



APRIL 2022

WHAT'S INSIDE

Ways to Improve
Decision Making
Skills as a Leader

Did You Know
Facts

Desk Stretches

Monthly
Awareness

New Employees



JSU

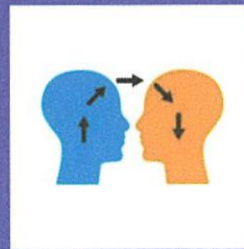
Customer Service Zone

How effective are your listening skills?

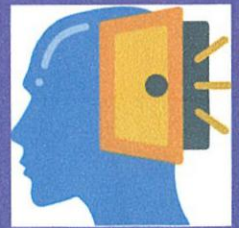
Listening is one of the key factors in developing customer loyalty. How effective are your listening skills? Here's six elements that will assist you in becoming a more effective listener.



Pay Attention



Show Empathy



Have An Open Mind



Ask Questions



Summarize What Was Heard



Share With Co-Workers

5 WAYS TO IMPROVE YOUR DECISION MAKING SKILLS AS A LEADER

1

GATHER RELEVANT INFO

Do your independent research. Talk with people from different rungs of the ladder. Consider how past issues can help you solve the current problem.



2

THINK ECONOMICALLY

Understand if the benefit is worth the cost. Weigh all of your options by considering the pros and cons of each one before deciding on a course of action.



3

ALLOW DISTRACTIONS

Constantly thinking about the problem won't always give you answers. Take a walk, chat with a co-worker, take a nap. Replenish your mental resources so you can make the best decision.



4

BE AWARE OF YOUR PERSONAL BIASES

Before making a decision, ensure that it is not affected by baseless assumptions, and personal preferences. Be objective in when making the right move.



5

FORGIVE YOURSELF FOR PAST MISTAKES

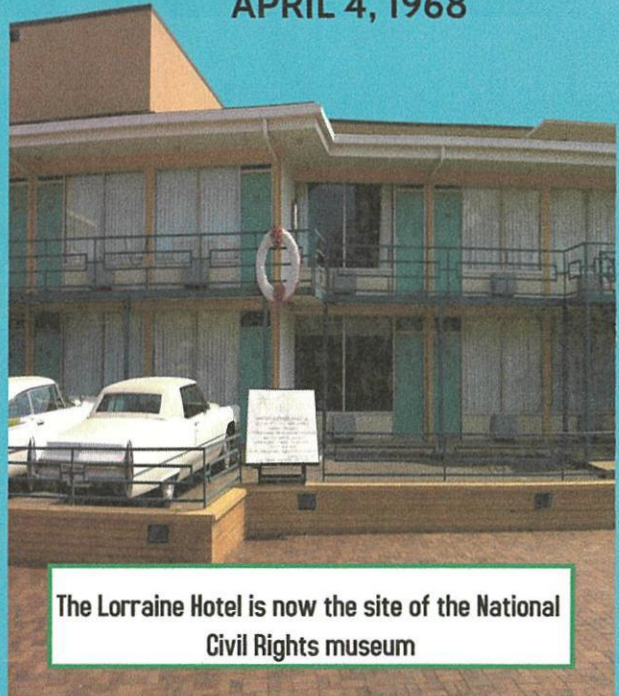
Don't beat yourself up over the mistakes of the past as this will affect your decision-making in the future. Own up to it, forgive yourself, and come back wiser.



SafetyCulture

DID YOU KNOW?

APRIL 4, 1968



The Lorraine Hotel is now the site of the National Civil Rights museum

Assassination of Martin Luther King, Jr.

At 6:05 P.M. Thursday, April 4, 1968, Martin Luther King was shot dead while standing on a balcony outside his second floor room at the Lorraine Motel in Memphis, Tennessee. News of King's assassination prompted major outbreaks of racial violence, resulting in more than 40 deaths nationwide and extensive property damage in over 100 American cities. James Earl Ray, a 40-year old escaped fugitive, later confessed to the crime and was sentenced to a 99 year prison term. During King's funeral a tape recording was played in which King spoke of how he wanted to be remembered after his death: "I'd like somebody to mention that day that Martin Luther King, Jr. tried to give his life serving others" (King, "Drum Major Instinct," 85).

**"SUCCESS IS THE SUM OF
SMALL EFFORTS,
REPEATED DAY IN AND
DAY OUT."**

ROBERT COLLIER

5-minute desk-side stretches

Feeling stiff after sitting at your desk too long? Try doing all of these exercises whenever you take a break. They take less than five minutes, but can make you feel better for much longer.

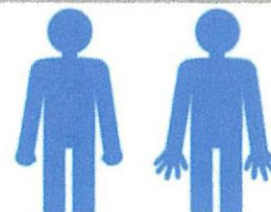
Getting ready

- Stand at your desk.
- Relax, and focus on your breathing.
- Remember to stretch gently and slowly, staying within a comfortable range of motion.



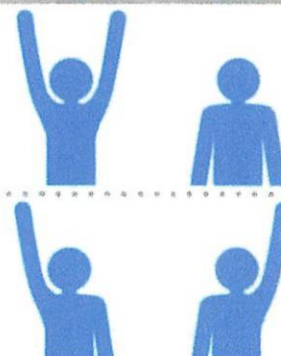
Hands and wrists

- Stand with your arms at your side. Close both hands into fists, count to five. Spread fingers wide, count to five. Repeat two more times.



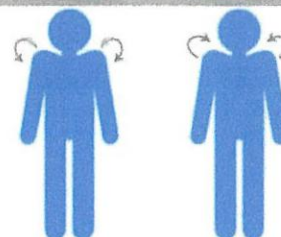
Arms

- Raise your arms in front of you. Slowly bring your arms up over your head and then down to your sides. Repeat two more times.
- Keeping your right arm at your side, reach up to the ceiling with your left arm, bending slightly to the right, and count to five. Now do it with your right arm. Repeat three times for each arm.



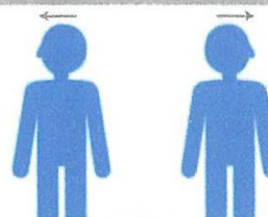
Upper back and shoulders

- Slowly roll your shoulders forward in a circular motion three times.
- Slowly roll your shoulders backward in a circular motion three times.
- Repeat in each direction two more times.



Neck

- Turn your head slowly to look over your shoulder and count to five. Turn head slowly to look over the opposite shoulder and count to five. Repeat two times.



Lower back

- Stand with your hands on your hips, with your thumbs on the front of your hips. Slowly lean back, arching your back, so your stomach is pushed out in front of you, and count to five. Repeat two more times.



Congratulations!

Jackson State University



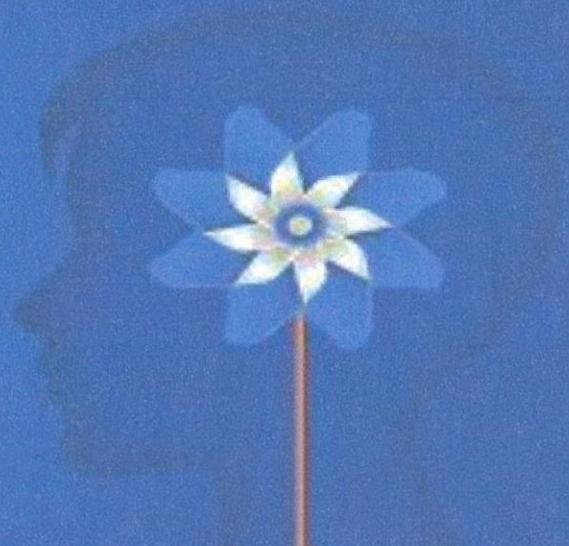
CLASS OF 2022

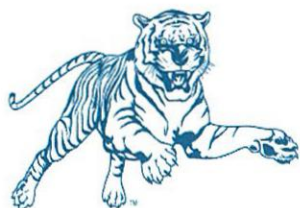


NATIONAL CHILD ABUSE MONTH

During the month of April, we recognize National Child Abuse Prevention Month. This is a time to learn about the signs of child abuse and how to prevent it. Programs, resources, and activities are offered to help communities bring an end to child abuse.

APRIL
National
CHILD ABUSE
PREVENTION MONTH





WELCOME NEW EMPLOYEES

JANUARY, FEBRUARY, AND MARCH

First Name	Last Name	Title	Department
Markena	Alexander	Academic Advisor	Student Success Center
Brett	Bartolone	Offensive Coordinator	Athletics
Demetris	Barton	Cook	Lottie Thornton Early Childhood Center
Bonni	Blackmon	TRIO EOC and Talent Search Administrative Assistant	Student Success Center
Brittany	Bowman	Resources Assistant for Nontraditional Learners	School of Lifelong Learning
Damien	Brown	Cybersecurity Specialist/Analyst	Information Technology
Kimberly	Brown	Staff Accountant	Business Office
JaLieya	Brown	Coordinator of student Outreach & Engagement	School of Social Work
Craig	Campanozzi	Director of Football Video Services	Athletics
Christopher	Carter	Police Officer	Public Safety
Kamryn	Dismuke	Prevention Specialist	JSU Metro Jackson Community Prevention Coalition
Samuel	Dukes	Police Officer	Public Safety
Talmadge	Edwards	TRIO Talent Search Persistence & Graduation Coach	Student Success Center
Khaliya	Ervin	Administrative Assistant	Community Engagement
April	Fleming	Administrative Assistant	College of Education & Human Development
Laketa	Floyd	Administrative Assistant	Music
Britttany	Freeman	Program Specialist	Community Engagement

Brianna	Glenn	Admissions Counselor	Undergraduate Admissions & Recruitment
Mary	Grant Lee	Program Director	College of Health Science
Alexis	Holly	Coordinator, McNair Scholars Program	W.E.B. Du Bois / Harvey Honors College
Herman	Horton	Chief of Police	Public Safety
Chandra	Howard	Administrative Assistant	Music
Brandon	Jackson	Academic Advisor	Athletics
Marcus	James	Morning Anchor	Multimedia Journalism/JSUTV
Peggy	Jennings	Dispatcher	Public Safety
Teresa	Jones	TRIO Educational Opportunity Center EOC Navigator	Student Success Center
Eriaka	Jones	Grant Account	Unit of Grants & Contract Mgt.
Terrance	Jones	Asst. AD for External Operations & Stadium Mgt.	Athletics
Candice	Kinnard	Administrative Assistant	HYPER
Raymond	Lee	Digital Humanities Program Manager	Margaret Walker Center
Sondra	Lee-Bell	TRIO Educational Opportunity Center EOC Navigator	Student Success Center
Duane	Lewis	Associate AD for Public Relations & Sports Media	Athletics
George	Magola	TRIO Educational Opportunity Center EOC Navigator	Student Success
Marlon	McClain	TRIO Educational Opportunity Center EOC Navigator	Student Success
Toneca	McHenry	Academic Advisor	Student Success
Damilohum	Metibemu	Research Associate	-Chemistry, Physics, and Atmospheric Science
Imani	Miller	Transfer Admissions Counselor	Undergraduate Admissions & Recruitment
Brittany	Myburgh	Assistant Professor	Art History
Joseph	Myers	General Service Worker	Facilities & Construction Management

Tyesha	Nelson	Administrative Assistant	Counseling, Rehabilitation & Psychometric Services
Dudith	Pierre-Victor	Associate Professor	Behavioral & Environmental Health
Cleopatric	Porter	Coordinator of Continuing Education Learning Center	School of Lifelong Learning
Alyssa	Price	Academic Advisor	Football/Athletics
Xana	Russ	Administrative Assistant	HPER
Christopher	Russell	Marketing/Branding Manager	College of Health Science
Josiah	Sampson III	VP O Enrollment Management	Division of Enrollment Management
Robyn	Simmons	Academic Advisor	Student Success Center
Ashley	Simmons	Compliance Coordinator	Athletics
Lakesha	Smith	Part-Time Librarian	Division of Library & Information Sources
Carol	Taylor	Dispatcher	Public Safety
Michael	Tornes	Evaluation Specialist	MS Urban Research Center (MURC)
Emily	Tschiffely	Director of Procurement Services	Purchasing & Travel
Jalissa	Willis	Academic Advisor	Student Success Center

