

# MARY BESS PANNEL

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Assistant Professor  
Department of Counselor Education and Psychology  
College of Education and Human Sciences  
Delta State University

## **EDUCATION**

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August 2008 - May 2016 Doctorate of Philosophy	Mississippi State University Counselor Education	Starkville, MS Emphasis: School Counseling
August 2006 - August 2007 Education Specialist in School Counseling	Mississippi College	Clinton, MS Summa Cum Laude
August 2004 - August 2006 Masters of Education in School Counseling	Mississippi College	Clinton, MS Summa Cum Laude
June 2002 - August 2003 Masters of Education in Art	Mississippi College	Clinton, MS Summa Cum Laude
August 1997- May 2002 Bachelors of Landscape Architecture	Louisiana State University	Baton Rouge, LA

## **EXPERIENCE**

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License Professional Counselor, Mississippi #1418 (November 2008)  
National Board Certified Counselor, #219920 (March 2007)  
Reality Therapy Certified (July 2007)

Fall 2015 – current <i>Faculty</i>	Delta State University	Cleveland, MS
<ul style="list-style-type: none"><li>Assistant Professor Department of Counselor Education and Psychology College of Education and Human Sciences</li></ul>		
Fall 2014 – Summer 2015 <i>Adjunct Faculty</i>	Delta State University	Cleveland, MS
<ul style="list-style-type: none"><li>Instructor (Introduction to Counseling, Practicum, and Marriage and Family)</li></ul>		
Spring 2009 – Summer 2015 <i>Faculty</i>	Mississippi Delta Community College	Moorhead, MS
<ul style="list-style-type: none"><li>Instructor (Art Appreciation, General Psychology, and Human Growth and Development)</li><li>Co-Advisor for the MDCC Phi Theta Kappa Honor Society, Zeta Zeta Chapter</li><li>Member of the MDCC Academic Appeals Committee</li><li>Member of the selection committee for the Robert W. Steinreide Faculty and Staff Developmental Fund</li><li>Vice chairman for the MDCC Quality Enhancement Plan for SACSCOC</li></ul>		

Fall 2007 – Summer 2011

*Counselor/Academic Advisor/Recruiter*

- Provided academic advising, as well as recruited prospective students
- Past member of the MDCC Faculty/Staff Disciplinary Hearing Committee
- Past member of the MDCC Institutional Planning Committee

Summer 2008

Mississippi State University

Starkville, MS

*Graduate Assistant/Teacher Assistant*

- Facilitating graduate students on the techniques and skills of group counseling
- Assisting professor with organization of MSU leadership and service-learning projects

Fall 2004 – Summer 2007

Manchester Academy

Yazoo City, MS

*School Counselor*

- Assisted students, parents, faculty, and community members in providing guidance and counseling in reference to academic, career and personal endeavors

Fall 2003 – Spring 2004

Manchester Academy

Yazoo City, MS

*Art Instructor*

- Instructed elementary students on a variety of art activities, in two dimension and in three dimension, based on grade level
- Organized in-school art competition

Spring 2003

Mississippi College

Clinton, MS

*Graduate Assistant/Instructor*

- Instructed students on the fundamentals and principles of AutoCAD LT and AutoCAD 2002

## **MEMBERSHIP**

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American Counseling Association – Member ID: 6301254

-member since 2011

Association for Counselor Educators and Supervisors

Southern Association for Counselor Educators and Supervisors

-Member ID: 43743373

Association or Creativity in Counseling

American School Counseling Association – Member ID: 70612

-member since 2005

Chi Sigma Iota International Honor Society

-member since 2016

Mississippi Counseling Association

-member since 2005

Delta Region

Mississippi Association of Counselor Educators and Supervisors

## SCHOLARSHIP

### PUBLICATIONS

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Morgan, V., & **Pannel, M.** (2021). *Academic advising and the first-generation community college student: An ex post facto study*. [Manuscript submitted for publication]. Counselor Education and Psychology Department, Delta State University.

Myrolie, R., **Pannel, M.**, Whitaker, R., Harris, C., & Marsh, A. (2021). *Promoting nutrition and wellness in schools* [Manuscript in preparation]. Counseling Department, Lamar University.

**Pannel, M.**, & Lewis, C. (2021). *Impact of academic course load on adolescent self-esteem* [Manuscript submitted for publication]. Counselor Education and Psychology Department, Delta State University.

Riddle, A., & **Pannel, M.** (2021). *Exploring job satisfaction among Mississippi school counselors* [Manuscript submitted for publication]. Counselor Education and Psychology Department, Delta State University.

**Pannel, M.** (2016). *An exploration and comparison of internalized behaviors and peer relationships in dual-enrolled and non-dual-enrolled students* (Publication No. 10100315) [Doctoral dissertation, Mississippi State University]. ProQuest Dissertations and Theses Global.

### STUDENT RESEARCH COLLABORATION

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**Pannel, M.**, & CED 619 School Counseling internship students. (2020, November). *There's an app for that! Apps in counseling* [Workshop]. Mississippi Counseling Association Delta Region Workshop, Cleveland, MS.

**Pannel, M.**, & CED 619 School Counseling internship students. (2019, April). *Gen Z: Can you hear me now? Flash talks from the professional school counselor's perspective* [Conference session]. Annual F.E. Woodall Conference for the Helping Professions, Cleveland, MS.

McIntyre, T., & **Pannel, M.** (2019, April). *Implementing a SMART goal to get smarter results: The impact of school counselors* [Poster presentation]. DSU Academic Research Showcase, Cleveland, MS.  
FIRST PLACE (within the graduate division for overall presentation of research)

McIntyre, T., & **Pannel, M.** (2019, March). *Promoting the impact of school counselors: Education & community...channeling the winner within* [Poster presentation]. 2019 Winning the Race Conference, Cleveland, MS.  
SECOND PLACE tie

**Pannel, M.**, & CED 619 School Counseling internship students. (2018, April). *Life skills, career, and college readiness: Exposure through a developmental lens* [Conference session]. Annual F.E. Woodall Conference for the Helping Professions, Cleveland, MS.

Slay, J., & **Pannel, M.** (2017, February). *Promoting the impact of school counselors: Using SMART goals to improve ACT scores* [Poster presentation]. DSU Academic Research Showcase, Cleveland, MS.  
SECOND PLACE

Slay, J., Thomas, R., & **Pannel, M.** (2017, November). *Promoting the impact of school counselors through the implementation of successful SMART goals* [Conference session]. Mississippi Counseling Association annual conference, Tupelo, MS.

**Pannel, M.**, & CED 619 School Counseling internship students. (2017, April). *Creative strategies in collaboration for student success* [Conference session]. Annual F.E. Woodall Conference for the Helping Professions, Cleveland, MS.

Medders, S., & **Pannel, M.** (2016, February). *Promoting the impact of school counselors* [Poster presentation]. DSU Academic Research Showcase, Cleveland, MS.  
FIRST PLACE

**Pannel, M.**, & CED 619 School Counseling internship students. (2016, April). *Homelessness – Identifying and helping lost students* [Conference session]. Annual F.E. Woodall Conference for the Helping Professions, Cleveland, MS.

## **GRANTS**

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Delta Sigma Upsilon Chapter. (2020). CSI Chapter Development Grant. Chi Sigma Iota International Honor Society.

2018 Association of Creativity in Counseling Professional Grant

Myrolie, R., **Pannel, M.**, Harris, C., & Marsh, A. (2018). *Collaboration between school counselors and school personnel in understanding the impact of health and wellness for student academic achievement*. Association for Creativity in Counseling National Conference, Clearwater, FL.

## **FEATURED WITHIN PUBLICATIONS**

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MCA Compass. 2020. Be a Light

MCA Delta Region. 2020.

MCA Compass. 2019. Superheroes

## **PUBLICATION REVIEW**

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Delta Journal of Education

Editorial Board member (Spring 2018)

– article review, Spring 2018

– article review, Fall 2017

Groves, R. (2017). *The beginner's guide to effective school counseling programs* [Review of the textbook]. Cognella, Inc.

Consultant for Cengage Learning regarding course textbooks and materials (2016).

## **INVITED SPEAKING ENGAGEMENTS**

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**Pannel, M.** (2020, October). *Teaching during a pandemic: Stressors and how to cope*. Professional Development Teacher Workshop. Indianola Academy, Indianola, MS.

**Pannel, M.** (2020, September). *Ethics and professional issues in school counseling*. Ethics and Professional Issues Course (J. Goldman), Counselor Education and Psychology Department. Delta State University, Cleveland, MS.

**Pannel, M.** (2020, February). *Advocacy: Giving voice to mental illness*. Mississippi Delta Community College Counselors' Retreat. Greenville, MS.

**Pannel, M.** (2020, February). *Ethics and professional issues in school counseling*. Ethics and Professional Issues Course (J. Goldman), Counselor Education and Psychology Department. Delta State University, Cleveland, MS.

Myrolie, R., **Pannel, M.**, Harris, C., & Marsh, A. (2019, May). *Making a connection – Pilot study of the nutrition-mental health connection*. Mississippi Public Broadcasting, Jackson, MS.

**Pannel, M.** (2018, April). *What's your passion?* Psychology Club, Counselor Education and Psychology Department. Delta State University, Cleveland, MS.

**Pannel, M.** (2018, March). *All is love, even math*. Professional Development Teacher Workshop. Indianola Academy, Indianola, MS.

**Pannel, M.** (2017, February). *From the perspective of school counseling: Promoting wellness in schools*. Cultural Exchanges Workshop with Delta State University. Xavier University, New Orleans, LA.

**Pannel, M.** (2017, February). *Working with rural clients in the Mississippi delta*. Interview with Delta State University faculty and staff – Podcast. Xavier University, New Orleans, LA.

**Pannel, M.** (2016, April). *School counseling overview*. Presentation to Full-Time Educational Leadership Cohort of the DSU Department of Teacher Education, Leadership and Research, Dr. Jill Cabrera, Associate Professor, Cleveland, MS.

## **CONFERENCE PRESENTATIONS**

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Vincent, C. & **Pannel, M.** (2020, September). *Creative virtual pedagogy and supervision*. [Conference session]. Association for Creativity in Counseling National Virtual Conference.

Myrolie, R., **Pannel, M.**, Marsh, A., & Harris, C. (2020, September). *The nutrition and mental health connection: A pilot study*. [Conference session]. Association for Creativity in Counseling National Virtual Conference.

**Pannel, M.** (2019, November). *Logistics of maintaining professional and personal balance* [Conference session]. Delta Psychology Educators Conference, Cleveland, MS.

Hendrix, T., & **Pannel, M.** (2019, November). *Being resourceful counselors through effective collaboration* [Conference session]. Mississippi Counseling Association annual conference, Biloxi, MS.

Vincent, C., Ervin, L., & **Pannel, M.** (2019, November). *Applying the SCAMPER Model to wellness in counseling* [Conference session]. Mississippi Counseling Association annual conference, Biloxi, MS.

- Myrolie, R., **Pannel, M.**, Harris, C., Marsh, A., & Burns, K. (2019, April). *Making a connection – Pilot study of the nutrition-mental health connection* [Conference session]. Annual F. E. Woodall Conference for the Helping Professions, Cleveland, MS.
- Pannel, M.** (2019, March). *Making the connection of nutrition, mental health, and academic success* [Conference session]. Winning the Race Conference-Faculty Forum, Cleveland, MS.
- Pannel, M.** (2018, November). *Creative strategies for advocating and marketing data-driven school counseling practices* [Conference session]. Mississippi Counseling Association annual conference, Biloxi, MS.
- Myrolie, R., Marsh, A., & **Pannel, M.** (2018, September). *Understanding and advocating for the connection between mental health and nutrition* [Conference session]. Association for Creativity in Counseling National Conference, Clearwater, FL.
- Pannel, M.**, Myrolie, R., & Marsh, A. (2018, September). *Collaboration between school counselors and school personnel in understanding the impact of health and wellness for student academic achievement* [Conference session]. Association for Creativity in Counseling National Conference, Clearwater, FL.
- Whitaker, R., Cory, J., **Pannel, M.**, & Proctor, J. (2018, April). *Building allies and understanding: TGNC competencies and alliances in K-12 settings* [Conference session]. Annual F. E. Woodall Conference for the Helping Professions, Cleveland, MS.
- Myrolie, R., **Pannel, M.**, & Whitaker, R. (2018, April). *Professional school personnel's understanding of school nutrition and the connection with social and emotional wellness of their K-12 environment* [Conference session]. Annual F. E. Woodall Conference for the Helping Professions, Cleveland, MS.
- Myrolie, R., Whitaker, R., & **Pannel, M.** (2017, September). *Professional school counselors' understanding of school nutrition and the connection with social and emotional wellness of their K-12 environment* [Conference session]. Association for Assessment and Research in Counseling National Conference, Phoenix, AZ.
- Pannel, M.**, Mylroie, R., & Whitaker, R. (2017, September). *Promoting the impact of school counselors through the implementation of successful SMART goals* [Conference session]. Association for Assessment and Research in Counseling National Conference, Phoenix, AZ.
- Walker, C., & **Pannel, M.** (2017, April). *Mississippi counselor appraisal rubric (M-CAR): Current and future trends* [Conference session]. Annual F. E. Woodall Conference for the Helping Professions, Cleveland, MS.
- Vincent, C., & **Pannel, M.** (2017, April). *Leadership in counseling – Delta area region* [Conference session]. Annual F. E. Woodall Conference for the Helping Professions, Cleveland, MS.
- Pannel, M.** (2016, November). *Emerging leaders - Information I wish I had known as a new counselor* [Conference session]. Mississippi Counseling Association Annual Conference, Biloxi, MS.
- Pannel, M.** (2016, November). *Mississippi school counselor educator collaborative* [Conference session]. Mississippi Counseling Association Annual Conference, Biloxi, MS.

**Pannel, M.** (2016, October). *Promoting wellness in schools. Current issues in counseling workshop* [Workshop presentation]. Delta State University, Cleveland, MS.

**Pannel, M., Whitaker, R., & Myrolie, R.** (2016, September). *Assessing low self-esteem among high achieving students* [Conference session]. Association for Assessment and Research in Counseling National Conference, Fort Lauderdale, FL.

Whitaker, R., Myrolie, R., & **Pannel, M.** (2016, September). *Creative assessment in professional school counseling: Creative ways to collect data in clinical settings* [Conference session]. Association for Assessment and Research in Counseling National Conference, Fort Lauderdale, FL.

Myrolie, R., Whitaker, R., & **Pannel, M.** (2016, September). *Understanding the impact of childhood obesity and the school counselor's role: A research-based perspective* [Conference session]. Association for Assessment and Research in Counseling National Conference, Fort Lauderdale, FL.

**Pannel, M.** (2011, March). *Reducing test anxiety: Assisting students in discovering creative, therapeutic techniques in lowering test-related anxiety* [Conference session]. American Counseling Association 2011 Conference & Exposition, New Orleans, LA.

**Pannel, M.** (2007, March). *Choice Theory + Learning = Fun?* [Conference session]. William Glasser Institute 2007 Certification Week, Seattle, WA.

## **SERVICE TO THE UNIVERSITY**

### **UNIVERSITY DISSERTATION COMMITTEE CHAIR**

Chandrea Shameka Walker (current student)

### **UNIVERSITY DISSERTATION COMMITTEE READER**

Annette Riddle (Graduated Fall 2019)

Chastity Magyar (Graduated Fall 2018)

### **CHI SIGMA IOTA HONOR SOCIETY**

Chi Sigma Iota Chapter Faculty Advisor for the Delta Sigma Upsilon chapter (2016 to present)

- Assisted with organization of community outreach project – “Veteran’s Appreciation” (2020, November)
- Assisted with organization of community outreach project – “Face Masks” – Sunflower Landing (2020, October)
- Assisted with organization of community outreach project – “Suicide Awareness Month” – DSU Counseling Center (2020, October)
- Assisted with organization of fundraising during 2017, 2018, 2019 Woodall Conferences

- Assisted with organization of community outreach project – “Shoe Boxes” – Operation Christmas Child (2019, November)
- Assisted with organization of community outreach project - “Toy Drive” – UMMC and Children’s of Mississippi Hospital (2019, January)
- Assisted with organization of community outreach project - “Counselor’s Rock Program” – Nailor Elementary (2018, February)
- Assist with organization of community outreach project - “A Better You Program” - Bell Academy, (2016, September)
- Attended Mississippi Counselor’s Day at the State Capitol with student members and colleagues – Jackson, MS (2017, 2018, 2020)

## **UNIVERSITY ONLINE COURSE REVIEWER**

- Reviewed Canvas course shells and provided feedback to DSU instructors (2020, August)
- Reviewed Canvas course shells and provided feedback to DSU instructors (2021, January)

## **UNIVERSITY COMMITTEES**

Counselor Education Search Committee Chairman (Fall 2017)

Distance Education Committee member (Fall 2017 to Fall 2019)

Delta State University Faculty Senate proxy (Spring 2017 to Spring 2019)

Counselor Education Search Committee Chairman (Spring 2017)

Merit Pay Appeals Committee member (Spring 2017 to Fall 2018)

Safety and Environment Committee member (Fall 2016 to Fall 2018)

Faculty and Staff Benefits Committee member (Fall 2016 to Fall 2017)

## **UNIVERSITY CONFERENCE COMMITTEE**

Annual F. E. Woodall Spring Conference for the Helping Professions – April 2016 to present  
-Woodall Conference Committee member

## **OKRA SCHOLAR MENTOR**

Spring 2017 - Spring 2019, competitive selection

- Coordinate and facilitate weekly to bi-weekly meetings with Okra Scholar advisees to discuss topics related to academic success, career readiness, and requirements of personal and workplace professionalism.
- Communication with the Okra Scholars office and other faculty mentors to assist with meetings and events.
- Consultation regarding multiple degree programs to assist Okra Scholars advisees in different majors at DSU.

## **SERVICE TO THE DISCIPLINE**



## **SELECTED ELECTED OFFICES**

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Mississippi Counseling Association

President-Elect – 2020 to 2021

President-Elect-Elect – 2019 to 2020

Social Media Chair – 2017 to 2020

Delta Region Past President – 2017 to 2018

Delta Region President – 2016 to 2017

Mississippi Association of Counselor Educators and Supervisors

Past President – 2019 to current

President – 2017 to 2019

Mississippi School Counselor Educator Collaborative – 2015 to 2016

## **CONFERENCE COMMITTEE WORK**

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2019 Association for Creativity in Counseling

-Conference proposal reviewer (Spring 2019)

Mississippi Counseling Association Annual Conference – November 2017 to present

-Social Media Chair

-Emerging Leaders 2016 to 2017

## **PROFESSIONAL DEVELOPMENT**

Lenz, A.S. (2020, October). *Action research: Practical approaches to improve your teaching, supervision, and practice*. Chi Sigma Iota Webinar, Thomasville, NC.

Westfall, J. (2019, November). *Changes to APA Style*. Center for Teaching and Learning. Delta State University, Cleveland, MS.

Beals, G. (2019, November). *Delta Psychology Educators Conference*. Division of Counselor Education and Psychology. Delta State University, Cleveland, MS.

*2019 Mississippi Counseling Association Conference*. (2019, November). Biloxi, MS.

Davis, T. (2019, September). *Developing Dynamic, Engaging, and Visually Creative Research Posters*. Center for Teaching and Learning. Delta State University, Cleveland, MS.

InfoSec Institute. (2019, April). *Security Awareness Training Course*. Delta State University, Cleveland, MS.

Division of Counselor Education and Psychology. (2019, April). *F.E. Woodall Conference for the Helping Professions*. Delta State University, Cleveland, MS.

*American Counseling Association 2019 Conference and Expo*. (2019, March). New Orleans, LA.

*Winning the Race Conference*. (2019, March). Delta State University, Cleveland, MS.

Mississippi State University Research & Curriculum Unit. (2019, February). *Early Warning Systems Training*. Delta State University, Cleveland, MS.

Westfall, J. (2019, February). *Get Hours Back Every Month with TextExpander*. Center for Teaching and Learning. Delta State University, Cleveland, MS.

Arend, B. (2019, January). *Seven Ways of Learning*. Center for Teaching and Learning. Delta State University, Cleveland, MS.

*2018 Mississippi Counseling Association Conference*. (2018, November). Biloxi, MS.

*Association for Creativity in Counseling National Conference*. (2018, September). Clearwater, FL.

Magna Publications. (2018, June). *Six Practical Strategies to Improve Your Online Course*. Delta State University, Cleveland, MS.

Dunkle, K. (2018, April). *Flipped Course Design*. Center for Teaching and Learning. Delta State University, Cleveland, MS.

Division of Counselor Education and Psychology. (2018, April). *F.E. Woodall Conference for the Helping Professions*. Division of Counselor Education and Psychology. Cleveland, MS.

*2017 Mississippi Counseling Association Conference*. (2017, November). Tupelo, MS.

Wooten, R. (2017, September). *Movement Therapy: Creating New Rhythms of Becoming and Inspiration: A Journey to Self-Discovery Workshop*. Delta State University, Cleveland, MS.

2017 Association for Assessment and Research in Counseling National Conference. (2017, September). Phoenix, AZ.

2017 Association for Assessment and Research in Counseling National Conference. *Grant Seeking Resources Workshop*. (2017, September). Phoenix, AZ.

*Mississippi Counseling Association Institute for Learning Training*. (2017, June). Biloxi, MS.

Division of Counselor Education and Psychology. (2017, April). *F.E. Woodall Conference for the Helping Professions*. Delta State University, Cleveland, MS.

Division of Counselor Education and Psychology. (2017, February). *Healthy Eating Workshop*. Delta State University, Cleveland, MS.

House, N. (2017, April). *Using Canvas Tools to Engage Students in Course Content Workshop*. Delta State University, Cleveland, MS.

*2016 Mississippi Counseling Association Conference*. (2016, November). Biloxi, MS.

Baylis, D. (2016, October). *Safe Space Training*. Delta State University, Cleveland, MS.

Passe, J. (2016, October). *Kent Wyatt Distinguished Lecture*. Delta State University, Cleveland, MS.

Beals, G. (2016, September). *What's in a Label? QEP Workshop*. Delta State University, Cleveland, MS.

2016 National Association for Assessment and Research in Counseling Conference. (2016, September). Fort Lauderdale, FL.

Arden, J. (2016, August). *Brain-Based Therapy Workshop*. Delta State University, Cleveland, MS.

2016 Emerging Leaders. (2016, July). *Mississippi Counseling Association Institute for Learning Training*. Biloxi, MS.

Division of Counselor Education and Psychology. (2016, April). *F.E. Woodall Conference for the Helping Professions*. Delta State University, Cleveland, MS.

Griffin, L. (2015, December). *Tenure and Promotion meeting*. College of Education and Human Sciences, Delta State University, Cleveland, MS.

## **COURSE INSTRUCTION**

**Delta State University** (Fall 2014 to present)

Masters level courses:

CED 600 Introduction to Counseling  
CED 601 Counseling Theory  
CED 604 PrePracticum  
CED 601 Counseling Theory  
CED 606 Career Development and Placement  
CED 609 Counseling Practicum  
CED 617 Foundations of School Counseling  
CED 619 School Counseling Internship  
CED 620 Human Growth and Development  
CED 707 Consultation and Counseling of Diverse Populations  
CED 715 Marriage and Family Counseling  
CED 716 Introduction to Counseling for Teachers

Education Specialist level courses:

CED 717 Advanced School Counseling  
CED 735 Advanced Research Methods in Counseling  
CED 758 Advanced School Counseling Practicum  
CED 790 Theories of Counseling Supervision

Undergraduate level courses:

FCS 270 Individual and Family Development  
FYS 210 Okra Scholars First Year Seminar  
PSY 307 Developmental Psychology

**Mississippi Delta Community College** (Spring 2011 to Spring 2015)

ART 1113 Art Appreciation  
PSY 1513 General Psychology  
PSY 2533 Human Growth and Development

## **HONORS AND AWARDS**

2020 Delta State University Student Engagement Educator Award nominee  
2019 Delta State University Connected Educator Award nominee  
2018 Mississippi Counseling Association College Counseling Program of the Year  
2018 Association of Creativity in Counseling Professional Grant  
2016 Delta State University Connected Educator Award nominee  
Mississippi Humanities Council – MDCC Humanities Instructor of the Year (2013)  
Charles Scott Scholarship Award – Mississippi College (2007)  
Children of Alumni Scholarship – Louisiana State University (1997-2002)  
Dean’s List – Louisiana State University (1998- 2000)  
Design School Honor Society – Louisiana State University  
Golden Key Honor Society – Louisiana State University  
Edward and Yvonne Harvey Scholarship – Louisiana State University (2001)

## **CONTACT**

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