From the Program Director

Commitment & Personal Accountability

The following quote has often been attributed to Abraham Lincoln: “Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions; and actions which speak louder than the words. It is making the time when there is none; coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism.”

Can you remember an event or a person who personified this quote? Who do you know whose words “speak boldly of their intentions?”

How about you? Is this your typical day-to-day outlook? Do you thrive on challenges and strive to be intentional in your actions? Do you and can you commit to a promise? Does this mean you are immune to fear and self-doubt? No, but you overcome your fear by doing what you fear. You meet and resolve conflicts head-on……..you actually see adversities as “universities” filled with valuable lessons. You allow commitment to create new maps to lead you forward.

Commitment turns a promise into reality......and determined people are committed to the purpose for which they live.

Here are five questions to consider that may help you become a determined and committed person (Steve Brunkhorst, 2004):

1. What dreams and aspirations are you committed to achieving during your lifetime?
2. In which areas of your life are you committed to becoming exceptional?
3. What are the biggest obstacles that are holding you back from what you want?
4. What could you do to turn your obstacles into advantages?
5. What would be the most compelling way to fire up your enthusiasm and determination to achieve your objectives?

Continued on pg. 3

In This Issue...

Defining Commitment (page 2)
Meet Your Instructor (page 2)
Focus Article by Di Baysinger (page 3)
Student Recognition (page 3)
New Student Orientation (page 4)

More inside!
Meet Your Instructor
Maureen Erickson

Hello, my name is Maureen Erickson and I am one of the many instructors you may meet in your educational journey at Rio Salado College. If you have taken a course in the Early Education or Child and Family Studies areas chances are I have been your instructor. I may have even designed the course you are taking!

Learning is my passion, for myself and for others. My longtime friends and family have always said that if you hang out with me long enough you are bound to either complete your education or embark on a new learning adventure. Have you ever observed the natural curiosity of a child with a passionate desire to know “why”? The thirst for knowledge and discovery exists in us all and we feed our inner child every time we learn something new.

I see my job as an instructor as one in which I am the travel guide and coach during your educational adventure. I help you understand course objectives and content, give you directions and helpful hints that will make your trip more enjoyable and successful. I recommend that at every point possible you make meaningful connections to your life so your journey will be more memorable. Making these connections is like creating a mental scrapbook. I am here to celebrate your “aha moments” and to encourage you to stick with it and complete the course through all life’s challenges because in the end, education is always worth the challenges!

My personal journey with education began many years ago. I come from a long lineage of teachers and I spent many of my earliest years in classrooms of one kind or another. I got my BA in Psychology and Education and after a relatively short period of time during which I gave birth to three amazing children and ran a successful family childcare business, I decided to put credentials behind my experiences and got my M.Ed. in Early Childhood Education. I have several teaching certificates and endorsements and am currently the Coordinator for Early Childhood Programs for a school district in west Phoenix.

Defining Commitment

Derek Anthony Redmond (born 3 September 1965, in Bletchley, Buckinghamshire, England) is a retired British athlete. During his career, he held the British record for the 400 meters sprint, and won gold medals in the 4x400 meters relay at the World Championships, European Championships and Commonwealth Games.

However, his career was blighted by a series of injuries, and he is best remembered for his performance at the 1992 Olympic Games in Barcelona where he tore his hamstring in the 400 meters semi-final but fought through the pain and, with assistance from his father, managed to complete a full lap of the track as the crowd gave him a standing ovation.

The incident has become a well-remembered moment in Olympic history, having been the subject of one of the International Olympic Committee’s ‘Celebrate Humanity’ videos and been used in advertisements by Visa as an illustration of the Olympic spirit and featured in Nike’s “Courage” commercials in 2008.

In the YouTube video, you will see Derek go down, but what you will also see is Derek get up and continue on. Derek’s fierce drive and determination are to me, the essence of commitment. My father was a University Women’s Basketball Coach, and my dad raised my sister and I to live by the motto:

“Do not put on the uniform, unless you intend to play.”

During this school year, may I encourage you to commit to putting on the uniform of a student, and to give it all that you can, in the spirit of commitment as did Derek Redmond.

[YouTube video link]

Enjoy the journey and remember, I am just one of the amazing instructors you will meet and we ALL want you to have the best, most memorable experience so you reach the dreams you have for yourself. You can do it!
ASK.... DI....

QUESTIONS FOR THE LIFE COACH, DI BAYSINGER

FOCUS, FOCUS, FOCUS

Another fall session is approaching and it is time to re-evaluate where you are and where you are going. Each session you complete brings you closer to your academic goals. Imagine you already have the resources necessary to realize your dreams. Experience the heartfelt success that awaits you. Imagine you have it all. How do you feel?

Well, you do have it all. The challenge is to unlock the power that we often hold hostage inside ourselves. Once we release our limiting/negative beliefs and step into our empowering/positive beliefs, we move toward what we really want for ourselves. The key is to focus, focus, focus on what we desire instead of what we fear. Focus on the results we want and the pleasure it brings us. Take a moment and use your imagination. As children we used to do that all the time and sometimes as adults we forget to use that part of our brain to imagine ourselves into success.

In the movie, A Field of Dreams, the message was “If you build it, they will come” and they did. Goethe wrote, “the moment one definitely commits oneself then Providence moves too. All sorts of things occur to help. Unforeseen incidents, meetings, and material assistance, which no man could have dreamed would have come his way.”

The power is to remember that what we focus on is what we get. Where does your mind take you? Is it in the direction of your dreams or dismay?

You may wonder, “if it is this simple, then why doesn’t everyone do it?” It is simple and it is not always easy. One challenge is the speed at which our mind flits between thoughts and images. How can we think only positive and deliberate thoughts? In this busy life, how will we monitor our thoughts so as not to attract unwanted experiences that are governed by fear and negative beliefs? The good news is that it’s much easier than we think. We need not monitor every thought, but rather be aware of our feelings.

Feelings are the signals of what’s right and what’s not. Regardless of what we do, how we think or what we say, our feelings alert us to that which we most need to know.

(Continues on page 6)

From the Program Director (continues here)

Jim Selman (2006) believes that commitment is an action......that to commit “brings something into existence that wasn’t there before.” He also believes that the action of committing is always connected to the future – to another action, event or result. I encourage you to spend some time in self-reflection, in discussion with friends and family and to really define for yourself what you are committed to and turn this promise into your reality......and become a determined person who is committed to the purpose for which you live. When commitments are kept, one lives within the realm of personal accountability.

Personal accountability is defined as the ability to take responsibility for one’s own decisions and actions......and it seems to become more and more difficult to find. Personal accountability is the glue that holds commitments together......it serves as an insurance policy on your journey to success. Unaccountable people make excuses, blame others, put things off, act confused and play helpless. If not stopped, it can become a contagious disease, one that can sink a family, a job, and a life.

Failure to honor your commitments to yourself is the biggest mistake you can make; it reflects an absolute disregard for the sanctity of your own goal. Accountability means you are answerable for your actions and inactions. Personal accountability is the countdown clock of your goal. It starts ticking the second you begin and stops when you achieve the goal or quit. Without personal accountability, you can say, “Farewell dream. Adios potential. Toodle-loo success. Hello Mediocrity!” (Blair, 2011)

Student Success Today

STUDENT RECOGNITION AWARD

Each year, adjunct faculty have the opportunity to recognize students, who in their opinion are committed to doing an exceptional job in completing coursework. Students must meet one of six criteria in order to be nominated. Criteria include: outstanding communication skills through submitted assignments, demonstrate applying theory into practice, demonstration of critical thinking skills through course materials and questions asked, demonstration of problem solving skills to address challenges in their environment, expression of interest in becoming involved in the ECE community outside of their program, and student acknowledgement of sharing information obtained in class with colleagues.

For the 2011-2012 school year, the following students were acknowledged by their instructors and received the Student Recognition Award:

Melisa DeSilva
Sharnet Parker
Ernestine Mitchell
Connie Smith

Congratulations and thank you for your commitment towards your Educational Pathway!
New Student Orientation Promotes Student Success

Rio Salado College has a new tool to help students prepare for success in an online learning environment. New Student Orientation NSO101 is a free non-credit course designed with new students in mind. Available in an online format, the course will acquaint students with school policies and familiarize them with RioLearn, the college’s customized online learning management system.

Completing the course is an important step of a 14-step checklist for degree and certificate seekers. The checklist can be found on the new “Start at Rio” website and helps streamline the process for anyone who wants to take the next step in their education.

Monica Martinez, a student in the Teacher in Residence Program at Rio Salado College, said she likes the convenience that the new orientation provides.

“It’s always great to have everything you need in one place.
It makes everything easier and saves you time.”

The checklist walks new students through the process of creating an account, exploring program options, researching funding options and, of course, registration. The new website and new student orientation course is intended to help students feel comfortable with the online learning environment and navigate the new student experience with confidence.

“While students are learning valuable information such as available resources, tips for success, and college policies they will also be learning how to use the same system their classes are in”, said RSC Director of Advisement David Hall. “The website and orientation will provide incoming students with an overview of the steps needed to enroll and be successful in reaching their goal with Rio Salado College.”

With the introduction of the “Start at Rio” website and NSO 101, students no longer have to search through pages and pages of an unfamiliar website or hassle with an in-person orientation. Tailored for non-traditional online students, the course serves the same purpose as in-person orientations offered on more traditional campuses.

Instead of arranging for child care, driving across town, finding parking, wandering around campus for 30 minutes trying to find the auditorium and then sitting through a PowerPoint presentation, everything that’s needed to get started at Rio is in a simple, easy to use checklist.

Here’s what Rio Salado College students can expect to learn about in the two hour course:

- Available resources including career counseling, advisement, tutoring, financial aid and library services.
- College policies, class withdrawal procedures, and financial aid and other important deadlines.
- How to prepare for a successful college experience, be responsible and efficiently manage time.
- How to navigate the RioLearn environment, manage online assignments, and keep track of deadlines.
CONGRATULATIONS!!

The Navigator would like to acknowledge the following students who were recognized at the 2012 Rio Salado College Commencement Ceremony for receiving the following certificates, degrees, and recognitions of academic achievement.

**DEGREES**

**ASSOCIATE IN APPLIED SCIENCE-EARLY CHILDHOOD ADMINISTRATION AND MANAGEMENT**
Connie Smith- *With Distinction Phi Theta Kappa*

**ASSOCIATE IN APPLIED SCIENCE-EARLY CHILDHOOD EDUCATION**
- Mercy Marie Alevizos
- Melissa Anne Allan
- Kathryn Sue Fleming
- Michelle Amy Scavo- *With High Distinction*

**ASSOCIATE IN APPLIED SCIENCE - EARLY LEARNING AND DEVELOPMENT**
- Evelyn McDonald
- Leslie Christeen McFate- *With Highest Distinction*

**ASSOCIATE IN APPLIED SCIENCE - FAMILY LIFE EDUCATION**
- Karrie Lynn Holloway
- Karen E. Buoy- *With Distinction Phi Theta Kappa; Honors Program*

**ACADEMIC CERTIFICATES - Child and Family Professional Development**
- Frances Bitsy Darlene Boyles
- Laura R. Campbell
- Yanira Carlo
- Linda Dee Cunningham
- Lisa Marie DeMato
- Elizabeth Rene Denogean
- Sara Hope Lee
- Sharnet Lori Parker
- Teresa Romo
- Esperanza Contreras Solarez
- Rebecca Jo Springstroh
- Samantha Suell
- Lisa Marie Vorpahl

**CERTIFICATES OF COMPLETION**

**Early Childhood Education**
- Melissa Anne Allan
- Shari Marie Johnson
- Evelyn Y. McDonald
- Leslie Christeen McFate
- Michelle Amy Scavo

**Adolescent Development**
- Karen E. Buoy Jestis- *Phi Theta Kappa; Honors Program*
- Karrie Lynn Holloway

**Adult Development and Aging**
- Karen E. Buoy Jestis- *Phi Theta Kappa; Honors Program*

**Child and Family Organization Management and Administration**
- Annette Elaine Johnson
- Connie Smith- *With Distinction Phi Theta Kappa*
- Stephanie Dedrick Swoboda
- Patricia Ann Woodley

**Parent Education**
- Karen E. Buoy Jestis- *Phi Theta Kappa; Honors Program*
Rio Salado College is here to support your success!

Rio Salado College is here to help you become the success you want to be. Listed below are supports for you:

- Academic Advisement
- Cashier's Office
- Computer Labs
- Counseling Services
- Disability Resources & Services
- Financial Aid
- Helpdesks and Additional Assistance
- Library
- Testing
- Transcript Requests
- Tutoring
- Veteran’s Affairs

Focus, Focus, Focus!
(Continued from page 3)

Feelings serve as the gauge by which we make corrections or adjustments to all other aspects of our thoughts and actions. Whether it manifests in a mind that spins and keeps us up at night to tension headaches, stressed stomachs or an odd sensation in our bodies, we know something is amiss. Focus on our feelings and we’ll have the answers. It takes practice to link thoughts with positive feelings but the practice changes our brain chemistry and attracts greater satisfaction time and time again.

Take a moment and experience this practice. I am confident that when you do this daily practice, you will feel a shift in your quality of life and the results you experience.

Five Minute Assignment: Link your thoughts with positive feelings

1. Sit in a comfortable place where you will not be interrupted.
2. Take 3 slow deep breaths and focus on a memory that is light, happy, easy and where you felt a deep sense of peace, relaxation or joy. Notice how your body feels and breathe in deeply. Imagine this feeling being planted in every cell of your body.
3. Focus on a desire or goal and hold a sense of openness and ease. Breathe in deeply to help maintain the positive feeling associated with your thoughts.
4. Create clear and simple images. Be specific about the desire and goal and imagine yourself as a magnet attracting prosperity, health, comfort and success with your desired results.
5. If your mind strays, recognize the thoughts and gently re-focus on that which you want to attract in your life.
6. Practice daily and notice what happens.

Use this practice daily when you first wake up or when you go to bed. Use it as a mini session at other times when you are standing in line, waiting for an appointment or stoplight. These moments serve as mini-vacations for the mind. The components of your dream already exist. With clear and steady focus, things will begin to fall into place. Think of it as the Law of AttrAction: Focus and heartfelt attention combined with action in order to experience desired results.

If you would like to email your results or questions, please contact me at Diana.baysinger@gmail.com

Di is the founder of Arizona Partners, an international coaching and consulting business. Di has been in business for over 29 years and for the last 11 years has provided Best Year Yet programs and presentations throughout the United States and Europe. She currently serves as their International BYYO Coaching Certification trainer.

We welcome your comments and thoughts about the content of this newsletter.

navigator.ecehd@riosalado.edu