



SPECIAL
POINTS OF
INTEREST:

- History with Dr. Timothy Westcott
- Nonprofit Connect: Non-Profit Shadow Day
- Student Stressor: Effects of pulling an All Nighter

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Scott Gaitley

By: Tiffany Benson



History is one of the most important aspects of all cultures. Scott Gaitley happens to find a particular passion in the development and preservation of America's military history. Though he had family and military obligations that delayed his pursuit, Scott stopped at

nothing to obtain a degree in the field he loved. Scott is diligent about maintaining his GPA and desires to be successful at whatever he puts his mind to.

Scott had a memorable opportunity to intern for the World War I Museum and get a firsthand look at the preserved pieces of our history. Working with the historical artifacts as well as the tours with military leaders and dignitaries were a few of Scott's highlights during his time at the museum. Operations, archives, and preservation of military history were all a part of the

plan for success implemented by Scott's academic advisor. Dr. Tim Westcott served as Scott's advisor throughout his academic career at Park University. Scott expressed his appreciation for the time, dedication, support, and networking that Dr. Westcott provided. Although it took him more time than expected, Scott has hopes of continuing his pursuit in the field of history and eventually acquiring a position within the United States government. He believes it is important to have a plan of action, know the direction you are seeking, and find the correct avenues to achieve your goals.



National World War I Museum

The National World War I Museum at Liberty Memorial inspires thought, dialogue, and learning to make the experiences of the World War I era meaningful and relevant for present and future generations. The Museum fulfills its mission by maintaining the Liberty Memorial as a beacon of freedom and a symbol of the courage, patriotism, sacrifice, and honor of all who served

in World War I. The museum uses the history of World War I to encourage public involvement and informed decision-making. Providing exhibitions and educational programs that engage diverse audiences along with collecting and preserving historical materials with the highest professional standards are just some of the characteristics of the National World War I Museum.

For more information and visiting opportunities, visit the museum online at: www.theworldwar.org.



DECEMBER GRADUATES: Be sure to check out the resources for career planning at: www.park.edu/career. If you need further assistance with the job search please contact **Layne Prenger, Director of Career Development** at PHONE: 816-584-6350 or EMAIL: layne.prenger@park.edu

Dr. Timothy C. Westcott

By: Saroj Lamichhane



Dr. Timothy Charles Westcott is one of the Doctorate faculty of History at Park University. He finished his B.A. in History from Avila University in 1988. After that he went to UMKC and finished his M.A in History. His sheer passion for history was always evident. This passion was inspired by an outstanding high school teacher who brought the subject to life. In 2002 he earned his Ph.D. from The Union Institute and University.

Dr. Westcott found teaching high school students rewarding which subsequently led him to teach History at the university level. As an Associate Professor, he is very involved and strives to make history education an excellent experience for students. He holds the position of Chair of The Department of Social Sciences and is a faculty advisor for Zeta Omicron (Phi Alpha Theta Chapter). Additionally, being the Army ROTC Coordinator and Program Coordinator for History, Military Science, and Social Sciences he is putting all of his efforts into making Park's education an outstanding experience for his students.

In his own words "I incorporate career development from day one. In particular, HIS 103: Introduction to the Ethics of the Historical Profession has an overall component focused on preparing majors for graduate school or the historical profession. History majors present at national, regional and local conferences, complete a 135-clock hour internship, and host numerous community events that furnish a professional foundation." He advises all of his students to remain focused on the greater goal of mentoring current peers, who are also our future historians.

Nonprofit Connect - Nonprofit Shadow Day

February 5, 2010

8:00 am-4:00 pm

Kauffman Foundation

4801 Rockhill Road

Kansas City, MO 64110

Shadow Day is a two-part day that helps college students gain exposure to the nonprofit sector and make contacts with nonprofit professionals. **There is no fee to participate.** For more information go to: <http://www.npconnect.org/>.

The Effects of Pulling an All-Nighter

By: Marissa Garcia



You have 15 pages to write for the final paper of your English class at 8 a.m. It typically wouldn't be a problem, except it's 8 p.m. the night before it's due. If this scene sounds familiar as the semester comes to its final stretch, you are not alone. When the time of finals rolls around, it is inevitable that students will experience a lot of stress and pressure to get things done, and as a result, many of them pull all-nighters. How does that affect their grades? According to Pamela Thacher, Associate Professor of psychology at St. Lawrence University (Canton, N.Y.), students may want to think twice before pulling an all-nighter or allowing themselves to get in a situation where they must stay up all night.

Thacher studied the sleeping patterns and transcripts of 111 students to see the correlation between sleep and their grade-point averages. Her findings showed that students who reported having all-nighters during a semester had lower GPAs than students who did not. Thacher explains that "Pulling all-nighters compromises your sleep overall, and you can't do your best work when you're sleep-deprived." The short-term side effects of sleep deprivation consist of delayed reactions and the tendency to make mistakes. (<http://www.sciencedaily.com/releases/2007/11/071130162518.htm>)

Even though pulling an all-nighter is not recommended, if you absolutely must do it, there are some tips to help you make it through the night. First, you should gather all your materials in one place so that you do not have to search for something in the middle of the night. Also, you should know your goals and break down your assignment and/or objectives into manageable blocks of time with small, frequent breaks built in. Finally, try studying in a well lit room with a cool temperature, avoid caffeine as long as possible, and try to eat a light meal. For more tips, visit <http://www.elearners.com/projectworkingmom/bos-tips-on-pulling-an-all-nighter.asp>.