

BIOLOGY/ALLIED HEALTH DEPARTMENT

Insights From the Professor

“I’m Not Sure I Want to Be a _____”

It happened again last week after class. “Dr. Norskov, do you have time to talk?” Our department’s open-door policy for faculty invites students to stop by and visit. This sophomore stepped into my office and looked sheepishly over his shoulder as he sat in the chair across from my desk. In a hushed voice, he said, “Lately, I’m not so sure I want to be a ____.”

Whether pre-physical therapy, pre-dentistry or pre-whatever, we’re all about assisting students as they achieve their career goals at Southern. We’re not perfect, but we have a fairly good record of “how.” Thirty-six students were accepted to medical school this year, and over half of whom were biology majors.

Most all parents who enroll a student at Southern want their son or daughter to find a great career—maybe even work for the church. But they also want that student to be invested in his or her work. A 2015 Gallup Poll found that an average of 32 percent of U.S. workers are enthusiastic and committed to their job and are engaged in the workplace, but 68 percent are disengaged. They just “show up and kill time, doing the minimum required.”

This statistic is not lost on our biology and allied health students. They are engaged in career conversations in the first-year experience class (Southern Connections). One of our majors just completed a study of 90 pre-medical students

about their calling and burnout. We also include this narrative in our summer pre-med camp for visiting high school students.

Focusing on the “why” is important. Many on campus refer to this as “Finding a Calling.” Calling is defined by most as hearing a summons or call from God, making a difference in other’s lives, and finding purpose and meaning in a career. This is a growing movement in Christian higher education. This year over 250 American parochial colleges are engaged in the purposeful exploration of vocation as students search for their calling. I just returned from the national meeting of NetVUE colleges held in Louisville, Kentucky, last month. Over 600 faculty and staff gathered for this three-day event and learned new ways to help college students find purpose in their careers.

So how do you know what you’re being called to do in life? Your calling is a journey and not just a destination. We all have a calling and career journey. It may change some over time. I discovered during my semester sabbatical (Fall 2017) that reflecting on this journey is both personal and relevant to our biology/allied health students and also to our staff.

In the book *Make Your Job a Calling*, Bryan Dik and Ryan Duffy discuss three ways to find and live your calling.

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**Life
Connections**

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When talking with students and other groups, I write three phrases on the board:

1. Hear the summons or call. God usually uses people and circumstances, not a burning bush as He did with Moses. Elijah calling Elisha is a good example.

2. Make a difference. We talk a lot about service to others at Southern.

Service-learning and community service is built into our curriculum. Dorcas is a well-known Bible example.

3. Find meaning and purpose. To use our God-given strengths and talents makes careers more meaningful, and we find purpose in our calling. David was living the good life using his gifts of music

and even protecting others, though he suffered many trials. “Enjoy life to the full” (John 10:10, WE).

Students want to hear our career journey stories. I turned to the sophomore in my office. “So here’s where to start when thinking about what God is calling you to do....”
By Rick Norskov

Students in Service

Lindsey Nakashima Teaching in Pohnpei, Micronesia

Energetic kids, shared snacks, and a child’s kisses are all ingredients for a happy day. If I were to share a recipe titled “How to have a perfect day while teaching,” it would include a heaping cup of good behavior, a tablespoon of obedience, a sprinkle of good attitudes, and a dash of smiling faces. Some days, I am lucky enough to enjoy all of the above, which, as the title would suggest, results in a perfect day while teaching. As much as I would like everyday to be a perfect day, those days don’t occur as often as I would like.

Curriculum has been taught and lessons have been learned, and if I were to



a dentist, but I was very open-minded about how I was going to reach that goal. The day before my first semester of college, I providentially joined a program called S.A.L.T. (Soul Winning and Leadership Training). I wanted to get my priorities straight even though I thought it would put me behind schedule. However, God blessed. Even though I took that first semester “off,” I was accepted into dental school my junior year. This opened the

doors for me to have a “senior” year as a student missionary and not get behind in school. Many other miracles played into that including taking the DAT early and spontaneously applying to dental school. This journey has helped me realize that God has a special plan and purpose for every person’s life. It may not always be what was expected, but it will be the best. God’s plans for one person may be completely different from another. Life is definitely an exciting adventure when God is in charge.

be one hundred percent real, I would have to admit that I am probably learning more than my students. I may not be acquiring textbook knowledge this year, but the life lessons I am learning are priceless. And while the monetary pay is low, the smiles, hugs, and thank-yous make it all worthwhile. When days are rough, I often question why I am here teaching kids when I am not an education major. However, even when I am tempted to think that deciding to be a student missionary was all an accident, I know that it was very much a part of God’s plan.

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By Lindsey Nakashima submitted to Joyce Azevedo

Looking back, I can see that God guided me through important decisions that did not seem significant at the time. I came to Southern as a clueless freshman, trying to navigate my way through all of the various routes. I knew I wanted to become

Lindsey Nakashima was a biology major from 2015 to 2018. She is now a student missionary teaching in Pohnpei, Micronesia. “Teaching 6th grade makes being a biology major at Southern seem like a vacation,” she says. Lindsey will start in August 2019 at Loma Linda University School of Dentistry.



Alumni Spotlight

Austin Menzmer, Masters in Biology at Andrews University



Austin visited the University of Georgia (UGA) while on a school interview.

First day of fall semester, 2014. College junior Austin Menzmer, walked into the first day of Rick Norskov's Plants in Medicine class, intent on NOT liking it. I mean, I had nothing against plants, but I had just taken Ornithology the previous semester. And what could be better than birds? Well, day by day, professor Norskov patiently and enthusiastically taught me all about plants. That could mean a walk on the Biology Trails, learning how to press leaves, or discovering how the Cherokee used such-n-such a root way back when. I absolutely loved it!

Birds were great, but I had definitely caught my professor's contagious enthusiasm. You can imagine my happiness when I discovered that he was teaching an upper-division botany course the next summer, for an entire week in the gorgeous Great Smoky Mountains National Park. I certainly did not mind getting college credit for hiking around in that scenery, identifying and photographing wildflowers! And this experience planted a seed in my

Austin and his classmates enjoyed professor Rick Norskov's Smoky Mountain Flora course.

mind . . . this sort of thing would be SO FUN to do for a career!

Fast forward to 2017, when I graduated from Southern and moved up to Andrews University in Michigan for my master's degree in biology. I knew that I wanted to focus on field biology but was unsure of which specialty. After discussion with my professors at Andrews, I remembered my love of botany and chose to go in that direction. Unfortunately, the botanist at Andrews had just retired. However, professor Tom Goodwin, who specializes in ground squirrels, kindly agreed to supervise me doing a thesis on the seasonal diet variation of local ground squirrels. I am currently finishing that and plan to graduate in August.

Also, I am very excited that I have been accepted into the Plant Biology PhD program at the University of Georgia this fall! Southern really did a fantastic job of giving me a solid foundation for graduate school. Looking back, I especially appreciate three things about Southern's Biology Department:

- 1) The supportive atmosphere where I was actively encouraged to go after becoming a biology professor. That was a great way to start my two years of teaching Anatomy



Austin prepares to teach Anatomy & Physiology lab at Andrews University.

& Physiology lab at Andrews University, and now I know that I definitely want to go down this career path!

- 2) Having a broad exposure to a variety of biology subspecialties, because if you haven't been introduced, you have no idea what you will absolutely love!
- 3) Last, but not least, undergraduate research. Sure, the project I did may not have been the biggest, but through it I gained valuable experience in research techniques, working professionally with others, and poster creation. Now when I'm conducting independent research for my master's degree, or beyond, not much is new. I've put my feet in the water once before, so to speak, and I'm not feeling inadequate.

So, in conclusion, beware of the classes you take in undergraduate school. They may just end up changing your life's direction!

By Austin Menzmer

Allied Health Graduates 2018-2019



Heidi Beisiegel
Dental Hygiene



Rebecca Chang
Dental Hygiene



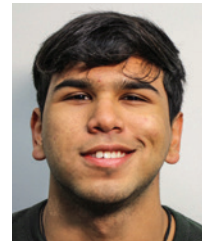
Abigail Corrigan
Speech Lang Pathology



Tawnya Holland
Physical Therapy



Alexa Casandra Jacinto
Speech Lang Pathology



Gabriel Larrazabal
Physical Therapy



Eliza Lee
Nutrition/Dietetics



Sydney Marshall
Dental Hygiene



Elsa Moody
Speech Lang Pathology



Ahilyn Mora
Physical Therapy



Marceline Ndahayo
Physical Therapy



Alexander Nelson
Speech Lang Pathology



Cindy Pereira
Physical Therapy



Kristen Reidway
Speech Lang Pathology



Jill Santos
Dental Hygiene



Allyson Stock
Physical Therapy

Biology Graduates 2018-2019



Pamela Acosta-Torres
BA Biology



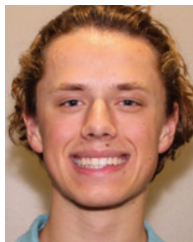
Mobolaji Adeleke
BS Biomedical



Jordan Aguila
BS Biomedical



Ayisha Allen
BS Biomedical



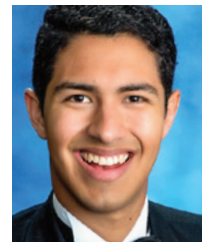
Skyelor Black
BA Biology



Jedel Butoy
BS Biomedical



Katrena Chung
BA Biology



Andrew Cuevas
BS Biomedical



Jade Deschamps
BA Biology



Brandon Dobrowsky
BS Biomedical



Natasha Dolinskiy
BA Biology



Leilani Gammada
BS Biomedical



Eunice Gomez Mora
BA Biology

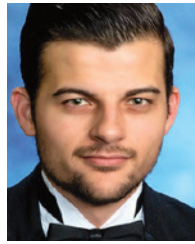


Ashley Gonzalez
BS Biomedical

Biology Graduates 2018-2019 (cont.)



Janelle Gonzalez
BS Biomedical



Kyle Griffith
BS Biomedical



Tyler Hamilton
BS Biomedical



Alexander Harper
BA Biology



Chad Harty
BS Biomedical



Katherine Hesler
BA Biology/Archaeology



Ashley Howard
BS Biomedical



Pablo Huerfano
BS Biomedical



Jonathan Im
BS Biomedical



Jihun Joung
BA Biology



Katelyn Juneau
BS Biomedical



Ariel Lee
BS Biomedical



Haronid Lorenzo
BS Biomedical



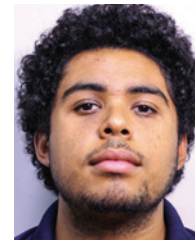
Jennifer Makowski
BS Biomedical



Jacob Martin
BS Biomedical



Jin Moon
BS Biomedical



Gustavo Moretta
BA Biology



Brenden Narita
BS Biomedical



Richard Ong
BA Biology



Derek Onjukka
BS Biomedical



Stephen Otanes
BA Biology



Nicholas Pinero
BA Biology



Marshley Registe
BA Biology



Bianca Retamozo
BA Biology



Alpie Rotinsulu
BS Bioresearch



Jordan Samuel
BS Biomedical



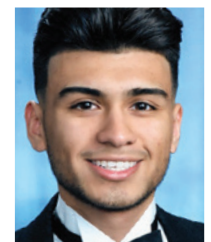
Maria del Mar Sanchez
BA Biology



Luke Scott
BS Bioresearch



Tori Simmons
BS Biomedical



Ronal Sorto
BS Biomedical



Esperanza Suarez
BS Biomedical



Danayi Vila Velazquez
BA Biology



Celine Weber
BA Biology



Jennifer Wheeler
BA Biology/Tchg Certif



Jacob White
BS Biomedical



Sarah Wolfe
BS Biomedical



Department Happenings

The Biology Department has just installed a **large-screen monitor in the second floor entryway** of Hickman Science Center. The information display will feature announcements of interest to our students, short news briefs, details of upcoming events, and results of competitions. When students return for the Fall 2019 semester, we'll share pictures and videos from their summer activities.

For the second year in a row, the department was able to fund professional growth opportunities for select students. This April, Sarah Wolfe and Jennifer Wheeler were able to attend the **National Science Teachers Association** in St. Louis, Missouri. Generous donors placed \$50,000 in an endowment that provides a continuous source of funding for this purpose. This gift enables the department to invest several thousand dollars each school year in the professional growth of our students.

Seven students and one professor attended the **Association of Southeastern Biologists (ASB)** in Memphis, Tennessee, this April. Three students presented orally, and three others presented posters summarizing their research.

We are extremely proud of these students and their research accomplishments. Funds from a \$50,000 science endowment provided this tremendous opportunity for Southern's biology majors to interact with other researchers in their field. Please consider joining those already providing endowments for our students.

Congratulations to McKenzie Martin, who was named a quarry leader at the **Dino Dig** in Wyoming. Every summer during the month of June, Southern students and professors work with their colleagues at Southwestern Adventist University to dig dinosaur bones.

Alumni are a very important part of our campus family! We want to stay connected and keep you informed of recent news. Please take a couple of minutes to **provide your current contact information** using the quick online form at <https://southern.edu/alumni/updates>. If possible, please drop a note about what you are doing to kasnyder@southern.edu. Thank you very much.

By Keith Snyder