



Each month we spotlight several College of Education Faculty Mentors for you to get to know better. Our wonderful professors and instructors in **Education, Psychology & Counseling**, and **Health & Kinesiology** are here for you!

What is a Faculty Mentor?

A Faculty Mentor can be any NSU professor or instructor. Faculty mentors have in-depth knowledge of their field and are the best resource for expanding students' understanding of their discipline.

Faculty Mentors are your go-to for help with:

- Expanding knowledge within your major
- Career exploration and advice
- Internship opportunities
- Research opportunities
- Future academic pursuits
- Graduate programs

How do I find a Faculty Mentor?

Assigned Faculty Mentor

All students are assigned a Faculty Mentor when you declare a major. You can find who your assigned mentor is at the top of your degree audit ([Degree Works](#)) in the section labeled "Advisors".

Faculty Mentor for Field of Interest

Any NSU professor or instructor can serve as your Faculty Mentor, even if they are not assigned to you. Each faculty has an area of expertise that may be better suited for helping you with your specific future goals. Talk with your professors, assigned Faculty Mentor, or [Academic Advisor](#) about finding the right Faculty Mentor for you.

Need tips on how to connect with professors? Check out the tips & resources sections at the bottom!

PSYCHOLOGY & COUNSELING

Dr. Christina Rothermel Branham

Associate Professor

Tahlequah Haskell Hall 104
 (918) 444-3731
 branham@nsuok.edu



Teaching → 10 years

At NSU → 8 years

Field Expertise / Research Interests

- Marriage & Family
- Human sexuality
- Application of development in education/counseling

EDUCATION

- * B.A. Psychology, *University of Texas at Arlington*
- * M.S. Mental Health Counseling, *Texas Wesleyan University*
- * Ph.D. Family Therapy, *Texas Woman's University*

Personal hobbies & interests → Yoga, nature hikes, and going to concerts.

What drew you to your field?

I want all children to have the chance to grow up healthy across all domains (physically, psychologically, socially).

Favorite course to teach

I enjoy any class that allows students to expand how they see and relate to the world. That is one part of the college experience that students (and the world around them) benefit from.

Who had the biggest impact on your educational experience?

It is hard to give one person credit. Along the way I was fortunate to have support from family, friends, peers, and a few key professors. I believe that it takes a village to build our personal success and I know my village was instrumental in my educational experience.

What do you tell students who don't know what to do with their major?

Your career is important, but so is the rest of your life. How do you want your career to support the life you live outside of it? What do you hope to contribute to others in your work? If you were happy with the work you were doing what would you notice about how you feel? In order to find your path you have to have a better idea of what your path would do for your life. Right now you have the space to create the path you want. when we know what is going on.

PSYCHOLOGY & COUNSELING

Dr. Elizabeth (Beth) Melles

Assistant Professor

Tahlequah Haskell Hall 101
 (918) 444-3018
 melles@nsuok.edu



Teaching → 5 years

At NSU → 5 years

Field Expertise / Research Interests

- Third-Culture Kids
- Postpartum Intrusive Thoughts



EDUCATION

- * B.A. English & Psychology, *University of Mary-Hardin Baylor*
- * M.A. Counseling, *New Mexico State University*
- * Ph.D. Counseling Psychology, *University of Oklahoma*

Personal hobbies & interests → Woodworking, running, swimming, reading, spending time with my family

What drew you to your field? Growing up internationally and being exposed to different cultures.

Favorite course to teach → Social Psychology

Because I am still fascinated by how individuals impact one another.

Who had the biggest impact on your educational experience?

A number of faculty in my undergraduate institution encouraged me to believe in myself and to have the courage to speak up in class.

What do you tell students who don't know what to do with their major?

Listen to yourself and pay attention to your interests, rather than to other people. You are the expert on you.

Advice for students → Communicate with faculty. We are typically very understanding when we know what is going on.

PSYCHOLOGY & COUNSELING

Dr. Johnny Mark Kirk

Assistant Professor

Tahlequah Haskell Hall 108
 (918) 444-3001
 kirkj@nsuok.edu



Teaching → 10 years

At NSU → 4 years

Field Expertise / Research Interests

Impact of social media, Internet infidelity, and how dogs mediate induced stress using cortisol, alpha-amylase and EEG patterns



EDUCATION

- * B.S. Social and Behavioral Science, *Rogers State University*
- * Master of Human Relations, *University of Oklahoma*
- * Ph.D. Educational Psychology w/emphasis in Research & Statistics

Personal hobbies & interests → I travel.

I have been to Europe and Scandinavia the past 2 summers. I scuba dive, fish and attend OSU football games.

What drew you to your field?

I was a firefighter and first responder to the OKC bombing. I sought counseling for the emotional and psychological disturbances that followed and decided to go into counseling. While I was program director for the Tulsa COURT's program I was contacted by a previous professor and mentor and asked to adjunct some courses. I fell in love with teaching.

Favorite course to teach → Research and Statistics

I feel I can engage students in material many come to class dreading. I have many student researchers who though they would never like stats.

What can you do with this degree? → Come see me!

Advice for students → Persistence and self-care.

Tips on How to Connect with Professors

- ✓ **Introduce yourself** → Whether it's during class or via email, introducing yourself is a great first step to connecting with professors.
- ✓ **Attend their office hours** → It may seem intimidating to stop by a professor's office, but office hours are the time they set aside specifically for students to visit with them outside of class. Office hours are posted on their doors, in syllabi, or you can request via email.
- ✓ **Go to class** → **Always be prepared** → **Participate** → **Display respect**
- ✓ **Get involved** → Ask your professors about any organization/honor societies to join. Professors often sponsor these, so it is another great way to get more connected to them.
- ✓ **Ask them questions** → How did they get into their field? Were they ever lost college students? What can you do with your major? What can you do to prepare for life after graduation? The sky is the limit!

NSU Resources

College of Education

- [Education Department](#)
- [Psychology & Counseling Department](#)
- [Health & Kinesiology Department](#)
- [Academic Advisors](#)

Career Services

- [Career & Major Advice](#)
- [What can I do with a major in...?](#)

Student Resources

- [MY NSU](#)
- [goNSU](#)
- [Degree Audit](#)

Other Resources

YouTube

- [Top Mistakes Students Make - Not Visiting your Professor During Office Hours](#)
- [How to get to know your Professors better!](#)
- [How faculty mentors can help first-generation students succeed](#)
- [Developing Professor Relationships](#)

Articles

- [The Importance of Building Relationships with your Professors](#)
- [Guide to Communicating with Professors](#)
- [How to Build a Strong Relationship with your Professor](#)

[Are you a faculty mentor that would like to be featured? Submit your info here!](#)