Health and Community Service
Exploring Art Therapy for the Homeless
With the fall semester nearly completed, I am excited to send you this update on the College of Behavioral and Social Sciences here at CSU, Chico. As I write this, the college has roughly 3,800 majors conjoined by seven departments, three programs, and one school. Over and above the course work provided for our majors, the college also contributes strongly to the general education of students from across the campus, working to ensure all students graduate prepared to join the work force, pursue their careers and life goals, and contribute in a meaningful way to civic life.

Our college’s mission is “to advance creative and high-quality teaching, learning, and scholarship, deepening our understanding of behavioral, social, cultural, and environmental issues. We establish partnerships with local, regional, and global communities to promote critical thinking, foster leadership, and enhance our engagement as citizens.” We accomplish this mission through learning both in and out of the classroom, basic and applied research, and real-world internships.

I hope you find the contents of this current issue of Vanguard as compelling as I do, telling the personal stories of those engaged in fulfilling our college mission. These pages are rich with illustrations of student and faculty engagement in learning, service, and scholarship. From art therapy with some of our community’s homeless citizens to research in visual anthropology to student-conducted home energy audits, our students and faculty are striving to make a positive impact on society and social policy as well as deepening our understanding of the cultures and environments around the world.

Even in this climate of ever-shrinking resources, I am pleased to report that academic performance, scholarly research, and civic engagement are stronger than ever in the College of Behavioral and Social Sciences. Our success is due in large part to the commitment of our faculty and students to excellence, and in no small way to your commitment to what we do here through your continued interest and support.

Thank you for your part in our success; we look forward to our continued partnership with you in the coming years.

Gayle E. Hutchinson, Dean
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**Anthropology**

The Department of Anthropology now houses the most sophisticated laboratory for anthropological cinema production in the world. Funding from the National Science Foundation has led to the creation of the Advanced Laboratory for Visual Anthropology. This groundbreaking new facility is built around the Red One camera system, similar to cameras currently used in major Hollywood productions. The Advanced Laboratory for Visual Anthropology puts this revolutionary technology in the hands of academic researchers for the first time, improving and expanding their ability to document anthropological research and findings.

The Advanced Laboratory for Visual Anthropology was founded and is directed by Professor Brian Brazeal. The new facility is designed to integrate film production of the highest quality into all of the fields of anthropological research, giving anthropologists the tools they need to communicate the results of their research to the widest possible audience with the greatest degree of scientific rigor.

The resources available at this new facility are already beginning to benefit the research of students and faculty. A research team composed of undergraduate students and led by Magdalena Roberts, completed the production of a film titled *A Man Called Ishi*. This documentary examines the Ishi story, familiar to many Americans, as seen through the eyes of Native Americans in the North State. Other projects in progress include a documentary film on Vietnam veterans, a digital storytelling project with the Native American elders attending the California Indian Conference, a film examining civic engagement by Chico State students, a documentary on sexual violence on college campuses and an international ethnographic documentary film on the emerald trade.

This new laboratory brings unprecedented research and teaching facilities to students and faculty at CSU, Chico, pushing the frontiers of research in visual anthropology and increasing the engagement of anthropologists with the general public.

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**Geography & Planning**

A group of seven undergraduate students from the Department of Geography and Planning won second place at an international competition in the category of Multimedia Mapping at the ESRI User Conference in San Diego in July 2011. ESRI is a global provider of geographic information systems technology that is used in many endeavors, such as the placement of sewage lines in cities, emergency preparedness for disaster response, and analysis of rainforest depletion. The yearly ESRI conference attracts around 15,000 attendees from around the world. The CSU, Chico campus holds a site license for GIS software from ESRI. With the advent of online geospatial technologies like Google Earth and iPhone mapping, this field is still expanding, even in this slow economy, and is one of the fastest-growing job categories identified by the Department of Labor Statistics.

Last spring, members of our Advanced Cartography class, taught by Steve Stewart, combined their mapping skills with the Flash web programming language and created interactive maps for online viewing. Instructional Support Technician Cathie Benjamin organized these maps into a gallery of interactive “mapplets” and presented them at the ESRI conference. These mapplets were displayed during the spring semester at CSU, Chico’s Gateway Science Museum. The mapplets displayed in this interactive map gallery depicted the diffusion of pathogens such as chronic wasting disease in deer and elk, sudden oak death, English sweating sickness, and even included a whimsical graphic on the origin of body odor. Participating students were Curtis Page, David Hugens, Kirstyn Pittman, Matt Galdin, Deborah Dwight, Elisabeth Towers, and Robert Bruno.

The gallery can be viewed [online here](http://example.com/gallery).
A number of recent Social Science MA graduates are also staff members on campus. These employees are putting their education at CSU, Chico to work for the University. They selected research topics related to their work in Student Services for their graduate degree. They found the Social Science MA Program not only gave them a chance to advance their knowledge and careers, but also a chance to contribute valuable input on issues and questions they encounter on the job serving students.

Adelle DeMasi, an admissions evaluator, designed and evaluated an information packet intended for new and prospective students for her master’s project. The packet was a resource for students’ first visit and focused on addressing the needs and expectations of potential and incoming students and their parents. The analysis she undertook for her project illuminated the basic functional considerations each perspective student needs. She learned every student who inquires about or applies to Chico brings with them a different set of academic and life circumstances. Being able to identify and appreciate these differences allows for the best admissions advice applicable to each student’s unique needs.

Kate Buckley is a placement counselor in the CSU, Chico Career Center who assists students in completing their teaching credentials and in securing teaching jobs. She researched differences in self-confidence and success of student teachers who had completed minimal hours of experience working with youth. She compared them to those who had more extensive experience. Her results are useful to curriculum developers of our credential programs as well as to career counselors working with students prior to entry into credential programs.

Dami Hammer is an advisor in the Academic Advising Center. She explored the trend known as “Helicopter Parents,” parents who are highly involved in their children’s lives, even while they are away at college. She compared the attitudes of parents, students, and faculty on issues related to student education and the appropriate level of parental involvement. Her findings suggest ways that parents could be better informed by our university on issues related to their viewpoints during student orientations and help parents adjust to their evolving role.

Connie Huyck, interim director of Student Judicial Affairs, was a Student Affairs Greek adviser during her graduate coursework. She identified a problem in the Campus Women’s Center that she could help solve by developing a Leadership Resource Guide. Because the center’s student leadership changes frequently, the guide provides continuity in leadership training and team building. This guide now helps new leaders each semester get the center up and running with a shorter adjustment period.

The Social Science Program is an interdisciplinary program tailored to fit the needs of behavioral and social science professionals. While it has served the needs of professionals in the community and many from other parts of the state and nation, it is clear that the Social Science MA program makes an impact on the CSU, Chico campus and the lives of campus staff.
Students’ Semester Project Turns into Book

When 16 Chico State students began taking a sociology class in the spring, they never thought their work would become a book, but that’s exactly what happened.

*Whispers Over the Wall* is a compilation of the students’ final essays for The Prison Industrial Complex, a special-topics class taught by Sociology/Multicultural and Gender Studies (MCGS) professor Nandi Crosby. In the book, students discuss what they learned about inmates, the correctional system, and themselves through letters they wrote to inmates throughout the semester, Crosby said.

Publishing the book was “a real esteem booster” for students, said Crosby, who used her publishing company, Soul Journer Press, to publish the book.

The professor talked to her students about turning their works into a book midway through the semester, said grad student Aydin Kennedy, who took the class.

“I think a lot of people thought what I thought, ‘I’m not a writer,’” he said. “But it made the final paper more than just another project,” he said. “I was excited for the opportunity.”

Crosby, who has been writing inmates since she was 19, thought having her students correspond with inmates would help them gain a better understanding of the correctional system and give them a different perspective, she said.

“They realize, ‘Prison isn’t [how the media portrays it],’” she said. “Students became bleeding hearts,” she said.

*Whispers Over the Wall* is available at Lyon Books in Chico and on Amazon.com.

MCGS: A Diverse and “Synergistic” Department

The Multicultural and Gender Studies (MCGS) department is “synergistic.”

That’s how the department’s director, Kurt Nordstrom, describes the MCGS faculty.

“I am so lucky,” he said. “All the faculty are passionate about their areas.”

The MCGS department is made up of 12 core faculty members and seven affiliate faculty members. The faculty come from diverse educational foci, including Chicano studies, English, sociology and political science.

One of the newest faculty additions is President Paul Zingg, who asked to become an affiliate faculty member in the spring, Nordstrom said.

The president’s *Diversity Action Plan* and his desire to make Chico State a Hispanic Service Institution, which would require a 25 percent Hispanic attendance, excite Nordstrom about CSU, Chico’s future, he said.

His goals are to increase his department’s contributions to the University, to support staff, and to continue to learn about diversity himself, he said.

Former MCGS Director Embraces New Role

Tracy Butts, the former director of Multicultural and Gender Studies (MCGS), is excited to see CSU, Chico’s *Diversity Action Plan* develop.

As chief diversity officer, Butts oversees the implementation of the plan, which provides guidelines for institutional awareness, understanding, and action concerning diversity.

Diversity efforts on campus are important, Butts said. “Our students should be able to see some of their lives in what they learn,” she said. “Studies show that students do better if they can relate to what they learn.”

Chico State’s campus still has some work to do, but a lot of diversity efforts are happening on campus, Butts said. “I was in a meeting yesterday, and someone said they felt they saw a change,” she said. “They felt they could see a sense of vitality, and others in the room agreed.”
The benefits and perils of self-knowledge have been debated since antiquity. For example, the theme of knowing and not knowing oneself is central to Sophocles’ tragedy, *Oedipus Rex*. Despite this long interest in self-deception, Professor Michael Ennis, an associate professor in Psychology, proposes that there have been few advances in understanding it scientifically. “A major flaw is that researchers in this area usually rely on self-report questionnaire measures,” he said. “Asking participants to consciously report on processes that are mostly unconscious is, at best, a questionable approach, but one that is still very common.” His research program offers an alternative by using a variety of biological measures. Although it has long been known that biological measures are more resistant to inaccuracies and “faking,” few psychologists are using them. Professor Ennis hopes to change that by training his graduate and undergraduate students to be sophisticated scientists who are equipped to utilize endocrinological and psychophysiological measures.

Professor Ennis’s lab uses facial electromyography (EMG) to measure people’s emotions without having to rely on their self-report. Facial EMG can detect ‘microexpressions’ that occur outside a participant’s awareness. “When we see something we like, we smile just a little bit, and when we see something we don’t like, we frown a little bit. EMG can measure those muscle movements even when they can’t be seen with the naked eye,” Ennis explained. “This method is exciting because it gives us clues about what participants ‘really’ like and dislike, which is not always the same as what they consciously report.”

In addition, Ennis and an undergraduate student named Kaci Smith recently looked at the relationship between young men’s self-deceptive enhancement and salivary testosterone. They found that testosterone was positively correlated with the young men’s “positive illusions” about themselves. This study supports the idea that the capacity for self-deceptive enhancement may have evolutionary value since men who can convince themselves that they have many desirable characteristics may be able to convince romantic partners of their desirability as well. “In other words,” Ennis said, “if I can deceive myself about how great I am, I can deceive you more effectively too. This can help me to gain many romantic partners and then, the ability for self-deceptive enhancement can be passed on to my children.”

Finally, Ennis has recently incorporated measures of skin conductance and heart rate to measure stress responses in his lab. He and his students are looking forward to presenting several posters of their research at the Association for Psychological Science conference in Chicago this May.
Art therapy involves the process of making art to improve and enhance physical, mental, and emotional well-being. Students in Mary Portis’ HCSV 467 Mental Health class explored and practiced the techniques of art therapy with clients seeking a meal, mental health services, vocational services, shelter, clothing, and showers at the Jesus Center, Sabbath House, and the CONNECT program.

For eight weeks, 43 clients painted their inner experiences and shared their thoughts, histories, and dreams with the Mental Health students. The project resulted in over 50 pieces of art—some individually made, some made by a group. While true art therapy is usually conducted by professionally-trained therapists, this experiment revealed the power of art to absorb, transcend, empower, and heal, showing that everyone benefits from a creative outlet.

Art washes from the soul the dust of everyday life.

Pablo Picasso
for the Homeless

The benefits of Art Therapy include:

- Joy
- Improved insight
- Increased awareness of self
- Enhanced awareness of others
- Improved coping with stress
- Working through traumatic experiences
- Improved interpersonal relationships
- Achievement of self-fulfillment
- Lessening of emotional pain
- Solving problems
- Enhanced cognitive processes

The photo gallery can be viewed online here.
EcoNoMic S

International student Lingfei Ni enrolled at Chico State in 2007 and tackled his courses with his usual enthusiasm and curiosity. His original major was communication design, and later he added his second major as instructional design and technology.

However, he became inspired to major in economics while taking Professor Ruben Sargsyan’s introductory macroeconomics class. “I spent a lot of time outside class with Professor Sargsyan. In fact, he gave me over 400 hours of his time and taught me economics the first year after I signed up for his class. I practically lived in the Economics Department for two years. I really love the economics professors. They are my family in America!”

Since declaring his major as economics, Lingfei has been recognized as a top student across campus. Last spring Lingfei received the Undergraduate Award for Research and Creativity, the first year that an economics major received this recognition, for his research on a disequilibrium model of China which he continues to build this year. Lingfei modestly says that “all my professors contributed.” Lingfei also received the General Douglas MacArthur Scholarship, the highest scholarship on campus for an international student. In addition, he received the Gary Francis Economics Award and the John Smale Economics Scholarship for Excellence in Economics for his outstanding work in the discipline.

Lingfei’s academic achievement has led to other opportunities for him on campus. Economics professor Michael Perelman is so impressed with Lingfei’s work that he asked him to teach three of his classes. Lingfei has also given lectures on economics at the Center for Regional and Continuing Education in the last two years. Lingfei works as a tutor for economics students, is a grader for Professor Sargsyan, and serves as a research assistant for Professor Wilking from the Political Science Department. He represents the Economics Department on the BSS Student Ambassador Leadership Program and has even found time to volunteer as a translator for students and teachers at Citrus Elementary School.

According to department chair Frederica Shockley, “The Economics Department is truly fortunate to have a talented, hard-working student like Lingfei. It is great to see him embracing so many opportunities here at Chico State; he is truly taking advantage of the Chico Experience.”
Majors Explore Local History of Social Justice

Chico State has a proud tradition of following the teacher-scholar model. At its heart, the vision for this model is that teaching and scholarship are not separate enterprises, but in fact activities that find teacher and students working together to learn and produce research.

Assistant Professor Michael J. Coyle of the Political Science Department spent the last two semesters leading the students of his “Research Methods” courses in a project that does just that. Using a “Community-Based Action Research” model, Professor Coyle supervised his students’ individual research projects on Chico organizations involved in social justice work. The product is a series of essays that are individual studies of Chico social justice organizations.

Professor Coyle first had the idea for this project when he read about how a community organization, the Chico Peace and Justice Center, was to begin a year of activities celebrating 50 years of peace and justice activism in Chico. “As soon as I heard about their 50th anniversary,” he said, “I instantly thought of what a perfect opportunity it provided for students to do some research in a way that would contribute to and celebrate our community.”

The project links course subject matter, research, and service to the community, creating what can only be described as a win-win situation for everyone: students learn about research methods first hand, complete original research, connect to and serve the community, and publish their work.

“We thought it would be a great book to have available for people moving to the area, wanting to get to know the area better, or perhaps looking for a worthwhile place to volunteer,” Tchudi said.

The organizational histories of 50 Years of Peace Activism: A History of Chico Social Justice Organizations were written by students in the Political Science Department who had Assistant Professor Michael J. Coyle for their “Research Methods” course in the fall 2010 and spring 2011 semesters. Stephen Tchudi, of the Chico Peace and Justice Center, suggested organizations whose story needed to be told, and the students did the rest: visiting organizations, interviewing staff, studying the history. Preliminary versions of the essays are already web-published (www.chico-peace.org), and the book, edited by Professor Coyle and Tchudi, is coming out this winter. Here is a sample of chapters from the book:

- “American Civil Liberties Union, Chico Chapter,” by Chance Hansen
- “Big Brothers Big Sisters of Butte County,” by Lauren Pagan
- “Butte Humane Society,” by Laura Wheat
- “Chapman Food and Fitness,” by Stephanie Leland
- “Chico Green School,” by Laura Muselman
- “Chico Museum,” by Cesar Cuevas
- “Chico Quakers,” by Zachary Fairris
- “Chico Women’s Club,” by David Kelly
- “Jesus Center,” by Brittany Garcia
- “League of Women Voters,” by Dayna Kennedy
- “Legal Services of Northern California,” by Elizabeth Carillo
- “Stonewall Alliance of Chico,” by Michelle Brown
CSU, Chico’s School of Social Work Distributed Learning Program: Accessible Education in North State

The School of Social Work at CSU, Chico is developing a Distributed Learning pathway in their bachelor’s (BASW) and master’s (MSW) degree programs. This program is being developed from a request by and with support from the Northern California Mental Health Directors and California Social Work Education Center (CalSWEC) Child Welfare Training Program to better serve the educational needs of rural Northern California. Three-year BASW and MSW programs will begin Fall 2012 and be offered through blended learning modalities. Students will spend two weekends per semester on the CSU, Chico campus with the remainder of the course content being delivered through online and other multimedia delivery platforms.

Within Northern California, social work graduates continue to be in demand. This shortage is exacerbated in Northern California, where there are higher levels of poverty as well as other social and economic challenges. In 2009, CSU, Chico conducted an assessment of the human services workforce education needs in their twelve-county service area. The results of the assessment demonstrated a large number of individuals residing in geographically-remote and isolated areas who desire to further their education and careers by obtaining a social work degree. It also showed great need from mental health, social service, and tribal directors for degreed staff. The Social Work Distributed Learning program’s intent is to strategically decrease this shortage with professionally-educated social workers experienced in working with the economic, cultural, and social needs of the region. These communities need social work professionals with the knowledge, values, and skills to work in multiple levels of practice.

It is the experience of the county and tribal social service directors that “home grown” staff tend to be more satisfied with their work, in tune with local cultures, and remain in their positions longer than people who are hired from outside the region. This is even more significant in indigenous communities where cultural competence is critical to effective service delivery. The School of Social Work has partnered with the Superior Region Mental Health Services Act Regional Partnership and the California Social Work Education Center to cosponsor these distributed learning programs.

The development of a 100% distributed learning social work program means a shift for our program, students, and faculty. We are currently engaging in training and learning opportunities to offer courses where students are fully engaged and receiving social work education that is equivalent to our traditional onsite programs. CSU, Chico has a long history of providing distance learning to students who are geographically isolated. The School of Social Work is looking forward to continuing CSU, Chico’s successful efforts in making education accessible to all the residents in our region.
Sociology Put Into Practice: A Study of Energy Use

When most people think energy efficiency, they think curly light bulbs. However, technology is only a tool; the first step in reducing energy use is to engage people with knowledge and the desire to make changes in both behavior and technology. Scott McNall, professor in the Department of Sociology, is working with the City of Chico and a student “Green Team” to evaluate energy use in people’s homes and to provide them with information and technology to reduce their energy consumption.

Funded by a grant from Pacific Gas & Electric, this study will:

- Provide homeowners with a prioritized list of actions to take that involve changes in behavior and changes to the building itself; and
- Provide the homeowner with a series of energy consultations and follow-up questions to determine which actions were most effective in changing behavior and making improvements to the building envelope.

The study is focused on determining the most effective ways to provide information that will result in real and lasting change. Based on the answers to these questions, Professor McNall and his students will develop a plan for energy conservation and efficiency that can be scaled and replicated across California.

- What should the content be?
- How often do you interact with homeowners?
- How long do you provide homeowners with information before they are ready to act?
- What are the impediments to action?
- What causes people to act on the information?
- What factors lead to durable changes that do not degrade over time?
Child Development Collaborates with UAE Ministry of Education

Professor Chris Coughlin and Honors student Amanda Pickren, CSU, Chico Child Development Program, in collaboration with Professor Gloysis Mayers, faculty, College of Education at Zayed University United Arab Emirates (UAE), are working with the UAE Ministry of Education to develop a needs assessment that aims to identify the concerns and needs of parents regarding inclusive education. The Ministry of Education’s “School for All” initiative is in the process of developing and providing programs, activities, and resources to major stakeholders to support the implementation of Federal Law 29/2006, which mandates inclusive education in the United Arab Emirates. This project is aimed at supporting this law, recognizing the importance of parental support and involvement in successful inclusive education.

The principles of inclusion focus on opportunities for participation by every child within the regular classroom environment (Frankel, 2004). However, inclusive education for children with special needs is still an evolving issue within the education system of many developing countries. Some parents embrace the inclusive model while others oppose it. Understanding parents’ perceptions is an important step forward as the UAE pursues education reform. Research indicates an increase in the likelihood of successful inclusion when parental concerns are addressed and their participation is encouraged and supported.

This survey, with questions focused on addressing parents’ needs and concerns regarding inclusive education, will be administered in the UAE. The outcome of this survey will help inform and support the UAE Ministry of Education in its development of inclusive educational programs for children starting from Kindergarten through Grade 12.
On October 12, 2011, the College of Behavioral and Social Sciences held its 2nd Annual Scholarship Ceremony to honor our 35 BSS scholarship recipients and the donors that make scholarships and awards possible. A highlight of this event is that scholarship donors and recipients are able to meet personally and share their mutual connection to Chico State.

Collaboration can be just a buzz word on a checklist or it can be a hard-won effort to promote the mutual objectives and missions of campus and wider community organizations choosing to highlight our strengths in this tough economic climate. At the Valene L. Smith Museum this fall semester we have been collaborating with new-found partners in unexpected and delightful ways. These collaborations have provided unique intersections with multiple colleges, leading to powerful experiences for students, faculty, K-12 teachers, alums and the walk-in visitor alike.

The museum kicked off the exhibition season with a new twist to the annual photo show. Partnering with the College of HFA’s North State Symphony, the joint effort’s goal was to generate a youth photography show with children across the North State to increase interest and awareness in the arts for families and young people. Two hundred submissions were received from photographers under the age of 11! This exhibition traveled to Turtle Bay and ended with a youth concert performance of Our Town by Aaron Copland.

Another exciting collaboration was a series of events related to the traditional Mexican holiday Day of the Dead, an oft-misunderstood holiday mistaken for “Mexican Halloween.” This holiday is one of remembrance; families gather to celebrate and remember the lives of their loved ones who have passed away. Together with Oscar Mendoza of Educational Talent Search, a campus program to prepare and motivate first-generation college students for success, Adrienne Scott, museum curator, dreamed up this venture. This Day of the Dead month-long celebration included Charles Carter, director of the Cross-Cultural Leadership Center, and many Hispanic student organizations and multicultural fraternities, including MECHA. This collaborative effort with the on-campus and local Hispanic communities encouraged visibility and understanding about an important facet of Chico’s diverse population.
www.csuchico.edu/bss/news

“Be the change you want to see in the world.”

—Mahatma Gandhi