



LAURELS

SPRINGFIELD COLLEGE SUCCESS AND ACHIEVEMENT

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FALL 2025



Melih Elcin



Adam Feit



Erin Futrell



Jasmin Hutchinson

PUBLICATIONS

Opeyemi O. Adeboye, doctoral student in Exercise Physiology, Graduate Class of 2026; **Jeff Gagnon**, MS, assistant professor of Physics; **Elizabeth Mullin**, PhD, associate professor of Exercise Science and Sport Studies and interim assistant vice provost for Faculty Affairs; and **Samuel A.E. Headley**, professor of Exercise Science and program director of Exercise Physiology, co-authored “Investigating the influence of physical activity intensity level on arterial stiffness response in hypertension: A UK biobank participant-based study” in *Next Research* in August 2025.

Maureen Barrett, PT, DPT, assistant professor and associate director of Clinical Education in the Department of Physical Therapy, and **Kimberly Nowakowski**, PT, DPT, professor and director of Clinical Education in the Department of Physical Therapy, co-authored “Developing professionalism in healthcare students: Impact of a health coaching program” in the *Journal of Allied Health* in September 2025. Additional co-authors included Springfield College Emeritus Professors, **Julia Chevan**, PT, DPT, PhD, MPH, and **Kathleen Pappas**, PT, DPT.

Bianca De Lucia, PhD candidate in Sport and Exercise Psychology, Graduate Class of 2026; **Jasmin Hutchinson**, PhD, professor of Exercise Science; and **Anna Bottino**, PhD, assistant professor of Research and Exercise Science, coauthored “Navigating the maze of deception in endurance sports: A systematic review” in *Perceptual and Motor Skills* in June 2025. In the same publication, Hutchinson coauthored “Investigating the effect of motivational music and video and the role of cognitive style on the gait kinematics of elderly individuals” in April 2025.

Melih Elcin, MD, assistant dean of Interprofessional Education, co-authored “Anaesthesiologists’ non-technical skills in Denmark form: Cross-cultural adaptation, reliability and validity of Turkish version in paediatric surgery team” in *BMJ Open Quality* in 2025. Elcin also co-authored “Developing the skills of requesting consultation in the emergency department” in the *Anatolian Journal of Emergency Medicine* in 2025.

Adam Feit, PhD, assistant professor of Exercise Science and program director; **Jasmin Hutchinson**, PhD, professor of Exercise Science; **Elizabeth Mullin**, PhD, associate professor of Exercise Science and Sport Studies and interim assistant vice provost for Faculty Affairs; and **Brian Thompson**, PhD, professor of Exercise Science and director of sports performance, co-authored “The use of psychological skills and strategies in collegiate strength and conditioning” in the *International Journal of Strength and Conditioning* in July 2025.

Erin Futrell, PhD, associate professor of Physical Therapy, co-authored “The effects of intrinsic foot muscle strengthening interventions for adults over age 65: A randomized controlled trial protocol” in *Frontiers in Aging* in October 2025.

Melissa U.D. Goldsmith, PhD, adjunct faculty of Music, authored the book *Listen to Jazz!: Exploring a Musical Genre* in 2025.

Jasmin Hutchinson, PhD, professor of Exercise Science, co-authored “Recommendations for providing feedback and medical reassurance following maximal graded exercise testing in cardiac rehabilitation” in the *Journal of Cardiopulmonary Rehabilitation and Prevention* in 2025.



Emily A. Lyons



Meghan Migeon



Sarah Zehnder



Minseok Cho

Jasmin Hutchinson, PhD, professor of Exercise Science, and **Bianca De Lucia**, PhD candidate in Sport and Exercise Psychology, Graduate Class of 2026, co-authored “Attention allocation during exercise performed at various intensities” in *Sport and Exercise Psychophysiology* in June 2025.

Effrosyni Kokaliari, PhD, professor of Social Work, and **Ann W. Roy**, PhD, Faculty Emeritus in the Department of Social Work, co-authored “The impact of the pandemic on the mental health of social work students at risk for ADHD: Lessons for education” in *Social Work Education* in the summer of 2025.

Yan Luo, PhD in Physical Education from Springfield College, assistant professor at Shanghai Jiao Tong University; **Thaddeus J. France**, EdD, professor of Physical Education; **Michelle E. Moosbrugger**, PhD, professor of Physical Education and chair of the Department of Physical Education and Health Education; and **Elizabeth Mullin**, PhD, associate professor of Exercise Science and Sport Studies and interim assistant vice provost for Faculty Affairs; co-authored “Comparative analysis of cultural values on table tennis: A qualitative study among Chinese and American graduate students” in *Perceptual and Motor Skills* in May 2025.

Emily A. Lyons, PhD, assistant professor of Education, authored “Supporting future teachers to view themselves as agents for change” in *Higher Education Classrooms as Places for Inquiry* in August 2025.

Allison Martel, MLIS, digital technologies librarian, Library Services, authored “Psalm of the chronically ill” in *FLARE Magazine* in August 2025.

Meghan Migeon, DMSc MS, PA-C, professor of Physician Assistant Studies, program director and department chair, co-authored “Mass Casualty Incidents” in *Physician Assistant Clinics* in October 2025.

Susan Milstein, PhD, associate professor of Physical Education and Health Education, co-authored “Choose your own adventure: A tool for fostering discussion in

health education” in the *Journal of Physical Education, Recreation and Dance* in August 2025. Their co-author was **Danielle Pantano '24**, currently a graduate fellow in Athletic Leadership, Class of 2026.

Sarah Zehnder, MFA, associate professor of Dance and director of Dance, authored the essay “HER Body, HER Story” in *Jacob's Pillow Dance Interactive* in October 2025.

CONFERENCES AND PRESENTATIONS

Debra Burnett, PhD, associate professor of Communication Sciences and Disorders and interim dean of the School of Health Sciences, presented “Metacognitive-based reading and learning logs for assigned readings to support undergraduate student learning” at the Council of Academic Programs in Communication Sciences and Disorders Annual Conference in Atlanta, Ga., in April 2025.

Minseok Cho, PhD, assistant professor of Sport Management, co-presented “Why we play: A deep dive into motivation factors behind pickleball participation and well-being” at the European Association for Sport Management Conference in Budapest, Hungary, in September 2025. Cho also presented “Building fan connections and personal brands: An analysis of social media strategies by female professional athletes” at the 2025 World Congress of Sociology of Sport in Seoul, South Korea, in July 2025.

Olya Clark, PhD, assistant professor of Health Promotion, presented “Educational toolkit for substance abuse and addiction prevention” at the American School Health Association Annual Conference in Denver, Colo., in October 2025.

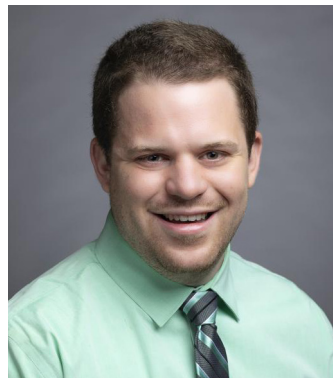
Suman Dangal, a Computer Science and Mathematics student, Class of 2028, presented “Enhancing diabetes classification using ESN and feature engineering” at the Green Cities Conference at Western New England



Mary Kate Feit



Christine Johnston



Matt Mills



Jessica Barrett

University in Springfield, Mass., in June 2025. At the conference, he earned the Best Presentation Award (undergraduate students) and Best Paper Award: Knowledge Management.

Nina Esaki, PhD, associate professor of Social Work, co-presented “Assessing trauma-informed leadership in human service agencies” at the Sanctuary Network Days Conference in Armonk, N.Y., in April 2025.

Adam Feit, PhD, assistant professor of Exercise Science and program director, presented “The psychology of motivation and behavior change within collegiate athletics” at the Collegiate Strength and Conditioning Coaches Association National Conference in Indianapolis, Ind., in May 2025.

Mary Kate Feit, PhD, associate professor of Strength and Conditioning, presented “Designing and delivering engaging and practical strength and conditioning coursework” at the National Strength and Conditioning Association National Conference in Kansas City, Mo., in July 2025. Feit also presented “Growing the field: Maximizing the potential of your interns” at the College Strength and Conditioning Coaches Association National Conference in Indianapolis, Ind., in May 2025.

Megan Frazier, DPT, assistant professor of Physical Therapy, co-presented “Advances in developmental coordination disorder: Screening, diagnosis, evaluation, intervention” at the American Academy for Cerebral Palsy and Developmental Medicine in New Orleans, La., in October 2025.

Sue Guyer, DPE, professor of Athletic Training and dean of the School of Physical Education, Performance, and Sport Leadership, presented “Physiology of common injuries in the aging athlete” and “Prevention and treatment of common injuries in the aging athlete” at the New Hampshire Musculoskeletal Institute 32nd Fall Symposium in Nashua, N.H., in September 2025.

Christine Johnston, MPH, director of Campus Recreation and Health Promotion, co-presented “Developing and presenting effective college health presentations” at the New England College Health

Association/New York State College Health Association Combined Annual Meetings in Vergennes, Vt., in October 2025.

Springfield College faculty and a PhD student in Educational Leadership presented their research at the European Conference on Social Work Education in Salzburg, Austria, in June 2025. **Effrosyni Kokaliari**, PhD, professor of Social Work, presented “Exploring AI tools in social work education and practice” and “Navigating AI in social work education: Perspectives from faculty from the USA and Greece.” **Christine Tronnier**, PhD, associate professor of Social Work, and **Laura Krishnan-Mackie**, MSW, LICSW, a PhD student in Educational Leadership, presented “Connecting through learning and learning through connection: Engaged pedagogy in global social work education.”

Emily A. Lyons, PhD, assistant professor of Education, presented “Early STEM in and out of the classroom: Perspectives from parents and other caregivers” at the Society for Research in Child Development Biannual Meeting in Minneapolis, Minn., in May 2025.

Matt Mills, EdD, assistant professor of Athletic Training, and **Jessica Barrett**, PhD, associate professor of Athletic Training and chair of the department, co-presented “Building a winning culture: Addressing the labor challenges in athletic training” at the National Athletic Trainers' Association Clinical Symposia & AT Expo in Orlando, Fla., in June 2025. At another conference that month, Mills presented “Navigating legal and ethical considerations to guide complex decision making” at the Athletic Trainers of Massachusetts Annual Meeting in Boston, Mass.

Susan Milstein, PhD, associate professor of Physical Education and Health Education, co-presented “In mind & in motion: Personalizing health and PE for every student” for the Collaborative for Educational Services in Norwood, Mass., in October 2025. Their co-presenter was **Danielle Pantano '24**, currently a graduate fellow in Athletic Leadership, Class of 2026. Susan Milstein also presented (virtually) “Engaging men in workplace



Luke Pelton



Elizabeth A. White



Meghan L. Gaul



Debra Burnett

wellness efforts” through the Association of Washington Cities in August 2025.

Fadia Nordtveit, PhD, assistant professor of Communications and Business, presented “Youth power and participatory research” at the Talloires Network of Engaged Universities at Tufts University in October 2025. Nordtveit also presented “Inclusion, belonging, sustainability and innovation—just catchy buzzwords?” at the Center for Innovation at the University of Stavanger, Norway, in August 2025.

Luke Pelton, PhD, assistant professor of Exercise Science and Human Performance Lab coordinator, presented “Movement-based neuromuscular outcomes assessed via electromyography in postmenopausal females: A systematic review” at the 2025 International Union of Physiological Sciences (IUPS) Congress in Frankfurt, Germany, in September 2025. Pelton received a \$1,000 International Travel Award from the American Physiological Society in July 2025, which he used toward travel expenses to attend this conference.

Jordan O. Salzano, Graduate Class of 2026 in the Occupational Therapy program, presented “Embracing change on the autism spectrum” at the ConneXtion Milestones National Autism Conference in Cleveland, Ohio, in June 2025.

Elizabeth A. White, MS, PA-C, assistant professor of Physician Assistant Studies and clinical coordinator; **Meghan Migeon**, DMSc, MS, PA-C, professor of Physician Assistant Studies, program director, and department chair; and **Sara McGowan**, MS, PA-C, assistant professor of Physician Assistant Studies and clinical coordinator, co-presented “Enhancing professionalism in clinical PA education: A workshop approach” at the Physician Assistant Education Association Conference in San Diego, Calif., in October 2025.

Daigo Yazawa, PhD, assistant professor of Sport Management, presented “Exploring the role of sport facilities in sporting events” at the North American Society for Sport Management in San Diego, Calif., in May 2025.

AWARDS

Meghan L. Gaul, MFA, professor of Graphic Design, received two bronze awards from United Designs Alliance for her graphic design work in April 2025. This juried, international design competition was in the area of signs, systems, and letterform marks. Gaul’s award-winning work includes a visual identity for a multipurpose center for youth, art, family services, and parks and recreation, and a visual identity for a \$30 million capital campaign to renovate an elementary school into a community hub.

APPOINTMENTS AND COMMITTEES

Debra Burnett, PhD, associate professor of Communication Sciences and Disorders and interim dean of the School of Health Sciences, was appointed chair of the Academic Affairs Committee for the Council of Academic Programs in Communication Sciences and Disorders in July 2025 for a two-year term. The Academic Affairs Committee monitors trends and addresses issues impacting the academic preparation of speech-language pathologists and audiologists, and makes recommendations to the board.

Adam Feit, PhD, assistant professor of Exercise Science and program director, was appointed to a two-year term as partnership director for the International Universities of Strength and Conditioning from October 2025 to October 2027.

Christine Johnston, MPH, director of Campus Recreation and Health Promotion, was re-elected to a two-year term as a member-at-large for the New England College Health Association Board of Directors (NECHA). Johnston’s role on the board has been focused on membership development for NECHA.

Michelle E. Moosbrugger, PhD, professor of Physical Education and chair of the Department of Physical Education and Health Education, was appointed co-chair of the Motor Behavior Special Interest Group



Charles A. Sullivan



Lisa E. Watson



Anthony C. Hill



Kate Green

(SIG) for the Society of Health and Physical Educators (SHAPE) America for a term from September 2025 to August 2026.

Luke Pelton, PhD, assistant professor of Exercise Science and Human Performance Lab coordinator, was appointed as a member-at-large for the New England chapter of the American College of Sports Medicine (NEACSM) executive committee in October 2025 for a two-year term. He serves as chairperson or co-chairperson of at least one NEACSM committee. He manages the assigned committee and completes its tasks, including providing updates to the committee handbook during his term.

Samantha Scott, PhD, assistant professor of Athletic Training, was appointed to the Board of Certification for Athletic Trainers Practice Analysis Task Force for 2025-26. The BOC PA-9 task force is a committee made up of subject-matter experts responsible for defining the scope of practice for athletic trainers, outlining core competencies, and ensuring that athletic trainers possess the necessary knowledge and skills to practice safely and competently.

Charles A. Sullivan, MS, professor of Physical Education and head men's volleyball coach, just completed a five-year position as head coach of the boys USA U19 National Team (May 2021-August 2025). During that time, Sullivan's teams went undefeated and won gold medals in two regional competitions and finished 15th and 4th in two World Championship competitions. Sullivan is the only Division III coach ever appointed head coach of a USA National Team.

GRANTS AND SPONSORED RESEARCH

Jasmin Hutchinson, PhD, professor of Exercise Science, was a co-author and collaborator on a grant, titled "The Power of Music for Sport & Physical Activity (MPOWER)," which was awarded €450,000 (\$530,000 in U.S. dollars) by the Research Council of Finland in May 2025. The three-year project will investigate how music can be used to promote more physically active

lifestyles, increase participation and sense of community via sports and physical activity, and improve outcomes in competitive and performance sports.

Effrosyni Kokaliari, PhD, professor of Social Work; **Christine Tronnier**, PhD, associate professor of Social Work; **Laura Krishnan-Mackie**, MSW, LICSW, a PhD student in Educational Leadership and assistant professor and Director of Practicum Education at Colby-Sawyer College; and Kleio Koutra, PhD, associate professor at Hellenic Mediterranean University, were awarded a \$10,000 grant from the Council on Social Work Education's Katherine A. Kendall Institute for International Social Work Education in summer 2025. The project is titled "INSPIRE Global: The International Network for Social Work Partnerships and Innovation in Resources & Education" and will run from 2025 to 2028. It is a collaboration between Springfield College, Colby-Sawyer College, and the Hellenic Mediterranean Institute.

In June 2025, the **Department of Social Work** was awarded \$600,000 from the Franciscan Children's Community Health Initiative, as part of the Boston Children's Collaboration for Community Health. The funding (spread over three years) will support the College's THRIVE Scholars Program. THRIVE Scholars are current Master of Social Work students training to work in children's behavioral health care. The THRIVE leadership team includes **Lisa E. Watson**, PhD, associate professor of Social Work and department chair; **Anthony C. Hill**, EdD, associate professor of Social Work; and **Dominique Shabazz**, DSW, assistant professor of Social Work and director of Practicum Education.

Springfield College has been awarded a five-year \$998,890 grant from the U.S. Department of Education's Rehabilitation Services Administration to support the education and professional development of future rehabilitation counselors. The grant will provide funds for graduate students pursuing master's degrees in Rehabilitation Counseling at Springfield College through September 2030. The project, directed by **Kate Green**, PhD, associate professor and program director for the Rehabilitation



Howard Hinds



Effrosyni Kokaliari, center, participating in a podcast in Austria in June 2025



Sherri VandenAkker

Counseling program, will enhance national efforts to address the growing demand for qualified rehabilitation counselors across the United States.

Springfield College has been awarded a \$2 million grant from Corporation for National and Community Service to fund the AmeriCorps program over the course of the next three years. The Springfield College AmeriCorps Program provides opportunities for students to serve as mentors to youth in Springfield and Holyoke public schools. Nationally, Springfield College is one of the 25% of AmeriCorps programs receiving funding this year, and one of three programs that received funding in Massachusetts. This program is managed by **Ana Mojica**, director of AmeriCorps programs, and supported by **Charlene Elvers**, executive director of the Center for Service and Leadership.

ENDEAVORS

Springfield College Head Diving Coach **Pete Avdoulos** and Head Swimming Coach **Howard Hinds** represented Springfield College in Montague, Mass., at the dedication of the Turners Falls High School pool in July 2025. The pool was named after Springfield College alumnus **Wes Snapp '58**, who was a long-time educator and coach. Snapp and his family attended via Zoom from Florida.

Effrosyni Kokaliari, PhD, professor of Social Work, was invited to participate in a podcast in Austria in June 2025 for the European Association on Social Work Education. The topic was "AI and Social Work Pedagogy," which she recorded it with colleagues from New York, Sweden, and England.

Sherri VandenAkker, PhD, professor of Literature, Writing, and Journalism, earned first place in the Photography Division of the 58th Annual Juried Art Show at the Plymouth Center for the Arts in Plymouth, Mass., in September 2025. The show featured approximately 150 local, national, and international artists. VandenAkker also had two works accepted into the center's juried Fine Art of Photography Exhibit in the summer of 2025. In addition, two of her works were accepted into the Summer National Juried Exhibit at the Cape Cod Art Center in Barnstable, Mass. VandenAkker is a juried fine art photographer at the Cape Cod Art Center.



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