

# 2017-2018

## Local Independence Education Center

### McMaster Fellow

**Carla Higgins, Ph.D., Assistant Professor of Education, Director of Education**

### McMaster Scholars

**Richard Custar, Senior, Early Childhood Education** — Using a mixture of classroom mentoring, and interactive exercises students will improve their literacy and their social skills. A pen-pal relationship will be created between students at the Independence Education Center (IEC) and Defiance College students to get IEC students excited about reading and writing.

**Madeleine McMaster, Sophomore, Psychology and Social Work** — This project will provide workshops for IEC students to help them learn coping mechanisms and reduce stress in healthy ways. These workshops will focus on mindfulness, yoga, stress reduction techniques.

**Amoy Russell, Senior, Multi-Age – Intervention Specialist** — This project will build a framework to assist students in choosing a career path. Students at the Independence Education Center will learn to identify their strengths and weaknesses, as well as set goals.

**Marissa Windau, Junior, Exercise Science** — This project will explore some of the many strategies that have proven successful for students handling stress and work to discover the strategy that works best for each individual student.