10 STUDY TIPS FOR FINAL EXAMS
Finals Week is December 12th-15th:

1. Dump your brain: When you first get your test, write down any information that is difficult to remember such as formulas, dates, keywords, etc. on the back of the test. Then, you can reference it while you’re taking the test without worrying if you’ll remember it correctly.

2. Skim through the entire test: When you first get your test, skim through the entire test and mark the questions you know that you can answer or questions that you don’t know right off the bat. Sometimes professors like to put easy questions at the end of the test.

3. Carefully read all of the directions: Most students get a lot of points taken off because they were careless and didn’t fully read all of the directions.

4. Skip the questions you don’t know: Don’t waste time on questions you’re unsure of. Mark them with question marks and move on. You can go back to it later.

5. Look elsewhere on the test for answers: Sometimes the answer to one question may be found on another section of the test worded differently.

6. Pace yourself: Being able to take a test quickly yet carefully is essential. If necessary, wear a watch or periodically keep your eye on the clock so you are aware of your time left. Also, don’t get anxious if you hear other students finishing their tests early.

7. Follow your gut instinct: Most of the times when students second guess themselves, they choose the wrong answer.

8. Double check your work: If you have extra time after you’ve finished the exam, take a few minutes to double check your answers, make sure you’ve followed all the directions, and haven’t skipped any pages.

9. Ask questions if you’re confused about the wording or meaning of a question, ask your professor. Don’t risk getting a question wrong because you misunderstood it.

10. Relax: It is important to keep your head during a test. There can be a lot of pressure on you to succeed, but remember that stressing out works against you. You risk panicking and/or forgetting information you’ve studied.

The Rehab Review is Published by the Department of Rehabilitation
Hazel Hall, Suite 1062
(410) 651-6262
Student Editor
Mr. David Turco
Rehab Graduate Student
Faculty Editor
Dr. William Talley, Department Chair
Designed by
Mr. Alula Woldai, Computer Science Student

This publication was made possible with support from the Department of Education, Rehabilitation Services Administration Grant #H19B08050
Ms. Gail Lankford Announces Retirement

Ms. Gail Lankford our Clinical coordinator for over 20 years has announced her upcoming retirement in November 2016. Ms. Lankford’s immeasurable contributions to the Rehabilitation department during her time here cannot be stated in this short space. We will cover Ms. Lankford’s retirement and Contributions in much greater detail in the next Rehab Review.

New Faculty

Dr. Leslie M. Santos

We have exciting news here in the Rehabilitation program at U.M.E.S. We have the honor of welcoming Dr. Leslie M. Santos on board as our new clinical coordinator. Dr. Santos brings her impressive credentials and real world experience to our program and we are certain it will benefit our students and help them to succeed.

Ms. Gail Lankford  Announces Retirement

I am the Coordinator of Vocational Rehabilitation and Transition Services with the New Jersey Commission for the Blind and Visually Impaired, a state agency providing VR services to NJ residents who are Blind and Vision Impaired. I am reaching out to let you know that NJ CBVI is anticipating vacancies for VR Counselors (CRC or CRC Eligible preferred), both full-time and temporary (3-6 month leave replacement) positions, in the coming months. amanda.gerson@dhs.state.nj.us

Please select the below link to obtain Texas VR job openings and full job descriptions.

For job classification, select from the drop down menu, Vocational Rehabilitation Counselor

https://rita.twc.state.tx.us/WORKINTEXAS/wtx?pgenid=BROWSE_AGENCY_JOBS&d=1159277401556

Mr. David Turco graduated from UMES in 2015 with a Bachelor’s of Science in Rehabilitation Services. David also earned the distinction of Summa Cum Laude for his Baccalaureate graduating class. Further, Mr. Turco is part of the Golden Key Society and the Phi Kappa Phi Honor Society. Today Mr. Turco is one of the graduate assistants in the UMES Rehabilitation department and is working toward his Master’s degree in Rehabilitation Counseling. In true scholarly tradition David has joined the International Graduate Student Association (ISGA) as well as the Graduate Student Association (GSA) here on the UMES campus, keeping in touch with others in his field and looking for ways to help where he can. As a nontraditional student David could have chosen anywhere to earn his degree but he chose UMES and is very proud to call himself a UMES Hawk. David loves to cook and more so, eat Lasagna.

Meet the Editor

Mr. David Turco
RSA GRANT

RSA (The Rehabilitation Services Administration) has grant funds available for students. This grant only covers Master’s degree students (Master of Rehabilitation Counseling). The money is awarded with some payback requirements that are non-monetary. The recipient must work in the field of rehabilitation for a non-profit agency, or a governmental agency after graduation as repayment of the grant. A pretty great deal, after all, one is getting a degree in rehabilitation and then using that education in the field for a livelihood, right?

The RSA Grant is fund limited, there are often more students who apply than money available. Therefore, the grant is awarded in a competitive fashion, those students with the highest G.P.A. are considered first.

For more details email Dr. Leslie M. Santos
lsantos@umes.edu

Remember keep your G.P.A high and apply!

When human beings experience trauma or severe life stressors, it is not uncommon for their lives to unravel. My passion is bringing healing to people who have been through a stressful experience. I graduated with a Bachelor’s degree in Rehabilitation Services from UMES in May 2014. I plan to graduate earning my Master’s degree of Rehabilitation Counseling in May of 2017. I am interested in studying spirituality and theology. If you would love to try homemade Ethiopian lentils, yes, I make the best ones!

Seeing people smile makes me smile even broader, one thing I enjoy most about life is being happy when people are happy and striving to put smiles on sad faces. I received my Bachelor’s degree in Sociology and Anthropology in the year 2013 and I am presently pursuing a Master’s degree in Rehabilitation Counseling at UMES. I am a very sweet and playful person, yet very serious when it comes to getting work done. The best thing I love most about myself is “The burning desire to seek GOD more everyday of my life.” I love to cook, especially when I try something new and get it right, I just want to do it over and over again. Try my Cameroonian dishes, you’ll get the best taste ever!

Up to $4000 for tuition

RSA (The Rehabilitation Services Administration) has grant funds available for students. This grant only covers Master’s degree students (Master of Rehabilitation Counseling). The money is awarded with some payback requirements that are non-monetary. The recipient must work in the field of rehabilitation for a non-profit agency, or a governmental agency after graduation as repayment of the grant. A pretty great deal, after all, one is getting a degree in rehabilitation and then using that education in the field for a livelihood, right?

The RSA Grant is fund limited, there are often more students who apply than money available. Therefore, the grant is awarded in a competitive fashion, those students with the highest G.P.A. are considered first.

For more details email Dr. Leslie M. Santos
lsantos@umes.edu

Remember keep your G.P.A high and apply!

More education funding opportunities

International Fellowships

Applications for AAUW (American Association of University Women) International Fellowships are open August 1–December 1. Contact website www.aauw.org

International fellowships are awarded for full-time study or research in the United States to women who are not U.S. citizens or permanent residents. Both graduate and postgraduate studies at accredited U.S. institutions are supported.

Applicants must have earned the equivalent of a U.S. bachelor’s degree by September 30, 2016, and must have applied to their proposed institutions of study by the time of the application. Up to five International Master’s First Professional Degree Fellowships are renewable for a second year.

Recipients are selected for academic achievement and demonstrated commitment to women and girls. Recipients return to their home countries to become leaders in business, government, academia, community activism, the arts, and sciences.
The National Society of Allied Health (NSAH) is the official voice for Historically Black Colleges and Universities with schools or programs of allied health, providing a forum for faculty, students, and practitioner development. NSAH networks and collaborates with other organizations that address health issues that affect the African American communities through education, research, practice, and service delivery.

NSAH is open to undergraduate and graduate students. Eligible applicants should meet the following criteria:
- Must be an Allied Health major
- Must have a 3.2 G.P.A.
- Must have completed two semesters in an allied health program.

If you are interested in joining this organization, please contact William Talley or Betelhem Mulugeta in the Rehabilitation Department, Hazel Hall, Suite 1062. Please bring transcript and resume.

Meet the Faculty

Ms. Annette Rogers
Administrative Assistant

Dr. Maryam Rahimi
Associate Professor

Mr. Johnathan Blackmon
Lecturer
Interpreter

Dr. Lisa Zheng
Assistant Professor

Aisha Gardiner

“Aisha founded Critical Incident Management Services, LLC, after graduating from UMES.

The education Aisha gained here at UMES allowed for her to start her own business and help many people in need.

Aisha Gardiner relocated to the Greater Washington DC Metropolitan Area from Connecticut. She earned a Bachelor’s of Science degree in Rehabilitation Services at the University of Maryland Eastern Shore prior to receiving a Master’s of Science degree in Rehabilitation Counseling from Southern University in Baton Rouge, Louisiana. Passionate and intrigued with empowering others to prevail through traumatic circumstances, Aisha founded Critical Incident Management Services, LLC. For the past 16 years, she has dedicated her expertise to counseling persons who have witnessed or experienced verbal and physical assaults, as well as homicides and suicides. In her free time, she enjoys traveling, fitness, and cooking with her husband and 2 children."
Where Are They Now?

Let’s look at what past students have gone out in the world to do. The following past students of Rehabilitation here at UMES have gone on to do some rather intense and amazing things.

Duan Broughton

Duan now works for a Medical Device company using cutting edge technology to help people with what he learned here at UMES and other Universities.

Principal Scientist Manager
Partners with cross-functional team members including marketing, R&D, medical/clinical, and regulatory to develop evidence strategies leading toward successful market approval and acceptance of novel, minimally invasive medical devices. Serve as Preclinical Project Director, Business Unit Leader, and Preclinical IIS Study approver for Bio-surgical products.

As we can see starting in UMES’ rehabilitation field can lead to some very advanced fields of study, such as Duan has.

Rehabilitation Professional Associations

Let’s take a look at the Rehabilitation Professional associations we can associate ourselves with in our careers after graduation and the cost to join as well. Joining an association is an excellent way to keep abreast of emerging issues within our fields and demonstrate your commitment to your profession and professional development.

<table>
<thead>
<tr>
<th>Professional Organization</th>
<th>Address</th>
<th>Student Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Counseling Associa-</td>
<td><a href="https://www.counseling.org/">https://www.counseling.org/</a></td>
<td>$96.00</td>
</tr>
<tr>
<td>tion (ACA)</td>
<td><a href="https://www.counseling.org/membership/aca-and-you/students"> ACA and you/students</a></td>
<td></td>
</tr>
<tr>
<td>National Council of Rehabili-</td>
<td><a href="https://ncre.org/">https://ncre.org/</a></td>
<td>$40.00</td>
</tr>
<tr>
<td>tation Education (NCRE)</td>
<td><a href="https://ncre.org/membership-overview/student-membership"> overview/student membership</a></td>
<td></td>
</tr>
<tr>
<td>Maryland Rehabilitation Associa-</td>
<td><a href="https://mcrenhab.net/4.html">https://mcrenhab.net/4.html</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>tion</td>
<td><a href="https://mcrenhab.net/4.html"></a></td>
<td></td>
</tr>
<tr>
<td>tion (NRA)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Association of Multi-</td>
<td><a href="https://namrc.org/">https://namrc.org/</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>cultural Rehabilitation Concerns</td>
<td><a href="https://namrc.org"></a></td>
<td></td>
</tr>
<tr>
<td>(NAMRC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>International Association of Rehabilitation Professionals (IARP)</td>
<td><a href="https://netforum.avestra.com/eWeb/Shopping/shopping.aspx?site=arp&amp;webcode=wbshop&amp;prd_key=MouMaBd5B9B9-42D6-8B2C-4B7535C711da3"></a></td>
<td>$0.00 Free</td>
</tr>
<tr>
<td>Maryland Counseling Associa-</td>
<td><a href="http://www.mdrehab.net/"></a></td>
<td><a href="http://www.mdrehab.net/"></a></td>
</tr>
<tr>
<td>tion</td>
<td><a href="http://www.mdrehab.net"></a></td>
<td><a href="http://www.mdrehab.net"></a></td>
</tr>
</tbody>
</table>

Professional Organization | Address | Student Fees |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>American Counseling Associa-</td>
<td><a href="https://www.counseling.org/">https://www.counseling.org/</a></td>
<td>$96.00</td>
</tr>
<tr>
<td>tion (ACA)</td>
<td><a href="https://www.counseling.org/membership/aca-and-you/students"> ACA and you/students</a></td>
<td></td>
</tr>
<tr>
<td>National Council of Rehabili-</td>
<td><a href="https://ncre.org/">https://ncre.org/</a></td>
<td>$40.00</td>
</tr>
<tr>
<td>tation Education (NCRE)</td>
<td><a href="https://ncre.org/membership-overview/student-membership"> overview/student membership</a></td>
<td></td>
</tr>
<tr>
<td>Maryland Rehabilitation Associa-</td>
<td><a href="https://mcrenhab.net/4.html">https://mcrenhab.net/4.html</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>tion</td>
<td><a href="https://mcrenhab.net/4.html"></a></td>
<td></td>
</tr>
<tr>
<td>tion (NRA)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Association of Multi-</td>
<td><a href="https://namrc.org/">https://namrc.org/</a></td>
<td>$48.00</td>
</tr>
<tr>
<td>cultural Rehabilitation Concerns</td>
<td><a href="https://namrc.org"></a></td>
<td></td>
</tr>
<tr>
<td>(NAMRC)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>International Association of Rehabilitation Professionals (IARP)</td>
<td><a href="https://netforum.avestra.com/eWeb/Shopping/shopping.aspx?site=arp&amp;webcode=wbshop&amp;prd_key=MouMaBd5B9B9-42D6-8B2C-4B7535C711da3"></a></td>
<td>$0.00 Free</td>
</tr>
<tr>
<td>tion</td>
<td><a href="http://www.mdrehab.net"></a></td>
<td><a href="http://www.mdrehab.net"></a></td>
</tr>
</tbody>
</table>
**Student Rehabilitation Association**

Want to get involved in your Major?  
SRA is always looking for new members.

The purpose of the **Student Rehabilitation Association** (SRA) is to make students aware of the purpose and benefits of majoring in Rehabilitation Services and to educate them on the requirements needed to enroll in graduate programs. It is also for individuals to become oriented with the employment opportunities available in human services and rehabilitation settings.

>> **THE ORGANIZATION WELCOMES ALL STUDENTS AND MAJORS!**

Ways in which we achieve the desired goal include: inviting rehab professionals to speak at meetings, providing enrichment programs and literature that will benefit those interested in allied health, providing opportunities for community involvement, and preparing students in the development of leadership skills through participation in the SRA organization.

SRA sponsored campus wide 
CPR certification class.

---

**Up to $4000 for tuition**

**RSA GRANT**

RSA (The Rehabilitation Services Administration) has Grant funds available for students. This grant only covers Master’s Degree students. (Master of Rehabilitation Counseling) The money is awarded with some pay-back requirements that are non-monetary. The recipient must work in the field of rehabilitation for a non-profit agency or, a governmental agency after graduation as repayment of the grant. A pretty great deal, after all one is getting a degree in rehabilitation and then using that education in the field for a livelihood anyway right?

The RSA Grant is fund limited, there are often more students who apply than money available. Therefore, the grant is awarded in a competitive fashion, those students with the highest G.P.A. are considered first.

Email for more details Dr. Leslie M. Santos lsantos@umes.edu

Remember keep your G.P.A high and apply!

**More education funding opportunities**

**International Fellowships**

Applications for AAUW (American Association of University Women) International Fellowships are open August 1–December 1.

Contact website [www.aauw.org](http://www.aauw.org)

International fellowships are awarded for full-time study or research in the United States to women who are not U.S. citizens or permanent residents. Both graduate and postgraduate studies at accredited U.S. institutions are supported.

Applicants must have earned the equivalent of a U.S. bachelor’s degree as of September 30, 2016, and must have applied to their proposed institutions of study by the time of the application. Up to five International Master’s/First Professional Degree Fellowships are renewable for a second year.

Recipients are selected for academic achievement and demonstrated commitment to women and girls. Recipients return to their home countries to become leaders in business, government, academia, community activism, the arts, and sciences.
I graduated with a Bachelor’s degree in Rehabilitation Services from UMES in December of 2013. I am Currently studying to earn my Master’s degree in Rehabilitation Counseling. I’m an easy going person and fun loving; I also enjoy good company and strive to be better than I was yesterday. I’m a Christian and enjoy worshipping God in spirit and in truth. I love to cook and enjoy trying different continental dishes. If you have never tried Jollof Rice from Nigeria, then you are missing out. Call me if you would like to try some great Nigerian food.

Jasmine Sampson
Student Rehabilitation Association Vice President

My name is Jasmine Sampson. I am a graduating senior majoring in Rehabilitation Services. I am currently the Vice President of the Student Rehabilitation Association (SRA) for the 2016 school year. In the future, I plan to pursue a career in Clinical Psychology. I had also planned a career in mixology and bartending. I consider myself the “Jane of All Trades”. I love to cook, especially when I'm making something new. I love finding new recipes on Facebook. They have the best!
As we presented our PowerPoint®, we saw a few eyebrows being lifted high. We made good friends after we were done presenting which confirmed that we had accomplished the objective of our presentation: to assist the audience in understanding the complexity of addressing spirituality and religion issues in rehabilitation counseling practice and to point a direction towards available assessment tools for assessing spirituality.

Our abstract for the presentation stated that the United States is arguably the most religious and religiously diverse nation. Approximately 91% of those who live in the United States reported that they believe in God or some universal spirit (Newport, 2011). Though spirituality has become more and more emphasized in scholarly journals, the discussion of religion and spirituality’s relationship to the rehabilitation counseling process continuously invites arguments for both addressing and ignoring spirituality in the practice on basis of ethical considerations. It remains for many people an uncomfortable, ambiguous and controversial topic to address. Our presentation began with various definitions pertinent to spirituality, standards of spirituality competencies (p. 3 ACA code of Ethics, 2014; Association for Spiritual, Ethical, and Religious Values in Counseling, ASERVIC Competencies, 2009), various settings and client populations, assessment tools of spirituality and religiosity and future research directions. It concluded with a small-group activity to discuss rehabilitation counseling applications of the content presented.

Presenter: Betelhem Mulugeta
Religion, spirituality and secularism, and its relevance to preparing rehabilitation counseling professionals.

NAMRC
On July 13, 2016, Dr. Talley led a group of students and faculty members to an excellent conference in New Orleans. I had the opportunity to attend the 23rd National Association of Multicultural Rehabilitation Concerns annual training conference in New Orleans, LA. Accompanied by Dr. Talley, Dr. Zheng, and Dr. Harris. This was my first time going to a conference and I admit it made me nervous. I didn’t know what to expect from this conference. The first day I was able to walk around and enjoy the New Orleans culture.

The next day came and the conference began. We had the opportunity to taste a delicious breakfast along with interesting conversations on spirituality.

Around 9am we separated to attend several presentations as we chose. Then about 4pm, Dr. Zheng, Dr. Talley, and I, started preparing for the presentation that we had. The PowerPoint® presentation was an hour and thirty minutes long, with a title of “Spirituality: Religion, Spirituality and Secularism, and its Relevance to Preparing Rehabilitation Counseling Professionals.” We then marched to our designated area for the presentation. I have to admit, it was a bit nerve racking; Dr. Talley introduced and presented at his best which helped to draw in the attention.

I followed with the assessments with counselor/client engaging questions and Dr. Zheng was able to wrap up with detailed information on the current research on spirituality and personal counselor/client experience.

As we presented our PowerPoint®, we saw a few eyebrows being lifted high. We made good friends after we were done presenting which confirmed that we had accomplished the objective of our presentation: to assist the audience in understanding the complexity of addressing spirituality and religion issues in rehabilitation counseling practice and to point a direction towards available assessment tools for assessing spirituality.

Friday, I attended a student network luncheon and met with several fellow rehab counseling students from different states. After the luncheon it was time for the poster presentation. I gathered up my poster and pins and headed to the presentation Hall. After looking over interesting information and out-looks on vocational counseling, mental health and child hood developmental disabilities; it was my turn to present on: “Exploring the Relationship of the Characteristics of Individuals and Social Distance Toward People with Bipolar Disorder.”

From left to right (Dr. Talley, Betty Mulugeta, Dr. Zheng)