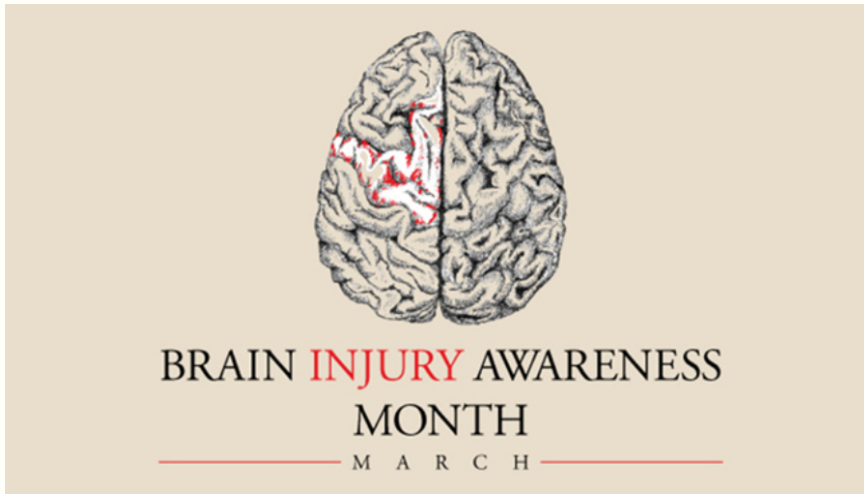


NSSLHA NEWSLETTER

California State University, Los Angeles



Interesting Facts:

- Traumatic brain injury (TBI) is a major cause of death and disability in the United States.
- From 2006 to 2014, the number of TBI-related emergency department visits, hospitalizations, and deaths increased by 53%
- Those who survive a TBI can face effects that last a few days, or the rest of their lives.
- Effects of TBI can include impairments related to thinking or memory, movement, sensation (e.g., vision or hearing), or emotional functioning (e.g., personality changes, depression).
- Most TBIs that occur each year are mild, commonly called concussions.

TBI Prevention:

- Wear appropriate headgear when: skating, playing a contact sports, on a motorcycle, riding a bike/scooter, riding a horse, ski/snowboard
- Wear a seatbelt
- Review any medications you consume to prevent falls
- Get eyes checked with doctor
- Make living and play areas safe for children
- Don't drive under the influence

Reference: CDC.gov

WHAT'S INSIDE
THE ISSUE:

PROFESSOR SPOTLIGHT
DR. COHICK

CROSSWORD

MINORITY STUDENT
LEADERSHIP PROGRAM

GRADUATE SCHOOL
INTERVIEW TIPS

ANNOUNCEMENTS

EVENTS/ POINTS

FOLLOW US AT



CSULA_NSSLHA



NSSLHA AT CSULA

COMD FACULTY HIGHLIGHT



Dr. Cohick, Ph.D., CCC-SLP

Dr. Cohick earned her B.A. in Speech and Hearing Sciences from the University of California, Santa Barbara, M.A. in Speech Pathology from the University of the Pacific, and Ph.D. in Speech Pathology from the University of Nebraska-Lincoln.

She started off her career as a Speech-Language Pathologist at a middle school in San Diego. After a year, she was offered a job at a rehabilitation hospital nearby where she was exposed to Acute Care, Transitional Care, and Rehab Care settings.

In 2001, Dr. Cohick began working at Cal State L.A. She has taught COMD 1700, 4620, 4630, 4740, 5540, 5550, 5570, and graduate seminars. Her area of expertise is adult neurogenic disorders, including traumatic brain injury, aphasia, and dysphagia. She received the “In Recognition of Outstanding Service” Award from CSHA in 2007.

Fun Facts:

- **Dr. Cohick started her undergrad as a Psychology major, with an interest in Sports Psychology.**
- **Dr. Cohick completed her Doctoral degree in 3 years (it usually takes most people 5-7 years).**

If you could spread awareness about one thing regarding TBI, what would it be?

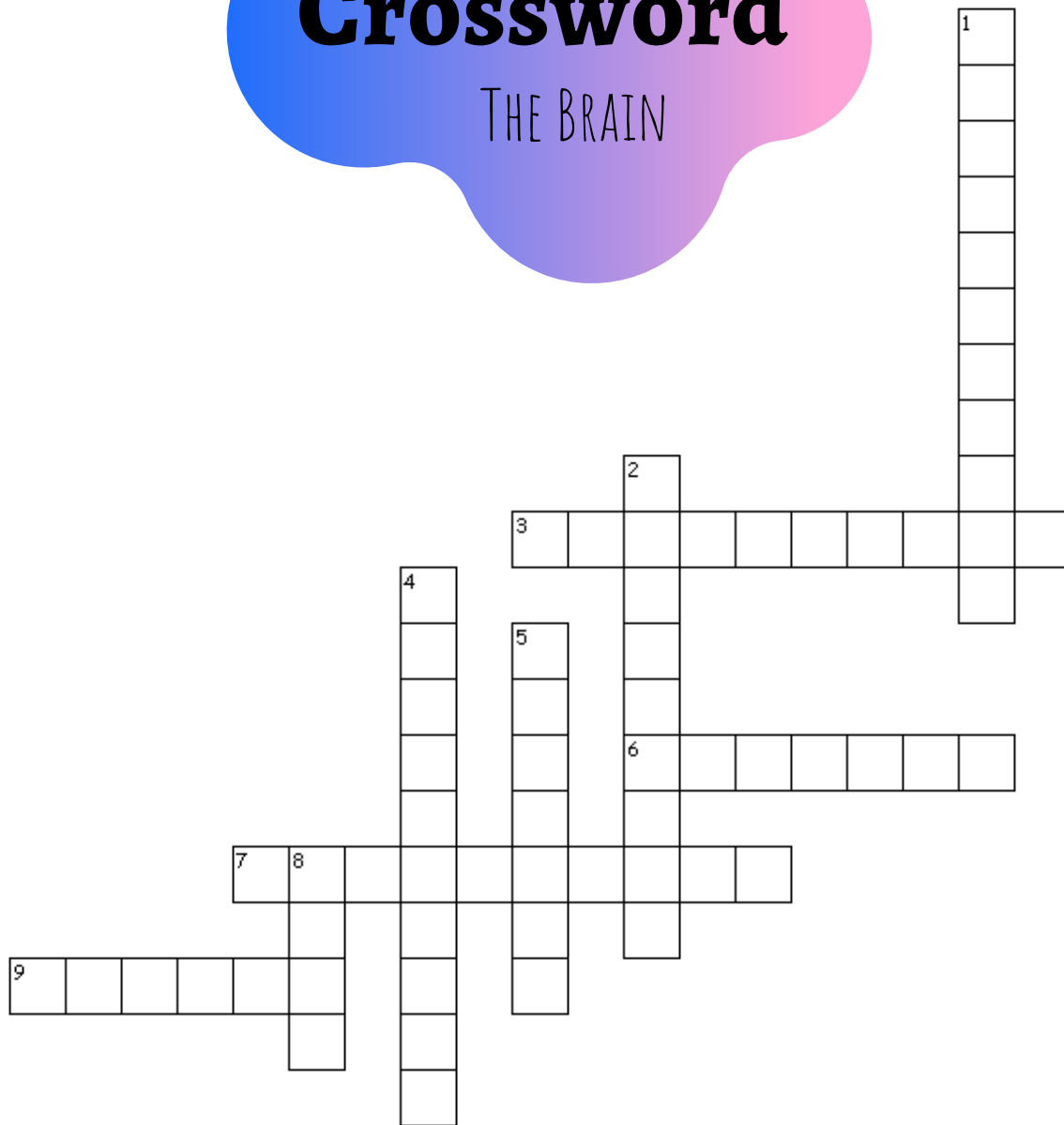
I think right now with this day and age, it would be speaking up about concussion education. Realizing that what you do even at 6-years-old, 7-years-old, or 12-years-old can have a lifelong impact on your children.

What’s the most important thing when preventing a TBI?

That’s a pretty big question, but the most important thing is common sense. There are so many people who don’t wear their seatbelts. Sometimes car accidents are not your fault, but if you’re wearing a seatbelt, it’s going to help. There are so many people who don’t wear their helmets. You can fall anywhere, so just because you have people beside you, doesn’t mean you don’t have the potential to fall. So I think there’s a lot of prevention we could do. It is actually one area where we can partially prevent it.

Crossword

THE BRAIN



Across

- 3. Area at the back of the brain that controls movement, coordination, posture, and balance.
- 6. Complete loss of language due to brain damage.
- 7. "Post-_____ Syndrome"; group of symptoms occurring after minor head injury that may last for days, weeks, or months.
- 9. "___ of Willis" 80% of the cerebrum receives oxygenated blood from this joining of arteries, located at the brain's inferior side.

Down

- 1. Damage to this may cause memory problems.
- 2. First word in TBI4. "_____ Area" helps with speech production and is in the temporal lobe.
- 5. Failure of memory.
- 8. "___ head injury"; injury where there is penetration of the scalp and skull through to brain tissue.

Graduate School Interview Tips!

Let your personality shine. Be yourself.

Be able to think on your feet.

If your interview is online or over the phone, have a cheat sheet with your talking points.

Prepare a couple of questions to ask your interviewers. Research the professors or unique aspects of the program ahead of time.

Research the school demographics and culture ahead of time so that you can incorporate how you can fit in or add to the program there.

Don't let nerves get the best of you.

Be flexible! Spotlight your ability to adapt to the situation in the moment.

Have a narrative about who you are and what brought you to the field. Include relevant skills and experiences.

Rehearse potential questions until the answers feel natural. Do mock interviews!

Take a deep breath, and try not to stress!

Remember, the interview is just as much of an opportunity for you to see if the school is right for you as it is for them to see if you're right for the school.

You can do it! Enjoy the process!

Be ready for open-ended questions such as "Why are you here?", "Why this school specifically?", "What can you bring to the cohort?"

Highlight your ability to work well in a group and take charge when needed. Think of specific examples of when this was apparent.

Minority Student Leadership Program

By: Leila Regio



Tell us about your experience.

What's special about this program?

"The program was developed by ASHA as a way of recruiting and retaining racial/ethnic minorities that have been historically underrepresented in the professions of speech-language pathology and audiology. The program is a great opportunity for students from a minority background to meet and network with other diverse students while developing your leadership skills. The program selects a certain number for each group of students from speech-language pathology undergrad and master's program, audiology doctoral program, and Ph.D."

Who should apply?

I highly recommend all students that are from a minority background to apply for this unique and special opportunity. To be eligible to apply, you must be a National NSSLHA Member through ASHA. The application opens on March 11th and ends on April 29th. I hope to see students from Cal State LA be selected for the next cohort and welcome them into the MSLP community."

"Attending the 2019 ASHA Convention in Orlando, Florida was an amazing time to re-connect with mentors, colleagues, and friends all across the nation. This past convention was a special one (given this was my third ASHA Convention) as I was chosen to be 1 of 40 students to participate in the 20th cohort for ASHA's Minority Student Leadership Program (MSLP) during the 50th anniversary of the Office of Multicultural Affairs. I was assigned a roommate for the week-long program and spent eight hours or more each day with the cohort attending workshops and participating in activities with ASHA. Within a short period of time, we became acquainted with each other's life stories, diverse backgrounds, and education/career pathways. The culmination of the program was spent with each other at ASHA's after-party at Universal Studios' Harry Potter World. Leaving this program after a week together as a cohort was bittersweet as we became a close-knit group making plans to reunite at the next ASHA Convention in San Diego this coming November.

ANNOUNCEMENTS

SCHOLARSHIPS AND CLUBS



CTA/NEA-Retired Scholarship in Memory of Sharilynn Gardella Russo
 \$1000 for students pursuing a college degree, credential or certification in a speech pathology or audiology related career. For more information and the application, go to <https://www.cta.org/en/About-CTA/Who-We-Are/CTA-NEA-Retired.aspx>
Applications due March 20th.

The Cal State LA Scholarships

Scholarships available through the COMD department as well as other departments. Multiple scholarships are not discipline-specific, so everyone should apply

To apply online, go to <http://www.calstatela.edu/financialaid/scholarships/>

Application window is March 3rd through April 6th



Cal State LALogo_ghfield

Join our COMD Book club!

Come join the discussion and get a new perspective on everything speech and language! This is a FUN, student-led, conversation-based meeting. The first book will be *The Man Who Mistook His Wife for a Hat*, by Oliver Sacks. The first meeting will be held **April 7th** from **6:30-8pm**. For more information, reach out to

comdbookclub@gmail.com



California Speech Language Hearing Association (CSHA)

Convergence 2020, the CSHA annual convention, will be held at the Anaheim Marriott. It's the hub for cutting-edge workshops on evidence-based practices and recent advancements in the speech language and hearing field.

March 19-22, 2020



March NSSLHA Meeting

Our next NSSLHA Meeting is just around the corner-- Check in starts at 6:30! We look forward to seeing you all there!


7:00pm on March 17th

Ready, Set, Grow

Donate supplies to Centro de Los Ninos in front of the library. Get up to 5 NSSLHA points. For a list of accepted donations, email readyssetgrowcsula@gmail.com

March 19





**March 24TH,
9am-11am**

ASI
ASSOCIATED STUDENTS, INC.

Outside Library
(by Everytable)



B.R.A.I.N FUNDRAISER

THAI & MILK TEA DRINKS \$4

All proceeds go to The Brain
Rehabilitation And Injury Network



NSSLHA
CHAPTER
CALIFORNIA STATE UNIVERSITY
LOS ANGELES

NSSLHA POINTS

The official breakdown of where to get your NSSLHA points in 2020



National NSSLHA Member 25 pts

Event Volunteer 5 pts/hour

Clinic Volunteer 2 pts/hour

Participation in Events/Walks 20 pts

Regular NSSLHA Meeting 20 pts

NSSLHA Crossword 5 pts

Attend CSHA in Anaheim 15 pts

Wear a NSSLHA T-Shirt to a Meeting 5 pts

Peer Mentoring 2 pts/attendance

REMEMBER:

To receive NSSLHA cords at graduation, NSSLHA members need to earn 75 points for two consecutive semesters.

To receive points for completing your crossword, you must bring the puzzle to a meeting or email it to csulacomd@gmail.com

Want to check your current totals? Reach out to us at csulacomd@gmail.com