her doctorate in Counselor Education and Supervision at Northern Illinois University. Michele currently directs a sport and health psychology master's program in Chicago. Her research interests include health, fitness, and wellness.

Dr. Michele Kerulis, LCPC, CC-AASP



Kisha Grady

Kisha possesses a Masters of Science in Psychology of Human Movement from Temple University and is a Performance Enhancement Specialist/Wellness Coach. Ms. Grady is a certified pilates instructor whereby she uses exercise techniques as a platform to help her clients create a healthy body, mind, and lifestyle. Currently, she is working towards becoming a Certified Consultant with the Association for Applied Sport Psychology.

Contributors

Angela Coppola

Angela is pursuing a Ph.D. in Physical Education and Recreation at the University of Alberta. Her current research interests include perceptions of body image in sport and the communication of sporting body ideals.

SheROX Triathlon Series:

A Beginner's Triathlon Experience

By: Dr. Michele Kerulis, LCPC, CC-AASP

SheROX Triathlon Series (<http://www.sheroxtri.com/>) is a nationwide all-women sporting event that aims to motivate women across the country to swim, bike, and run in a supportive environment. The sprint triathlons (1/2 mile swim, 14.2 mile bike, and 3.1 mile run) are sanctioned by USA Triathlon. SheROX is known for its mentoring program which provides support and education for women from the beginning of training until they cross the finish line. The free mentoring program offers newsletters, group workouts, and email support from experienced women who are enthusiastic about helping other women have a blast during the events.

The SheROX events are open to women who register for one of five divisions: age, elite amateur, buddy, survivor, and elite pro. The age group division is the most common division for participants and is categorized by five-year increments. The elite amateur division is for fast amateurs who want to start the race near the front of the pack (women must qualify through other USA Triathlon events to register in this division). Professional athletes start the race in the first wave, and must provide evidence of professional status to be included in this division. The last two divisions are unique to SheROX. The buddy division is for women who want to race with people who are not the same age. For example, a

mother and daughter, two sisters, or groups of friends. The fifth division is the survivor division and is open to women who are cancer survivors. Women who enter the event can choose to register as an individual racer or as a member of a relay team.

One anonymous women, referred to as Jennifer, was excited to share her story about participating in SheROX for the first time. Jennifer is a family therapist and mother of four. She attends spinning classes and runs on a regular basis so figured that the next logical athletic challenge was to enter a triathlon. She said that several people recommended the Naperville, IL women's triathlon which has been referred to as a great beginner's race. Jennifer entered the SheROX event in the Buddy Wave with two friends: one who had competed in the event previously and one who was also a new participant.

"SheROX offers all kinds of help and advice for first-timers to help take some of the nervousness away."

Jennifer was excited to enter SheRox and identified swimming as the biggest challenge. She swam once a week for eight weeks and decided that she was going to compete with a backstroke. Jennifer said that she was really encouraged by the swimming buddies, volunteers who are stationed in the water and motivate participants, who were available during the swim of SheROX. Jennifer liked the fact that the swimming buddy did not judge her for staying on her back throughout the swim and that the buddy stayed next to Jennifer the entire time. After the swim, Jennifer recalled thinking, "Now I can relax and have fun! The fact that it was all women competing and that many of them were

not professional triathletes but just regular people like me was very comforting. SheROX offers all kinds of help and advice for first-timers to help take some of the nervousness away.” When asked what she would say to other women who are considering trying SheROX, Jennifer said, “Do it!” Jennifer added, “One thing I noticed is that in all of the pictures of me I have a huge smile on my face, so it must have been fun!”

Jennifer’s story can motivate other women who want to attempt a triathlon. If you want to enter a race, identify an event that catches your eye. Next, look for a training group. Many races are associated with group training events to help athletes of all abilities work towards their goals. It can also be helpful to pick up a triathlete training book or work with an exercise specialist to create a personalized training program. Once you begin training, stick with it. Expect to have days where you feel great during training and also days that are more challenging, both physically and mentally. Maintain positive thoughts and focus on your personalized goals. Finally, when race day arrives have fun! Remember that athletes participate in events for many reasons, and one popular reason is to have fun! Triathlons challenge the body and mind; are you up for the challenge?

Do you have a comment you would like to submit? Send your comments to Leeja Carter at: womensportsig@gmail.com

“It’s a Marathon, Not a Sprint”:

Helping Female Clients Adopt Healthier Lifestyles through a Weight Management Program

By: Leigh A. Bryant

Liz Gilchrist, M.A. is one of many people who recognize the current national health crisis. Approximately one-third of the adult U.S. population has a body mass index of 30 or above and is therefore considered to be obese (Center for Disease Control and Prevention, 2010). News reports, federal and local government initiatives, and insurance policy reforms highlight the need for necessary changes in our nation’s food and exercise habits and overall approach to healthy living. Publications such as TIME magazine’s 2011 “What to Eat Now” special issue cover article and the recently unveiled food “plate” (pyramid) are two examples of our nation’s fixation on achieving better health. Yet so many people still choose to consume beverages with high sugar content and indulge in hours of reality television shows without taking brisk walks outdoors or initiating family-focused dinners. Current health reports indicate that West Virginia is among the states in most dire need of intervention when it comes to healthy living. According to the CDC, only one in five adult West Virginians eats one serving of fruits or vegetables five or more times per day, and approximately 32.5% of the state’s residents are considered to be obese (Center for Disease Control and Prevention, 2011). Moreover, West

Virginia ranks within the top five states with the highest diabetes prevalence rates.

Gilchrist, a newcomer to the West Virginia University's PEIA Weight Management Program staff, sees promise in her efforts to help clients commit to making positive lifestyle changes over a two-year period. Many of her clients report feeling empowered after completing the program with the assistance of Health Behavior Counselors like Gilchrist. Gilchrist received her Bachelor's degree in Human Development from Virginia Tech and Master's degree in Community Counseling from West Virginia University, and has previously worked as a mental health specialist servicing adolescent boys with dual diagnoses and an addictions counselor for clients struggling with substance abuse. Gilchrist's educational background and previous job positions allow her to meaningfully connect with, educate, and motivate her Weight Management Program clients. She has a current caseload of 712 clients, 514 (roughly 75%) of whom are female (Gilchrist, personal correspondence, October 26, 2011). Thus she can speak to gender differences in health promotion as well as the multiple parallels she often observes between addiction and health behavior maintenance and change.

"Her mission is to be an advocate and a nonjudgmental person of support..."

The primary goal of the PEIA Weight Management Program, according to Gilchrist, is to decrease health care prices through intervention efforts that effectively address obesity and reduce individuals' BMI measurements. But she believes that her personal goal is a bit more focused and sensitive. Her

mission is to be "an advocate and a nonjudgmental person of support," often for individuals who receive little to no support outside of the program and for those who feel guilty for taking time for themselves despite the long-term benefits. Gilchrist's approach to her work, which is done strictly via telephone (each client has a call scheduled approximately every 45 days), stems from the theoretical frameworks she learned in graduate school; she frequently incorporates behavior modification, Choice Theory, and Rational Emotive Behavioral Therapy into her conversations with clients, and she utilizes motivational interviewing whenever possible. However, Gilchrist asserts that remaining "genuine" with her clients and using empathy and self-disclosure when appropriate can make the most impact.

She orients new clients by explaining her role in detail, emphasizing the support that she can provide to motivate them to achieve their personal goals. "When you talk to people, they can hear things in your voice," she claims, adding that it is important for her to take good care of herself so as to present a positive, well-rested persona to her clients. It is her extra effort to "make it [the two-year program] very personal to them" that likely inspires her clients. Gilchrist often browses the nutrition and exercise adherence database where she can see clients' health records and uses the information to compose motivational emails to send out to clients in between their scheduled telephone sessions. "People stay much more engaged when they're engaged more often," she states, emphasizing the importance of being consistent with her messages of encouragement and pushing clients to adhere to their newly established routines.

Using research to inform practice is among one of Gilchrist's many skills. Although she is aware of some of the most common threats to lifestyle change and maintenance from her own education and from published research, she

typically asks her clients directly to identify their biggest threats or barriers to success in the PEIA program. This allows her to address clients' irrational self-talk and decrease the intensity of perceived conflicting demands in a person-centered manner. Among the most common barriers reported are lack of time to exercise or to go food shopping (due to employment), lack of family support, and the holidays (travel, increased emphasis on food, and temptation to indulge in sweets). "Everybody has a barrier, and I pull it out," Gilchrist says, believing that her clients have the power to refuse to use barriers as excuses.

Have a comment? Send your responses to:

womensportsig@gmail.com

An active woman herself, Gilchrist is attuned to gender differences in weight management and the counseling process. "Married women that have supportive husbands are very highly likely to have more success than those that have husbands that are not supportive," she claims, adding that she worries about women who have romantic partners who discourage or resist clients' attempts to change their exercise and dietary habits and also women who feel selfish when they take time to concentrate on their individual needs. Gilchrist has noted that her female clients often need to feel that they have permission to start the PEIA program given the tendency for women to place their needs second to those of their spouses, children, or the extended family. Many women report previous athletic involvement in sports-- or at one point in time having had an established workout routine-- that took a back seat to other life demands.

Having a lower socioeconomic status makes it increasingly difficult for women in the PEIA program who want to save money when and where they can. Some clients tell Gilchrist

that fresh produce is often outside of the weekly or monthly budget, and so Gilchrist advises them to try purchasing frozen fruits and vegetables rather than fresh ones to cut costs. She also tries to work especially hard with clients who have jobs that don't necessarily promote physical activity. For instance, she speaks with a number of school teachers who become easily frustrated with the trays of birthday treats that are brought into their classrooms on a weekly basis, and also with a number of DHHR workers who report that their long hours make it difficult to establish personal health regimens. Gilchrist often advises these clients to pack a gym bag the night before, and store it in their car or personal work locker as a visual cue for positive lifestyle change.

Given Gilchrist's background in working with substance abuse cases, she is able to shed light on the many parallels between clients who are dependent on alcohol and drugs and those who choose to live sedentary lifestyles or use food to handle or escape from life stress. Essentially, she views all of these behaviors as logical consequences that follow from a lack of educational resources about health and self-care, as well as attempts to self-medicate in response to stress, grief, or struggle. Gilchrist suspects that most clients who deal with life's difficulties through overeating, over exercising, or fear of change simply do not have the necessary tools to cope effectively, or are choosing not to use these tools for one reason or another. There may be some developmental ties; Gilchrist notes that researchers have explored the relationship between childhood trauma and risk of adult obesity in several sample populations (e.g., Gustafson & Sarwer, 2004) with some of them indicating a direct correlation. This link between the psychological and physical domains resonates with Gilchrist, who acknowledges the mind-body connection in her professional philosophy. In order to help her clients build and utilize more effective coping strategies, she is committed to educating and supporting them, as well as

allowing them to have the control and choice to do something better and healthier.

“Her clients can honestly say that they made substantial personal changes in “a healthy way” rather than resorting to previous or alternative self-destructive methods.”

Another parallel Gilchrist observes between her previous clients and current clients is relapse. She insists that both relapse and recovery are a part of the process of personal change. “[It is] important to trust the process... [to help them] take small steps,” and she notes that women who feel guilty after eating a whole cupcake or missing a day of scheduled exercise can either decide to stay mad at themselves or to reappraise these perceived “failures” as learning experiences. Gilchrist pushes clients to recognize that they have the ability to plan and make different choices the next time specific situations arise. For instance, a client can decide to split a cupcake with a friend to lower caloric intake, or use half of her one-hour lunch break to take a brisk walk around the block.

Over time, the clients who choose to stay positive and are willing to learn and grow in the Weight Management Program are likely to report feeling better about themselves, having increased sleep satisfaction and energy levels, and receiving compliments from friends and colleagues (Gilchrist, personal communication, October 17, 2011). The empowerment that they gain from the PEIA Program is one of the things of which Gilchrist is most proud. Her clients can honestly say that they made substantial personal changes in “a healthy way” rather than resorting

to previous or alternative self-destructive methods.

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Coming Up

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Women In The Spotlight

Featuring Women Leaders In The Field of Sport and Exercise Psychology

Q & A with

Kristin Gavin,
Founder of Gearing-Up
By: Kisha Grady

Kristin Gavin is the founder and director of Gearing Up, a non-profit organization designed to meet the physical, mental, and emotional needs of women in transition, through the practical techniques learned while cycling, www.gearing-up.org. Gearing Up was founded in her last semester, Spring 2009, at Temple University, where she received her Master's of Science degree in Psychology of Human Movement – better known as Exercise and Sport Psychology.

WIS SIG: What was your sport participation?

Gavin: I was a Division I field hockey athlete in college, and is currently an elite cyclist for Team [Cystic Fibrosis].

WIS SIG: How did you get into cycling?

Gavin: My mom and stepfather are cyclists. When I was 20, they took me and my siblings on a cycling vacation in the Pacific Northwest. I loved it so much; I decided to stay out there -- moved to Seattle and became a bicycle tour guide. I also did independent bicycle tours in Vietnam and Cuba. Then, I moved to

Philadelphia for graduate school, and found out that [this area] has a great cycling culture.



WIS SIG: How did Gearing Up get its start?

Gavin: I started teaching fitness classes at a residential, women's housing facility for an independent study. Also, I took an entrepreneur in public health class, and had to write a business plan on adults in transitions with bicycles in Fall 2009. I was most inspired to move ahead [in creating the non-profit organization] when I was talking to the Residential Director, Kathy Wellbank, and biking came up. I mentioned my business plan and we had a couple of brainstorming sessions – working to put the pieces together. Kathy's primary job is to run a safe program for her residents, but she was so energetic about my program, which inspired me. In March 2009, I went to the National Bike summit, and met a lot of people from Philadelphia, one of them being Patrick Cunnane, President of Advanced Sports Inc., which owns the FUJI Bicycles brand. In April 2009, I went on a whim and e-mailed Pat to ask for five bikes. He responded in 2-hours, and gave us the bikes.

WIS SIG: What is a normal day for you?

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Featuring Women Leaders In The Field of Sport and Exercise Psychology

Gavin: [Chuckle] There is no normal day... I'm an adjunct professor, teaching Social Psychology of Physical Activity... I went to the office at Gearing Up, and worked until 4 pm. Then, I went to Germantown [a section in the city of Philadelphia] to New Direction for Women – a re-entry and housing alternative to incarceration. I'm the lead rider for Gearing Up at this facility, and took three women on a ride...

“It's a labor of love. When you create something, it is a reflection of you... There is a new challenge... every day.”

Today, I got up early to go to the prison on State Road, called Riverside – Philadelphia County Correctional Facility for Women – to teach indoor cycling. We work with 14-20 inmates per session, two mornings a week. We try to provide opportunities for woman to engage in physical activity. Women have reported gaining 6-10 lbs. per month while incarcerated. It is insane that women have to [cope] with losing their children or home, and then deal with weight gain on top of that.

WIS SIG: Woman gain on average 6-10 lbs. per month?

Gavin: Yes. Our program is 8-weeks, and we weigh the woman in the beginning and at the end. We have found that if a woman comes 80% of the time over 8-weeks, they only gain 3 lbs.

Those who do not come 80% of the time over the 8-weeks gain 12-13 lbs.

WIS SIG: So, there is no denying that you love what you do.

Gavin: It's a labor of love. When you create something, it is a reflection of you; there are a lot of responsibilities. We are 2½ years old, and have hired staff, but it's a challenge for me to take a step back. It's my baby. But I have to step back in order for [Gearing up] to grow and expand. There is a new challenge or an 'aha moment every day.

WIS SIG: How has creating Gearing Up benefited you?

Gavin: I recognized that cycling keeps me grounded and sane. Then, I started working with women who have the world against them. I was teaching aerobic and fitness [at the residential facility] and wanted to share [cycling] with them. I'm passionate about riding a bicycle and helping people. So, why not bring the two together? The women in our program have changed my perception; they have authentic joy.

WIS SIG: What suggestion would you give to students and early professionals who may want to start a business/non-profit organization?

Gavin: Think outside the box. I was banging my head against the wall, because [the thing I wanted to do] wasn't in the box. I felt like I didn't fit in. Dr. [Michael] Sachs [Interim Chair and professor of the Kinesiology Department at Temple University] encouraged me to think outside the box. A lot of the things [Exercise and Sport

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Featuring Women Leaders In The Field of Sport and Exercise Psychology

Psychologists or Performance Enhancement Specialists] do, does not fit in a box; so don't be afraid to think outside of the box. Also, I would tell them to find their champions, and grow those relationships. They are going to be your collaborators. Kathy is a person who has 20 years experience in women's recovery and well respected in the field, and I knew she was a champion. Even though Gearing Up is 2½ years old, I still call her and ask for advice; she is my mentor.



WIS SIG: What are the challenges you see facing women within the field of exercise and sport psychology?

Gavin: It's difficult to answer that question, because the [area] I work in is female orientated. Some of the challenges we deal with are unique to Gearing Up -- woman in prison and recovery homes. I would say [to the female sports professional] to trust your intuition. If it doesn't fell right don't do it. If a practitioner wants to work with women in poverty, they need to collaborate with others because fitness will come last. Everything is inter-related; it is a cycle of poverty and addictions. [Gearing Up] is

currently working with social workers to get [the women's] basic needs met, so they come to an hour long class. This is hard for me, because I come from a competitive background and thought they needed to commit to attending the program. We meet our clients where they are.

Do you have a woman you would like to nominate for the *Women In The Spotlight Section*? Send your requests to Leeja Carter at: womensportsig@gmail.com

WIS SIG: What advice do you have for those aspiring to be a founder and/or director of a non-profit organization that focuses on exercise and sport psychology and/or fitness?

Gavin: The [Exercise and Sport Psychologist or Performance Enhancement Specialist] should know their culture. When I started, I had an identity issue for Gearing Up. I now have a mission statement and core values, which are things I can fall back on during difficult times. Identify and draft [your] mission statement, and do research – find out what is out there in that realm and what is needed. Before I requested the bikes, I surveyed the community; I had a simple survey on what the women's feelings were associated with bicycling. I had positive feedback [on the survey]. I went to other organizations that were doing something similar, and gave [my non-profit organization] a go. Start simple and go from there.

Student's Corner

Students Researching and Promoting Women in Sports

Q & A with Leigh A. Bryant

By: Leeja Carter

Leigh A. Bryant is a doctoral student at West Virginia University and a Mid-Atlantic student regional representative.

WIS SIG: As a student, what inspires your work within the field of exercise and sport psychology?

Bryant: I've always been passionate about sports, the arts, and physical activity, and I've also always wanted to connect with people, whether it be helping, collaborating, or working toward a shared goal. Combining my athletic background with an undergraduate psychology degree just made sense...

WIS SIG: What are your current research topics, consulting projects, etc.? How does it contribute to the field?

Bryant: As a first-year student at WVU, I'm expected to explore general research interests and to develop literature reviews. I've just completed one on coping in sport and will now switch my focus to peer leadership. I collaborated with a colleague recently to facilitate a stress management workshop for undergraduate students and will do a first-

time psycho-educational session with the dance program very soon.



WIS SIG: Could you tell us why you chose your program and the impact the program has had on your education (experiences, classes, etc.)?

Bryant: I chose WVU for several reasons. First, I felt at home with the faculty and students... I also liked that it was within a day's drive to most of my family and friends... The program's reputation was and still is quite impressive; several graduates have gone on to be AASP leaders, tenured professors, successful consultants, and notable researchers. Third, the diversity of classes that are offered captured my attention... Finally, everyone in my program is dually enrolled in the Counseling program in order to build interpersonal communication skills. I was thrilled at the prospect of not only receiving my MS and PhD in Sport & Exercise Psychology but also a MA in Community Counseling.

Student's Corner

Students Researching and Promoting Women in Sports

WIS SIG: What do you aspire to be/do when you are done with school? What are you doing to prepare?

Bryant: ... Most likely a faculty member at a liberal arts institution, where I can teach a wide range of psychology, sport science, and/or kinesiology courses. With my counseling background, I also plan to keep my options open in regards to private practice or a consulting company.

WIS SIG: What are the challenges you see facing students within the field of exercise and sport psychology?

Bryant: ... After attending a lot of the student-focused events as well as communicating with other students and young professionals, I think that we need to figure out how to make the certification process more recognized and valued and how to build credibility of the CC-AASP with clients in various sport and performance domains. Also, as a regional representative and co-chair of two student initiatives, I often see how confused undergraduate students can become during the graduate school application process—they have to decide to pursue a Masters or Doctoral degree, and whether to take a clinical, counseling, or sport science focus. Students need to be able to better understand how to select programs that will benefit their careers and match their interests while at the same time providing them with multiple stable job opportunities following their years of study. I know that some efforts are in place to address this issue,

but I think that more information, collaboration, and guidance remain necessary. Lastly, it wasn't until the Hawaii conference that I could put faces to the names of our association's leaders. It was comforting to see who is serving in various positions, and to get a feel for how they got to those positions, what their duties include, and how they establish and evaluate strategic goals and projects. Not all student members know how AASP works, and so I think it's important for AASP leaders to give students a "larger voice" and moreover for student members to find ways to get themselves and their peers more meaningfully involved in the association.

WIS SIG: What sort of advice do you have for students?

Bryant: It's OK to not have a clear picture of yourself 10, 20, 30 years down the road. Focus on your goals now and make plans to achieve them. I've found it very important to be a good listener at this stage of my life. To gather information and apply it when and where I can in my day-to-day life. Staying healthy and happy means eating well, getting exercise, and establishing and maintaining stable relationships with people who care about you. I also realize the importance of having one to two hobbies to keep myself sane and that can allow me to feel that I have a balanced, fulfilled lifestyle.