

A PUBLICATION
OF THE
AAIDD
STUDENT AND
EARLY CAREER
PROFESSIONAL
SPECIAL
INTEREST
GROUP
(SECP SIG)

AAIDD Student and Early Career Professional Newsletter

VOLUME 5, ISSUE 3

MAY, 2012

Here is the Latest Issue of the AAIDD Student and Early Career Professional Newsletter!

INSIDE THIS ISSUE:

AAIDD 2012 Annual Conference	1
Lessons in Productivity	2
Call for Guides	3
Making the Most of Conferences	5-6
Save the Date: IASSID Conference	5
Ethics in IDD Research Webinar	6
Delegation to Brazil Scholarship Info	7
Sexuality Education Webinar	8
Save the Date: Economic Webinar	9
Publication Information	10
Join AAIDD	10

This newsletter focuses on connecting and sharing information with students, young professionals, and their mentors in the field of Intellectual and Developmental Disabilities (IDD). We hope you find this newsletter to be a useful resource. We invite you to get involved in the many ongoing activities of the SECP

SIG.

If you are interested in joining our SIG on Students and Early Career Professionals, you may sign up online when you join or renew your membership in AAIDD, or you may contact Jason Epstein jepstein@aaidd.org for more information. We look forward to hearing from you!



AAIDD 2012 Annual Conference

The 136th annual meeting of AAIDD will be held in Charlotte, North Carolina at the Westin Charlotte from June 17-21. While there are many ways for students and early career professionals to be involved during the AAIDD Annual Conference, we would like to share with you some specific events to which we encourage your attendance. Go to the AAIDD website for more information on this year's conference.

Hope to see you there!

Sunday, June 17:

8-9 PM - President's Reception

Monday, June 18:

9-10 AM - Open Membership meeting
1-4 PM - Preconference sessions
5:30-7 PM - Cuba delegate presentation
7-8:30 PM - Fellows reception

Tuesday, June 19:

5-7 PM - Poster session and reception
8:30-9:30 PM (and longer!) - Paul H. Brookes Student and Early Career Professionals (SECP) happy hour (location TBA)

Wednesday, June 20:

12:15-1:45 PM - SECP SIG Luncheon
3:30-4:30 PM - Screening of the winner of the 2012 media award

Thursday, June 21:

Post-conference sessions with a variety of half and full day specialty sessions



Lessons in Productivity: An Interview with Robert L. Schalock by Patricia Navas

Robert L. Schalock is currently Professor Emeritus from Hastings College (Nebraska, USA), after being Professor and Chair of the Department of Psychology at this institution. His prolific career has led him to teach at other universities through USA and other countries such as Spain (University of Salamanca), Belgium (University of Gent) or China (Chongqing Normal University, Mainland).

Dr. Schalock is a former President of the American Association on Intellectual and Developmental Disabilities (AAIDD) and he has been Member and Chair of the Board of numerous associations. Dr. Schalock participates in the Editorial Boards of more than 10 journals and his job and dedication to the field of Intellectual and Developmental disabilities has been recognized by more than 15 institutions.

Although most of his recent work is focused on Quality of Life of people with IDD, he is a current member of different Committees of the American Association on Intellectual and Developmental Disabilities (i.e, adaptive behavior, supports, terminology and classification).



Patricia Navas: Dr. Schalock, you have written more than 40 book chapters and more than 100 articles. I am sure that many of the students who will read this interview will be very impressive with these numbers. *Do you have any advice for students and early career professionals when it comes to writing for publications?*

Bob Schalock: *Write something daily...it need not be all that great, but writing is like any other habit—the more you ‘exercise it’ the better you will become at it. In addition, start with an outline to direct your writing. That framework will allow you to be much more effective (in terms of clear communication) and efficient (in terms of time utilization). Once you have a good draft, THEN REDUCE IT BY 50%...AND THEN BY AN ADDITIONAL 24%. At that point, you will have a pretty good article!*

Patricia Navas: As you well know, the field of research requires a great deal, because it involves various tasks, among which many of us are particularly concerned about publishing papers in journals of high scientific impact. *What lessons regarding productivity have you learned during your career?*

Bob Schalock: *Focus on quality and not quantity. Stay as much as possible in one area so you can develop a good data base and are comfortable in writing regarding the area. Stay away from areas that you are not familiar with. One does not want to appear ignorant or uninformed.*

Never pass up an opportunity to contribute to a book, presentation, or article. Work with colleagues to increase synergy. Use the editor’s and reviewers’ comments to learn and improve your product. Take every advantage to resubmit. When you do resubmit an article, be VERY SPECIFIC about how you have addressed the reviewers’ concerns/comments.

Patricia Navas: *What are mistakes that you see students and early career professionals making that harm their productivity?*

(Continued on page 3)

Lessons in Productivity, cont'd

Bob Schalock: *Not following the above advice.*

Patricia Navas: Many young researchers struggle to remain productive during relatively unstructured summers or spring breaks. Most of us could probably benefit from some strategies to make our time during these periods more effective. *Are there any specific strategies that you use to stay productive during relatively unstructured periods?*

Bob Schalock: *Treat available time as a gift....there is far too little of it. Play hard, but work equally hard. Set writing goals for each day. Use the early morning while lying in bed to generate ideas and follow through with writing about them EACH day. Read widely, so you can benefit from the wisdom, creativity, and productivity of others. Don't wait for the GREAT AND UNIQUE IDEA OR AREA TO PURSUE. Look to*

the field and see where the needs are, and where you can make 'your niche' Follow that dream and the niche will become yours.

Patricia Navas: Perhaps we are too worried about publishing and we're not realizing that what really matters is our ability to organize our time so that we will be more efficient. *If you could start your career again knowing what you know now, would you structure your time differently?*

Bob Schalock: *Not at all. I've tried so summarize my approach to time management that readers may find useful. The title of the book, which is published with my colleague and wonderful friend Miguel Verdugo, is: "The Time Crunchers Guide to Time Management....It's a Matter of Priorities and Strategies." It is available on the INICO web-site.*

Calling all AAIDD Fellows, seasoned professionals, and those seeking to mentor students and early career professionals!

The Guide Program is a mentoring program that is a part of the Student and Early Career Professionals (SECP) Special Interest Group. Currently, we are seeking Guides who are willing to mentor students and early career professionals in the areas of Education, Health, Inclusion, Mental Health, Policy, Psychology, Religion, and Transition. Becoming a Guide is simple. It's as easy as (1) Contact Emily Wallace (wallacee@wusm.wustl.edu) or Sarah Hall (sahall@ashland.edu); (2) Express your area of interest; and (3) Communicate with the student or early career professional with whom you are matched two or three times per year (You can even meet at the AAIDD Annual Meetings!). See, it's that simple.

Still not convinced!?! Here is my story. While a graduate student at the University of Kansas in the area of family and policy studies, I had the pleasure of being matched with Rev. Bill Gaventa. Because of my additional interest in religion and spirituality, I was able to not only connect with a leader in our field, but I was also able to connect with the Religion and Spirituality SIG. Because of Bill's mentorship, I have connected with AAIDD as a national organization and with other professionals with similar interest at level in which I am not sure I would have without him being my Guide. Even though Bill and I only connected with one another once or twice a year via email, I always looked forward to the Annual Meeting. Not only did we connect during the Religion and Spirituality SIG events, but he also supported me by attending my presentations. I know that may seem like a small thing, but it was a huge thing for me. As a result, I am still an active and involved member of AAIDD and attendee at our Annual Meetings.

Consider being a Guide. You never know the impact you might have on the career of a student or early career professional!

Making the Most of Your Conference Experience

By Margaret Mehling

Attending a conference or convention is an excellent opportunity to network with colleagues and potential collaborators, learn about the most recent advances in clinical practice and scientific psychology, and explore future employment opportunities. Many students attending their first conference feel anxious and overwhelmed but with these tips and some advanced planning you will be able to make the most out of this invaluable career development event.

Plan Ahead: Pre-registering for the conference is a good idea as this typically means that conference materials will be mailed to you in advance and may afford you discounted rates. Perusing the conference program in advance will give you an opportunity to familiarize yourself with the various options for different sessions. It is a good idea to map out your schedule in advance allowing yourself plenty of down-time and flexibility; this way you will be sure not to miss the sessions you find most interesting. If you are attending with a colleague, schedule different

sessions and report back to each other; this assures the best possible coverage of the conference content. It is also a good idea to familiarize yourself with the convention center and city maps usually included in the program.

When You First Arrive: Check out any available orientations and stop by the conference information booth or registration table. The information booth/registration table will likely have up-to-date information on social hours, and schedule changes and will be staffed with individuals who can answer any questions you might have.

During the Sessions: Arrive at popular sessions early, such as keynote talks, as they tend to fill up fast. If you need to leave a session early try to sit in the back and leave between, not during speakers. Try not to schedule yourself back to back sessions that are far apart, and allow yourself enough flexibility and free time as to not overwhelm yourself. Attend the key sessions in your area of focus but don't be afraid to attend talks in an-



Making the Most of Conferences, cont'd

(Continued from page 4)

other area that pique your interest.

Build your Network: There are countless opportunities at conferences to build your professional network by meeting colleagues, future collaborators, and potential employers including informal chats after a session or during scheduled social hours. When networking remember the following tips:

- Bring business cards to distribute with your contact information.
- Collect business cards from interesting attendees and write on the back immediately to remind you later why they were important.
- Don't be afraid to approach a presenter after their talk but also do not monopolize their time, rather establish contact, express your interest in their work, request a call or email later and then move.

- Take advantage of social hours and do not be afraid to pose questions or initiate conversations with other researchers but do not take offense if they appear busy and move on quickly.

Enjoy your free time: Make sure you allow enough time in your schedule to meet new contacts for a lunch or coffee and allow yourself time to take in the sights of the city in which the convention is being held.

Cutting Costs: To save money, it is extremely important to plan your travels in advance to get the best hotel and airfare rates. One of the best strategies to save money at conferences is to travel with friends and share hotel rooms. Advanced planning will also allow you the opportunity to take advantage of conference awards and volunteer opportunities that enable students to attend conferences for less.



Save the date!

The International Association for the Scientific Study of Intellectual Disabilities (IASSID) 2012 World Congress will be held from July 9th-14th in Halifax, Nova Scotia.

We hope to see you there.

Ethical Issues in Developmental Disability Research: A Webinar Summary

By Haleigh Scott

As a researcher, it is easy to get caught up in the numbers, endless analyses, countless IRB revisions, and the hope to see a p-value less than .05. As important as research is, it is equally important to remember the true purpose behind the countless hours spent staring at a computer screen. Most of us entered into this field for a reason and the webinar, Ethical Issues in Developmental Disabilities Research with speakers Katherine McDonald, PhD and Dora Raymaker, MS, is a reminder of that fact. For example, our dealings with the IRB are numerous, but how often do we take a minute to consider the true reason that IRB's exist? This webinar began with a short tour of research's history that showcased just a few horrific "experiments" performed in the name of scientific progress. Considering the abuses that marginalized populations have suffered throughout history sheds a new light on the mountain of paperwork the IRB requires for each study.

The remainder of the webinar focused in on how to make research applicable, truly helpful, and how to include people with DD into the structure of research. One suggestion was to use the IRB as a floor instead of a ceiling and to strive for higher ethical standards than mandated. Striving for a higher standard could include communicating with people who have DD to hear their concerns and ask what directions they would like to see research take. This is a concept that researchers often lose sight of. Though we all entered the field of DD research because we desire to make a difference in people's lives, we often forget that the most important opinion of our work does not come from an

editor or peer, it comes from the people whose lives we strive to improve. As the webinar pointed out, less than 1% of research focuses on what the future can hold for an adult with DD though this is certainly one of the greatest concerns for people with DD themselves!

The authors recommended that researchers make a concentrated effort to pursue worthwhile research that meets the needs of people with DD. Additionally, people with DD should be included in research pursuits. Inclusion can occur at every stage of the research process, from individuals holding positions on grant review boards, to people with DD conducting research. Including people with DD in the research process is mutually beneficial. People with DD can help link researchers to a community, ensure that the research is relevant to the community, aid in instrument development, and help publicize findings in a way that reaches target audiences. Cooperative practices in DD research naturally lead to a higher ethical standard and quality of research practice, a goal which every researcher should strive to achieve. The authors deserve praise for their noteworthy webinar, as it provided not only a call to action towards higher standards in research, but also provided thoughtful and applicable suggestions on how to succeed in this pursuit.

If you missed this informative webinar, you can find it at: http://aaidd.org/content_8657.cfm.





Are you ready to change your world forever?

Consider a once-in-a-lifetime experience: a custom-designed intellectual and developmental disabilities delegation to Brazil in October 2012. People to People Citizen Ambassador Delegations are unique. For nearly 50 years, we have specialized in providing what no other professional opportunity can—by taking your career out of the office and into the world. You can experience Brazil firsthand with your professional peers from Brazil and around the world through **vibrant professional exchanges, valuable networking, and meaningful discussions tailored to your focus and interests**. On a People to People delegation, you can: Interact with **recognized experts in your field**—including your delegation leader, Margaret A. Nygren, Ed.D.

Eligibility

Only individuals who are at the time of application and fully anticipate that they will continue to be full-time graduate students in October 2012 are eligible for this scholarship.

Scholarship Competition

AAIDD is managing a graduate student scholarship competition on behalf of People to People Citizen Ambassador Programs. One scholarship will be awarded that will cover the delegate program costs (the \$6,999 fee that would otherwise be paid to participate). The scholarship recipient will be responsible for the program exclusions outlined below.

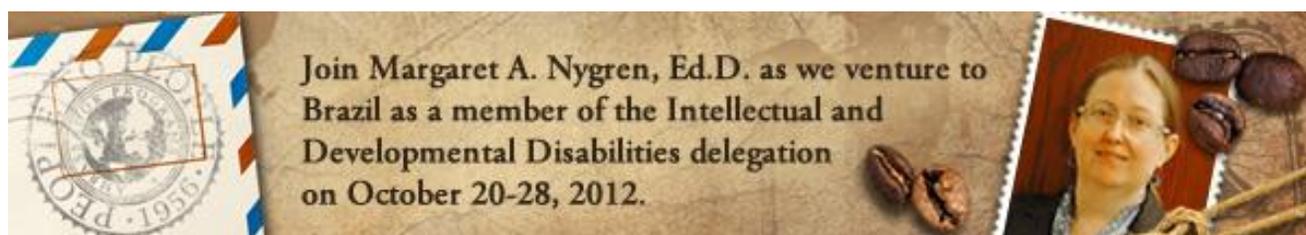
Program includes: double occupancy lodging, airfare between US convening city and Brazil; program content, meals, transportation, and accommodations as outlined in the final schedule of activities; and international airfare.

Program costs do not include: passport fees, visa fees, optional travel insurance, single room (available at an additional cost), meals and gratuities not included in program schedule, and the optional post-program cultural extension.

Scholarship applicants must:

1. Craft a cover letter affirming that he or she (a) meet the eligibility criteria outlined above and (b) are enrolled in a graduate program at the time of the application and expect to continue to be enrolled at the time of the October delegation.
2. Prepare a 250 word (1 page double spaced, 12 point font with 1 inch margins) essay describing their research interests in Brazil and plans for disseminating knowledge gained on the delegation.

Submit application materials (cover letter and essay) by 11:59 pm eastern on June 30, 2012 to mnygren@aaidd.org



Responsible Sexuality Education: Webinar Summary By Kim Wolowiec-Fisher

Isn't sexuality education really just about sex? Well, no, contends Ms. Leslie Walker-Hirsch, IMEd., FAAIDD, an expert in sexuality education for individuals with intellectual and developmental disabilities (IDD). According to Ms. Walker-Hirsch, sex is only a small part of sexuality education.



Some families and agencies can find sexuality education difficult to teach. However, having the knowledge to make and sustain healthy relationships, a key component to sexuality education, is a basic human right. Sexuality education can address this by teaching adult self-care, anatomy/physiology, self-awareness/self-esteem, relationships, community independence, personal safety, and social inclusion. With information from sexuality education, individuals with IDD are more able to form healthy, safe, and responsible relationships.

In January, the Student and Early Career Professionals SIG, along with ANCOR, hosted a webinar that discussed the importance of developing policies, procedures, and supports for sexuality education for individuals with IDD. Ms. Walker-Hirsch presented her work on sexuality education to an audience of educators, state and federal workers, legal advocates, hospital workers, clinicians, and direct service providers. Also included in the presentation was a "five-minute" introduction to CIRCLES, the widely acclaimed systematic sexuality education program she co-authored with Marklyn P. Champagne.

Whether your goal is to teach individuals to recognize and report sexual abuse, to understand healthy sexual behavior, to understand social boundaries, to understand the different relationships in one's life and the social behaviors associated with those relationships, or more, this webinar is for you. Catch this insightful webinar at http://aaid.org/content_373.cfm?navID=128.



ANCOR

American Network of Community Options and Resources

Providers Offering Quality Supports to People with Disabilities

Quality Practices in Difficult Economic Times

AAIDD/ANCOR Joint Webinar

June 11, 2012 1:00pm – 2:30pm EST

With the recent economic decline, provider agencies in the field of developmental disabilities have encountered challenges to providing quality support. Many agencies, regardless of these barriers, have been able to maintain and enhance the supports provided despite declines in funding. This webinar will present lessons from two of these successful provider organizations, The Adirondack Arc and Bethesda Lutheran Communities. Some of the focus topics will include: collaboration, staffing, use of technology, impact on costs, and others.

To register go to: <https://www2.gotomeeting.com/register/421067402>



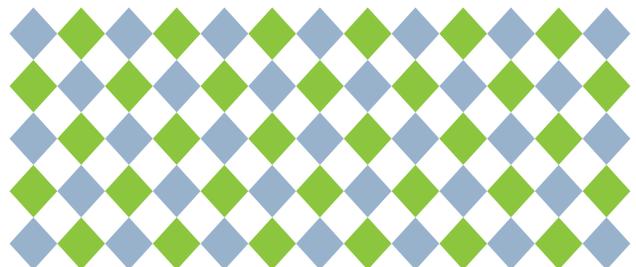
Jennifer Becher currently serves as corporate director of quality and performance enhancement for Bethesda Lutheran Communities. In this role, she is responsible for leading and the company's quality and performance enhancement initiatives, including obtaining or maintaining accreditation and/or certification from the Council on Quality and Leadership (CQL), and directing any necessary survey and regulatory compliance actions. Becher also oversees and analyzes the collection of key performance data which assists the organization in making data driven, outcome based decisions.

Ms. Becher has been employed at Bethesda since 1996 and has served in a variety of leadership roles including corporate director of management development and employee relations; community services administrator, program director for community services, assistant director of residential services (ICF/MR) and residential services coordinator.

She received her bachelor of arts degree in Social Welfare from the University of Wisconsin-Madison, and holds a masters of arts in Public Service, specializing in health care administration from Marquette University.



Lester Parker, M.B.A., has worked in the field of developmental disabilities since 1974 and was the Executive Director of The Adirondack Arc from 1987 until 2011. He is currently working as a consultant to them and other Chapters of The Arc on person-centered quality measurement and staff skill development issues. The Adirondack Arc, which is a multiple award winning chapter of NYSACRA, supports people with disabilities and their families in the rural and wilderness areas of New York's Adirondack Park in Franklin and Hamilton Counties. Mr. Parker also serves as president of the New York State Chapter of the American Association for Intellectual and Developmental Disabilities (AAIDD).





Knowledge | Support | Empowerment

A Publication of the AAIDD Student and Early Career Professional SIG

Newsletter Editors

Britt Butler, Butler.591@osu.edu

Carol Britton Laws

Aesha John

Anke Groß-Kunkel

May Newsletter Contributors

Judith Gross, *AAIDD 2012 Annual Conference*

Patricia Navas, *Lessons in Productivity*

Luchara Wallace, *Calling all potential Guides*

Maragaret Mehling, *Making the Most of Conferences*

Haleigh Scott, *Ethical Issues Webinar Summary*

Kim Wolowiec-Fisher, *Sexuality Webinar Summary*

Archived issues of SECP Newsletter available at :
http://www.aaid.org/content_366.cfm?navID=115

About SECP SIG

The goal of the AAIDD Student and Early Career Professionals Special Interest Group (SECP SIG) is to develop and implement strategies that foster the involvement and representation of students, recent graduates, and professionals in the early stages of their careers within AAIDD. The SIG is working on a number of initiatives and meets via teleconference once per month to provide one another with updates on committee initiatives and to share ideas. We are always interested in including more students and new members in our activities. Please contact Melissa DiSipio at MDiSipio@pmhcc.org or Judith Gross at jgross@ku.edu if you would like to learn more about becoming involved in this active SIG.

Please visit our website at:

http://www.aaid.org/content_297.cfm?navID=86

Not yet an AAIDD member.... Join Today!

AAIDD offers a number of membership options with a variety of benefits depending on the level you choose. Below we will highlight three types of membership that may be affordable for students and early career professionals

AAIDD offers an **International Electronic membership** for members residing outside of the U.S. or Canada for \$50, which offers electronic access to both **AJIDD and IDD** journals. Members at this level cannot hold office or vote in AAIDD

elections.

AAIDD offers a **Basic** membership for \$75, which offers electronic access to **AJIDD or IDD** journals. Basic members are eligible to hold office and vote in AAIDD elections.

AAIDD also offers a **Classic** membership for \$125, which offers electronic access to both **AJIDD and IDD** journals. Classic members are eligible to hold office and vote in AAIDD elections.

In addition to the aforementioned benefits, members at all three levels have access to members-only web forums, delivery of electronic newsletters, and are entitled to member discounts for meeting registration, book store purchases, and job postings.

For more information on the various membership categories and to join AAIDD visit :
http://www.aaid.org/content_120.cfm

