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Cal U begins 2019 with new or renewed accreditations for 21 academic degree programs.

21 Programs Gain or Renew Accreditation

California University of Pennsylvania starts the spring semester with new or renewed accreditations for 21 academic degree programs, bringing the total number of accredited programs at Cal U to more than 50 in all.

Program accreditation is a quality assurance process designed to verify that a university's programs meet nationally recognized standards of academic and professional excellence.

Before a program can be accredited, a team of representatives from a recognized accrediting agency scrutinizes all aspects of the degree program, including its curriculum, faculty credentials and student outcomes. The team also holds an in-person "site visit" at the university.

Once initial accreditation has been achieved, the program must be re-evaluated and its accreditation renewed at regular intervals in order to verify that high standards are being maintained.

"Achieving accreditation is painstaking work, but it pays off for our students," says Dr. Bruce Barnhart,

Cal U's provost and senior vice president for Academic Affairs.

"When you graduate from an accredited program, you know your degree has value. As a job candidate, you can point to program accreditation as a sign that your education met the highest quality standards."

Business programs

Fourteen degree programs in Cal U's Department of Business and Economics have been newly accredited by the Accreditation Council for Business Schools and Programs (ACBSP), the only organization offering specialized business accreditation for all degree levels.

Cal U now offers accredited Bachelor of Science in Business Administration (B.S.B.A.) programs in accounting, economics, finance, human resource management, management and marketing, as well as Interdisciplinary Studies in Business and Commerce.

In addition, the online B.S. concentration in integrated global

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Black History Month Celebration Continues

The campus community and public are welcome to enjoy the annual Soul Food Luncheon/Dinner on Feb. 6 as Cal U continues its Black History Month celebration, "Black History Through the Decades."

Lunch will be served from 11 a.m. to 2:30 p.m. in the Gold Rush; dinner will be served from 4-7 p.m.

The menu will feature recipes contributed by members of the Cal U community.

Soul food is a term used for an ethnic cuisine, food traditionally prepared and eaten by African Americans of the southern United States.

Cost is \$8.25 for lunch and \$10.60 for dinner for those not on a meal plan. The event is sponsored by Cal U Dining and Hospitality Services and the Office of Multicultural Affairs and Diversity Education.

"The luncheon-dinner has become a very popular tradition," said Sheleta Camarda-Webb, director of Multicultural Affairs and Diversity Education. "Members of campus have become more and more involved, giving this a real Cal U flavor."

"Also, everyone loves food, which has the power to unite people."

Other Black History Month events

Feb. 5— Documentary viewing and discussion, 5 p.m., Natali Student Center Room 321

The Mask You Live In is an award-winning documentary that follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Experts in neuroscience, psychology, sociology, sports, education and media weigh in, offering empirical evidence of the "boy crisis" and tactics to combat it. Sponsor: Cal U Men United.

Feb. 7—Panel Discussion, 11 a.m., Eberly Hall Room 110

The conversation will focus on how today's culture contributes to individual growth and success. The event is part of "What Is the T?", a diversity series sponsored by Student Affairs that

focuses on how national events impact the campus and the community.

Feb. 11 — BHM Trivia Night, 7 p.m., Performance Center

Student teams will learn and share their knowledge about African History in the United States. Sponsor: Office of Multicultural Affairs and Diversity Education.

Feb. 13 — Multicultural Affairs Night at Cal U Basketball, 5:30 and 7:30 p.m., Convocation Center

Enjoy women's and men's Vulcans basketball against Gannon. Halftime performances at both games will include tributes to Black History Month. Tickets are \$5 for adults, \$3 for visiting students.

Cal U students with valid CalCards and children under age 12 are admitted free. Sponsor: Multicultural Affairs and Diversity Education.

Feb. 22 — BSU Culture Café, 7-10 p.m., Performance Center

Cal U students will perform music, spoken word and dance. Sponsor: Black Student Union.

Feb. 25 — African Drum and Dance Ensemble—11 a.m., Food Court, Natali Student Center

Feb. 28 — Black Arts Festival, 7 p.m., Vulcan Hall

Cal U student art will be featured through live painting and spoken word. Light refreshments, music and giveaways will all be part of the event. Sponsors: Department of Art and Languages, Cal U Women United.

Feb. 1-28 — Dream Legacy Challenge

For the second year, the Dream

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Graphics Student Heads to World Competition

Brittany Whitestone is a junior at Cal U studying graphics and multimedia. In 2016 and 2017, she won the SkillsUSA national competition in graphic communications, which led to her qualification for the WorldSkillsUSA team. She will compete in the print media technology category in August 2019 in Russia.

SkillsUSA serves middle school, high school and college students who are interested in technical education careers.

Whitestone is from Westminster, Md., where she attended the Carroll County Career and Technology Center for Print Production. She talked about her national successes as she prepares for the international competition.

What kinds of skills are required at the national competition level?

We are tested on our ability to complete a printed job

from start to finish. We estimate a job, create a file on Adobe InDesign, print a job on a Heidelberg QM-46 offset press, print a job on a Xerox digital press, and perform cutting and folding operations. We also have job interviews and knowledge assessments.

How did you qualify for the WorldSkillsUSA team in print media technology?

You have to have medaled in your competition area. Then the SkillsUSA team leaders and the expert for your competition area perform interviews with the students who applied for WorldSkillsUSA team. Two students are then selected to compete head to head at the national competition in Louisville, Ky., for each skill. The students go through a simulation of what the WorldSkills

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Brittany Whitestone

Cal U Plans to 'Take a Bite Out of Hate'

On Valentine's Day, Cal U will bring together the campus community to benefit the victims of the Tree of Life Synagogue tragedy.

"Take a Bite Out of Hate: Cookies for a Cause" will take place from 11 a.m.-12:30 p.m. Feb. 14 in the Performance Center.

Cost is \$2. Cookies will be prepared by Cal U Dining and Hospitality Services. Complimentary coffee and tea service will also be provided.

All proceeds will go to the Jewish Federation of Greater Pittsburgh's Fund for Victims of Terror. On Oct. 27, 2018, 11 people were killed in a mass shooting at the synagogue, located in the Squirrel Hill section of the city.

Cal U faculty members Dr. Emily Sweitzer and Dr. Christina Toras collaborated on the fundraiser.

"The purpose of the event is to promote and celebrate tolerance," said Toras, a legal studies professor and director of the Institute for Law and Public Policy.

"This is a very open event for the campus and community to come together, engage in conversation, enjoy some cookies and help a good cause."

Sweitzer, a sociology professor, said the two disciplines are well suited to address the issues of tolerance and anti-discrimination.

"We wanted to do something that shows our disciplines are more than just



The Cal U community gathered last fall to honor the shooting victims at the Tree of Life Synagogue. On Feb. 14, an event will be held in the Performance Center to raise money for the Jewish Federation of Greater Pittsburgh's Fund for Victims of Terror.

Photo courtesy: Cal Times

words — they're community in action," she said. "We believe this event will showcase the compassionate side of our students, campus and community and what it means to take a different 'bite' out of things."

The cookies — representing Mexico, Norway, Germany, France, South Africa, China, Italy, the United States, Poland, Scotland, Canada and Israel — are intended to be more than simply delicious.

"Our event is more symbolic," she

said. "What I mean is that the ethnic and cultural cookie variations introduce people to cultural, ethnic and religious differences, naturally," she said.

"We're hoping for a light atmosphere of enjoyment while remembering Tree of Life and all other instances of hate, prejudice, and discrimination."

The Cal U String Orchestra, directed by Greta Schottman, will provide music, and children from Calvary Chapel Christian School in Brownsville will sing a medley.

Preschool children from the Karen and Tom Rutledge Institute for Early Childhood Education will participate by creating a banner.

The Office of Multicultural Affairs and Diversity Education will conduct a Cal U Strong T-shirt raffle.

"Take a Bite Out of Hate: Cookies for a Cause" is sponsored by the Office of the President, the Office of Academic Affairs, and the sociology and legal studies programs. For more information email sweitzer@calu.edu or toras@calu.edu.

Professors, Students Team Up for Research

Two clinical mental health counseling students joined Cal U professors to present at the 50th Annual Pennsylvania Counseling Association in Pittsburgh.

Shannon Kovalchick and Sarah Walters, along with Cal U Department of Counselor Education faculty members Dr. Grafton Eliason, Robert Mehalik, and Dr. Jacqueline Walsh participated in the three-day event, "Professional Counseling Identity: Working in the Present, Defining our Future."

Kovalchick and Eliason were selected by the PCA — the state branch of the nationwide American Counseling Association — to lead an education session about regret therapy. Walters, Mehalik and Walsh presented research and fostered discussions about managing stress in a changing world.

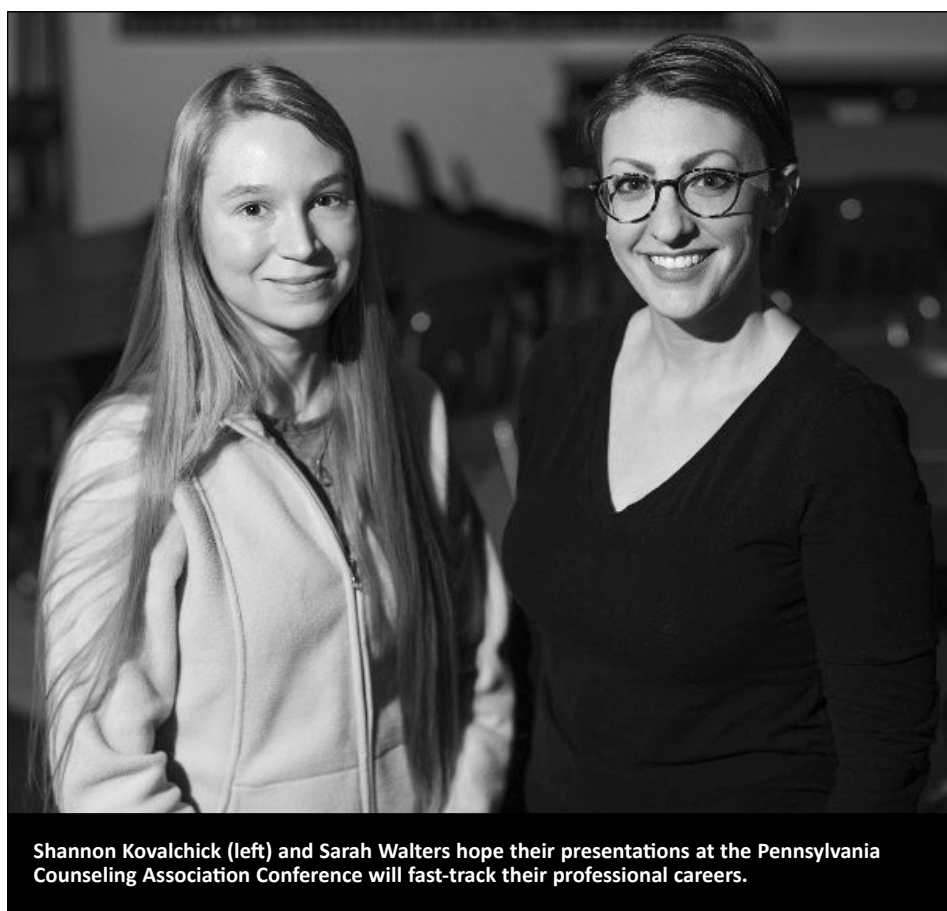
Kovalchick expanded on an original regret therapy model that Eliason created when he was a graduate student that he now teaches in his theories course.

"The original model only deals with grief and loss, but Shannon had the idea that we did not have to limit this to just that but can apply it to any type of regret," Eliason said.

The two are collaborating on a book about the new model.

"Essentially we are taking an existing approach to therapy and are refining it to be more applicable," Kovalchick said. "We are trying to take a broad approach and put it into a more concrete model that's easier for therapists to follow to help people overcome regret."

Eliason praised Kovalchick for taking the lead in a room of more than 30 professors from other schools and licensed counselors.



Shannon Kovalchick (left) and Sarah Walters hope their presentations at the Pennsylvania Counseling Association Conference will fast-track their professional careers.

"I gave a little bit of the history, but then Shannon taught her whole new model to the attendees and really had the bulk of the education part," Eliason said.

"It's so rewarding and an affirmation of our work when we pass on knowledge to our students, who then make a difference themselves in the field with their own creativity."

Kovalchick, who will graduate in summer 2019, has already been hired as a counselor and intake specialist at SPHS Behavioral Health in Latrobe, Pa., believes presenting at the PCA conference strengthened her repertoire.

"This helped integrate me into the counseling community as well as building my professional credibility and connections," she said. "I really enjoy this setting and hope to be doing these type of presentations throughout my career."

Walters also found the conference fulfilling.

Her research looked at stress indicators and different types of stress management solutions such as biofeedback and ecotherapy.

"There are now different ways to manage these type of stressors that

we had not seen in the past," she said. "Every person responds to stress management techniques differently, and some of these techniques such as biofeedback really help to individualize a plan for dealing with stress."

Mehalik said an interesting aspect of Walters' research was how professional counselors deal with compassion-fatigue and burnout.

"People are usually in crisis when they see a counselor, and as professional counselors, we take a lot of that on. The changing world involves our changing clientele and how that affects us," he said.

"Sarah fielded many questions from attendees from all over the state who were fascinated by what she had to offer them."

"This was her first major conference that focused on counseling and was a great tie-in for her."

Walters, who will graduate in summer 2019, is doing fieldwork at SPHS Behavioral Health in Uniontown, Pa., and also believes the conference experience has made her more effective.

"I love meeting and hearing from others, and this type of dialog really stretches ideas, diversity and perspectives," she said. "The feedback from people there has already helped me further develop my work."

Eliason added that students participating and not just attending conferences can fast-track their careers.

"We include our students in everything we do, especially with presenting and publications, because that's what will get them into doctoral programs," he said. "They can even skip their thesis because they can submit their publications from state or national conferences."

New Chancellor Delivers First 'State of the System' Address

Pennsylvania's State System of Higher Education will transform itself, with the member universities working more closely together to expand educational opportunities for students while reducing the costs with which they operate, Chancellor Dan Greenstein said Jan. 16 in delivering his first State of the System address.

"In a transformed system, our universities stop competing on every dimension. Instead, they organize to leverage their enormous collective operating scale, to utilize their tremendous collective talent in ways that extend and expand opportunities for all," Greenstein said.

"In a transformed system — a sharing system — every student on every campus has access to the full breadth of academic programming at every other campus across the system.

"To future students thinking about where to pursue their degree, hear me on this: in a transformed system, we organize entirely around you and your success, rather than asking you to organize around us."

Greenstein laid out his vision for the State System after being formally sworn in as the System's fifth chancellor, a position he has held since September.



During his first State of the System address, Chancellor Dan Greenstein emphasizes that success will come through transformation, redesign and collaboration.

Board Chair Cynthia D. Shapira administered the oath of office to Chancellor Greenstein during the brief ceremony that preceded his inaugural address.

Gov. Tom Wolf and several campus representatives welcomed the new chancellor with individual remarks.

"Dr. Greenstein comes to the State System at a time of tremendous

challenge and tremendous opportunity," the governor said. "I was proud to participate in the selection of Dan as the new chancellor, and I welcome the opportunity to work with him on a new vision of our public universities. We need a strong State System that provides every student with an affordable education, so they can succeed in Pennsylvania."

Two Win Student of Year Honors

Two women who have had a profound impact at California University of Pennsylvania were honored by the President's Commission for the Status of Women at a luncheon on Dec. 7 in the Performance Center.

Carrie Kromer received the nontraditional undergraduate student honor, and Lakijai Bynum received the graduate student distinction. The Student of the Year awards are given by the commission to women who are dedicated to Cal U, successful personally and professionally, and supportive of women on and off campus.

Both graduated at Winter Commencement.

"It's a privilege to acknowledge these wonderful women, who create a positive campus environment," said President Geraldine M. Jones. "They are strong role models for our students."

Kromer, majoring in business administration with a concentration in management and a minor in finance, is a community manager for the Pennsylvania State Employee Credit Union. She also is the auditor for Luzerne Township, Pa.

She partnered with Cal U Women United — a student organization that helps women develop academic skills, social awareness, civic engagement, personal responsibility and leadership abilities — on a program focusing on financial issues for women in abusive relationships as part of domestic violence awareness month.

"I think it's extremely important for women to know about financial matters and be able to be strong and independent in all aspects of their lives," Kromer said.

"Being able to assist students with financial health questions in order to help them make better financial



Nancy Skobel, associate dean for Student Affairs and chair of the President's Commission for the Status of Women (left) and President Geraldine M. Jones (right) gather with Lakijai Bynum, graduate Student of the Year (second from left) and Carrie Kromer, undergraduate nontraditional Student of the Year.

decisions and hopefully not make bad choices has become one of my professional passions."

Kromer brings a "been there, done that" mentality toward money management that comes from experience.

"I enjoy sharing anything I may have learned along the way with students — don't make the same mistakes I did!" she said.

Cal U Women United is special to Bynum, who is majoring in business administration with a concentration in health care management. She is the organization's graduate adviser and was a member of its executive board as an undergraduate.

She is the graduate student representative on the Student Association Inc. board, and she is a residence hall director for Carter Hall

and Residence Hall E.

In 2017, Bynum earned bachelor's degrees in business administration and sociology and associate degrees in liberal studies and technical studies. She is an assistant manager at PSECU.

As an undergraduate, she was treasurer and executive board member of the Black Student Union, a Peer Mentor, and treasurer and executive board member for the Young and Gifted Gospel Choir. She was Cal U's Homecoming Queen in 2016.

"I never thought I would ever be so involved and make an impact on this campus," she said. "Cal U Women United is an amazing organization of minority women who uplift and empower all women of color. The bond of sisterhood and friendship that motivates and encourages each and every one does not go unnoticed."

Student to Compete in Russia

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competition will be like, and the winner of that competition becomes the USA team's representative for that skill area.

How do you prepare for competitions?

Practice for SkillsUSA and WorldSkills requires a lot of dedication and passion in what you do. I have been going to the Lehigh Career and Technical Institute in Allentown, Pa., on the weekends to train on the Heidelberg SM52. The experience has allowed me to learn the specific equipment that we will be using at the WorldSkills competition. I recently went to France to participate in their national competition as an exhibition competitor so I could experience what the competition will be like at the WorldSkills level.

Why are print-making skills so important?

I think there is a misconception about the printing industry that we are only printing newspapers and books. The printing industry is so much more. Every sign we see is printed, and every product we use involves printed packaging.

What kind of support have you gotten from faculty?

The professors at Cal U have been very supportive of my WorldSkills journey. They are willing to offer help whenever I need it. They also work with me when I am away for training and help me continue to work toward my degree.

What made you choose Cal U?

I originally went to the Art Institute of Tampa in Florida for graphic design. After completing two semesters, I decided that I preferred a career in the printing industry and researched transferring to a school that had that program.

What else keeps you busy on campus?

I am the treasurer for the Screen Printing Student Association and a member of Sigma Kappa.

How important are role models in this industry?

Role models were extremely important throughout my journey. When I first started competing, my mentors, David Hutchison and Michael Born, were the ones who inspired me to join the printing industry. Not only were they the ones who trained me for the competition, but they also believed in me. I started this journey back in 2016, and they have always been there to coach me and encourage me every step of the way. Another role model I had was the previous competitor who went to WorldSkills in 2017, Chandler Kerr.

I go back to my high school to help train the competitors, and I have started helping to judge events for the regional and state competitions. Giving back to the competition is really important to me because if I can encourage someone else to reach their dreams, then I know that what I am doing is worth it.

Follow the WorldSkillsUSA team on Facebook, Instagram and Twitter @WorldSkillsUSA or at worldskillusa.org.



Sophomore volleyball player Madeleine McKenna is Cal U's first student-athlete to be named to the NCAA Division II Student-Athlete Advisory Committee.

McKenna Named to NCAA National Committee

Cal U sophomore volleyball player Madeleine McKenna has been named to the NCAA Division II Student-Athlete Advisory Committee as the representative from the Pennsylvania State Athletic Conference.

McKenna serves as president of SAAC at Cal U after serving as secretary for the organization during the 2017-2018 academic year.

This marks the first-ever appointment of a Cal U student-athlete to NCAA Division II SAAC.

This past fall she completed her sophomore season as a member of the Cal U volleyball team and played in 11 matches, as the Vulcans advanced to the semifinals of the PSAC Tournament and

earned an at-large berth to the NCAA Division II Tournament.

McKenna is pursuing a bachelor's degree in psychology while being a member of Alpha Lambda Delta national honors society with a 3.86 cumulative grade-point average. The Ohio native has been featured on the Dean's List and the Cal U Athletic Director's Honor Roll in each her first three semesters.

The NCAA Division II SAAC serves as the primary governance arm representing student-athlete interests in NCAA Division II affairs. Committee members serve as student-athlete liaisons that monitor and discuss happenings on campuses, within conference and at the national level.

McKenna began serving on the committee last month and will serve that role until January 2022.

Athletic Director Dr. Karen Hjerpe praised McKenna and said she has been active with Cal U's SAAC since she began her freshman year in fall 2017.

"Our athletic department is absolutely elated that Madeleine has been selected to such a prestigious committee," Hjerpe said. "She brings forth great ideas and initiatives and I know she will just shine on National SAAC. In addition, we are excited for her future work not only in the PSAC but on our campus as well.

"Madeleine is a tremendous leader both on and off of the volleyball court."

21 Programs Gain, Renew Accreditation

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business and the management information systems concentrations have been accredited, along with the Master of Business Administration degree and MBA programs in business analytics, entrepreneurship, healthcare management and nursing administration.

"California University of Pennsylvania has shown a commitment to teaching excellence and to the process of quality improvement by participating in the accreditation process," said ACBSP Chief Accreditation Officer

Dr. Steve Parscale, who will present the Certificate of Accreditation in June at the ACBSP Conference 2019.

"This accreditation is evidence that Cal U is committed to providing the highest quality business education for their students."

Other programs

Cal U programs re-accredited this fall are the bachelor's and master's degrees in social work, both recognized by the Council of Social Work Education; Master of Science in Nursing (MSN) programs in Nursing Administration and Leadership and Nursing Education, accredited by the Commission on Collegiate Nursing Education; the Master of Science in School Psychology, recognized by the National Association of School Psychologists; and the B.S. degrees in computer information systems and computer science, both recognized by the Computing Accreditation Commission of ABET.

Black History Month Continues

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Legacy Challenge in honor of Dr. Martin Luther King Jr. is part of Cal U's Black History Month celebration.

Teams of students, faculty and staff should register through OrgSync. Points will be awarded for each hour volunteered, attendance at a Black History Month event and for each item donated at the Cal U Cupboard.

Sponsors: Center for Volunteer Programs and Service Learning, Office of Multicultural Affairs and Diversity Education.

For information about the challenge, email volunteer@calu.edu. For information about Black History Month events, contact the Office of Multicultural Affairs and Diversity Education at 724-938-5758 or email camardawebb@calu.edu.

Vulcans Continue Academic Success

Cal U's athletic program heads into 2019 having compiled a cumulative grade-point average of 3.10 or higher for 17 of the past 18 semesters.

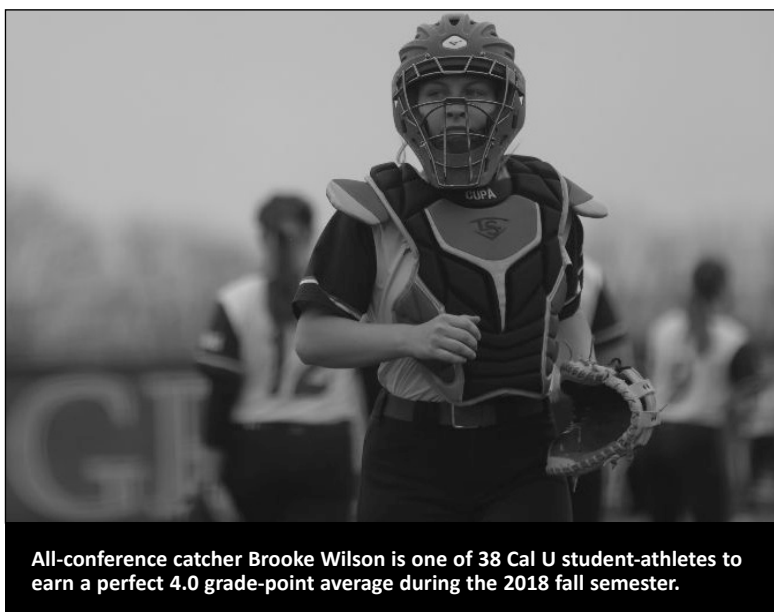
During the Fall 2018 term, the Vulcans' 16 NCAA varsity athletic programs collectively achieved a 3.19 GPA, with 38 student-athletes earning a perfect 4.0.

The softball team earned the highest team GPA, at 3.61. On the men's side, the baseball team posted the highest GPA at 3.21.

In all, 199 Vulcan student-athletes were named to the Fall 2018 Athletic Director Honor Roll for achieving a cumulative GPA of 3.00 or higher.

"These significant achievements show the commitment of our student-athletes to their academic program, as well as the hard work of our athletic academic area and the Cal U faculty," said Dr. Karen Hjerpe, Cal U's athletic director.

"We are proud of our student-athletes' work in the classroom."



All-conference catcher Brooke Wilson is one of 38 Cal U student-athletes to earn a perfect 4.0 grade-point average during the 2018 fall semester.

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