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PANORAMA

parent newsletter | Fall 2022



# Southern’s Enactus Team Places in International Competition

Southern Adventist University’s student-led Enactus chapter placed seventh in the global “Action with Africa” challenge. The mission of Enactus is to engage the next generation to use innovation and business principles to improve the world. Southern’s chapter, which runs a project assisting Akuna Soap Industry in Zambia, was the only group from the United States to place in the international competition’s top eight back in August, allowing two student members to travel to Action with Africa’s main event in Bonn, Germany, at the end of September.

This marks the first time Southern Enactus members have travelled internationally to participate in a competition, and the Akuna project was granted 8,000 euros in funding. Michelle Doucoumes, Southern business professor and Enactus sponsor, accompanied Adonna Andino, junior accounting major, and Ashley Blake, senior accounting major, on the trip.

“Akuna is unique compared to a lot of other Enactus projects I’ve seen over the years,” said Doucoumes. “It was invented, built, and is now being run by students.

That’s what Enactus is supposed to be about: students who change the world.”

Andino and Blake are both thankful for the service and academic opportunities this competition and Akuna have provided for them.

“I was the manager of the entire industry. I set up their accounting system, helped them develop new products, and innovated their marketing,” Blake, who spent 10 months in Zambia as an on-site project manager and student missionary, said. “It was an opportunity to be a missionary for Christ while working on something that aligned with my career.”

To qualify for the worldwide challenge, Andino, the current U.S.-based project manager for Akuna, wrote a grant proposal and created a pitch video.

“I’m learning business principles and looking at balance sheets, but what I really love about this project is the Christ-centered service at its core,” said Andino. “It’s all about the people we’re helping, and I think that aligns perfectly with Southern’s mission to pursue Spirit-filled lives of service.”




- by Amanda Blake, junior journalism major



# Exam Schedule Winter 2022

Time	Monday Dec 12	Tuesday Dec 13	Wednesday Dec 14	Thursday Dec 15
8 to 9:50 a.m.	English Comp Basic Writing	12 p.m. T Th 12:30 p.m. T Th	8 a.m. M W F 8:30 a.m. M T W Th F	8 a.m. T Th 8:30 a.m. T Th
10 to 11:50 a.m.	9 a.m. M W F 9 a.m. T Th	1 p.m. T Th 1 p.m. M T Th F	10 a.m. M W F	9:30 a.m. T Th 10 a.m. T Th
12 to 1:50 p.m.	11 a.m. M W F	4 p.m. T Th 5 p.m. T Th 5 p.m. M W	11 a.m. T	12 p.m. M W F
2 to 3:50 p.m.	2 p.m. T Th 2:30 p.m. T Th	1 p.m. M W F	2 p.m. M W F 2 p.m. M W	
4 to 5:50 p.m.	3 p.m. M W F 3:30 p.m. M W 4 p.m. M	3 p.m. T Th 3:30 p.m. T Th	Speech	

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# DEC

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R. Lynn Sauls Lecture Series: Carl Bernstein
- 3

Evensong: Carol Sing
- 3

Wind Symphony Christmas Concert
- 10

School of Music Christmas Concert
- 12-15

Semester Exams
- 15

Winter Commencement
- 16

Christmas Break Begins

# Jan

- 8

Winter Semester Begins



**“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”**

**2 Timothy 1:7, NKJV**

*favorite Bible verse of Gennevieve Brown-Kibble, DMA, School of Music professor*



## Prioritizing Mental Health

**By Mikhaile Spence, Graduate Programs Manager, School of Education and Psychology**

My interest in counseling spawned from the belief that the most impactful variable on quality of life is one's mental health state. Although indicators of poor mental health may be less obvious than physical illnesses—at least initially—strong mental health is no less integral to a balanced and fulfilling life than physical well-being.

I graduated from Southern in 1998 with a double major in English and psychology and again in 2001 with my master's degree in community counseling. After a brief absence, I returned to campus in my current job. I'm blessed that this includes getting to know students, their families, and their triumphs and challenges.

For many, college is the first benchmark of adult life. Students are suddenly responsible for their own self-care and time management, but for even the most motivated and mature young adults, the struggle to achieve life balance is at the core of many mental health challenges.

To help meet these individualized needs, Southern provides students with free access to campus-based mental health resources, including a counseling center.

We also continue to remind and encourage students to take advantage of these tools. Additionally, we prioritize normalizing mental health care, educating faculty and staff about mental-health issues, incorporating prayer, and fostering a culture of open communication.

Perhaps the best starting point for combatting mental health challenges—such as depression, anxiety, substance abuse, and trouble in relationships—is transparency. We're all in this together.

Seeking balance is an ever-evolving, ongoing process for everyone—even for “real adults,” even for a university such as Southern, even for you and me.

We walk the path toward mental well-being together, hand-in-hand with the Master Counselor. Praise God we aren't on the journey alone.

**Q&A**

## Q&A with Cheryl Craven

**Director of Christian Service**

**Q: Tell me a little about yourself.**

**A:** I'm a twice-graduated alum of Southern: '99 and '21. I met and married my husband here, right in the Student Park. I decompress and find restoration in nature. I love Southern's environment, the people here, and the natural beauty all around.

**Q: How were you led to your current position?**

**A:** It was divine intervention. I had worked as office manager in the School of Social Work and at the church conference office before coming to this position. Through those experiences, I gained helpful organizational skills. When this job opened up at the beginning of 2022, I felt called to apply.

**Q: How has God led in this position so far?**

**A:** That's a loaded question! God has led in answering direct prayers. There's a lot of responsibility in this job, and I have learned to lean on Him. I've cried out to God, saying, “I don't have time to recruit good workers; You send them to me,” and He has. He's always provided.

**Q: What would you like parents and students to know about Christian Service?**

**A:** Community service and service learning are general education requirements. We have more than 100 partner organizations in the community, and they regularly post service needs to our website. Students have a plethora of opportunities to participate and earn credit.

We also offer short-term mission trips—10 to 14 days—that are humanitarian-focused. It's rewarding to hear the stories after students return, especially if they've gotten closer to God or if their lives were changed.

We want our students to align their lives with Jesus and His actions. He says, “I didn't come to be served. I came to serve and to give My life as a ransom for many.” We're seeking to help young people align their lives with His way of living, which was service.



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## Did You Know?

**Growth in LifeGroups Program**

This semester, the LifeGroups program at Southern is experiencing major growth and reorganization. Sarah Hagan, senior marketing major, has been progressively involved in these small-group communities since her freshman year as a member, leader, and coach.

“Having that space once a week for intentional time with God and my peers has been really good for my mental, emotional, and spiritual health,” Hagan said.

Now she is one of four LifeGroups directors and happy to see the recent developments in the program.

For the first time, there are 20 designated LifeGroups coaches to mentor leaders: 10 male and nine female, plus one female assistant. Currently, there are approximately 80 active student LifeGroups, plus five faculty and staff groups, which are new this semester. Students can choose between activity-based, Bible study, book-based, disciple-making, support, topical, and women's ministries groups. The number of directors who lead coaches has also increased; junior theology major Triniti Evans, senior English major TJ Simmons, and senior religious studies major Tyler States are serving alongside Hagan.

The Office of Ministry and Missions, which oversees spiritual activities across campus, gave gifts to the LifeGroups leadership teams this fall. Directors and coaches received free sweatshirts and hats, and leaders received t-shirts and journals, all featuring a simple vine design.

“Jesus is the Vine we all should be hanging onto,” Hagan explained. “We want our branches to be connected to Him and growing everywhere on campus.”

For more information regarding LifeGroups, visit [southern.edu/belong](https://southern.edu/belong).

- by Victoria Mills, senior mass communications major



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## Student Life:

**First-Generation Student Honored by Professor's Support**

At age 7, Nicole Rodriguez walked across the border into the United States. As the only English-speaking member of her family, she endured many difficulties on her educational path. Translation responsibilities often landed on her, even at parent-teacher conferences.

She went on to graduate from a Christian academy in Georgia, an academic milestone in her family. Now, as a junior liberal arts education major at Southern, she is honored by a donation made in her name to Southern's First-Generation Student Endowed Scholarship.

The donor was Rodriguez's academic adviser, Krystal Bishop, EdD, who teaches in the School of Education and Psychology.

Professor Bishop welcomed Rodriguez when she began studying education at Southern, and, as they grew closer, Rodriguez shared with her new mentor the story of her immigration from Honduras. When Bishop learned she could donate to the new endowment fund in a student's honor, she immediately thought of Rodriguez.

“I know every single day on this campus is a battle for Nicole,” said Bishop. “I contacted her after donating and said, ‘I want you to know that I see you; I respect and admire you. What you're doing is huge.’ By honoring her, I wanted to show her that faculty are here to hold her up with financial, emotional, and academic support.”

Rodriguez is thankful for the encouragement.

“I'm happy there are people here at Southern who are willing to educate themselves about their students, and I think Professor Bishop is especially good at that,” she said. “It's nice to feel heard.”

- by Amanda Blake, junior journalism major







# LAC WEEKEND

This fall, the Latin American Club hosted vespers, two church services at Collegedale Church of Seventh-day Adventists, and its annual night of cultural celebration.





# MUSIC SPOTLIGHT

Southern recently held a community event that, among other things, highlighted students' musical talents, including performances by the Steel Band and I Cantori.

