

## 2018-2019 Sabbatical Leave

Last Name	First Name	Sabbatical Leave Request
Galvin	Mary	Full Year (Fall/Spring)
Ribar	John	Fall
Sharlin	Judith	Spring

### Dr. Mary Galvin, Professor II

Palm Beach State's focus on student retention and completion has brought mixed results: a score of 10/10 for Retention, bringing us fully into the Gold level, but a score of only 2.67 out of a possible 10 points for Completion. The data presented by IRE at the February 12, 2016 Town Hall Meeting indicated that 25% of non-completers drop out in good standing, with a GPA of 2.5 or higher. Of the students who were not retained, 24% had a GPA of 3.0 or higher. This means it is not only the students who struggle academically who drop out or fail to complete; they are among our top students. How, then do we keep all our students engaged in their studies, so that they continue with us through completion?

Every student at PBSC takes classes in English: at a minimum, they must take ENC 1101, College Composition 1, and at least one literature course. My proposal will keep these students engaged with campus life so that the college is more than a stop in their "commuter" lives as they juggle the usual obligations such as work and family, which can distract them from their course of study.

Continuing to develop a vibrant, on-campus, literary and creative community is one route to achieve the goal of improved retention of students of all abilities, and is the focus of my sabbatical proposal.

Since 2015, I have been working with Associate Dean Sheila Scott Lubin and Professor Nicholas Larocca to establish the Two Seasons Visiting Writers Series on the Lake Worth campus, and our students and colleagues have benefitted from these visits immensely. This Series brings visiting writers to campus for craft talks and readings open to the campus and wider community, and classroom visits with our students. Faculty have brought classes such as ENC 1101 and ENC 1102, Contemporary Literature, American Literature, and Introduction to Creative Writing to the open events; the talks are interactive, and the intensity of student interest and engagement is palpable in the room. Often attendance at these events is linked to a writing assignment, and the presentation of a publishing, working writer from the "real world" reinforces the lessons covered in the classroom environment

With a sabbatical leave I will formalize a schedule of visits for Fall 2018 through Spring 2020 at least, and raise the profile of this nascent Series by working with campus resources to produce promotional materials and promote ancillary classroom activities to increase the impact of the Series on student attendees, expand our outreach to potential visitors and attendees and create a more regular routine of visits, so that it is truly a "Two Seasons" (Fall and Spring) campus series, with multiple events each term.

Simultaneously, a sabbatical leave would provide the opportunity to update my knowledge of contemporary writers and their works, strengthen and widen connections with currently publishing writers locally, regionally and nationally. I will redesign the courses I currently teach, in composition, creative writing, and literature, to include more contemporary writers in the curriculum and implement current pedagogical strategies geared toward engaging our changing student population, and share these redesigns with my colleagues.

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These activities will contribute toward Palm Beach State College's goal of improved retention and completion rates of both the first-time-in college freshman tracked in the statewide model, as well as our inquisitive and creatively minded students by strengthening their connections with their peers, their classes, and the college itself. To quote President Parker, "We will reach out to these students throughout the year to encourage them to take advantage of academic support resources, to stay engaged in their studies, and to maintain continuous enrollment toward the end goal of completion."

### **John Ribar, Associate Professor**

For my sabbatical, I plan to develop an ongoing and permanent relationship between Palm Beach State College and the School District of Palm Beach County. More specifically, I will implement a system of communication and cooperation among teachers of writing at both the college and within the district. One of the most powerful impediments to Composition completion rates are the vast differences between high school and college writing classes. I plan to create the tools for a smooth and successful transition between high school and college writing for the incoming student. This goal also supports Goal 3: Increase College Readiness and Success of the Florida College Strategic Plan as well as The Chancellor's best practices, especially access.

### **Dr. Judith Sharlin, Professor II**

For my sabbatical, I have been invited to be a Visiting Professor at Harvard University Medical School. I am proposing to develop nutrition-educational handouts in conjunction with the Addiction Recovery Management Services (ARMS) at Massachusetts General Hospital. These handouts will be used by faculty teaching in the classroom and online, as well as the college counseling center and student clubs. The development of these nutrition education handouts would require research and close work with the ARMS program but application would be beneficial to Palm Beach State College because they will be used by faculty teaching in the classroom and online, as well as the college counseling center and student clubs.

Background and evidence-based findings related to my proposal:

Addiction is the nation's top public health problem. More than 20 million people in the US are addicted to drugs or alcohol (1). The Substance Abuse and Mental Health Services Administration (SAMHSA) states that: "substance use constitutes one of the most serious public health issues for young people in the US..."(2). Among the college-aged population, the annual prevalence of using any illicit drug rose from 34% in 2006 to 43% in 2016, the highest it has been for three decades (2). Through its Wellness Initiative, SAMHSA pledges to promote wellness of people with mental health and substance use challenges by motivating individuals, organizations and communities to work toward improved quality of life, cardiovascular health and decreased mortality rates (2). Furthermore, SAMSHA's vision encompasses people with mental health and substance use challenges to pursue optimal "health, happiness and recovery." The most successful treatment for addiction involves a multi-faceted approach including nutrition education.

The relationship between nutrition and the development of chronic diseases is documented throughout the public health scientific literature. Specifically, increased caloric consumption and excessive intakes of sugar, sodium, and fat often lead to chronic diseases such as obesity, diabetes, and hypertension leading to cardiovascular disease. Physiological characteristics of individuals with a history of substance abuse disorder may also contribute to the development of a nutrition-related chronic disease. The 1990

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position paper of the Academy of Nutrition and Dietetics supports the need for nutrition intervention in both the treatment and recovery from addiction (3). Furthermore, nutrition professionals are urged to "take aggressive action" to ensure involvement in treatment and recovery programs. Evidence to date indicates individuals in recovery may benefit from learning new behaviors with respect to food and nutrition (4). Increasing evidence suggests that nutrition interventions in substance abuse treatment lead to improved outcomes. Nutrition education interventions require further investigation in the substance abuse disorder population.

1. <https://www.drugabuse.gov/related-topics/trends-statistics>
2. <https://www.samhsa.gov/data/sites/default/files/NSDUH.../NSDUH-FFR1-2015.pdf>
3. Position of the American Dietetic Association: nutrition intervention in treatment and recovery from chemical dependency. *J Am Diet Assoc.* 1990 Sep;90 (9):1274-7.
4. Grant LP, Haughton B, & Sachan DS. Nutrition Education is positively associated with substance abuse program outcomes. *J Am Diet Assoc* 104 (4), 604-610.