

USF

UNIVERSITY OF
SOUTH FLORIDA
MAGAZINE

THE OFFICIAL MAGAZINE of the
USF ALUMNI ASSOCIATION
FALL 2019

MENTAL HEALTH
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navigate the stress
of college, life



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UNIVERSITY OF SOUTH FLORIDA MAGAZINE

FEATURE

28

Cover story: Mental Health

USF deploys variety of resources to help students dealing with anxiety, depression and other issues.



Double-Cover: Turn the magazine over to read about the 50th anniversary of the USF Alumni Association.

Photo: CSILLA ARI D'AGOSTINO, CC BY-SA

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Csilla Ari D'Agostino performing some cognitive tests on the waterproof iPad in front of the Aquarius habitat.

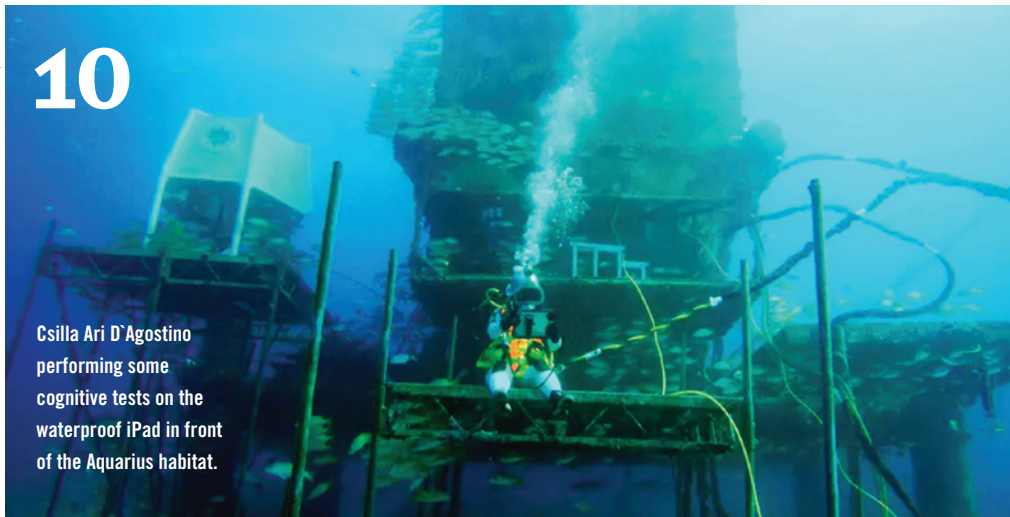


Photo: RYAN NOONE | USF News

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Cover: ANNE SCOTT | USF
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From the President

Photo: RYAN NOONE | USF News



Dear alumni, friends and supporters of USF:

WELCOME TO A VERY SPECIAL ISSUE of *USF Magazine*. It has been designed with two covers because we wish to share two important stories with you. One celebrates a very distinctive occasion: the 50th anniversary of the USF Alumni Association. As you read, you will enjoy recalling some of the great alumni events throughout the past half-century.

Our other main story, which begins on page 28, offers a detailed look at the mental health concerns of students and how the university is addressing their needs. With the new academic year under way, many USF students are living away from home for the first time. Like me, many of you can remember what that feels like – there's excitement, but also understandable uncertainty, fueled by questions about academic expectations and career prospects as well as how to find one's community, among many other complex dynamics.

In 1977, I spent my freshman year at Kansas State University, so I understand the challenges of navigating a large public institution. As I was adjusting to my new environment, I too was thinking about my academic and career paths. I was studying architecture, but also found myself drawn to psychology, which was partly from exposure to my father's job working with patients in a community mental health center. Although I initially wanted to be a clinical psychologist, I eventually focused on organizational psychology – the psychology of the workplace.

Whether they are just starting their college careers or they are in graduate school, whether at USF or at universities across the country, more students today are grappling

with anxiety, depression and substance abuse. Helping them address their mental health concerns is a key component of USF's holistic student success initiative. Across our campuses, we are devoting an array of resources, including tele-health through the Counseling Center, health and wellness satellite centers – visited by 10,000 students last academic year – and Mental Health First Aid Training for faculty and staff. More than 500 faculty and staff have volunteered for this intensive training since it was first offered in 2018.

We know that helping students manage a wide range of issues, which also can include homesickness, time management, finances, relationships and grades, will help them persist to graduation. As Rita DeBate, one of our health and wellness experts, says, "This is a community and we take care of each other." I share Dr. DeBate's passion for helping students feel like they have a strong support network at USF.

Our efforts extend into middle school. As you will learn on page 15, College of Education faculty members are partnering with Pasco County Schools to train 600 teachers on how to identify the warning signs of mental health risk in their students. This is a wonderful example of the important outreach our faculty engage in with area schools and communities.

Also in this issue is a story about a valuable partnership that is helping students at USF St. Petersburg prepare for careers in finance. More than a year ago, the Bank of America Charitable Foundation awarded a \$500,000 grant that established the Merrill Lynch Wealth Management Center in the Kate Tiedemann College of Business. Since then, the center and its faculty have been giving students the tools to manage stock investments while spearheading initiatives that advance financial literacy in the community.

We also value the tremendous community support for USF Sarasota-Manatee's students, particularly during the signature fundraising event, "Brunch on the Bay." I am looking forward to my first opportunity to attend this fun and worthwhile event on November 3, and encourage you to join us for great food, a great time, and most importantly, the chance to help our deserving students. The details are on page 19.

Philanthropic support makes a meaningful difference for our students and faculty every day. We are extremely grateful for the recent \$10 million gift from the Taneja Family Foundation to name the Taneja College of Pharmacy. This is the largest philanthropic gift to a pharmacy school in the state of Florida, and it will make a significant impact on generations of students to come. You can learn about the generosity of Jugal and Manju Taneja on page 24. This was a truly transformational gift.

Cheyenne and I have now settled into the Lifsey House on the USF Tampa campus. We continue to be deeply impressed and grateful for the warmth of the university and Tampa Bay communities.

Thank you for welcoming us and for your continued support for USF.

GO BULLS!

Steve Currall
USF President

INNOVATION IMPACT

Growth fuels opportunity

THE ECONOMIC IMPACT OF USF innovation efforts has grown at a rapid pace, increasing by more than 45 percent over the last three years to \$582 million annually, according to a new analysis by the Washington Economics Group.

The Miami-based consulting firm reports the upward trajectory of the USF innovation enterprise continues to support and strengthen the economic development strategy of the Tampa Bay region and Florida's growing economy. While the new analysis focuses solely on innovation, the USF System's overall annual economic impact is measured at \$4.4 billion.

The Washington Economics Group analyzed the productivity of the USF Research Park; the university's Technology Transfer Office, which manages new inventions from USF faculty and students; and USF's Tampa Bay Technology Incubator, which is overseen by the USF Office of Corporate Partnerships.

Among the report's key takeaways:

- USF's innovation enterprise sustains more than 4,000 public and private sector jobs (an increase of 35 percent from 2016), and returns more than \$71 million in tax revenue to local, state and federal coffers (an increase of 37 percent since 2016).
- \$548 million of the USF innovation enterprise's annual impact is in the immediate Tampa Bay region, where approximately 1,992 people are directly employed in jobs that have been created in the university's innovation enterprise. Another 2,068 related jobs are sustained among partner organizations and businesses that provide goods and services to USF innovation operations.

- Of the jobs created by USF innovation statewide, 82 percent are in the knowledge-based services sector, which includes life sciences companies, IT operations, financial services and professional and administrative services. Knowledge-based services also have a significant spillover effect on tourism, services, real estate, transportation and other key sectors in Florida's economy, the report noted.

USF President Steve Currall says the report provides important insight into the wider value that USF creates as a research institution with a strong culture of innovation.

"One of the most important roles research universities serve is in creating and fostering new ideas that fuel economic development through collaboration and commercialization," Currall says. "This analysis shows how USF's innovation enterprise has become a vital catalyst for the larger innovation ecosystem, which is creating unprecedented opportunity for the Tampa Bay region and the state of Florida."

Paul Sanberg, USF senior vice president for research, innovation and knowledge enterprise, says the report confirms the importance of USF working to optimize its creative technological assets to build wider economic and societal impact. Not only do USF's commercialization activities increase employment opportunities in high-wage occupations across the region and state, Sanberg says the USF innovation enterprise helps create an environment that attracts new companies and a growing pool of highly skilled professionals that can sustain a modern economy.

USF has also ranked among the top 10 of American public research universities in generating new U.S. patents for the past nine years.

The three-year analysis in the report does not include USF's research contracts and grants or research expenditure dollars.

USF is published quarterly by University Communications & Marketing and the USF Alumni Association for alumni, friends and members of the USF community.

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**UNIVERSITY OF
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A PREEMINENT RESEARCH UNIVERSITY

Photo: ISTOCK



First Look

PRESIDENT STEVE CURRALL AND HIS WIFE, CHEYENNE, greeted students and families during residence hall move-in a few days before the start of the fall semester.





First Look

LOOK OUT YBOR CITY

MORE THAN 1,000 USF ALUMNI AND FRIENDS took over Tampa's historic Ybor City for the fourth annual Bulls Block Party hosted by the Greater Tampa Area Alumni Chapter.

With 11 venues participating, the August event was the largest Block Party yet. Bulls in USF caps and jerseys filled the third floor of the historic Italian Club for a rousing kickoff party, then poured onto 7th Avenue for an afternoon of camaraderie and USF pride. They included Lisa Andino '13, Life Member, and Fernando Rodriguez, pictured right. (The Italian Club is reflected in the window.)

The event raised nearly \$18,000 for the chapter's scholarship fund, USF Athletics, and the chapter. Over the course of four years, it has raised a total of \$42,000.

"The chapter's goal for the Block Party is to bring a game day, tailgate-like atmosphere for alumni, fans and community members to Ybor City. It's a great time of year to celebrate the kickoff to football season," says Zach Pietrzyk, '11, Life Member, one of the organizers.

"We want to provide an event to help alumni reconnect with other Bulls who share their passion for USF and excitement for the upcoming football season."

S-O-U-T-H F-L-O-R-I-D-A! Gooooooo Bulls!





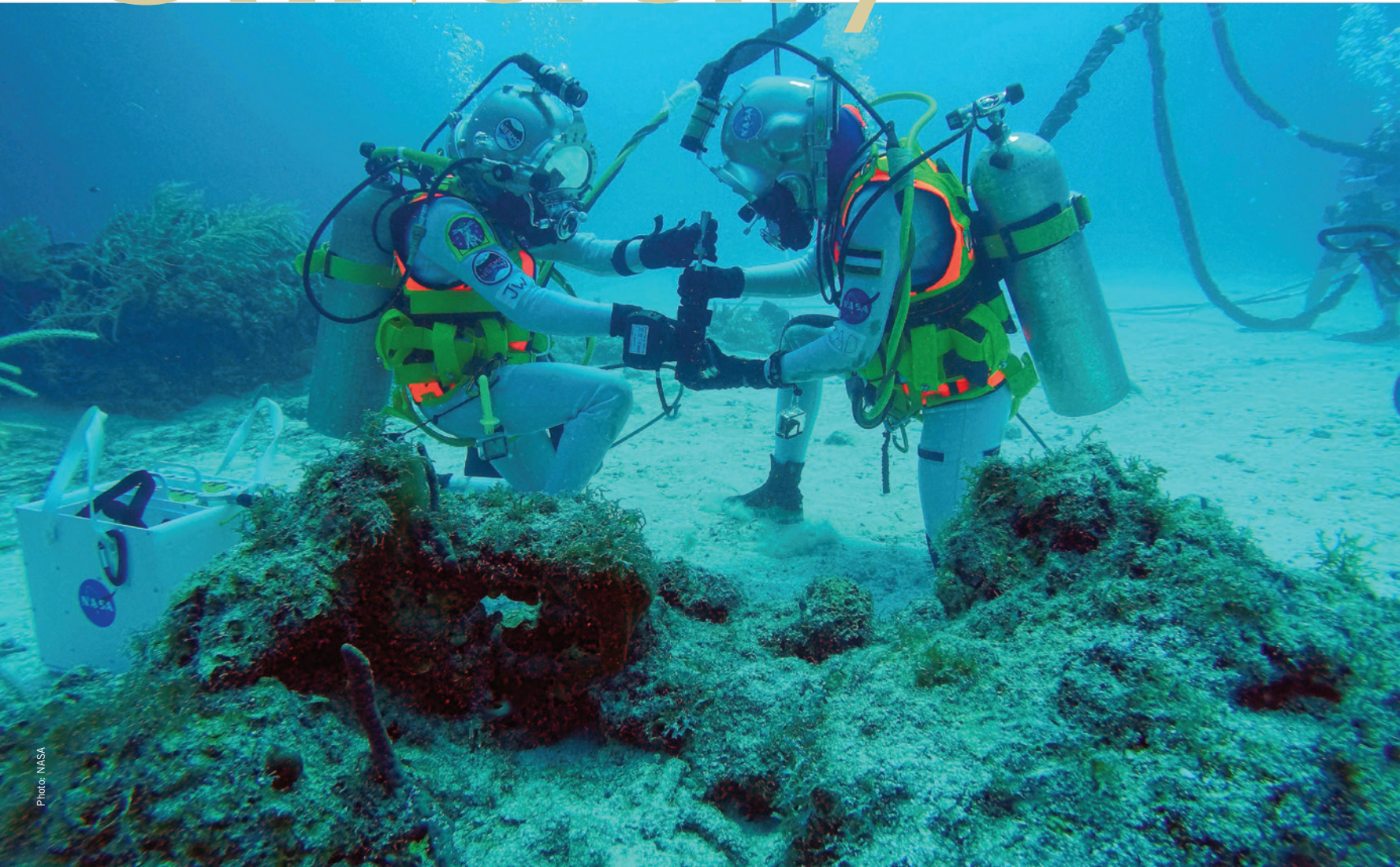


Photo: NASA

FROM THE CONVERSATION

The stress of extreme living underwater for simulating upcoming Moon missions

AS NASA PREPARES TO RETURN TO THE MOON in the next couple of years and possibly even establish bases, it needs a better understanding of how the human body performs in such an inhospitable habitat.

To that end, two astronauts, two researchers (including me) and two technicians participated in a program called NASA Extreme Environment Mission Operation (NEEMO) in which we descended 62 feet below the ocean's surface this past June, to spend nine days living in a tiny capsule that mimics what life might be like in the tight quarters of a Moon base.

I am a neuroscientist, and our team's research during this mission focused on assessing how humans react to the high-stress, extreme environment while having a heavy workload. Taken together, these experiments should establish a baseline for how the human body functions in extreme environments. These data should help NASA find ways that astronauts and aquanauts can improve physi-

cal and mental performance, while protecting the brain, in both genders during future undersea and deep space exploration missions.

Laboratory under the sea

So how did I, a neuroscientist specializing in manta ray brains and behavior and diving physiology, become a crew member for NASA's NEEMO 23 mission? In 2017 I coordinated research projects and was a support diver for a NEEMO project. As NASA prepared for the next mission, it needed to find a nonastronaut crew member with a strong dive background, operational experience from field work and relevant academic background. It turned out that I was a good fit. A couple months after NEEMO 22, to my surprise, NASA invited me to join the NEEMO 23 crew.

The NEEMO mission takes place at the Aquarius Reef Base, located 62 feet below the surface of the Atlantic Ocean in the Florida Keys National Marine Sanctuary. It is the world's only undersea research station that replicates space mission conditions, including the opportunity to experience weightlessness. NASA has been sending teams of "aquanauts" on the NEEMO undersea expeditions to Aquarius Reef Base since 2001, to train astronauts, test space devices and study the physical and psychological toll of living and working in extreme environments.

During NEEMO 23, my crew mates were Samantha

Above: Csilla Ari D'Agostino and her teammate carry out experiments outside their undersea habitat.

Cristoforetti, who holds the record for the longest uninterrupted spaceflight of a European astronaut; Jessica Watkins, NASA astronaut candidate; and Shirley Pomponi, a marine biologist. Two male habitat technicians, Mark Hulsbeck and Tom Horn, were also part of the expedition.

My goal during our mission was to understand psychological changes in crew members in this high-stress environment. For nine days the six of us were isolated from the rest of the world, in a confined space, as we made time-sensitive decisions that had serious consequences.

Our team constantly grappled with technical difficulties and a large workload. We also experienced physical exhaustion that might have affected our performance. Just like space missions, there was no opportunity to return to the surface, and our mistakes or equipment failure could have been fatal.

Underwater science

I studied how stress, team dynamics and workload affected performance. I also explored how strength, dexterity and sensory functions change while living and working in Aquarius. For my research we collected data on our cognitive performance – reaction time, short-term memory, decision-making and risk tolerance – inside the habitat and during extravehicular activities. The purpose of the extravehicular activities is to simulate spacewalks for up to five hours a day.

At night, I also used a remotely operated vehicle as part of my National Geographic Open Explorer project to monitor the seafloor to find sponge spawning events (when sponges release sperm and eggs so my crew mate could attempt in situ fertilization), collect plankton samples and detect biofluorescent marine organisms that emit light around the habitat.

Our team also focused on sleep quality, changes in inflammation markers in the blood, heart rate, the microbes inside our bodies – also known as the microbiome – and body composition. By the end of the day we quickly fell asleep. We did not even notice that we were underwater.

We also tested a portable scanning electron microscope for the first time underwater, tracking augmented reality devices, simulating a lunar landing and testing a space exercise machine and a lunar evacuation system to transport unconscious astronauts.

For me, the most challenging aspect of this mission was taking stairs with the heavy gear entering the water: The heavy (32 pounds) helmet put a lot of pressure on our neck and back muscles in addition to the 50-60 pounds of dive gear plus 20 pounds of extra weight to simulate the conditions that would be experienced on the Moon.

Difficult moments

The most difficult and memorable moment of this mission occurred when, after some malfunctioning equipment was fixed at the last minute, I was able to finish the experiments during my extravehicular activities shift, crazily collecting samples and performing tests that the team



Photo: CSILLA ARI D'AGOSTINO, CC BY-SA

needed. I later heard that my productivity earned me a lot of cheering and jumping around on land at the mission control, which made me really happy.

During our mission we had to adapt quickly to new situations. And we were constantly in problem-solving mode, addressing issues alone, with the help of teammates or with the surface support.

Probably the most dangerous part of the mission was the last 17 hours. We had to go through a strict decompression protocol to remove the nitrogen that accumulated in our bodies while breathing air under high pressure. They slowly reduced the pressure inside the habitat, which created the risk of water entering the habitat; and we were breathing pure oxygen for an hour, which increased the chance of getting seizures from central nervous system oxygen toxicity. Fortunately, we all returned safely.

Now there are a lot of data waiting to be analyzed in the following months. I hope that our team's effort will improve the safety and efficiency of future space and underwater missions.

– Story by CSILLA ARI D'AGOSTINO

Research Assistant Professor of Psychology, University of South Florida

Above: Csilla Ari D'Agostino performed the first ever underwater electron microscopy experiment inside the Aquarius habitat.

THE CONVERSATION

Reprinted with permission from *The Conversation*



Above: USF Distinguished University Professor Tim Dixon, while on a research trip to Greenland.

Middle: Researchers fly to a remote part of the glacier to install instruments.

Bottom: NASA photo shows the Jakobshavn Glacier.

ENVIRONMENT

Discovery aids modeling of ice sheet loss

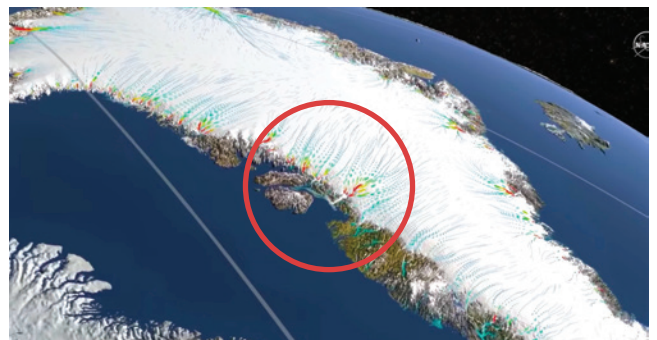
GREENLAND'S MORE THAN 860,000 SQUARE miles are largely covered with ice and glaciers, and their melting fuels as much as one-third of the sea level rise in Florida. That's why a team of USF geoscientists' new discovery of one of the mechanisms that allows Greenland's glaciers to collapse into the sea has special significance for the Sunshine State.

In research published in *Nature Communications*, a group of scientists led by USF Distinguished University Professor Tim Dixon uncovered a process that can control the "calving" of glaciers – when large chunks of glacier ice collapse into the sea, forming icebergs like the one that sank the Titanic. The team's discovery will help the scientific community better model future Greenland ice loss and sea level rise.

Glacier calving is one of the more dramatic aspects of climate change. Depending on the height of the glacier, calving can be akin to an ice structure the size of a tall skyscraper falling into the sea. Dixon's team caught one such calving on video.

"Iceberg calving has been challenging to model," Dixon says. "One of the big unknowns in future sea level rise is how fast Greenland falls apart, and iceberg calving is one of the least understood mechanisms."

The team ventured to Greenland in the summer of 2016 to install a new radar system to better understand the process. In particular, they wanted to monitor formations known as pro-glacial "mélange" (from the French word for mixture), a combination of sea ice and icebergs in front of the glacier. The mélange can be tightly packed



in the long, narrow fjords that front many of Greenland's glaciers that meet the sea.

Scientists have long known that mélange can impede glaciers as they move toward the sea, but they haven't had the data to fully understand the phenomenon.

Dixon's team developed a new radar-based approach to precisely measure elevations of the mélange in front of Jakobshavn Glacier, a major outlet glacier on Greenland's west side. Using analytical techniques developed by USF doctoral student Surui Xie, the scientists measured the height of the mélange. The scientists found a thick mélange wedge pressed up against the glacier in late

spring and early summer.

During this period, no icebergs calved, the scientists observed. Once the wedge thinned and melted by mid-summer, calving began in earnest.

“On the surface, this mélange is a subtle thing – it appears almost flat – but underwater, there are huge variations,” Dixon says. “It’s really the underwater part that is pinning the glacier back and preventing it from calving. By precisely measuring the surface elevations, we were able to get a handle on the much bigger sub-surface variations, which define mélange thickness.”

Earlier this spring, NASA scientists reported Jakob-

shavn Glacier, which has been Greenland’s fastest-thinning glacier for the last 20 years, was slowing in its movement toward the ocean in what appears to be a cyclical pattern of warming and cooling. But because Jakobshavn is still giving up more ice than it accumulates each year, its sheer size makes it an important factor in sea level rise, the NASA scientists maintain.

“Our study helps understand the calving process,” Dixon says. “We are the first to discover that mélange isn’t just some random pile of icebergs in front of the glacier. A mélange wedge can occasionally ‘hold the door’ and keep the glacier from calving.”

– VICKIE CHACHERE | Research and Innovation

THE BUSINESS OF SPACE

Interactive NASA exhibit to visit business college

HAVING ALREADY VISITED SUCH EXOTIC PLACES as the moon, Venus, Mars and even an asteroid named Eros, NASA now has plans to land a little closer to home: Touch down is expected at USF and the Muma College of Business’ breezeway in November.

Destination Station is an interactive exhibit that will explore USF and Tampa for a couple of days beginning on Nov. 5. Various break-out sessions are still being formulated, but one is the business of space and will discuss the wide-open entrepreneurial opportunities available now that the private sector is more involved in launches and the research being conducted on the International Space Station.

“We are thrilled to have the premier space program on the planet visit us here at the USF Muma College of Business this fall,” Dean Moez Limayem says. “Throughout the years, many have believed the field of space travel and exploration belonged to the government and, for the most part, it has.

“But now, commercial entities are playing more of a role in the efforts not only to make space more accessible to more people, but to investigate interplanetary travel and maybe even one day colonization,” he adds. “The private sector is taking over the market and this will energize forward-thinking entrepreneurs who have been waiting their turn to break into this historically innovative field, both on the engineering side and the business side.”

The International Space Station (ISS) was established to enable research that will lead to commercial applications. The space agency recently announced its support for more commercial allocation on resupply missions and that commercial companies are making it easier for various markets to take part in space commerce.

Already SpaceX and Blue Origin have invested in launch and manufacturing facilities. Private companies now build space capsules and deep-space crew transports, rockets and satellites. While many states and nations may only dream of getting into the space industry, Florida al-

ready has an advantage with Cape Canaveral and the block of supporting industries located here.

The Destination Station exhibit includes a roundtable discussion that will focus on the current efforts and future of market forces related to space.

Other breakout discussions include life sciences, remote sensing and advance materials.

Destination Station is a national awareness campaign and traveling exhibit of NASA and the ISS National Lab that promotes research opportunities and educates communities about activities and life on board the ISS. The Tampa visit will include eight to 10 NASA professionals and one astronaut.

The event is sponsored by the Muma College of Business, the Course of Action Foundation and Stewart Middle Magnet School’s John Glenn Top Gun Academy. The exhibit also will visit the Stewart Middle Magnet School during its stay in Tampa.

The exhibit doesn’t just offer insights and descriptions of what is done in space, but it also fields ideas and inspiration from entrepreneurs, engineers and others who come to visit the exhibit. They are looking for input on ways to identify possible marketing and communications opportunities. The main goal, however, is to raise community awareness and support for space activities.

“Having NASA stop here at this vibrant college of business, where cutting-edge research touches on all aspects of commerce, is a unique chance to bring science and business together to create a win-win-win situation for our students, faculty and our valued partners beyond the university,” Limayem says.

– KEITH MORELLI '78 | Muma College of Business



Right: Robert Frisina, center, works with Olukemi Akintewe in the USF Global Center for Hearing Research.



Photo: SANDRA C. ROA | USF News

PATENT PENDING

Hope for the hearing-impaired

THE FIRST-EVER MEDICATION to treat age-related hearing loss could potentially receive FDA approval through a comprehensive study being conducted at USF.

Robert Frisina, chair of the USF medical engineering department and director of the USF Global Center for Hearing and Speech Research, and his team were awarded a U.S. patent for his theory that you can slow hearing loss by combining supplements for the hormone aldosterone with anti-inflammatory medications, such as aspirin or ibuprofen. Aldosterone is a naturally occurring steroid that influences sodium and potassium regulation in the body, including the inner ear used for hearing. Its level typically decreases as we age, impacting auditory perception.

“Our novel idea, embodied in the new patent, involves boosting aldosterone to young adult levels, to make the ear ‘young’ again,” Frisina says.

The research is part of a five-year, \$9 million grant awarded by the National Institutes of Health to USF’s Global Center. Since its renewal launch in 2016, the study has included pre-clinical trials on mice. The aging mice received subcutaneous, time release aldosterone treatments for four months, equivalent to about seven-eight years of treatment for people.

Frisina and his colleagues found untreated aging mice experienced a 50 percent decline in aldosterone compared to young adult mice. However, following treatment, the levels rose to a near normal range. It’s important to note that

the hormone supplement did not induce potential negative side effects, such as elevating blood pressure. Most importantly, the treated mice did not undergo age-related hearing loss during the study, whereas the control mice did suffer from continued age-linked hearing impairment.

Frisina’s team is now in the process of licensing the patent and if successful, will then conduct four levels of FDA human clinical trials in collaboration with the pharmaceutical company doing the licensing. Once the drug is FDA-approved, it would then be available to the public. Its eventual commercialization could be life-changing for many, as age-related hearing loss is the No. 1 communication disorder of the elderly population, and impacts more people than any other neurodegenerative disease of aging.

— TINA MEKETA | USF News



Our novel idea, embodied in the new patent, involves boosting aldosterone to young adult levels, to make the ear ‘young’ again.”

— Robert Frisina

COMMUNITY RESOURCE

Student mental health focus of Pasco training

TO ADDRESS THE GROWING MENTAL HEALTH needs of middle school students, USF researchers are partnering with Pasco County Schools to train teachers in how to identify and improve student mental health problems.

The project, Improving Access to Mental Health Services through Teacher Training and Universal Screening, is led by College of Education faculty members Nathaniel von der Embse and Shannon Suldo. The research team will train approximately 600 Pasco teachers on how to identify the warning signs of mental health risk in their students.

“Not only should a child feel physically safe at a school, but they should feel emotionally safe as well,” von der Embse says. “This program goes a long way toward meeting that goal.”

The research team is training school leadership in Youth Mental Health First Aid, an evidence-based program that reviews child development and helps identify common mental health challenges. The program will be rolled out in schools across Florida over the next five years, von der Embse says. It’s one of the first in the state to provide research-backed strategies and year-round support for participants.

“We ask so much more of educators than we did 10, 15 or 20 years ago,” von der Embse says. “Educators now are an educator, a parent and a psychologist all wrapped up in one in their classrooms. We know that kids have a lot of mental and behavioral health challenges... and we’re really trying to support teachers in these new roles and capacities that we ask of them.”

Upwards of 20 percent of children will have a significant mental or behavioral health problem, von der Embse says, but in an average school, only 20 percent of those students who show symptoms are identified and provided with services by a mental health professional.

During the school year, training and resources provided by the USF research team will empower teachers to improve student access to school and community-based mental health services through training in data-based decision-making, verbal de-escalation strategies and how to coordinate treatment among mental health professionals.

Bayonet Point Middle School Principal Shelley Carino, MEd '06, says teachers building positive relationships with their students is critical to ensuring learning takes place in the classroom, and that the partnership with USF will provide knowledge and additional resources for the school’s staff to put a focus on the mental health and well-being of its students.

— ELIZABETH ENGASSER '15 | College of Education

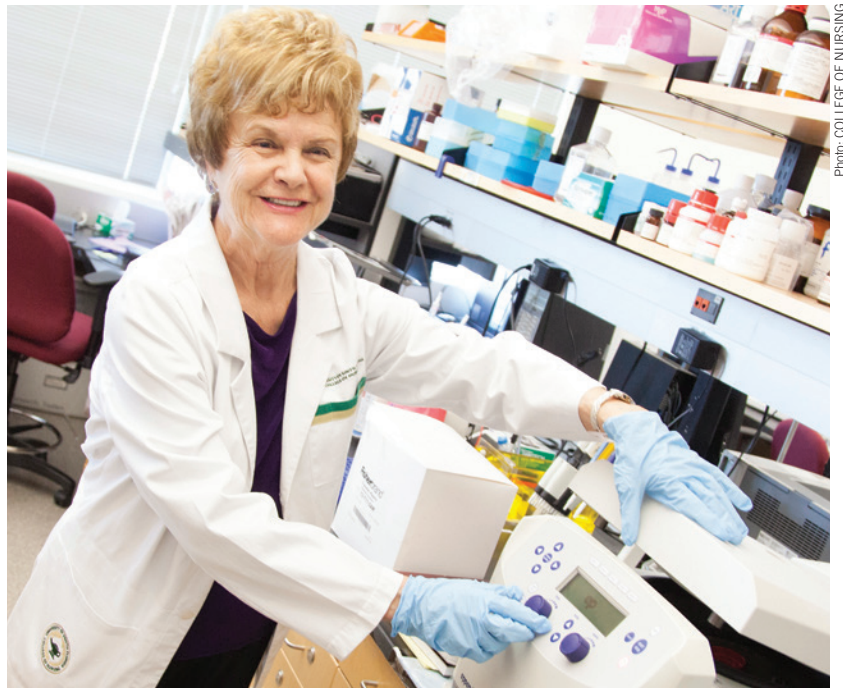


PHOTO: COLLEGE OF NURSING

DISTINGUISHED CAREER

Nurse scientist inducted into international hall of fame

USF COLLEGE OF NURSING PROFESSOR CECILE LENGACHER received one of nursing’s highest professional achievements this summer when she was inducted into the International Nurse Researcher Hall of Fame.

Lengacher is among 23 other nurse scientists in Sigma Theta Tau International’s (STTI) latest class of honorees. The winners represent Australia, Canada, Sweden and the United States.

The lifetime commendation recognizes nurse scientists whose work has made a significant and sustained impact on global health and a positive influence on others through mentorship.

“I’m very grateful and very humble,” Lengacher says. “This wonderful honor is the international recognition of my research supporting the significance of complementary alternative approaches to assist cancer patients. This is the highest honor I could ever receive in nursing.”

The induction ceremony took place during the organization’s 30th International Nursing Research Congress in Calgary, Alberta, Canada.

Lengacher has been a nurse scientist at USF for 25 years. She also holds the Lyall and Beatrice Thompson Nursing Professorship in Oncology.

Her distinguished investigative career has focused on bio-behavioral clinical trial intervention research, including psycho-oncology, psychoneuroimmunology, and complementary alternative medicine, emphasizing the link between physiological, cognitive and psychological outcomes among cancer survivors and caregivers.

As a result of Lengacher’s research, she has transformed models of care for delivery of mindfulness-based stress reduction, providing scientific evidence for improvement of symptoms and biological effects of this non-pharmacological treatment for patients and caregivers.

She also is a faculty member at the H. Lee Moffitt Cancer Center and Research Institute, serving in its programs of Health Outcomes and Behavior, Breast Cancer, Breast Cancer Clinical, and Population Sciences Division and Integrative Medicine.

— ELIZABETH L. BROWN | College of Nursing

Photo: Courtesy of USFSP



Students work in the Merrill Lynch Wealth Management Center.

LEARNING TO INVEST

Center boosts students' finance knowledge

WHEN RECENT ALUMNI gave feedback on USF St. Petersburg's finance program, some pointed to a particular element that gave them an edge when entering the job market.

"Working in a wealth management center and the direct experience of managing financial investments made them stand out," says Huijian Dong, associate professor of finance and director of the Merrill Lynch Wealth Management Center.

More than a year ago, the Bank of America Charitable Foundation award-

ed a \$500,000 grant that established the Merrill Lynch Wealth Management Center in the Kate Tiedemann College of Business. Since then, the venue and its faculty have given college students the tools to manage stock investments while spearheading initiatives that advance financial literacy in the community.

The center is equipped with the resources and technology utilized by financial experts around the world. It features a custom-designed trading room equipped with computers that have extended monitors for vital split-screen display and an LED ticker that streams the latest stock market information and public data powered by St. Petersburg company Intrinio.

The center provides the space for teams of students to use the knowledge they acquire in class to make compelling stock valuations and presentations, earning the right to have their suggested stocks purchased with real money from a student-managed investment fund. The Kate Tiedemann Student Managed Investment Fund was seeded by an initial gift of \$250,000 from donors Kate Tiedemann and Ellen Cotton and matched by a \$250,000 investment by Lynn Pippenger.

The fund has invested in 11 stocks so far. As the main purpose of the fund

is educational, the investors selected a diverse array of companies, where students experience the full range of research, strategies and emotions of investing in the stock market.

"Faculty and students work together to pick the stocks we think have qualities that stand out. We then help students polish their thoughts when they pitch their recommendations to a panel of business leaders in the community," Dong says.

Such programs and student-managed funds have become signature elements of many top-flight business schools around the country and are an invaluable training tool for aspiring financial professionals.

"There is a great need in our community for investment management and financial planning," says Sri Sundaram, dean of the Kate Tiedemann College of Business. "The hands-on knowledge you attain from managing a real portfolio is extremely valuable when pursuing careers in finance."

The student-managed fund, which is very similar to a mutual fund, plays a significant role in bridging the gap between finance theory and investment practice. Students identify and employ strategies to achieve a goal for the fund, and then defend why they are investing in specific securities or commodities. They meet with an advisory



The hands-on knowledge you attain from managing a real portfolio is extremely valuable when pursuing careers in finance."

– Sri Sundaram

group every quarter to receive feedback, defend decisions and are held accountable for those decisions.

Two cohorts of students in finance and investment analysis classes – along with those in a Student Managed Investment Fund group – have utilized the center and its resources to date.

Half of the \$500,000 grant from Bank of America went toward operating the Merrill Lynch Wealth Management Center, including bringing on Dong and Xiaomin Guo, an instructor of statistics who manages the center and provides technical and academic support to students and visitors.

The other half supports financial literacy initiatives modeled after Bank of America's Better Money Habits® curriculum.

"Everyone needs a firm understanding of financial literacy in order to plan for short-term and long-term needs," Sundaram says.

Last spring, the center welcomed around 20 high school teachers from Pinellas County schools for a daylong professional development training. These economics teachers, who represent nearly every high school in the county and teach roughly 20,000 students a year, educate their students on personal finance, which has become a curriculum requirement in the state.

"People really first start earning money when they are in high school, but they don't really understand how to take care of it, or how to responsibly use a credit card or take out student loans," says Matthew Blum, high school social studies content supervisor for Pinellas County schools. "Understanding these concepts is really important to our students because they know they have to learn more about them as they move through life."

During the training, Dong highlighted the financial literacy resources and assistance available to teachers through the center and detailed core concepts of financial planning and wealth management. He also provided hands-on examples to support the work of teachers when putting together lessons on personal finance.

"Teachers are looking for resources on very practical knowledge to educate their students on things such as how to get a car loan and the interest rate on that loan," Dong says.

– DYLLAN FURNESS | USF St. Petersburg

SUSTAINABILITY

USFSP biodigester reduces food waste

FOOD WASTE IS A MAJOR environmental issue that can largely go unnoticed and unaddressed. But students at USF St. Petersburg are tackling the problem by installing an innovative system that will naturally break down non-edible food on campus – the first of its kind at a Florida university.

Called the ORCA system, the biodigester uses oxygen, water and microorganisms that flourish in cold water to decompose foods, from fruits and breads to eggs and chicken bones. The system, funded by the university's student green energy fund (SGEF), will be able to break down as much as 15 pounds of food an hour and could divert more than 2,000 pounds of the university's food waste per year from landfills.

According to the United Nations (U.N.) Food and Agriculture Organization, 30 percent of food is wasted globally across the supply chain, ending up largely in landfills where it decomposes slowly and releases methane, a greenhouse gas that is more potent than carbon dioxide. Food waste contributes up to eight percent of global greenhouse gas emissions, and the U.N. has stated if food waste was a country, it would be the third highest emitter of greenhouse gases on the planet.

"Every place that makes and prepares food obviously throws some of its items away, which in turn becomes a major contributor to greenhouse gas emissions and climate change," says Emma Jacobs, a sophomore at USF St. Petersburg and vice president of SGEF. "The ORCA will decrease the amount of food waste at the university while also reducing our carbon footprint."

Here is how it works: Food waste from the university's cafeteria will be collected and loaded into the ORCA unit, which will reside in the dishwashing area of the cafeteria. The ORCA breaks down the food waste into smaller and smaller pieces until it is eventually transformed into a liquid effluent. The effluent – composed largely of water with broken down fats, proteins and minerals – is then safely filtered through a screen and discharged through the existing

plumbing infrastructure and into the sanitary sewer system.

Unlike other food waste biodigesting systems, the microorganisms in the ORCA thrive in cold water, saving both energy and money with no need to heat water. The digestion process is aerobic, meaning driven by oxygen, and therefore does not produce methane.

Currently edible food leftovers at the university are collected and donated to local shelters by a student-led food recovery club. The ORCA will sustainably address the disposal of non-edible waste.

Louis Duran, general manager of dining services at USFSP, estimates that the university cafeteria generates about 40-50 pounds of non-edible food waste per week.

"Most of the food waste produced comes from preparing the foods, such as peels from vegetables," Duran says. "We will educate our dining staff to now put this waste into bins throughout the day that will be dumped into the ORCA rather than in the trash."

Students with SGEF will spend this semester educating all students on the new system. The goal is to instruct them to leave any uneaten food on their plate when returning it to the dishwashing conveyor belt, so this waste can be put into the ORCA.

"A lot of sustainability is about educating on doing things differently, so we will spend the semester informing our student body about this new way of sustainably disposing of food," Jacobs says.

SGEF will also track data, which the ORCA calculates, such as the amount of food waste that is being diverted from landfills, to show the full environmental impact of the system.

– MATTHEW CIMITILE | USF St. Petersburg



Photo: YINYANG | iStock



Photos: USF SARASOTA-MANATEE

Above: Jody McBrien, USFSM School of Education professor, with children at the Buduburam Refugee Camp in Ghana.

TEACHING AND RESEARCH

McBrien focuses on refugees

JODY MCBRIEN LEARNED TO APPRECIATE how difficult refugees' lives could be as a doctoral student in 2001 when she volunteered as a tutor for a refugee organization. Since then, she's traversed war-torn areas and resettlement camps globally to chronicle refugees' lives.

"Some of their background stories are devastating," says McBrien, a professor in the School of Education at USF Sarasota-Manatee. "They've also dealt with discrimination from some of their U.S. peers and teachers, particularly Muslim students."

Concern for refugees has become a focus for McBrien. She's visited nine countries over the past 17 years to re-



search and evaluate educational policies and identify best practices.

Her book, *Educational Policies and Practices of English-Speaking Refugee Resettlement Countries* (Brill/Sense), released in June, examines academic challenges spurred by this issue from the perspective of the six English-speaking refugee resettlement countries: the United States, Canada, Australia, New Zealand, the United Kingdom and Ireland. Her work appeared in USF Sarasota-Manatee's newest issue of *Research: USFSM*.

"Resettlement countries have similar challenges," McBrien explains. "We must learn from one another. It's important to consider successful programs so that we can



We must learn from one another. It's important to consider successful programs so that we can compare and adapt best practices."

— Jody McBrien

compare and adapt best practices.”

For example, New Zealand, where she was a policy fellow in 2014, has a uniform English language program implemented nationally. “Unfortunately, we do not have anything like it in the states, so we keep reinventing the wheel.”

McBrien says USFSM’s administrative team has been “incredibly supportive” of her work, underwriting some of her international travel and giving her flexibility to pursue her research. Since joining the faculty in 2005, she has produced more than 40 research publications, with over 1,400 citations from international scholars.

“In March 2019, I was surprised with an invitation by the Turkish government to pay for my travel to Istanbul in April to consult about best educational practices for Syrian refugees,” she says. “Turkey currently resettles the largest number of refugees in the world. I was honored. My dean and chancellor are fully supportive.”

Her refugee studies also influence her lessons in the classroom, where she urges students to venture outside their daily routines and imagine life from a refugee’s perspective.

“I want my students to experience something outside of their beliefs and perspectives,” she says.

In addition to her teaching and research, McBrien actively promoted last year’s World Refugee Day commemoration at USFSM and recently was awarded a USF Nexus Initiative grant.

“Our understanding of refugees and who they are is problematic,” McBrien says. “Unfortunately, there is so much misinformation, and many people have come to believe refugees are terrorists. In fact, refugees flee terrorism. Citizens need correct information about how much refugees appreciate resettlement in the United States to begin their lives anew, how hard-working they are, and how much they contribute to the U.S.”

— RICH SHOPES | USF Sarasota-Manatee

Opposite page: McBrien works with volunteers at the Ritsona Refugee Camp in Greece.

Right: McBrien’s new book.

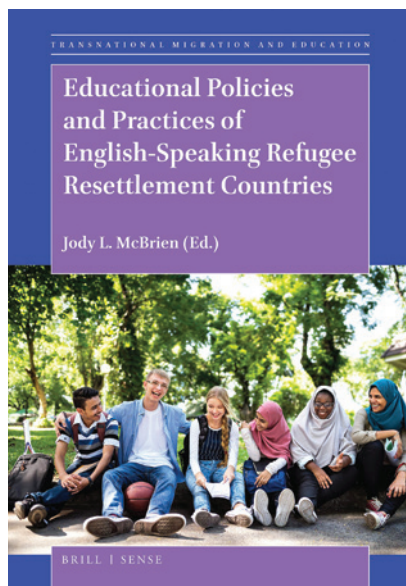


Photo: ANNE SCOTT | USF

SIGNATURE FUNDRAISING EVENT

Bank of America becomes Brunch on the Bay title sponsor

USF SARASOTA-MANATEE’S SIGNATURE fundraising event for student scholarships, Brunch on the Bay, will feature a premier partner, Bank of America, as title sponsor of this year’s event.

The Bank of America Brunch on the Bay is set for Sunday, Nov. 3, on the USFSM campus.

“The organizing committee has developed sponsorship packages based on the annual cost of tuition at USFSM,” says Lee Williams, regional vice chancellor for advancement and alumni engagement at USFSM. “For example, a \$5,000 sponsorship covers the majority of tuition expenses for one year, and that level of sponsorship corresponds to a table of eight at Brunch, plus considerable recognition and exposure through the event.”

Sponsorship levels range from \$2,500 for a half table to \$25,000, which covers slightly more than four years of tuition and includes two VIP tables. For more information, visit <http://usfm.edu/brunch> or call (941) 359-4603.

Co-chairs for the 2019 event are USFSM alumni Lauren Henry ’16, Life Member, and Pete Petersen ’15. The team hopes to build on last year’s success, when more than 870 supporters attended the event, raising more than \$325,000. Since its inception 26 years ago, Brunch has provided more than 1,800 scholarships for USFSM students, most of whom are from Sarasota and Manatee counties.

“We’re thrilled to partner with Bank of America to raise scholarships for local students, including many who are the first in their families to attend college,” Williams says. “We appreciate all of our corporate and individual donors who have generously contributed over the years – enabling students to graduate and succeed in their careers. Most of those students remain in the region and give back to our communities.”

Brunch showcases USFSM’s role as a local university that provides a preeminent, affordable education for students who become valued members of the workforce and vibrant contributors to the Sarasota-Manatee community.

— RICH SHOPES | USF Sarasota-Manatee

LEADERSHIP

Michael Kelly marks one-year anniversary

AUG. 6 MARKED the one-year anniversary of the start to Michael Kelly's tenure as USF's vice president of athletics and his busy, first full-season run with the Bulls was memorable.

In 2018-19 competition, USF women's soccer, softball and men's tennis teams achieved excellence by winning regular season or postseason American Athletic Conference titles. AAC accolades also included 18 Bulls being named to all-conference first teams while USF collected conference coach/coaching staff, player or rookie of the year honors 11 times.

Five Bulls earned All-America recognition and six USF programs ranked in the top 25 nationally at some point in the season. That list of teams included football, which gave Bulls fans some pretty cool bragging rights before making a bowl game appearance for the fourth straight year. On the way to starting the 2018 season at 7-0, USF football became the fastest FBS team to reach 150 program wins in state of Florida history.

Men's basketball showed it's a team on the rise by setting a school record with 24 victories and won it all in the College Basketball Invitational. Along the way, men's basketball saw a 49 percent increase in attendance at home games, which was a trend in other sports.

Football attendance was up an average of 7,000 fans per game (third-largest increase nationally) and popular women's basketball saw its home attendance figure grow even more by 19 percent.

Under Kelly, USF continued to shine in the classroom, extending the department's grade-point average streak above 3.0 to nine straight terms over the course of a record four straight years. USF playing a major role in "Team Tampa Bay" is highly important to Kelly and the Bulls made him proud with student-athletes and staff logging in 4,277 hours of community service. USF was honored to join forces with the Tampa Bay Sports Commission and Amalie Arena in hosting the NCAA Women's Final Four, which earned great praise for the Bay at the end of the basketball season.

Whether it was at events, or through his Bull Speed Ahead podcast, Kelly was always interacting and informing Bulls supporters on important USF topics. Kelly proudly talked about the program setting new support records with more than \$14 million raised in the past year from 3,828 donors. Donations included a record number of gifts of more than \$50,000 while another notable milestone was reached with a total of 111 Iron Bulls supporters, a 30-person increase. Support for the USF Football Center continued with committed funds for the project topping \$20 million.

USF Athletics also has a record number of corporate sponsors thanks to its strong partnership with Tampa Bay Sports and Entertainment. Speaking of partnerships, USF has a new flagship radio station for football in 95.3 WDAE, which is the largest sports radio station in the Bay area. Additionally, Bulls fans worldwide can follow the program even better after USF Athletics added a second channel to its groundbreaking digital listening offering on iHeartRadio.

Year 1 under Kelly's leadership definitely showed USF Athletics' future is a bright one for the new season and beyond.

— Stories by TOM ZEBOLD | USF Athletics



Photo: ERIC YOUNGHANS | USF News



Evelyn Viens



Andrea Hauksdottir

WOMEN'S SOCCER

Viens, Hauksdottir named to MAC Hermann Trophy watch list

USF SENIORS EVELYNE VIENS AND ANDREA HAUKSDOTTIR earned notable national recognition before soccer season when they were named to the 2019 Women's MAC Hermann Trophy Watch List.

USF was one of only 14 programs in the nation to have multiple women's watch list selections for the most prestigious individual award in college soccer that is presented annually to the most outstanding male and female players of the year.

Head coach Denise Schilte-Brown describes Viens and Hauksdottir as "hard workers and selfless teammates."

Semifinalists (15 women, 15 men) will be named on Dec. 3 and finalists (three women, three men) will be announced on Dec. 13. The winners will be honored on Jan. 10 during the Hermann Trophy press conference and awards banquet at the Missouri Athletic Club in St. Louis.

Viens (L'Ancienne-Lorette, Quebec, Canada) earned a spot on the

Hermann Trophy Watch List for the second straight year after becoming USF's first two-time All-American last season. The forward finished the 2018 campaign as the NCAA statistical champion for points (2.47) and goals (1.05) per game. Also during her fantastic junior year, Viens set new USF records for single-season goals (20), season points (47) and career goals (48). The American Offensive Player of the Year's six game-winners tied the USF record for the most in a season program history, a milestone Viens initially reached in 2017 before becoming the Bulls' first-ever All-American.

Hauksdottir (Kopavogur, Iceland) was named to the Hermann Trophy Watch List for the first time in her career after earning The American Midfielder of the Year honors in 2018. Last season, Hauksdottir started all 19 games for the Bulls and ranked second on the team with seven assists on the way to becoming an all-conference first team selection for the second straight year. Hauksdottir led the team in minutes played (1,632) and scored five times to help USF lead the nation in scoring offense with 2.84 goals per game. Both Hauksdottir and Viens were rewarded for their solid junior seasons with All-South Region First Team honors by the United Soccer Coaches.

NEW COACH

Jenkins a 'perfect fit' for track and field/cross country

NEW BULLS HEAD COACH ERIK JENKINS is bringing plenty of championship-winning experience to the USF men's and women's track and field/cross country program.

Jenkins arrived in Tampa this summer after 11 highly successful seasons as the head track and field/cross country coach at Western Kentucky. During that time frame, Jenkins led the Hilltoppers to 30 Sun Belt and Conference USA team championships, was named conference coach of the year 21 times and was honored as the USFTCCA Southeast Region Coach of the Year five times.

Individual success under Jenkins' watch was certainly a norm for WKU.

Since 2008, Jenkins coached seven conference freshmen of the year, 26 conference most outstanding performers, 84 All-Americans, 215 NCAA preliminary participants and 121 NCAA final competitors. Jenkins also guided the Hilltoppers to 174 individual and 22 relay championships.

Along with leading his student-athletes to lots of NCAA glory, Jenkins also has coached five Olympic Trials qualifiers, four World Championship qualifiers and two Olympians.



"Erik has a proven track record of excellence and has instilled a championship mindset and culture as head coach at Western Kentucky," Michael Kelly, vice president of athletics, says. "His ability to recruit and develop talented student-athletes, along with his strong ties to the state of Florida, makes him the perfect fit to lead our track and field and cross country programs."

Jenkins, a Quincy, Fla., native, is happy to be back in the Sunshine State after gaining more than two decades of solid experience at Western Kentucky.

Prior to becoming a head coach, Jenkins was an assistant coach and recruiting coordinator for the Hilltoppers from 2000 to 2007. Before that, he was a four-year letter winner and six-time all-league performer for WKU from 1995 to 1999. Jenkins won a Sun Belt long jump championship and was named Performer of the Meet while qualifying for the NCAA Championships in 1999. His athleticism also was utilized in the 200 and 400 meters along with on WKU's 4x100 and 4x400 meter relay teams.

Now he's ready to help the Bulls reach new heights in their respective events and on the cross country trails.

"I will lead this program with unwavering passion and a strong sense of purpose," Jenkins says.

Photos: Courtesy of USF ATHLETICS

Athletics

MEN'S GOLF

Bergstrom leads Sweden's amateur team to title

SWEDISH STANDOUT ALBIN BERGSTROM rewrote the record books during his fantastic freshman season at USF and added another incredible feat to his golf resumé this summer.

Back on the course in his hometown at Ljunghusen Golf Club, Bergstrom played a pivotal role in Sweden's 2019 European Amateur Team Championship victory over England.

"It was absolutely an amazing feeling to win the European Team Championship, especially doing it on my home course in front of family and friends," he says. "Overall, I ranked this title really high just because it was 58 years ago the last time Sweden won this tournament and of course because it was back home in Sweden."

Bergstrom brought home Sweden's first title in the event since 1961 by defeating England's Ben Jones in the final match, much to the enjoyment of his large cheering section.

"The match between Ben Jones and me was incredible. I think when I two-putted on 16 to secure the victory, both players had made six or seven birdies on the last 12 holes," Bergstrom says. "I'm really happy that people took time to go out and support me the last day. It was around 300 people who followed me the last round, which helped a lot."

Success in Sweden followed Bergstrom's impressive first collegiate season with the Bulls that was capped off with Division I PING All-America honorable mention and Golfweek All-America Third Team accolades. Bergstrom also was unanimously selected as American Athletic Conference Freshman of the Year and to the all-conference team on the way to reaching numerous new program milestones.

The member of Sweden's junior national team set new USF records for season scoring average (70.0) and rounds of par or better (24). Bergstrom also broke the program's 54-hole scoring record for a par-72 tournament with a 15-under 201 in his nine-shot individual victory at the Fort Lauderdale Intercollegiate in March.

Bergstrom's solid play continued in the postseason when he registered his team-leading seventh top-10 finish in 11 events at the Stanford Regional. The Division I PING All-Southeast Region Team member carded scores below 70 twice on the NCAA Regional stage, increasing his eye-catching total to 16 rounds in the 60s during the season.

By season's end, Bergstrom was the third-highest ranked freshman in the nation, moving up to No. 37 on the Golfstat chart. He also made a monumental climb in the World Amateur Golf Rankings (WAGR), skyrocketing from No. 755 last summer all the way up to No. 36 by the end of this June.



Albin Bergstrom

Photos: ULF NILSSON



Team Sweden

"It was amazing and I couldn't imagine that (success) when school started one year ago," he says. "It really helped me through the season and gave me confidence."

The Bulls' rising star has high expectations for himself and the team after the program made its seventh straight NCAA Regional appearance this past spring with no seniors in the lineup.

"My goals for the upcoming season are to be able to start in every tournament and play good golf both for myself and the team," Bergstrom says. "Also, to be able to reach the NCAA Championship, which we unfortunately missed by seven shots last year."

FOOTBALL

Players debut adidas' lightest-weight uniform

ESPN CAMERAS ROLLED AT Raymond James Stadium as USF football played in prime time against then-No. 19/17 Wisconsin in a highly anticipated season opener that saw the Bulls sporting cutting-edge threads.

USF had the honor of being selected to debut the new adidas WVN A1 uniform, which is the multinational corporation's lightest-weight game uniform to date. This season, head coach Charlie Strong's Bulls are the only team in the nation wearing the latest addition to the adidas A1 uniform franchise.

"We are very excited that in the second year of our partnership with adidas our football team will be the only one in the country wearing their lightest-weight uniforms," Michael Kelly, USF's vice president of athletics, says. "We look forward to the Bulls looking great and feeling great in the new lightweight, breathable material."

USF's new uniforms feature four-way stretch woven fabric, combined with stretch mesh paneling throughout the jersey and pant. The uniform upgrades provide the Bulls with an elevated range of motion, compression fit and superior ventilation.

Not only are the uniforms comfortable, but they're also stylish with the Bulls' new green (home) and away (white) designs featuring a gold horn on each shoulder in a metallic Framis material developed in Israel. The reflective, gold metallic material also highlights numbers and lettering on the uniforms.

Check out the Bulls and their new unis in person during the remainder of the regular season schedule at Raymond James Stadium. USF's home slate includes clashes with BYU (Oct. 12), Temple (Nov. 7), Cincinnati (Nov. 16) and Memphis (Nov. 23). Purchase tickets online at USFBullsTix.com or by calling 1-800-Go-Bulls.

— Stories by TOM ZEBOLD | USF Athletics



Photos: Courtesy of USF ATHLETICS

Philanthropy



\$10 MILLION GIFT

A landmark day for USF, College of Pharmacy

USF HAS RECEIVED A \$10 MILLION GIFT from Taneja Family Foundation to name the USF Health Taneja College of Pharmacy.

The donation, made through the USF Foundation, is the largest philanthropic gift to a pharmacy school in the state of Florida.

“This is a landmark day for the University of South Florida and our College of Pharmacy,” USF President Steve Currall said, in announcing the gift. “The Tanejas are investing in our vision to build a world-class health care system that will benefit generations to come. We are incredibly grateful for their passion for education, their generosity and for the transformative impact they will make on the lives of so many in the future.”

The college was established by the Florida Board of Governors in 2009 and welcomed its charter class in August 2011. From the start, it set out to build an innovative program that would be a pacesetter in both pharmacy curriculum and clinical experience.

Since opening to the charter class of 53 students, the college has steadily progressed with key accreditation and academic milestones. Today, the Taneja College of Pharmacy welcomes 100 new students each year for its PharmD program, and has expanded its offerings to include master’s degrees suited for students interested in pursuing a professional degree program, an advanced degree, a degree focused on research, or a degree for those interested in working in the pharmaceutical industry.

As result of the gift, the Taneja College of Pharmacy will move into the new USF Health Morsani College of Medicine and Heart Institute facility under construction in downtown Tampa. The building is scheduled to open in late 2019, with pharmacy students tentatively expected to



Left: Manju and Jugal Taneja surrounded by family members, pharmacy students, and (from left) Dr. Charles Lockwood, senior vice president of USF Health; President Steve Currall; and College of Pharmacy Dean Kevin Sneed.

Right: Jugal and Manju Taneja

Below: Pharmacy students show off their new college patch.



Photos: FREDDIE COLEMAN and ALLISON LONG | USF Health



start classes there in fall of 2021.

“We have seen many amazing philanthropists take our colleges and programs to the next level,” said Joel Momberg, USF Foundation CEO and senior vice president of advancement and alumni relations. “It is our honor to recognize such donors and their incredible support by lending their names to the colleges and programs they hold dear. Thank you to the Tanejas for their heartfelt gift in support of our students, USF, and our community.”

“Jugal and Manju support philanthropic efforts across this region and are keenly aware that their gift supports more than brick and mortar, but also innovative approaches to pharmacy education, research and clinical care,” said Charles Lockwood, senior vice president of USF Health and dean of the Morsani College of Medicine. “We are honored they chose us, chose Dr. Sneed and chose our USF Health College of Pharmacy for their gift. We are also thrilled that the Taneja College of Pharmacy will move into our new facility in downtown Tampa, sharing intellectual

and innovative space with the USF Health Morsani College of Medicine, our Heart Institute, and our close partner Tampa General Hospital. Imagine the possibilities with these programs under one roof.”

Already a leader for attracting Florida’s best pharmacy students, the appeal of USF’s pharmacy school will grow greater with this philanthropic endorsement, said Kevin Sneed, dean of the Taneja College of Pharmacy and senior associate vice president for USF Health.

“We’ve become a much sought-after program, a destination for those seeking an amazing, forward-thinking pharmacy program,” Sneed said. “The generosity of the Taneja family and their incredible support for what we already provide our students will elevate our program further and help us continue to revolutionize health through empowerment and innovation.”

– SARAH WORTH '86 | USF Health

A BIG BOOST FOR BUSINESS

Monica Wooden learned the value of giving back at a very young age

SUPPLY CHAIN AND LOGISTICS is a multibillion-dollar industry that created 30,000 jobs in Florida alone over a two-year period.

“Ninety percent of everything in the world is shipped,” says Monica Wooden, co-founder of MercuryGate International, a global provider of cloud-based transportation management solutions. “So providing supply chain curriculum and degrees and being able to put more people into those professions will truly keep the U.S. in an incredible growth position.”

Wooden has watched over the last two decades as the supply chain field has grown from “one step above the janitor to sitting at the executive table.”

Similarly, her involvement with USF allowed her to witness the upward trajectory of the university over the last few years.



Providing supply chain curriculum and degrees and being able to put more people into those professions will truly keep the U.S. in an incredible growth position.”

– *Monica Wooden*

In 2012, Wooden was instrumental in the formation of the USF Center for Supply Chain Management and Sustainability, the first of its kind in Florida. Over the years, Wooden has provided software licensing and in-kind support, served as a guest lecturer and offered internship and job opportunities for USF students.

The center now has five leading researchers on logistics issues (up from one when it was founded), and will soon begin offering both an undergraduate major in supply chain management and logistics and a master's degree in the subject.

Learning the university would soon be offering degrees in supply chain management and logistics inspired Wooden to step up in a big way.

In April, she made a \$5 million gift to the center for scholarships, research and other expenses, as well as a named professorship. The center was renamed the Monica Wooden Center for Supply Chain Management and Sustainability in her honor.

“My gift to USF was inspired from watching them build the program. It gives the students who attend that college the best chance to seek employment and also be able to have a good life and help others,” she says.

Giving back is nothing new to Wooden. It's something she learned from a very young age.

Wooden grew up in New York as the youngest of five children. Her eldest sister – 17 years her senior – served as a kind of second mother, and Wooden describes watching her volunteer with the Jaycees. When Wooden wasn't allowed to join Little League, her sister started Cinderella Softball so she could play.

“I learned how to be a volunteer watching my sister,” she says, explaining her first volunteer experiences were as a student with different nonprofits. As an adult, she volunteered for many years for New Tampa Little League and Wharton High School athletics.

“If it's not money, you give time. If you don't have time you give money. And now I have both,” says Wooden, who adds that she and her family decided together to support causes in five major areas: advancing women in business, developing the supply chain field, assisting a dog rescue, combating domestic violence and ending human trafficking.

Wooden started MercuryGate International in 2000, right as the dot com bubble burst. She and her co-founder, Steven Blough, were able to get the company off the ground through the financial investment of family and friends, and Wooden worked for three years without pay to get the business up and running. When she sold MercuryGate 18 years later, those same investors along with many employees – 40 people in all – became millionaires.

The investors who bought MercuryGate asked Wooden why she gave away so much of her company. Her response: “Why not?”

“This again, that whole idea of sharing and creating a world of win-win-win. It's not all about me. It's about



Photo: USF FOUNDATION

everyone else,” Wooden says.

Having witnessed the rise of supply chain and logistics in the professional ranks, Wooden says she wanted to help raise awareness among college students of the field as a lucrative and satisfying career. Wooden has also seen an increase in the number of women joining the field.

“Supply chain is STEM – it’s science, technology, engineering and math – but in the College of Business,” she says. “So you don’t have to be a full-out engineer, but you have to be analytical and you also have to have good communication skills. So you have to be an introvert and an extrovert.”

Wooden hopes to see USF’s program become one of the top 10 supply chain programs in the world and feels like the university, being a large research institution located in a metropolitan area, is in a unique position to do just that.

“I think they have a better chance of being able to make the program not just strong academically, but also practical with the connections to businesses in this area,” she says.

Though she is not an alumna, Wooden says she feels like one from living in the community and watching both of her children earn degrees from USF.

“It’s what this university has accomplished over the past couple of decades to truly transform itself into a preeminent university where many lives have been positively impacted,” she says.

And thanks to the Monica Wooden Center for Supply Chain Management and Sustainability, there will soon be many more.

– KILEY MALLARD | USF Advancement

Above: From left, USF benefactor Les Muma '66, Life Member, USF Board of Trustees vice chair; Wooden; Frank Morsani, Life Member, USF benefactor; Moez Limayem, dean of the Muma College of Business.

NAVIGATING COLLEGE LIFE

AMONG THE KEYS TO ENHANCED STUDENT SUCCESS HAS BEEN
A HEIGHTENED FOCUS ON STUDENTS' MENTAL HEALTH

By TOM WOOLF

Paul Dosal, USF's vice president for Student Affairs and Student Success, empathizes with students who struggle academically because of anxiety and depression. He knows all too well what that feels like. After graduating high school, the Tampa native elected to pursue his bachelor's degree at a large university out of state. As a first-year student, he struggled with English composition. He was uncomfortable in his residence hall. He was homesick, and he was depressed. "Nobody reached out to me," he recalls. "The university didn't care. When I left, who noticed? Nobody. And even if somebody had noticed, what might they have said? 'He was a minority first-generation student. He wasn't ready.'" Dosal left that university after his freshman year, enrolling at a 600-student college in North Carolina. It was the perfect fit. And, after earning his bachelor's degree – as if to prove a point – he returned to the large institution he first attended for his advanced degrees.

Dosal's personal experience helps inspire his commitment to ensuring students' needs are being addressed holistically – a commitment that is shared throughout the university and that has earned national recognition. Since 2013, student success has been the university's No. 1 strategic goal. The results have been striking: USF has raised the six-year graduation rate from 51 percent to 73 percent, and it has eliminated the achievement gap by

race, ethnicity and income.

Among the keys to the enhanced student success has been a heightened focus on students' mental health needs, which have grown in recent years at USF and nationally.

According to Dosal, a variety of issues can impact student success that are not directly related to academics.

"Telling a student to go see their academic adviser may not be the answer," he says. "That may be part of it, but what's underlying the problem may be something very different and that means the treatment may need to be different. That understanding plays into the development of our case management approach to ensure multiple offices are sharing information about a particular student."

Various national studies reflect students' main mental health concerns as well as the increasing demand for services:

- The Center for Collegiate Mental Health's 2018 annual report found that college students seeking treatment (and the professionals who treat them) continue to identify anxiety and depression as the most common concerns for seeking treatment, among dozens of other concerns. The report incorporates data provided by 152 college and counseling centers, describing 173,964 unique college students seeking mental health treatment.
- In the 2018 American College Health Association's National College Health Assessment, more than 60 percent of undergraduates reported feeling overwhelming anxiety any time within the previous 12 months.
- A 2019 study by the University of California, Berkeley, reported that nationally, the percentage of students



who reported being diagnosed or treated for anxiety disorder in the last 12 months doubled between 2008 and 2016 from 10 percent to 20 percent.

Some studies and media reports have characterized the situation as a “crisis” or “epidemic.”

Scott Strader, director of USF’s Counseling Center, disagrees.

“In college mental health generally, I think the crisis is a lack of resources,” he says. “Here, we are better resourced than a lot of universities our size.”

Ben Locke, senior director of Counseling and Psychological Services at Penn State University, leads the Center for Collegiate Mental Health, which is housed at Penn State. The center, which has been producing its annual report for 10 years, is an international practice-research network of nearly 500 colleges and universities, including USF.

“One of my areas of frustration in the coverage of mental health in college is it being framed as an epidemic or a crisis,” Locke says. “I really take issue with that.”

For the past 15-20 years, a great deal of money has been spent throughout the country on reducing the stigma attached to mental health. Those efforts, Locke believes, have helped students become more comfortable with seeking help.

“We have been decreasing negative judgments of people around mental health and we’ve been actively training

We’ve done a really good job at reducing stigma, talking with students about seeking help. Parents are more willing to recommend that, as are students’ friends.”

At USF, the Counseling Center experienced an 11 percent increase in the number of students receiving mental health services from 2017-18 to 2018-19. During the same time period, the number of on-campus mental health appointments attended by students grew 15 percent.

The Counseling Center has between 23 and 25 full-time clinicians, several who are part time, as well as an extensive training program for master’s and doctoral students, along with post-docs. The average wait time for a non-crisis counseling appointment was 4.75 business days in 2018-19, compared to 6.35 business days the previous year. At similarly sized universities nationally, the wait time in 2018 was 8.5 days.

Walk-in students who are in crisis are seen within an hour of their request for assistance. When the Counseling Center is closed, telephone support is available immediately.

“We’re not unlike any other outpatient center,” Strader says. “Most of what we see is anxiety and depression. About half of the students we see are adjusting to a new setting, they aren’t sure what’s expected of them and their parents aren’t here, so there’s anxiety attached to that. The other half that we see involve issues students bring with them to college, such as family issues or childhood

“ This is a **community** and we take care of each other.

– Rita DeBate

all ages of people to refer themselves and their friends for help,” Locke says. “Secondary school systems, even middle schools, have student referral programs. The students who are coming to college grew up in an era where talking about distress is normal.”

According to the American Psychological Association’s 2018 “Stress in America – Generation Z” report, more than a third of both Generation Z and Millennials reported receiving treatment or therapy from a psychologist or other mental health professional at some point in their lives.

Locke says that on university campuses, “No one planned ahead for the receiving systems, which have just been flooded. The mantra that this is a crisis is a reaction to the scarcity principle. When something becomes scarce, people freak out.

“More students than ever are coming forward with a genuine need for help, and they can benefit from receiving that help,” he adds. “Institutions have to grow their mental health services to respond to this new demand. Most institutions have been doing that, but not all of them.”

Strader also points to the fact that more students are enrolled in college compared to 20 years ago.

“For them to be successful, the supports have to be there,” he says. “Just the sheer number of 18-to-25-year-olds now in college is going to affect demand for services.

trauma. We do see some exacerbation of that once they get here.”

Other common causes of anxiety include homesickness, financial worries, pressure for grades and relationship problems. And social media.

“Social media is a big piece and it’s multi-faceted,” Strader says. “One of my concerns is what I call the comparison factor. We always put our best face out on social media. When students are feeling even typical anxiety, such as during their adjustment to college, what they see on social media is that everybody is having a great time. That leads to ‘how does my life match up?’ It’s a real thing. It’s also a real thing in terms of how much time students spend on social media. I’ll encourage my clients to try to find more balance in how they use their time. And then you see their anxiety when you suggest they cut back on social media.”

At USF St. Petersburg, the Wellness Center experienced a 30 percent increase in students utilizing its services from 2017-18 to 2018-19.

“I believe our increase is similar to other campuses, in that more students are in need of services, more students are willing to seek help and more students are getting referred for services,” says Anita Sahgal, Wellness Center director.

She adds: “We continue to see what is most common



Left: Counseling Center Director Scott Strader says anxiety and depression are the most prevalent issues among students.

on college campuses: anxiety, depression, social concerns and identity concerns. Our campus also sees a lot of students who have experienced some sort of trauma, which can require more extensive treatment.”

Discussions are underway with health and wellness offices on the Tampa campus about collaborations in several areas starting next year, including wellness coaching and Mental Health First Aid Training.

Brett Kemker '92, regional vice chancellor for academic and student affairs at USF Sarasota-Manatee, also says that it is “becoming less taboo” for students to ask for help when struggling with anxiety. While he hasn’t seen a dramatic increase in students seeking counseling, available at nearby New College of Florida, there’s no question that their many responsibilities do cause stress.

“The average age of our student population is 26-27, and so we have students with lots of responsibilities,” he says. “They don’t just have part-time jobs, they are working full time in a career. They have a family, and they are taking courses at night. The stress component is a big factor as students manage all the balls they have in the air.”

In an effort to better address students’ anxiety issues on the Tampa campus, the university has implemented Mental Health Well-being for Success, or MWell4Success. Rita DeBate, associate vice president of health and wellness and a professor in the College of Public Health, developed the program. It has three tiers: Increasing mental health literacy by providing training to all incoming students; extending the Counseling Center hours and establishing satellite stations for coaching, counseling and relaxation; and implementation of coordinated care management for students with the greatest mental health needs.

DeBate says that some students were seeking counseling “for things they didn’t need a therapist for, such as time management, communications, relationship skills. Those were causing anxiety, but they were sub-clinical.

What we proposed in MWell4Success was health and wellness coaching. By bringing in health coaches to see those students, we could free up time for counselors to see higher-risk students.”

The three satellite wellness centers are located at USF Health, The Village residence hall complex and the Marshall Student Center. The goals are to increase access to services and to reduce stigma.

“Some students would not go to the Counseling Center,” DeBate says. “But the message we’ve been giving to students is that if you go to a satellite center that has coaches, counselors, yoga and a relaxation station, no one would know who you were seeing.”

The satellite centers remain open until 8 p.m. so students won’t miss class or work. During the last academic year, 10,000 students visited the centers.

An initiative introduced during the summer, and continuing this fall, is designed to encourage more male students to engage in what DeBate refers to as “help-seeking behaviors.” Nationally, and at USF, males are far less likely to ask for help than female students.

Posters installed in men’s restrooms in the Campus Recreation Center encourage them to take advantage of campus resources, particularly those available online, if they feel like they are struggling.

DeBate hopes that the many efforts designed to address students’ mental health needs, part of the overall student success initiative, demonstrate how much USF cares about the well-being of all students.

“When I was an undergraduate in New York, college wasn’t treated as a community,” she says. “USF is a community, and we have to take care of all aspects of our community members’ lives. That’s what brings me joy: Knowing this is a campus but we don’t walk around like that’s all it is. This is a community and we take care of each other.”



Several issues led doctoral student Wainella Issacs to attend counseling.

Student is ‘open book’ about her struggles

Wainella Issacs isn't shy about discussing mental health issues she has confronted in recent years.

“I'm an open book about my struggles,” she says.

A native of Guyana, South America, Issacs came to USF in January 2015, earning her master's degree in engineering science, with a concentration in environmental engineering, in 2017. She anticipates earning her doctorate in environmental engineering next May. In addition to her studies, Issacs is a graduate assistant in the College of Engineering's Office of Diversity and Inclusion Programs.

She has dealt with several issues, including imposter syndrome – where people doubt their accomplishments and fear being exposed as a fraud; worries about finding a job; family challenges; and feelings of isolation.

While most studies of student mental health focus on undergraduates, there are some studies that suggest the

issues Issacs faced are common among graduate students. *Nature's* 2017 survey of science doctoral students, which included 5,700 students worldwide, showed high levels of satisfaction with doctoral programs overall. However, “More than one-quarter listed mental health as an area of concern, and 45 percent of those (or 12 percent of all respondents) said that they had sought help for anxiety or depression caused by their PhD studies.”

For Issacs, the sense of isolation began during her first semester at USF.

“I came in the spring semester, most students start in the fall,” she says. “I didn't have a sense of community, I felt isolated. After spring break, I discussed my struggles with a professor, who brought me to a lunch with other graduate students. I had my first community and I wasn't feeling as isolated.”

But, late in the fall of 2015, other issues created a new level of stress. There were family challenges. And Issacs realized that with all the time she was devoting to teaching and the needs of her students, as well as her research, she was sacrificing time for herself.

In search of ways to manage her anxiety, Issacs visited USF's Counseling Center. Within 30 minutes of her arrival, she was introduced to a counselor who served as a mentor for the next three years. Sometimes they met on a monthly basis, other times, every two or three weeks depending on Issacs' anxiety level. She also participated in group counseling for a semester.



Prioritizing your **mental health** is necessary for achieving your limitless potential.

– Wainella Issacs

Now, Issacs says, “I’ve learned to manage any curve ball. As I tell others, your worst day only lasts 24 hours.”

She sees other doctoral students struggling at times – “all five members of my research group are in counseling.”

“You worry about what you are going to do with your life as you finish your last year of school,” Issacs says of herself and her peers. “You ask yourself if you will get a job, if you have the necessary qualifications and experience. You ask yourself if you are doing enough, publishing enough.”

She uses her experiences to help fellow doctoral students.

“I am happy to help reassure them that they are not alone, that feeling overwhelmed is not abnormal,” she says. “Some of them are lacking community, just as I was. I encourage them to talk with other people in their program.”

Rita DeBate, associate vice president of health and wellness and a professor in the College of Public Health, also serves as a health and wellness coach.

“About three-fourths of the students I have seen as a coach are graduate students,” she says. “They were experiencing a lot of stress.”

DeBate says that being a coach means offering guidance, rather than telling a student what to do.

“You’re their ally, you’re there to help them explore why they’re stressed out, why they’re not doing well,” she says. “Some students would get to the point of saying that they stopped attending a class because they don’t like it. In that case, I would refer them to career services or to counseling. A faculty member might think that a student who misses class is just being lazy. It could be so many other things.”

Issacs encourages students who may be struggling to seek help.

“I knew I needed help, and I asked for it,” Issacs says. “Why would I not want to spend an hour talking to an outside source who is trained to help? People self-impose a stigma about getting help.”

She believes that as she continues her pursuit of “mastery of self,” she is empowering others to do the same.

“Prioritizing your mental health is necessary for achieving your limitless potential,” Issacs says.

– By TOM WOOLF



MOST COMMON CONCERNS*

2018

1. Anxiety
2. Depression
3. Relationship Problem
4. Stress
5. Academic Problem
6. Family

2019

1. Anxiety
2. Depression
3. Relationship Problem
4. Stress
5. Family
6. Trauma

*Students who received mental health services, USF Tampa Counseling Center

WHAT USF IS DOING

USF TAMPA Counseling Center

In addition to individual counseling sessions, the center offers a range of group counseling opportunities. They include: Men's Group, Balancing Emotions, LGBTQ+, Total Nourishment, Our Voices (for marginalized populations), Entre Familia (Among Family) for LatinX students, and Focused Brief Group Therapy. There also are drop-in groups, such as Emotional Expression through Art and Mindfulness Meditation.

"Groups can be helpful in teaching skills and they bring together students who are struggling with similar issues," Director Scott Strader says.

"It helps reduce stress levels when students see they're not the only ones struggling."

Some students do make use of the center's Therapist Assisted Online (TAO), which offers a library of interactive resources. Strader notes that online resources serve as a helpful adjunct to regular treatment.

The Counseling Center has introduced telehealth, which provides individualized treatment for students who may not be able to visit in person.

"We're doing it to increase access, for example, for para-professional students who are in class or clinic all day," Strader says. "It's not necessarily for students who are living on campus. It really is designed for those who can't get to the Counseling Center on a regular basis."

Success and Wellness Coaching

As part of the MWell4Success initiative, all USF students have access to this service. Coaching is a personalized process that empowers students to work toward any area of improvement, including health, wellness, relationships, time management and academics.

Mental Health Literacy Training

This is an online training program for faculty, staff and students. It is designed to increase knowledge regarding signs and symptoms of psychological distress, how it impacts students, and what can be done when they identify a student of concern.

Mental Health First Aid for Higher Education

Since 2018, the Counseling Center has offered this voluntary eight-hour course for faculty and staff. First introduced in Australia in 2001 and adapted in the U.S. in 2009, the course teaches participants how to approach, support and help those in mental health distress or crisis. To date, more than 500 faculty and staff have taken the course. It typically is offered three times each semester, but the Counseling Center also will schedule departmental trainings as requested.

Center for Student Well-Being and REACH

The center offers workshops, presentations and awareness campaigns on wellness topics.

REACH – Responsible Education and Action for Campus Health – is a student-run organization sponsored by student government and the Center for Student Well-Being. REACH members promote holistic wellness through educational presentations and campus events.

Student Health Services & Psychiatry

Case management services evaluate individual mental health needs and provide assistance in accessing services. Psychiatrists are available to evaluate and treat mental health conditions such as depression, anxiety, bipolar illness or thought disorders. Post-doctoral psychologists provide counseling that utilizes brief therapy techniques to improve well-being.

Student of Concern Assistance Team/ Student Outreach & Support

The Students of Concern Assistance Team (SOCAT) is the behavioral intervention team for the USF Tampa campus. The SOCAT committee provides assistance and support to Student Outreach and Support (SOS) for students of high concern. SOS is the case management office for SOCAT that provides direct services to all active USF Tampa students who exhibit or identify difficulties related to personal, emotional or behavioral distress.

USF ST. PETERSBURG Wellness Center

The Wellness Center offers individual, couples and group counseling for students, Therapist Assisted Online and a wellness room that has a biofeedback program for stress management. The center also provides QPR, a gatekeeper training for working with students who may have thoughts of suicide.

Staff members are licensed and experienced mental health professionals from the disciplines of counseling and clinical psychology. Psychological trainees, under the supervision of licensed professionals, also provide services.

Individual counseling can be sought for a variety of

reasons including but not limited to: relationships, depression, anxiety, grief, substance abuse and eating disorders. The number of visits a student receives varies, but the center provides up to 12 counseling sessions depending on the needs of the student.

The Wellness Center also advises two student organizations: PEERS, a group focused on health promotion and building healthy lifestyles through programs and education; and Active Minds, a group focused on breaking barriers around stigma and education about mental health issues.

Student Outreach & Support (SOS)

The office is a student-first direct care coordination team that supports students in managing stress that impacts their academics and overall health and wellness. SOS case managers meet with students to:

- Identify the student's strengths and needs
- Develop action plan to increase the student's overall health and wellness
- Coordinate linkage with appropriate support services on/off campus
- Assess risk to self/others and threats to campus
- Advocate for students within the university and community
- Assist the student in navigating the university system
- Foster self-advocacy through skill building via direct case management meetings

USF SARASOTA- MANATEE Resources

Students have access to a wide variety of counseling, wellness and health services through the Counseling & Wellness Center (CWC), located at nearby New College of Florida.

The following counseling services are available to current USFSM students:

- Initial evaluation
- Brief individual counseling
- Brief couples counseling (both members of the relationship must be USF students)
- Group counseling
- Therapist Assisted Online (TAO)
- Crisis intervention
- Psychiatric services
- Wellness workshops