



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!**

## EDUCATION

### ELEMENTARY EDUCATION

#### Dr. Sherry Been

Assistant Professor  
Broken Arrow Education 157  
(918) 449-6586  
been@nsuok.edu



Teaching → 22 years

At NSU → 6 years

#### Field Expertise / Research Interests

Early Literacy  
Children's Literature  
Elementary Teaching  
Teacher Professional Identity  
Holocaust Education  
Teacher Advocacy

#### EDUCATION

- \* B.S. Early Childhood and Elementary Ed, *University of Oklahoma*
- \* M.Ed. Elementary Education, *University of Oklahoma*
- \* Ph.D. Curriculum Studies, *Oklahoma State University*

#### Personal hobbies & interests

My favorite is to spend time with my family. Hiking, movies, reading, travel, and enjoying chocolate are all at the top of my list!

#### Favorite course to teach

My all time favorite course is LIBM 4023. I love books! Children's literature provide powerful means to support both teachers and children.

#### Who had the biggest impact on your educational experience?

My educational experiences were supported by excellent teachers throughout my formative years. My parents were my first teachers and provided me a framework to explore new ideas and always work through hard situations.

#### What drew you to your field?

The love for children, children's literature, and the longing to make a difference in lives of children and teachers drew me toward education and kept me focused on supporting others.

#### Advice for students

I feel one ticket to being a successful teacher is to have a support system in place and to take care of ourselves. As teachers, we sacrifice ourselves for our students and others in our lives. We need to take time to renew our energy, eat well, breathe, get fresh air, exercise, and enjoy those we love.

## PSYCHOLOGY & COUNSELING

#### Dr. Mary Waters-Bilbo

Associate Professor  
Tahlequah Haskell Hall 102  
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watersbi@nsuok.edu



Teaching → 30 years

At NSU → 9 years

#### Field Expertise / Research Interests

School Counseling  
Immigration  
Equity issues/social justice issues in education

#### EDUCATION

- \* B.A. Spanish and English, *Rutgers University*
- \* M.A. Counseling Services, *Rider University*
- \* Ed.D. Educational Leadership, *Oklahoma State University*

**Personal hobbies & interests** → I love to volunteer in the community--that gives me purpose. I love traveling with my husband anywhere. And I love visiting my son and his husband in DC.

#### What drew you to your field?

Desire to see ALL students reach their potential.

#### Favorite course to teach

Anything that does not require a text book. I like to give students experiences. Anyone can look up information on his/her/their phone.

#### Who had the biggest impact on your educational experience?

Probably my mother. She modeled intellectual curiosity, and a love of reading. She was an editor and my fondest memory of her is a phone call when I was at work and she asked me to "parse" a sentence with her. That says everything about my mother.

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

Mary Oliver said it best: "What is it you plan to do with your one wild and precious life". Embedded in this notion is that we have a purpose and we need to find it somehow to make our life meaningful. The purpose can change, but we need to be mindful we get one chance at life.

#### Advice for students

Undergraduate years need to be an exploration--take history, chemistry, English literature, learn to speak a language---graduate school is to prepare you for something specific. And also I urge them to study abroad. It is more affordable than students might think.

## HEALTH & KINESIOLOGY

#### Dr. MooSong Kim

Assistant Professor  
Tahlequah RiverHawks Wellness Ctr 116  
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kimm@nsuok.edu

#### EDUCATION

- \* B.S. Biotechnology, *Yosu National University*
- \* B.A. English Literature and Language, *University of Incheon*
- \* M.S. Physical Education, *University of Incheon*
- \* M.P.H. Health Promotion and Health Behavior, *Oregon State University*
- \* Ph.D. Kinesiology, *Oregon State University*

#### Personal hobbies & interests

During my weekend, I play badminton on a regular basis.

#### What drew you to your field?

Engaging in regular physical activity gives us a lot of benefits (e.g., improving physical and mental health). I would like to help more people enjoy healthy life by promoting their physical activity.

#### Favorite course to teach

H ED 3353 Community Health because I can have opportunities to share the mission of public health with my students. Furthermore, this course provide future health professional with opportunities to learn the importance of population-based health promotion.

#### Who had the biggest impact on your educational experience?

Dr. Brad Cardinal, he is my Ph.D. adviser. I learned not only many knowledge in my field but also valuable life lessons from him. Actually, I learned how I can take care of students and work professionally with others during my time at Oregon State University.

**Advice for students** → Explore what you are interested in and try to make consistent efforts into your interest.

Teaching → 8 years

At NSU → 4 years

#### Field Expertise & Research Interests

Physical activity promotion  
Population-based health promotion  
Exercise psychology



### Tips on How to Connect with Professors

- ✓ **Introduce yourself** → Whether it's after 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](#)