Department of Graduate Psychology

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Faculty Spotlight

Dr. Michele Kielty is a faculty member of the Counseling Programs and Program Coordinator for the School Counseling Program. She received her BA at James Madison University, her M. Ed at Wake Forest University, and her Ph. D at the University of North Carolina at Greensboro. She chose to pursue school counseling because she wanted to improve the quality of life for people in the community, enjoys working with children, and strives to help children in need of counseling and support. Dr. Kielty returned to JMU in 2001 because of the Harrisonburg community, awesome students and faculty, and the balance that Harrisonburg offers. When she’s not enjoying the mountains, Dr. Kielty coordinates the School Counseling Program, teaches a variety of classes on school counseling, and works with schools in the surrounding area. Lately, her work has focused on mindfulness teachings in schools. Mindfulness practices have numerous mental and physical health benefits, can reduce stress, anxiety, and depression, and work to center and calm a person, which is why Dr. Kielty strives to

Important Dates
Department Meeting
February 12
Counseling and Supervision Interviews
February 12
Psychological Sciences Interviews
February 16
CMH and School Counseling Interviews
February 16 & 19
C-I and School Psychology Interviews
February 23 & 26
Spring Break
March 5-9
James Madison Day
March 16
Advanced Summer Registration
March 19
incorporate these practices into nearby schools. Dr. Kielty, along with Drs. Gilligan and Staton, is participating in a trip to Amsterdam this summer to present research on mindfulness practices and teaching mindfulness at JMU. She hopes to network with others on mindfulness intervention and to create a cross-cultural program with a mindfulness class. Dr. Kielty’s work and more on mindfulness practices and can be found here.

### Dates and Deadlines to Remember

**February** is interviewing month at Graduate Psychology. From February 12-26, we will have applicants on campus to interview for various programs. During this time we will need to secure rooms for interviews that are in close proximity to each other. We may have to move around a class or two and we appreciate your flexibility in advance.

**March 14:** JMU’s Annual Diversity Conference [More information]

**April 20:** Graduate Psychology Spring Symposium

**May 3:** Graduate Psychology Spring Celebration

**May 31 and June 1:** School Psychology workshop with Dr. Sam Ortiz

### Program News and Noteworthy Happenings

**Assessment and Measurement**

**Dr. Sara Finney** traveled to Princeton to serve as the chair of the GRE Technical Advisory Committee. During this 2-day meeting, Sara worked with leading psychometricians to help guide the technical work associated with the GRE and related higher-education products and research. Sara then traveled to California to meet with the GRE Board, which consists of Provosts and Deans from numerous universities in the U.S. and Canada to discuss research related to the GRE.

**Dr. Christine DeMaris** recently had an article published in the *Journal of Applied Measurement* titled: Infit and Outfit: Interpreting statistical significance and magnitude of misfit in conjunction.

**Dr. Finney** and three of her former advisees published their research on the patterns of academic help seeking in college students in *Learning and Individual Differences*. Details are below.
Two studies were conducted to empirically explore the most common profiles of academic help seeking in college student populations. Specifically, mixture modeling was used to identify and evaluate naturally occurring combinations, or patterns, of help seeking attitudes and behaviors. Mixture modeling supported three quantitatively ordered classes/profiles of “adaptive” help seekers for first-year students. Relationships between class membership and external variables (e.g., self-efficacy, performance) also suggested classes were not qualitatively distinct. Results from upperclass students were similar to those from first-year students with the exception of a fourth class with a somewhat qualitatively distinct profile. Implications are discussed, with a focus on the utility of person-centered techniques to identify typical profiles of complex processes, such as help seeking.


This semester we welcome back Dr. Jeanne Horst who was on educational leave during the Fall. During the Thanksgiving Break, she participated in a Global Habitat for Humanity build in San Lucas Toliman, Guatemala. The group dug the footer for a house and helped build Healthy Home Kits (latrines, smokeless stoves, and water buckets). Below is a picture of a group in front of a latrine they built that day. To the left is Antigua.
C-I students **Chris Bilder, Caroline Conners, Kirstin Drucker, Pat Kenny, and Erika Pritzker** have been busy traveling around interviewing for internship sites. The American Psychological Association runs a match program where students apply and interview at several sites. They then rank the programs in order of preference and are matched with one of their choices. Match day this year is February 23rd (same as interviews for new applicants) and we wish the students good luck in getting their top site choices.

In December, **Dr. Gregg Henriques** launched the Theory of Knowledge list serve to discuss the state of “big” theories of knowledge in the world today and to explore the utility of the Tree of Knowledge System in assimilating and integrating existing frameworks in the field of psychology.

**Dr. Trevor Stokes** is currently in Tbilisi, Georgia on a Fulbright Award to work at Ilia Chavchavadze State University, the first of three visits over the coming year. He will be concentrating on graduate programs academic curriculum development in clinical psychology and applied behavior analysis, and on clinical services and internships at the university and with community agencies. In the picture, Dr. Stokes is in Freedom Square with one of his clinic interpreters, Natia.

The APA interprofessional curriculum was presented at the Collaborating Across Borders VI Conference in Banff, Canada. **Anne Stewart** was a member of the work group who developed the curriculum. You can download a copy of the work at: American Psychological Association, Interprofessional Seminar on Integrated Primary Care Work Group (2016). A Curriculum for an Interprofessional Seminar on Integrated Primary Care. Retrieved from: [http://www.apa.org/education/grad/curriculum-seminar.aspx](http://www.apa.org/education/grad/curriculum-seminar.aspx)

**Unification**

As a function of the work of **Drs. Gregg Henriques and Ken Critchfield** and other leaders of the unified psychotherapy movement, unification is now listed as an “official pathway” to psychotherapy integration on the Journal of Psychotherapy Integration website.
Dr. Bob Harmison attended the 14th Annual Big Sky Sport Psychology Retreat from Jan 27-30 in Big Sky, Montana. The purpose of this invitation-only meeting was to bring together psychologists and other mental health professionals who work in collegiate athletics, professional athletics, or Olympic athletics programs in providing psychological healthcare for athletes.

Second-year C-I students Gigi Larsen, Carly Pine, and Ariel Marrero (pictured at right) have contributed over 60 hours to the Roberta Webb Child Care Center this academic year. Students provide emotional and behavioral classroom support for preschoolers and offer parent consultations as well. The students are supervised by C-I faculty Anne Stewart and Elena Savina.

This past fall, a team of clinicians from Counseling and Psychological Services (CAPS) began work with clients at the Multi-Specialty Clinic with Page Memorial Hospital. This move is one of many exciting steps taken to integrate CAPS into Luray Family Medicine, a primary care practice in Page County. The team sees clients as well as provides behavioral health consultation to the primary care practice. Kelly Atwood (2017 C-I graduate) is completing part of her residency here as well. Next up? Move into Suite B located next door to the Primary Care Practice!
Counseling Programs

On November 8, **Dr. Lennie Echterling** was the keynote speaker at the Arkansas Counseling Association Annual Conference in Hot Springs, Arkansas. He spoke to an audience of several hundred participants on the roles counselors can play in responding to disasters. His presentation was based on a chapter that he, **Jack Presbury**, and **Ed McKee** recently published in their new book, “Crisis Intervention: Building Resilience in Troubled Times.”

In her role as International Psychology Program Co-chair, **Dr. Renee Staton** presented at the International Leadership Association in Brussels, Belgium in October and she'll be going to Las Vegas in February.

**Dr. Jack Presbury**, Professor Emeritus of Counseling, after teaching and guiding students for many years is hanging up his professor jacket and will sadly no longer be teaching for us. He will be missed! However, we can still enjoy his creativity as he continues to write and perform his beautiful songs. Incredibly, he has written more than 500 songs and has performed in countless venues as a folk singer and musician. His newest songs are “Sweet Betsy from Pike” and “The First to Go (For Lin).” According to Jack, “Sweet Betsy from Pike (redux) was a collaboration between Lennie and me. For years I have thought that the lyrics to the old folk song were pretty silly, while the melody was quite beautiful. I thought the song needed a better set of words. I asked Lennie to help, and he created the entire story. From that inspiration, I composed the lyrics. Without Lennie's creativity, I could never have gotten it off the ground.” [You can sample Jack's music on YouTube.](#)

Welcome back to **Dr. Debbie Sturm** who began her return from academic leave in the fall by teaching a 12-day Cross Cultural Project Management course for the ISAT Program at the University of Malta. She also used the time to engage in ground preparation for her Environmental Advocacy Study Abroad and connecting with family.

Counseling and Supervision doctoral student **Mina Attia** (left) is heading to the national Laws and Ethics in Counseling Conference in New Orleans, LA, to present a session on Ethical Considerations in Clinical Practice with Refugees.

Doctoral students **Mina Attia** and **Tiffanie Sutherlin** will present a session at the upcoming Virginia Association for Counselor Education and Supervision (VACES) conference titled How to Juggle Wearing Multiple “Hats” as a Doctoral Student in Counselor Education and Supervision. As the co-chairs of the Virginia Counselors Association (VCA) Graduate Student Committee, they are hosting a networking event in Lynchburg, VA, after the VACES conference for VA Graduate Counseling students. They will be sending location information soon.
Dr. Sturm has also taken on the role as editor for the Virginia Child Protection Newsletter, a grant-funded project through the Commonwealth’s Department of Social Services. Cierra Davis and Caroline Hamby are editorial assistants. Contributing writers include (among others) Meagan Dye, Matt Bukowski, Mina Attia, Tiffanie Sutherlin, Kelly Atwood, and Darius Green. To view the October issue on military families, click on the link below. The February edition on rural child welfare issues is currently in-work. Click here to view the October newsletter.

Congratulations to Aimee Brickner (Counseling and Supervision) and Matt Swartzentruber (Clinical Mental Health Counseling) on their December graduation.

Anne Metz (Counseling and Supervision) was recently hired by the University Of Virginia School Of Law to work on a new criminal justice reform project as a post-doctoral researcher. Good luck in your new position!

Jean Fabrice Ndzana was a runner-up in the Graduate School’s Three Minute Thesis Competition! His submission was “Neuroscience Factors for Adolescent Psychotherapy.”

Charles Shepherd is the new editor of the CVCA Newsletter and his first issue is an outstanding publication! He has produced an elegant and informative resource for all counselors in the central Shenandoah Valley area. It includes pieces related to clinical counseling, school counseling, and counselor education. Charles offered a wonderful reflection on the work of Salvador Minuchin and his impact on the Valley. Brittany Williams and Matt Bukowski also contributed an article that offers insights into breaking the school-to-prison pipeline.

cvca_newsletter.pdf

Download File
**Psychological Sciences**

**Maddison Miles**, who is part of the Applied Research concentration, and her advisor **Dr. Bernice Marcopulos**, recently received a $500 mini-grant award from the JMU chapter of Phi Beta Kappa, an honor society they are both members of. This grant will go toward collecting data for their research on the effects of cogniphobia on those with head injuries.

In December of 2017, students from the Experimental Psychology concentration presented two posters at the 15,000-strong Society for Neuroscience conference in Washington, DC. The students had a chance to meet with recent graduates who are now in PhD programs. Additionally, several JMU Dept. of Psychology undergraduates attended and helped present with their graduate student mentors. Lots of science!

On Left: Mack Cowan (2016) with 1st year student, Morgan Crewe.

From left to right: Eryn Donovan (senior), Kristian Ponder, MA (2016), John Wallace (senior), and Caroline Cole (senior). Kristian is now a PhD student in Behavioral Neuroscience at Saint Louis University.

Morgan Crewe and Psych Sciences alum, Curtis Bradley, MA (2012). Curtis is finishing his PhD in Experimental Psychology at East Tennessee.
Dr. Marcopulos is collaborating with her colleague Dr. Emilia Łojek from the University of Warsaw, Poland to be guest editors for a special issue of The Clinical Neuropsychologist entitled “Are modern neuropsychological assessment methods really ‘modern’? Reflections on the current neuropsychological test armamentarium.” This special issue originated from their symposium at the International Neuropsychological Society in London in 2016. Drs. Marcopulos and Łojek were recently interviewed about this project for the upcoming newsletter of the Society for Clinical Neuropsychology (APA, Division 40). Click here for the Call for Papers for this special issue.

Dr. Marcopulos was interviewed by science writer Sam Kean for an article to be published in Psychology Today about the neuropsychology of psychogenic fugues.

Maddison Miles and Dr. David Szwebo recently had an article accepted for publication in the Journal of Adolescence titled “Learning to cope with anxiety: Long-term links from adolescence to adult career satisfaction.”

Dr. Marcopulos was invited to give a short course on Forensic Neuropsychology at the Warsaw International Studies Program at the University of Warsaw April 19-28.

Dr. Marcopulos will also be the keynote speaker at the upcoming conference entitled “The Resilient Mind: Behavior and the Brain” hosted by JMU Technical and Training Assistance Center on April 17.

School Psychology

School Psyc ended the semester with their annual Holiday dinner hosted by Dr. Ashton Trice. Not only did they share good food and good company, they also shared special winter/holiday family traditions. It is a wonderful tradition that School Psychology students truly enjoy!

On January 12th, School Psyc held their annual Practicum Supervisor Luncheon. They had supervisors from Rockingham County Public Schools, Harrisonburg City Schools, and Waynesboro City Schools in attendance. It was a chance for supervisors to get together and share experiences as well as for faculty to offer training. This year Dr. Kipps-Vaughan did a session titled “Innovative and Need Driven Training: Substance Prevention and Intervention Skills”, while Drs. Gilligan and Hornsby led a session titled “Supervision Thoughts and Visioning.”
November 13-17 was School Psychology Awareness week. This year’s theme was Power Up! Be a Positive Charge. The School Psychology Program celebrated the week in part by making/sharing cookies with JMU students and school psychologists throughout the community. Program members also engaged in promotional activities on campus by handing out gratitude bracelets to students and many other activities.

Several School Psychology faculty and students are busy preparing to head to Chicago, IL February 13-16 to present at this year’s National Association for School Psychologists Convention.

Challace J. McMillin Center for Sport Psychology

The Challace J. McMillin Center for Sport Psychology at JMU recently completed a workshop with Virginia Union University’s men’s and women’s track team. Chris Bilder, Liz Holthaus, and Cierra Williams provided an overview of resilience to the teams and shared practical tips to increase resilience and perform under pressure.

The Center will hold its annual coaching clinic on Monday, February 12 from 6:00-9:00 PM in the Duke Club Room at the Convocation Center. The free clinic is open to youth, high school, and
collegiate coaches and parents. The clinic’s theme is “Pursuing Performance and Personal Excellence through Sport” and will include a keynote speech from JMU women’s volleyball asst. head coach Casey Steinbrecher. The clinic will feature Liz Holthaus’ “Building Grit for the Game of Life.” Two breakout sessions will target youth and college coaches respectively. Sarah Carson Sackett and Chris Bilder will present “From Ideas to Actions: Integrating Personal Development on Your Team”, and Greg Young will share “Sport Psych FOR Coaches”. The clinic will also include an athlete panel from JMU Field Hockey. To RSVP, please go to http://evite.me/zNtsXcbmYk.

Virginia Assessment Group

The Virginia Assessment Group celebrated its 30-year anniversary at their annual conference held November 15-17, 2017 in Richmond, Virginia. Numerous Psyc Sciences Quantitative Concentration and Assessment & Measurement PhD students and faculty participated in the conference. Keynote speakers included Kate McConnell from the Association of American Colleges & Universities and Natasha Jankowski from the National Institute for Learning Outcomes Assessment.

JMU faculty and students were well represented at a welcoming reception poster presentation. Olivia Szendey, JMU undergraduate psychology major, collaborated with Nick Curtis and Andrea Pope on a poster, Student-Faculty Partnerships: Lessons Learned Partnering at the Academic Program Level. Tiffany Runion from JMU’s Center for Faculty Innovation presented a poster entitled, Reimagining the Student Work Experience: Developing High Impact Practices for Student Employees. Jeanne Horst and JMU writing faculty member Michael Smith collaborated on a poster entitled, Developing a Writing Assessment Through a ‘Group Assessment Fellows’ Experience.

This year, the Virginia Assessment Group also hosted their first scholarly paper session. Faculty member Dena Pastor and A&M student Thai Ong presented the paper, College Students’ Perceptions of Civic Engagement Activities: An Argument for Distinguishing Between Political and Non-Political Activities. Jeanne Horst served as discussant for the session. Robin Anderson ended the session with input on the process of publishing in the journal Research and Practice in Assessment.

JMU faculty, students, and alumni also participated in numerous general sessions. Keston Fulcher participated in a panel discussion entitled, Revisiting the Process for Assessing Student Learning Outcomes: What Have We Learned? Grad Psyc students Madison Holzman and Nikole Gregg conducted an invited workshop entitled Introduction to Assessment: Assessment 101 as a service to new members of the professional organization. Nick Curtis and Shane Kerr offered a statistical consulting booth. JMU General Education faculty members Kathy Clarke and Gretchen Hazard presented their assessment work in a session entitled Inciting Action: Reporting Strategies that Fuel Improvements Based on Assessment Results. Finally, A&M Program alumnus Javarro Russell hosted a session sponsored by the Educational Testing Service. Jeanne Horst, currently serving as secretary, participated in the conference planning committee as a board member.
January Assessment 101 Workshop

In January, graduate students Andrea Pope, Aaron Myers (both from Assessment and Measurement), and Paulius Satkus (Psyc Sciences Quantitative Concentration) facilitated a 3-day, intensive workshop on student affairs assessment. The workshop, offered by the Student Affairs Assessment Support Services* (SASS) team within the Center for Assessment & Research Studies (CARS), was initially designed for students in the CSPA Program to supplement their formal coursework in assessment. The workshop was later opened to the entire student affairs division in response to requests for more training in assessment for current and future professionals. In total, 16 CSPA graduate students and four University Health Center professionals attended the workshop.

With guidance from Sara Finney, Andrea, Aaron, and Paulius (pictured below) introduced attendees to the assessment cycle with topics such as writing measurable student learning outcomes, developing theory-based programs, selecting/designing instruments, and using assessment results to improve student learning. In addition to glowing participant feedback, assessment results showed after completing Assessment 101, attendees demonstrated increased knowledge/skills and greater confidence in their abilities. This partnership between CARS, CSPA, and the Division of Student Affairs marks a major success for Grad Psyc and Student Affairs at JMU.

*Student Affairs Assessment Support Service (SASS) strives to help student affairs practitioners enhance their assessment capacity and use results to improve student learning and development. To fulfill this mission, SASS offers consultation services, delivers educational events, and collaborates with student affairs professionals to disseminate scholarly work. Learn more about SASS at:

https://www.jmu.edu/assessment/FacultyStaff/StudentAffairs/About.shtml
Our own **Dr. Lennie Echterling** is now a children’s book author. The book, “Goodnight Jung,” a parody of the children’s classic “Goodnight Moon,” was written by Dr. Echterling and illustrated by Cathy Green and Ellie Minx. According to Amazon, this book is “a playful mixture of calming words, entrancing rhythms, and soothing images. Not just for Jungians, “Goodnight Jung” is a gentle spoof that can be a light-hearted nightly ritual that is entertaining for both helping professionals and their restless children.” Given how entranced [Michael Horst’s son](http://example.com) Emerson (pictured here) is by the book, we agree that it is a winner. You can find the book at [Amazon](http://example.com).

**Dr. Cara Meixner,** Center for Faculty Innovation (CFI) and Grad Psyc faculty, along with **Dr. Cynthia O’Donoghue** of Communication Sciences and Disorders, co-led the research and writing process for the Department of Aging and Rehabilitative Services’ 2018 State Action Plan for Brain Injury Services. Related to her pedagogical work in the CFI, Cara recently submitted to Stylus Publishing her co-edited book on the intersection of Faculty Development and Service-Learning. The book will be published in July, 2018.
The Turkish translation of Play Therapy: A Comprehensive Guide to Theory and Practice, a text co-edited by Anne Stewart and David Crenshaw, is complete. The text will also be published in a Korean language edition this year.

The second edition of Dr. Eric Cowan’s updated and revised book “Ariadne’s Thread: Case Studies in the Therapeutic Relationship” was recently published. This book contains 8 carefully detailed studies surrounding the struggles and the joys associated clinical practice. This book can be found on Amazon.

Groundbreaking Suicide Research

(This story was written by Caroline Whitlow, Creative Services Student Writer and can be found at: http://www.jmu.edu/news/chbs/2017/112817_suicideresearch.shtml)

Three JMU researchers have launched a groundbreaking study that will look at suicidality from a new perspective, extending limited literature on the topic and reducing stigma in the process. Lindsey Harvell-Bowman, Ken Critchfield, and Jean Fabrice Ndzana are working across disciplines to study how students experiencing thoughts of taking their own lives cope with traditional death anxiety.

The idea for the study came from Harvell-Bowman’s work in existential psychology. Working within the Communication Studies Department and as an affiliate in the Department of Psychology, the professor dedicates her research to the Terror Management Theory (TMT) lab. TMT explains the duality that humans experience as they work to thrive in life while knowing that eventual death is inevitable.
“Most people think it’s ‘the death theory,’ but it’s a theory about living,” said Harvell-Bowman. “TMT looks at how humans deal with the juxtaposition of this evolutionary desire to live and the knowledge that they are going to die. That tension creates anxiety, and humans have to find ways to deal with that anxiety.”

For about five years, Harvell-Bowman wondered about the experiences of individuals with suicidal thoughts and how those thoughts integrate with death anxiety. No literature on that interplay existed.

“From a theoretical standpoint, it is huge. It expands the terror management model in a nontraditional way,” said Harvell-Bowman, who decided she would begin research on the stigmatized yet imperative topic herself.

Two clinical specialists joined the project, Graduate Psychology professor Ken Critchfield and Graduate Psychology student Jean Fabrice Ndzana. The pair was drawn to the study by both its new approach and pertinence to college undergraduates.

“The Counseling Center noted that for every one percent increase in the JMU population, we have a five percent increase in students who seek counseling services,” said Ndzana. “And out of those who seek counseling services here, about a third of them have had thoughts of suicide.”

Critchfield found interest in potential implications for clinical practitioners like himself.

“As we have these conversations and people are able to come and talk to us, we learn that not all suicidal contexts are the same, and we learn the strategies that people have for getting through that,” said Critchfield. “Knowing something about the diversity of experience people have will help clinicians not be so stereotyped in their view of those with suicidal thoughts.”

Preparations for the study began last winter as the team began designing ethical research methodology. Harvell-Bowman spoke with University legal counsel, Risk Management, the dean of the College of Health and Behavioral Studies, and the Provost, all the while revising her research plan and interview questions to ensure maximum safety for participants.

In order to make participants feel comfortable, interviews for the study were conducted in an informal atmosphere. Psychology students met volunteers at the door, offering water and assuring participants that there would be no disruptions.
Start off your new year with a foundational course or additional training in Child-Parent Relationship Therapy (CPRT), an evidence-based play therapy intervention. CPRT is effective with a range of presenting issues across diverse populations. CPRT is listed on the SAMSHA National Registry of Evidence-based Programs and Practices.

Register at https://commerce.cashnet.com/VAPT

James Madison University’s 22nd Annual Summer Institute in Counseling: Creativity and Resilience

Join us this summer for an interactive and dynamic series of workshops intended to offer practical interventions for intervening effectively in turbulent times. Our workshops are developed to enhance the professional practice of clinical mental health counselors, school counselors, counseling graduate students and other mental health practitioners. Space is limited and online registration will be available April 1, so please mark your calendars! Several workshops offer NBCC hours; programs that do not qualify for NBCC credit are clearly identified. This year’s workshop offerings include:

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<th>Topic</th>
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<td>Writing to Heal: The Power of Personal Writing</td>
<td>Monday June 18</td>
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<td>6 NBCC hours</td>
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<td>Introduction to Emotionally Focused Therapy for Couples</td>
<td>Tuesday June 19 (3 hours)</td>
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<td>3 NBCC hours</td>
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<td>Title IX and Sexual Assault Prevention</td>
<td>Tuesday June 19 (3 hours)</td>
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<td>Certificate of Completion – no NBCC hours</td>
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<td>Restorative Justice in Education</td>
<td>Wednesday June 20 (3 hours)</td>
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<td>Certificate of Completion – no NBCC hours</td>
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<td>Clinical Hypnosis for Anxiety</td>
<td>Thursday June 21</td>
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<td>6 NBCC hours</td>
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<tr>
<td>Creative Interventions with Children and Adolescents</td>
<td>Friday June 22</td>
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<td>6 NBCC hours</td>
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