

BIG PICTURE

The View from Lewis College



SOCIAL SUPPORT

Denzel Avant Deconstructs
Police Violence

Lindsay Sheehan Talks
Suicide and Stigma

A Leader's Farewell:
M. Ellen Mitchell Retires



GREETINGS FROM THE DEAN

DEAN, LEWIS COLLEGE OF
HUMAN SCIENCES

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*Informing the future: New worlds
of possibility at the intersection of
humanity and technology*

Lewis College of Human Sciences was formed on June 1, 2013, and houses the departments of Humanities, Psychology, and Social Sciences.

Illinois Institute of Technology, also known as Illinois Tech, is a private, technology-focused research university offering undergraduate and graduate degrees in engineering, science, architecture, business, design, human sciences, applied technology, and law.



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Spring brings growth and fresh perspectives. This year spring also brings big changes to Illinois Institute of Technology. Lewis College of Human Sciences, created in 2013, will become Lewis College of Science and Letters on June 1. The new college will consist of the following existing departments and programs: biology, chemistry, physics, humanities, psychology, social sciences, food science and nutrition, and English Language Programs and English as a Second Language.

Some of you might recognize that name; it was first used in 1975 to recognize the legacy of Allen Cleveland Lewis, the founder of

Lewis Institute, which was founded in 1895. Forty-five years later, in 1940, Lewis Institute joined Armour Institute to create what we now call Illinois Tech. A copy of the 1975 Board of Trustees resolution creating Lewis College of Science and Letters hangs in my office. One of the most meaningful clauses of the resolution states, *"The essential character of Lewis Institute based on a tradition of intellectual exchange and excitement both in and out of the classroom creating an atmosphere of and commitment to continuous learning remains a fundamental objective of Illinois Institute of Technology."* In Lewis College we are as deeply committed to those words in 2020 as in 1895, 1940, and 1975.

Our new college will bring many opportunities. The joining of the current Lewis departments of humanities, psychology, and social sciences with biology, chemistry, food science and nutrition, and physics brings together the foundation students need for success in all areas of study at Illinois Tech. With seven departments and more than 100 full-time faculty, instructors, and researchers, the new Lewis College of Science and Letters will leverage its strength and diversity to reach new students and new audiences. Synergies in the areas of neuroscience, science communication, and health and wellness have already started to emerge.

Along with the creation of Lewis College of Science and Letters, the university will be launching a College of Computing. This new college is in line with the emphasis of the university's strategic plan on equipping students in all disciplines with the computational-thinking tools they need to be successful in today's world. We will be looking for ways to integrate even more computation-oriented courses in our programs and partnering with the new College of Computing to be sure the ethical, cultural, and social aspects of data and technology remain in the forefront.

As Illinois Tech builds strength through new partnerships, members of the Lewis College of Human Sciences community are likewise exploring the role social support can play in improving outcomes for others. This issue highlights the work of those individuals—among them, retiring Professor of Psychology M. Ellen Mitchell, whose storied career is a powerful example of commitment to the success of others and the many shapes such a passion can take.

Christine L. Himes
Dean, Lewis College of Human Sciences

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Make It Meaningful: Professor of Psychology M. Ellen Mitchell Retires

A look back at the career of Professor of Psychology M. Ellen Mitchell—and a glimpse into where she's headed next.



ON THE COVER

Denzel Avant (PS '12) stands at the Metra tracks at the intersection of 71st Street and Clyde Avenue in Chicago's South Shore neighborhood, next to the corner where 37-year-old African-American barber Harith Augustus was killed by police on July 14, 2018. Augustus was running errands on a break from his job at a nearby barbershop when he was shot during an investigative stop by police.
Photo: David Ettinger

LEWIS COLLEGE NEWS

ACCOLADES IN PSYCHOLOGY



SAXENA RECEIVES SIOP'S 2020 HUMANITARIAN AWARD

Assistant Professor of Psychology **Mahima Saxena** received the Society for Industrial and Organizational Psychology's 2020 Humanitarian Award for her ongoing contributions to the field of humanitarian work psychology. Winners receive a plaque as well as a cash prize of \$1,500, and are recognized at SIOP's annual conference held in April in Austin, Texas.

Saxena runs the Saxena Work and Well-Being Lab within the Department of Psychology at Illinois Tech, which aims to influence global public policy related to decent work, sustainable work, poverty alleviation, workplace safety, and more.

"My work over the last five or six years has focused on developing a body of science on the psychology of working in poverty," Saxena says. "I have done a number of sequential projects in this area. Decent work means the dignity of work—it means psychological exploration, providing work that has inherent meaning for the worker, and work that helps people and communities thrive as opposed to just survive."

ALUMNA MARITZA RUANO NAMED A NOTABLE LEADER IN HR BY CRAIN'S

This winter, Lewis College of Human Sciences alumna **Maritza Ruano**, who earned an M.S. in industrial-organizational psychology in 2006, was named to *Crain's Chicago Business's* Notable Leaders in HR list.

Ruano serves as senior talent management director at the AIDS Foundation of Chicago. *Crain's* credits her for making changes to employee management that helped the foundation grow its staff by 25 percent over three and a half years. Among her achievements, Ruano improved the foundation's performance management process and reviewed

compensation levels, in addition to creating a learning and development program and a plan to increase diversity and inclusion.



"I was mainly drawn to the field because I saw it as an opportunity to have an impact on people and the organizations/clients I support," Ruano says. "As I pursued my career in HR, I learned that I was very passionate about work that focused on the development and empowerment of others. I see development, coaching, and mentoring not only as a way to contribute to the development and growth of the organizations I support, but also as a conduit for growth and upward mobility at the individual level."

LEE AND DITCHMAN CHOSEN FOR ACRA 2020 RESEARCH AWARD

Associate Professors of Psychology **Eun-Jeong Lee** and **Nicole Ditchman** were named the recipients of the American Rehabilitation Counseling Association's 2020 Research Award for their paper "Microaggressions Experienced by People with Multiple Sclerosis in the Workplace." The paper, published by the *Journal of Rehabilitation Psychology*, shares the findings of a study led by Lee and Ditchman that

was funded by a 2016 grant from the National Multiple Sclerosis Society.

Multiple sclerosis is a chronic, inflammatory disease of the brain and spinal cord that can lead to physical, cognitive, and psychiatric symptoms. It affects nearly million adults in the United States. In their study, Lee and Ditchman engaged 29 adults with MS in focus groups that explored their workplace experiences.

"We found that almost all of the participants reported experiencing some form of microaggressions in their workplace," Lee says. "Several important themes emerged, including pathologizing (e.g., normal behaviors attributed to MS), assumption of disability status, feeling perceived as a second-class citizen, lack of awareness



from others about MS, social distance, and denial of symptoms by others."

As a next step, Lee and Ditchman aim to develop an intervention program that helps to increase the awareness of workplace microaggressions while also promoting quality of work life and well-being for workers with MS.



STUDYING GAMES FOR GIRLS

With the support of a \$145,965 grant from the National Science Foundation, Associate Professor of Digital Humanities and Media Studies Carly Kocurek is studying the 1990s Games for Girls movement. During this time a surge of toy, game, and software products were aimed at girls with the goal of accessing an untapped consumer market while also encouraging girls' interest in the STEM fields.

Kocurek's two-year project involves archival research and interviews; she will interview 25 individuals who either worked in the industry during the Games for Girls movement or were girls themselves playing the games in the



1990s. She plans to publish her findings in a book as well as in academic articles.

"There is a lot to be said about intersections between the games industry and STEM, and thinking about how diversity and inclusion efforts work or fail," Kocurek says. "If we're going to

make good stuff, we really need to think about the diversity of human experience, desire, and need. There's something exhilarating about seeing games that feel different and fresh and new. The Games for Girls movement is one way to get at that."

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LEWIS COLLEGE ONLINE

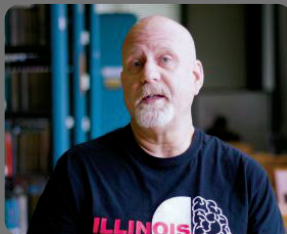
EXPLORING THE EFFECTS OF MARIJUANA

Associate Professor of Psychology Jonathon Larson is featured in an Illinois Tech Experts Report video discussing the effects of marijuana on the brain. As Larson explains, there are two components of marijuana: THC, the psychoactive component, and CBD, the physiological component.

"[That] basically means THC influences the mind and the CBD influences the body," Larson says.

Larson worked with a community-based research team to study the effects of marijuana on the brain.

"Even though federal laws greatly inhibit cannabis research, researchers [have] published a few studies on electroencephalogram (EEG) and cannabis," Larson says. "Building on this research, we proposed a novel approach of utilizing quantitative EEG to measure the impact of CBD and THC ratios on human EEG activity. To address both federal regulations and the high costs of EEG and cannabis research, we decided to set up a community-based research team with the primary goal of pursuing funding while following federal research guidelines."



DISCOVERING DATING BEHAVIORS IN RELATIONSHIPS

Assistant Professor of Psychology Steve Du Bois shared details of his research comparing the health of individuals in long-distance relationships (LDR) to that of people in proximal relationships in a recent Illinois Tech Experts Report video.

"With an increasing amount of technological options, people are reporting the capacity to connect more and a higher sense of connection to their partners," Du Bois says. "And in fact, we even see some data to show that increases in technology [are] one of the reasons that people are more open to LDRs now than they were in the past because they know that such options might be available to them."

DuBois and his research team in the DuBois Health Behaviors Laboratory have conducted two studies related to health and wellness in long-distance relationships to date. Additional studies have explored HIV, sexual behavior, and sexuality and gender. The team promotes and uses Community-Based Participatory Research approaches in their work, which foster inclusivity of the populations they aim to serve.



go.iit.edu/marijuana-report



go.iit.edu/relationship-health

6 0 6 1 6 ONE THEME. SIX PERSPECTIVES.

The 60616 zip code is home to the Illinois Tech community and the historic neighborhood of Bronzeville. In each issue of *Big Picture*, we select one unifying theme and present six distinct perspectives from our community. The 606-1-6 theme highlights the common spaces we inhabit and the different perspectives with which we view the world. This issue recognizes members of the Lewis College community whose work embraces social support as a catalyst for change.



SEEKING AN END TO POLICE VIOLENCE

I am a political scientist who specializes in urban politics, policing, and the role that racial attitudes play in shaping public opinion toward public policy. I am interested in understanding the ways that institutional design and public policies intentionally or unintentionally privilege one social group over another, as well as what makes police departments so resilient to reform attempts by Black and Latinx communities.

Low-income Black and Latinx communities are over-policed and under-protected. The residents of these neighborhoods live in the highest-crime areas of the nation, but are also victims of police violence, as forceful and extra-judicial policing is viewed by political actors as an effective means of crime control. Known as “broken windows policing,” this theory posits that visible signs of crime, anti-social behavior, or civil disorder encourage further disorder and more serious crimes. Police departments focus their resources on minor crimes to create an aura of lawfulness. Leadership orders a tough-on-crime approach, which encourages officers to come down like a hammer on low-level offenders—such as fare evaders on public transit, unlicensed street vendors, and loiterers—with the intent of deterring more serious crimes from occurring.

Wes Skogan, an emeritus professor of political science at Northwestern University, has a paper examining Chicago’s “stop-and-frisk” program in summer 2014. Officers made 250,000 stops that summer, 72 percent of those stopped were Black and 17 percent were Latinx; 38 percent of Blacks and

33 percent of Latinx individuals experienced force during their stops. Negative experiences with the police decrease trust in the organization, so residents in neighborhoods subject to excess force are less likely to call the police or to aid them in their investigations. Without cooperative witnesses, criminal investigations aren’t closed, residents aren’t happy, and police leadership barks down the chain of command to frisk more people or taser more loiterers to make workflow metrics look better.

Police violence is a persistent political issue in American politics despite multiple reform attempts. The war on crime is a powerful governing logic that shifts incentives for politicians, encouraging them to abdicate their oversight functions in exchange for more crime control. I hope that my research helps by focusing policymakers on the components of government that keep this paradigm alive, and pointing to alternatives such as reducing poverty. Putting “hands on people” isn’t the only preventative measure.

—Denzel Avant (PS '12), Ph.D. student in political science at Northwestern University



BUILDING A CAREER THAT SUPPORTS BLACK WOMEN

Alexandra Montgomery grew up on the South Side of Chicago. Soon to graduate with a B.S. in psychological science, she aims to continue her education in graduate school to benefit her community—more specifically, black women living on Chicago’s South Side.

“What I hope my future work impacts is access to and knowledge about mental health care for black women, and by proxy the rest of the black community, in Chicago,” Montgomery says. “Being mentally healthy is hard when one doesn’t know about mental health and mental health care, has only experienced negative instances of mental health assessment and treatment, knows only the stigma surrounding mental health, and can’t access mental health care no matter how much one might want to.”

In preparation for her career, Montgomery has worked as an undergraduate research assistant in the Department of Psychology, supporting research that educated her on the positive impact mental health care can have for individuals serving as caretakers of

intellectually disabled people. An active member of the Black Student Union at Illinois Tech, she is now determining where she will attend graduate school for a Ph.D. in clinical psychology. She dreams of one day opening her own counseling practice on the South Side—and when she does, she’ll just be getting started.

“In the grand scheme of things, I want Chicago to be the omphalos of black mental health, where everyone knows about mental health care and can access it easily, and there is no stigma surrounding mental health care treatment,” Montgomery says. “While I strive to reach that ideal, I will definitely be contributing to the literature concerning the problems black women face and experiences they have when trying to access mental health care. I hope to influence Chicago public policy to mitigate the access issues—such as by starting community-based mental health promotion interventions—and make sure any such changes are culturally competent and inclusive of black women in Chicago.”

PROTECTING FEMALE MIGRANT DOMESTIC WORKERS

For 35 years, Professor of Political Science Patrick Ireland has been conducting international research related to the experiences of migrants, especially as it pertains to their integration into new countries and overall health. Here, he discusses his recent findings on nations’ efforts to protect their female citizens who make a living doing migrant domestic work.

Why have you chosen this focus area in your research?

Female migrant domestic workers are among the most vulnerable migrant groups. They perform a wide range of demanding and poorly remunerated tasks in private homes, often largely out of sight and usually not covered by core labor protections in receiving countries.

What kinds of protections are countries offering their female migrant domestic workers?

Sending-country governments have borne the greatest responsibility for looking after “their” migrant workers’ welfare abroad. They’ve developed many forms of protection: repatriation from conflict zones, insurance coverage, tax benefits, social work and legal assistance, medical services for

runaway workers, and more. They have negotiated international conventions related to protections; have engaged with receiving countries diplomatically to improve working and living conditions and to strengthen protections against discrimination, sexual assault, and rape; and have set up safe houses on embassy grounds for those affected.



What issues are still at stake?

Sending-country governments have not been equally forceful, nor have they provided the same range of protections. A recent study of mine compares two lower-middle-income countries whose economies have come to rely similarly on female migrant domestic workers’ remittances: the Philippines and Sri Lanka. I find that Philippine governments have been able to adopt a more assertive approach because their female migrant domestic workers are more highly valued in the global market for reasons related to their race, religion, and certain human capital attributes. At the same time, a more active and independent civil society and higher levels of gender equity in the Philippines have combined to “push” officials harder than those in Sri Lanka to defend those migrants.

What more can be done to protect female migrant domestic workers?

We need to understand what really explains the conditions that they face. My research indicates that hierarchies of race, religion, and gender have become interlocked and entrenched in the integrating global economy. Therefore, there are no easy fixes; the solutions will have to be structural.

GIVING CAREGIVERS SUPPORT, TOO

Through his work with his graduate adviser, clinical psychology Ph.D. student Jonathan Tsen is gaining real-world research experience around the social support needs of not only people living with chronic illness and disability, but also their caregivers.

“I was involved in a study on caregivers of transition-aged youth living with intellectual and developmental disabilities that my colleague Melissa Ivins-Lukse and my research adviser presented at the 2019 Rehabilitation Psychology Conference in Orlando, Florida,” says Tsen, whose adviser is Eun-Jeong Lee, an associate professor of psychology who runs the ADAPT Psychology Lab at Illinois Tech. “We found that, for this population, perceived social support benefited participants by influencing a reduction in self-reported anxiety, as well as a boost in self-esteem in parenting, sense of resilience, and life satisfaction.”

But Tsen and his colleagues also discovered a paradox in their research findings. For some caregivers, social support helped them to feel less stigmatized in their experience of depression or anxious moods. For others experiencing feelings of loneliness or isolation, increased social support actually had the opposite effect, leading to elevated feelings of anxiety and depression.

“I think membership in any minority group can be stressful for a number of reasons, and it only makes the situation worse that many of these individuals feel that they don’t have adequate support or a sense

of belonging from friends, family, or society at large,” Tsen says. “How do we help these populations ask for support from others, and what can we do to encourage people to provide that support? I’m hopeful to answer, in part, some of those questions.”

Tsen is now studying the interpersonal needs of social belonging and participation as well as suicide risk in the general caregiver population.

“I’m very hopeful that this research will help us identify how social support, belonging, and burden impact risk for poor mental-health outcomes, especially in people who are at risk of suicide,” Tsen says. “In turn, once we understand what support-related factors impact these poor outcomes, we can develop interventions to increase individuals’ sense of feeling supported and belonging.”



REDUCING THE STIGMA OF SUICIDE

I’ve recently been working with the Suicide Prevention Association in Chicago to develop a self-help guide to aid suicide attempt survivors in learning how to strategically talk about their mental health and suicidality to get the support that they need. The general public sometimes perpetuates stereotypes or misconceptions about suicide, for example, that people who attempt suicide are just looking for attention, that they are emotionally weak, or that they are dangerous. People who survive a suicide attempt sometimes internalize the public’s stigmatizing attitudes, resulting in feelings of shame, depression, or lowered self-esteem.

While suicide attempt survivors can potentially benefit from talking about their mental health or their suicide attempts with others, they also risk enduring negative stigmatizing reactions (e.g., avoidance and withdrawal of support) from others that can exacerbate existing shame and make it less likely for them to disclose in the future. Similarly, those who have lost a family member to suicide may not talk about their family member’s death to avoid stigma, thereby forgoing opportunities for social support. In the research I have conducted, suicide attempt survivors say that while being vulnerable and talking about their challenges is risky, disclosure can also strengthen relationships with friends and family and broaden their social support opportunities.

I am hoping that through my research friends and family members can better understand the benefits and risks that suicide attempt survivors experience when disclosing. My research also guides efforts to help suicide attempt survivors make strategic decisions about their own disclosure—how much to disclose and to whom—in order to get their needs met and reduce disclosure-associated risks. Finally, I hope that my research will give clinicians better insight into their patients and help them be more open to disclosures. In the future, I hope to look at how types of disclosure—direct, face-to-face versus social media—might impact social support outcomes.

—Lindsay Sheehan, Senior Research Associate, Department of Psychology



Assistant Professor of Communication Mohamed El Marzouki stands in front of a mural located at 1306 South Michigan Avenue in Chicago. Painted by artist DYNAM (Younis Amriss), the mural was part of an art exchange between Sister Cities Chicago and Casablanca in 2017. The young man depicted represents a new generation of Moroccan youth, merging old traditions and new trends, and potentially bridging divides.



CREATING COMMUNITY IN THE ARAB WORLD THROUGH DIGITAL TECHNOLOGY

Assistant Professor of Communication Mohamed El Marzouki has spent the past several years researching Moroccan youth and how social media has amplified their political engagement following the Arab Spring. Over the past decade, countries across the Arab world have witnessed a series of pro-democracy protests resulting in a number of regime changes in countries like Tunisia, Sudan, Algeria, and Egypt. Here, El Marzouki explains how online platforms have enabled youth to not only become civically engaged, but also to find community.

How has the social web enabled youth to influence politics in Morocco?

There is a growing repertoire of youth media activism that documents and critiques manifestations of marginality, exclusion, destitution, and political corruption as endured by Arab youth and popular social classes across the region. A case in point, Anes Tina, the Algerian creator of the “I am angry” video, started making satirical mashup videos in 2011, and today he runs a YouTube channel with more than 2.6 million subscribers and more than 200 million views. His channel features more than 170 short 5- to 10-minute videos critiquing and satirizing cultural (marriage, traditions, hair fashion, national TV, etc.), social (racism, domestic violence, AIDS stigma, illegal migration, petty crime, etc.), and political (protest, freedom of expression, political corruption, government conduct and policy) phenomena. While Anes Tina’s channel is followed mostly in Algeria, with occasional videos and hashtags reaching trans-regional popularity, his work is an example of an emerging digital creator culture straddling the line between social media entertainment and a mode of political criticism that is steeped in questions of class, marginality, and citizenship.

How has the social web enhanced social support for Moroccan youth?

While the efforts of social media creators may not always lead into grand social policy changes at the state level—except when they lead to regime change as we have witnessed recently in Algeria and Sudan—the production and consumption of their content creates a space for marginalized voices to be expressed. These online spaces are important for the emergence of basic forms of social solidarity and support at the grassroots level.

6 0 6 1 6

MAKE IT MEANINGFUL

Professor of Psychology M. Ellen Mitchell Retires

by Linsey Maughan

This August marks the end of a 33-year career at Illinois Tech for Professor of Psychology M. Ellen Mitchell, who first joined the university as a visiting assistant professor in 1987 and spent the majority of her career serving as dean of the former College of Psychology. It was an unforeseen trajectory for the New Jersey native who had turned down a post-internship research and clinical position at Yale School of Medicine, opting instead to return to the University of Tennessee to complete her dissertation and work as a psychologist providing mental health services to those most in need.

Then, a few years later, an opportunity at Illinois Tech changed everything.

“I’d been working in community mental health as a licensed clinical psychologist [in northern Indiana],” Mitchell says. “I sort of had a heart-to-heart with myself about what parts of my job were the most meaningful in the longer term. I had concluded that one of the best things I could do was to train other people. Then Illinois Tech had a position open up in the clinical program for somebody to come and help develop the practicum placement system, which for me was a no-brainer.”

At Illinois Tech, Mitchell was initially contracted for one year, but was later hired on as an assistant professor in 1988. As a new faculty member, she brought expertise in the area of social support, which she continued to explore in her research.



“My research was focused on social support as a mediator and moderator of outcomes, because one of the things that the data show is that social support accounts for positive outcomes in health and mental health in almost every domain,” Mitchell says. “I wasn’t really interested in what causes depression; I was more interested in what would buffer you from depression, what contributes to hardiness and resilience—those kinds of things.”

Mitchell held leadership positions throughout her career, serving as associate chair of the Department of Psychology; dean of the College of Psychology from 1996 to 2013, the entirety of its existence; and interim dean of Lewis College of Human Sciences from 2012 to 2014.

“When you teach others, part of what you’re doing is helping them to learn about what matters and to get jazzed about ideas that are going to improve

people’s quality of life,” Mitchell says. “We can’t make all the problems go away—the only people who aren’t depressed or anxious are dead people, right? But we can help people to have a better quality of life, and to manage those things better. Even as a dean or a director, part of what you do is support other people’s careers; for example, you help find funding for them, you find release time for them. Helping other people be successful is a big part of that job.”

“When you teach others, part of what you’re doing is helping them to learn about what matters and to get jazzed about ideas that are going to improve people’s quality of life.”

—M. Ellen Mitchell

Among the highlights of her career, Mitchell garnered the funds for the Psychology Endowed Chair and multiple scholarships, launched the Center for Research and Service, stewarded two top-10 nationally ranked programs, and was the catalyst for the Voices of the Holocaust project. She also served as deputy director and senior fellow of Illinois Tech’s Institute for Science, Law, and Technology and the Center on Nanotechnology and Society. She received a multitude of honors for her teaching at Illinois Tech as well as the university’s Julia Beveridge Award. In 2014, she was recognized by the president of the American Psychological Association for her leadership, scholarship, and service.

Mitchell is especially proud to have helped draft the vision and secure funding in 2000 to launch the M. A. and Lila Self Leadership Academy, which offers Illinois Tech students leadership training as well as significant scholarship funding, mentorship, coaching, retreat opportunities, and a seminar series.

“If Ellen was leading it, you had an overwhelming probability of success,” says George Langlois, industry professor of psychology and executive director of the Center for Research and Service, Center for Leadership Studies, and the Leadership Academy. “Her passion to ensure the success of Illinois Tech, the Department of Psychology, and Lewis College of Human Sciences was clear to all who had the privilege of working with her.”

Laura Faynor-Ciha graduated from Illinois Tech in 1995 with a Ph.D. in clinical psychology. She is now a licensed clinical psychologist with her own practice in Naperville, Illinois. During her time as a graduate student, she worked as a member of Mitchell’s research team and was a student in some of her courses. Mitchell also supervised Faynor-Ciha’s clinical work.

“Ellen is a bright, thoughtful psychologist, professor, researcher, and mentor,” Faynor-Ciha says. “She greatly influenced me in all of these roles during my time at Illinois Tech. She expected a lot from me as a student and she gave a lot to us as well. She gave me a leadership role on our research team, and during that time she also taught me the necessary skills to be a leader.”

Mitchell is now in her phase-out year at Illinois Tech. She is no longer teaching, but is wrapping up oversight of her last two graduate student dissertations, having previously chaired 38 master’s theses and 48 Ph.D. dissertations. She and her husband recently built and moved into a house on Kiawah Island in South Carolina, a 45-minute drive from the restaurant and live music scenes Mitchell enjoys in Charleston. She is keeping busy building houses with Habitat for Humanity and embracing the opportunity to travel (between 2018 and 2019, she and her husband visited 10 countries in one year).

“I’m excited,” Mitchell says. “I have a new life. I live in a warm, wonderful place, and am taking time to think about what I want to do next and with whom. I have palm trees in my yard and my roses bloom all year round.”

SIXTH ANNUAL LEWIS COLLEGE ROUNDTABLE

FOOD AND VALUES

We all know food is necessary for life. But food differs in its nutritional value, just as it carries with it different cultural, emotional, and social values. This year's roundtable will explore our complex relationship with the food we eat.

SAVE THE DATE:
FRIDAY, SEPTEMBER 25, 2020



LEWIS COLLEGE
ROUNDTABLE



ILLINOIS INSTITUTE OF TECHNOLOGY