

# THE SAYBROOK SPIRIT

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY

## A MONTH FOR LOVE & HISTORY

### Opening our hearts

As we remember and celebrate our loved ones this month, the Alumni Association would like to extend a warm invitation to consider how these special people in your life have impacted your personal growth and capacity for self-determination. This month is also dedicated to Black History, and we welcome Dr. O'Dell Johnson's words of wisdom on the topic. May we never forget how love binds us all.



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# Why is Black History Month Important?



## O'Dell Johnson, Ph.D

A doctor, psychologist, consultant, and graduate from Saybrook University, Dr. Johnson weighs in on Black History Month.

As we receive our new President and Vice President, and witness for the first time in history a woman elected to one of the highest offices of the land. Black History Month will earmark this occasion in the books of world history for generations to come. From 1619, when the first slave ship landed on the US shores to 1865 after the signing of The Proclamation of Emancipation. 100 years later, the Civil Right Movement evolved from the refusal of a Black domestic worker refusing to give up her seat for White patrons on the city bus. Further, to dismantle the Black Power movement during the early 70s, Black communities were flooded with drugs, and The War on Drugs began to deconstruct the fight for equal justice. In the mid-2000s, a Black presidential candidate emerged and became the first Black President of the United States to go on and serve two terms. Now, with the election of Kamala Harris as the first Black African South Asian Vice President of the United States, offers much hope for the future of our country in decreasing the racial divide.

Embracing such stories springs forth hope and resilience for our younger generation to continually strive towards excellence. Not all Black history is adequately recorded in school textbooks, because authentic African American stories have often been intentionally left out. Our history is made up of a magnificent and resilient people, which has been blemished and stored away from the consciousness of America. Despite what has been censored about Black history, we the people of African Descendants stand in awe of our ancestral lineage of determination to survive regardless of the odds. Acknowledging Black History Month is not an option - rather a need to always remember who we are, and from where we came. Black history is buried in the soil and engraved in every cornerstones of American society. Why Black History Month? To remind America of our strides forward, and never forget in order to prevent the past from recreating itself.



“

**USE YOUR VOICE, SHARE  
YOUR PERSPECTIVES,  
AND BE HUMBLE ENOUGH  
TO UNDERSTAND THAT  
OTHER PEOPLE HAVE  
PERSPECTIVES TOO**

”

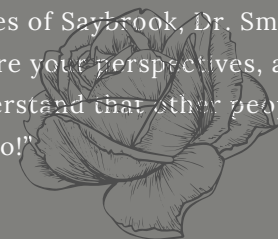
## SAYBROOK SPOTLIGHT

Joanne L. Smikle, Ph.D

Joanne L. Smikle, Ph.D. is a respected consultant, author and speaker who serves a wide array of notable clients in many industry sectors. She uses The SmikleSpeaks Podcast Channel and The SmikleSpeaks YouTube Channel to provide virtual leadership learning. Her many publications contribute to the body of usable knowledge for practitioners. Dr. Smikle is delighted to be a member of the Board of Trustees of Saybrook University. She serves on the Nominating/Governance and Institutional Advancement Committees. Her commitment to civic engagement extends beyond Saybrook University. She serves, by way of a gubernatorial appointment, on the Oversight Committee on Quality of Care in Nursing Homes and Assisted Living Facilities in Maryland. Dr. Smikle also serves on the Advisory Board of ElevateMed. This national organization works to ensure that the physician workforce racially and ethnically represents the communities served. Dr. Smikle was selected to be a member of the National Lobby Corps of the League of Women Voters of the United States. During her four-year tenure she thoroughly enjoyed educating and advocating on issues that impact the United States and the global community. Her life is greatly enriched by international travel, antiquing, yoga, and raucous time with family and friends.

Dr. Smikle offers her insights to new graduates and to anyone interested in thinking about their career trajectory. “It is important to have clarity of your own core values. Do you know what is most important to you? Are you willing to live into that and lean into that?”. This applies whether you are a new entrant to the workforce or more seasoned. She believes that developing a sense of agency helps one succeed in work and life. “It’s really about your ability as a human being to act independently, to make choices, and to understand how that independence and those choices can distinguish you in positive ways.”

Dr. Smikle also encourages maintaining a sense of curiosity and wonder about other people and what drives them. “Part of the divisiveness we see in our country today is because we aren’t all that curious about each other”, she notes. Dr. Smikle credits her parents with teaching her to have a sense of pride and self-worth. “Those early messages from my parents have served me well in every area of my life.” To the graduates of Saybrook, Dr. Smikle urges, “Use your voice, share your perspectives, and be humble enough to understand that other people have perspectives too!”



# Co-Chairs Corner

Arielle Dance, Ph.D  
Kelly Wadsworth, Ph.D  
Jeremiah Pearcey, Ph.D

The Alumni Co-Chair Council is  
please to announce the dates for  
our Mind-Body Wellness Fair!  
Please see the flyers below for  
more information:





# MIND-BODY WELLNESS FAIR

## **Greetings!**

Saybrook University is excited to host the inaugural **Mind-Body Wellness Fair May 5th & 6th 10:00 am - 2:00 pm PT and May 7th 2:00 pm- 6:00 pm PT.**

Our goal is to engage the community across the globe in virtual activities that promote a holistic approach to wellness including experiential sessions, virtual vendor booths, and keynote speakers.

You are invited to be vendors, sponsors, and speakers. This will allow you to promote your small businesses, private practices, or perhaps your books related to Mind-Body and Wellness.

## **How Can You Help?**

We invite you to be a vendor, sponsor, or speaker at the fair to highlight some of the work that you are doing. We are especially interested in those who can lead experiential sessions. This may be the perfect opportunity to share your latest book or highlight your wellness business.

This event is open to the community and we want to show all the amazing work Saybrook is doing across the globe.

Please confirm your participation by **March 15, 2021**, by registering [here](#).  
For more information or questions, please contact [alumni@saybrook.edu](mailto:alumni@saybrook.edu).

*Saybrook University Relations  
Saybrook University Alumni Council  
Mind-Body Wellness Fair Committee*



# MIND-BODY WELLNESS FAIR



Virtual Event



May 5th & 6th: 10:00 AM - 2:00PM  
May 7th: 2:00 PM - 6:00PM

### Themes:

**Wednesday** - Integrative Wellness Coaching and Integrative and Functional Nutrition

**Thursday** - Integrative Social Work

**Friday** - Psychophysiology and Mind-Body Medicine

### Submission Fees:

Poets and Authors - \$20 • Short Films - \$25  
Feature Films- \$35

### Attendance Fee:

Free. Suggested donation for  
scholarships: \$5 or more

### Vendor Fees:

#### Booth Only

External - \$30 per day or \$45 for multiple days  
Saybrook Vendors - \$20 or \$35 for multiple days  
(Not including departments)  
Student Fee - \$10 (1-3 days)

### Vendor Fees Continued:

#### Speaker ONLY

External Speaker: \$25  
Saybrook: \$15  
Student: \$5

#### Bundles:

External Speaker + Booth: \$50 set price  
Saybrook: \$40 set price  
Student: \$15 set price

### Register here:

<https://app.groupize.com/organizations/saybrook/events/saybrook-university-mind-body-and-mental-health-fair>

## Make It Your Own Sponsor - Gift May Vary

(\$500 - \$2,500 – Coordination with event planners)

- Logo recognition on Saybrook University website
- Co-branding opportunity on event registration website
- Verbal recognition throughout the program
- Examples of Make It Your Own:
  1. Sponsor a Meditation Room- Unfacilitated
  2. Sponsor a Dance Party Room – Unfacilitated
  3. Sponsor a Q&A Session or Closing Remarks
- Logo recognition on any printed or digital promotional materials
- MBW Fair registration for up to 5 attendees

I am unable to attend, but would like to support Saybrook University with my donation of

\$ \_\_\_\_\_



# MIND-BODY WELLNESS FAIR

Please make checks payable to: Saybrook University  
Online Registration / Payments

# Alumni Research Resources



## ALUMNI POST-GRAD RESEARCH QUICK REFERENCE

The Alumni Association is happy to share this quick reference document with links to open access databases to use as a resource for finding literature and research.

90 open access databases:

<https://tcsedsystem.libguides.com/az.php?t=23295>

Google Scholar:

[scholar.google.com/](https://scholar.google.com/)

Research Gate:

[Researchgate.net](https://www.researchgate.net)

Academia:

[www.academia.edu](https://www.academia.edu)

PubMed

<https://pubmed.ncbi.nlm.nih.gov/>

*\*New!*

Mendeley

<https://www.mendeley.com>

If you find additional links or resources, please send them to:

[alumni-saybrook@saybrook.edu](mailto:alumni-saybrook@saybrook.edu)



Doing the work  
since 1971.





BIG OR SMALL, EVERY DONATION HELPS US REACH OUR GOAL!

# ALUMNI ASSOCIATION SCHOLARSHIP FUND

THANK YOU INITIAL ALUMNI DONORS!

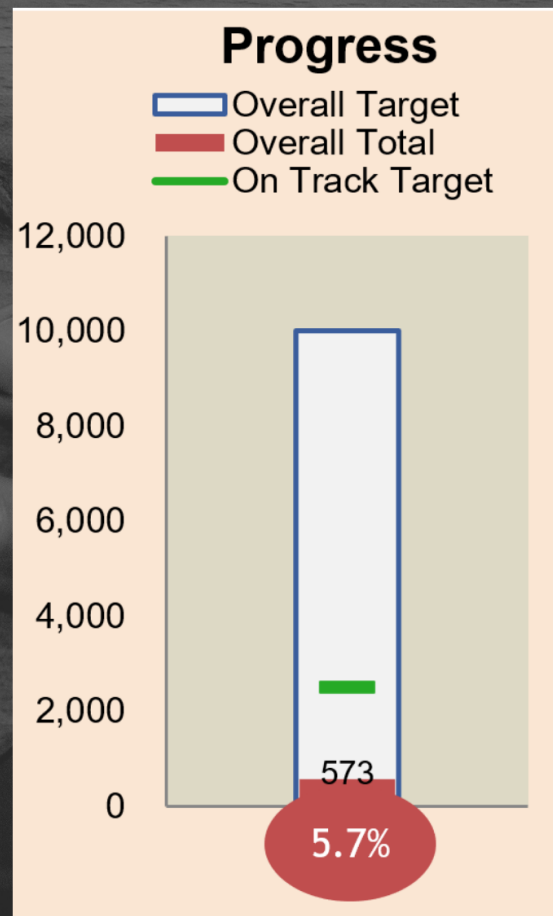
PAY-IT-FORWARD AND HELP US REACH OUR INITIAL GOAL OF **\$10,000** TO BEGIN ACCEPTING APPLICATIONS.

LET'S SHOW OUR SUPPORT TO HELP STUDENTS IN NEED!

[Click Here to Give](#)

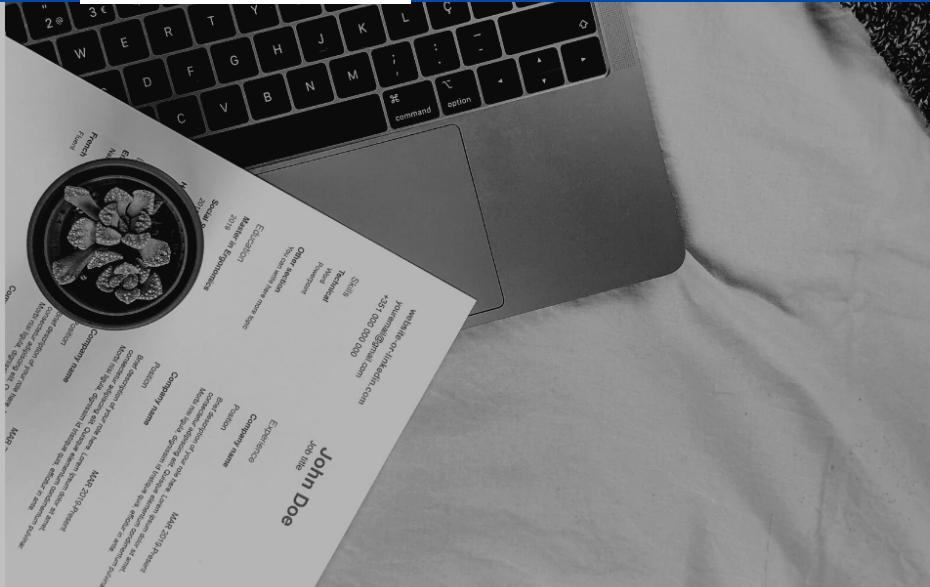


[www.saybrook.edu/giving](http://www.saybrook.edu/giving)





Did you miss this event?



Dr. Nathan Long  
Saybrook President

PRESENTED BY:  
ALUMNI AFFAIRS & STUDENT AFFAIRS

# The Saybrook Connection

## CURRICULUM VITAE WORKSHOP

No worries, Click here  
for the Recordings. →

Thank You for Attending!

[Alumni-Saybrook@saybrook.edu](mailto:Alumni-Saybrook@saybrook.edu)

[Click Here:](#)

**Part 1- CV Intro**

[Click Here:](#)

**Part 2- Q&A**



Doing the work  
since 1971.



Did you miss this event?



STUDENT AND ALUMNI AFFAIRS  
PRESENTS

# Professional Organization 101

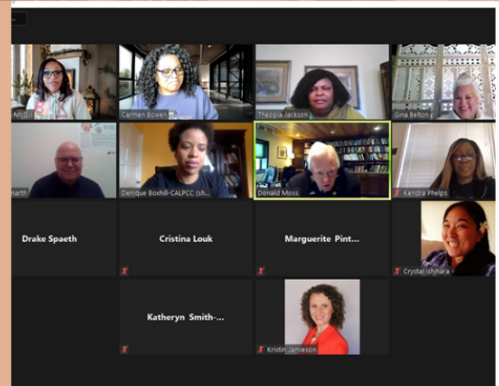
For professional development and lifelong  
learning.



No worries, Click here  
for the [Recording](#).

Thank You for Attending!

[Alumni-Saybrook@saybrook.edu](mailto:Alumni-Saybrook@saybrook.edu)



Doing the work  
since 1971.

# STRENGTHS FINDER WORKSHOP



## The Saybrook Connection

PRESENTED BY:  
ALUMNI AFFAIRS & STUDENT AFFAIRS

*March 19, 2021*  
*2:30 - 4:00 pm (PST)*

[Register Here](#)

### Kelly Soifer

Leadership

Development Consulting & Coaching

Strengths Finder is a proven leadership development tool for leaders, whether they are leading a university, a corporation, a non-profit organization or a local business.

We will spend this session introducing you to the Strengths Finder tool and how it can be used to develop and motivate employees and teams. Afterward, we will invite attendees to join us later for a follow-up session where Kelly will coach a smaller group personally in their Strengths Finder profiles.



Email:  
[alumni-saybrook@saybrook.edu](mailto:alumni-saybrook@saybrook.edu)

[www.saybrook.edu](http://www.saybrook.edu)