

ONE SYSTEM

National University System Newsletter



SEPTEMBER
2010

IN
THIS
ISSUE

Established in 2001 to meet the demands of education in the 21st Century, the National University System has spent the past decade adapting to the ever-growing needs of a diverse population of lifelong learners. This has never been more true than over the past year.

National University prepared more California teachers for credentialing than any other school for an unrivaled tenth year in a row and had the largest special education program in the state and the second-largest in the nation. The University's nursing program enrolled more students in its pre-licensure program than did any other single institution in California.

National University was named to *The Chronicle of Higher Education's* prestigious "Best Colleges to Work For" program, validating the University's

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“National University was named to *the Chronicle of Higher Education’s* ‘Best Colleges to Work For’ program.”

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commitment to providing students and employees with the best possible environment for success. Already the second-largest private, nonprofit institution of higher education in California, National University is now the 16th largest such institution in the United States.

John F. Kennedy University enjoyed several milestones in its first year as a System affiliate, including the successful extension of its WASC accreditation for seven more years and its best financial performance in ten years. The National University Golf Academy, which opened less than 12 months ago, and the System’s Institute for Policy Research, also one of the newer System entities, provided the System with extensive positive media coverage.

In response to a growing need for the System’s offerings, National University International expanded its role to include all international recruiting and student services for the System. WestMed College and JFK University will be expanding their programs to National University’s campus in Costa Mesa, marking the first time either affiliate will have a presence in Southern California. Two of the more established affiliates, the Division of Pre-College Programs and Spectrum Pacific Learning Company, continued to find innovative ways to continue their leadership roles in online learning.

In the coming year, two new initiatives—the Integrative Health Review website and the Center for Performance Psychology—will leverage the System’s resources to gain broader awareness of issues related to health and wellness.

I encourage you to take great pride in the collective achievements of your colleagues in the following pages of *ONE SYSTEM*.

Best regards,



Jerry C. Lee
Chancellor
National University System





National University named “2010 Great College to Work For” by *The Chronicle of Higher Education*

National University was placed in elite company when it was named one of the best colleges in the nation to work for, according to a recent survey by *The Chronicle of Higher Education*.

The results, released in July in *The Chronicle’s* third annual report on “The Academic Workplace,” are based on a survey of more than 42,000 employees at 277 colleges and universities. National was one of the institutions named to the 2010 Honor Roll alongside the University of Michigan, Southern California, and Notre Dame.

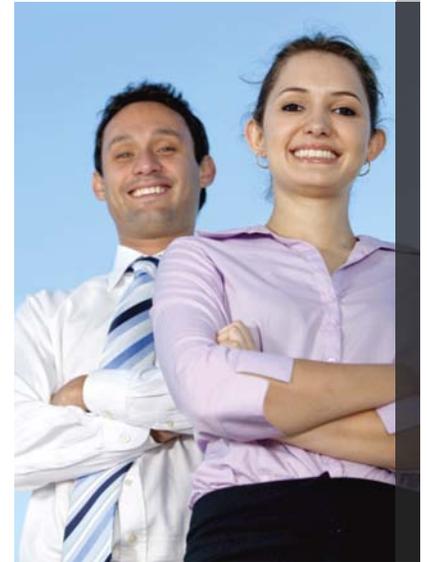
In all, only 97 of the 277 institutions achieved “Great College to Work For” recognition for specific best practices and policies. Results were reported for small, medium, and large institutions, with National University included among the large universities with 10,000 or more students.

National’s employees rated the University highly enough to be recognized as a “Great College to Work For” in the following categories: Collaborative Governance; Professional/Career-Development Programs; Teaching Environment; Compensation and Benefits; Facilities, Workspaces, and Security; Job Satisfaction and Support; Work/Life Balance; Confidence in Senior Leadership; Supervisor or Department-Chair Relationship; and Respect and Appreciation.

The survey results were based on a two-part assessment process: an institutional audit that captured demographics and workplace policies from each institution; and a survey administered to faculty, administrators, and professional support staff. The primary factor in deciding whether or not an institution received recognition was the employee feedback.

“Great Colleges to Work For” is one of the largest and most respected workplace recognition programs in the country. For more information and to view all the results of the survey, visit *The Chronicle* at <http://chronicle.com/academicworkplace>.

National University’s being named a “Great College to Work For” mirrored a similar honor received by the University earlier in the year when the *San Diego Business Journal* named National as a finalist for the “2010 Best Places to Work” award. ●



National’s employees ranked the University highly in several categories that make it a “Great College to Work For.”



National University led California in preparing credentialed teachers for an unprecedented tenth year in a row.

National University achieves new heights in 2010

Striving for sustained excellence is a hallmark of any institution of higher education, which is why National University has reason to be proud of its accomplishments over the past year.

Through its commitment to access, National University has become the second-largest private, nonprofit institution of higher education in California and the 16th largest in the nation.

National once again led California in preparing credentialed teachers, marking the tenth year in a row that the University has held this distinction. The School of Education had the largest special education program in the state, which also ranked second in the nation in total enrollment. Serving as one of a handful of National Board Certified Teacher Training Centers in California, National continues to be a leader in preparing qualified educators. The University's nursing program had the distinction of having more students (645) enrolled in its pre-licensure program than any other single institution in California.

The University opened Online Information Centers (OICs) in Palm Desert and National City. National also has OICs in Citrus Heights, West Covina, and Temecula, which augment sites in Summerlin, Nevada; Orlando, Florida; and Lima, Peru. Later this year, OICs are also planned for San Francisco, Pasadena, and Santa Ana.

In anticipation of the upcoming University accreditation-renewal meeting with WASC, National developed a website designed to help share valuable information related to the visit. The site contains information about the visiting team, a section for FAQs, newsletters from Interim President Patricia Potter, and important documents that have been developed in anticipation of the visit. To view the site, visit <http://wasc.nu.edu>.

In April, the National Polytechnic College of Science Board of Trustees approved a plan to move its programs to National University, ensuring that the programs will continue to make a contribution to the lives of future students. As a result, the Division of Extended Learning opened National University Polytechnic Institute, which houses the Certificate in Marine Technology. ●

Golf Academy brings unprecedented exposure to National University

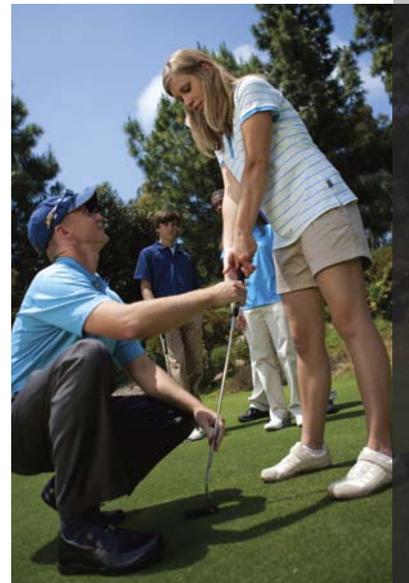
Since opening its first campus in Carlsbad in September of 2009, the National University Golf Academy has enrolled more than 125 students and has received an unprecedented amount of media coverage. To date, Dr. Charles “Mac” Powell, the Academy’s dean, and Directors of Instruction Ted Norby and Mike Springer have been interviewed a combined 33 times by the media, including 11 television interviews resulting in more than an hour of on-air coverage, 12 newspaper articles, five magazine stories, and five radio spots.

Prominent outlets that have covered the Academy include *The Wall Street Journal*, *San Diego Union-Tribune*, *Houston Chronicle*, *San Diego Daily Transcript*, *San Diego Business Journal*, *North County Times*, *FORE* magazine, five of the television networks in San Diego, and KMPH TV in Fresno.

The Academy has also increased the University’s presence in the local community through innovative junior golf camps for underprivileged youth and free sport psychology labs for high school athletes and coaches, which have been lead by Dr. Sarah Castillo, an AASP-certified sport psychology consultant and the lead faculty and program director for the University’s Bachelor of Arts in Sport Psychology.

The success of the Academy in Carlsbad paved the way for the July opening of a new Golf Academy location at the University’s Fresno campus. The Fresno operations will be guided by Michael Springer, a former professional golfer who has competed on the PGA and Nationwide tours. The Golf Academy invited the local community to the Fresno campus with an open house in July.

The Golf Academy also welcomed a new member to its leadership team when Dr. David Wurzer was named associate dean in July. Dr. Wurzer holds bachelor’s and master’s degrees from Northern Michigan University, a Ph.D. from the University of Utah, and has engaged in post doctoral studies at The Ohio State University. He is professor emeritus in the Department of Kinesiology at California State University, Long Beach. His specialties include sport pedagogy (the science and art of coaching) and sport psychology (mental training). Dr. Wurzer is the former owner of Golf Excellence International and PGA Head Professional at the Manhattan Beach Marriott Golf Club. He is a PGA Master Professional and is a Titleist Performance



The Golf Academy has been featured numerous times on television, radio, and in prominent print media outlets.

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Institute Certified Golf Coach. Dr. Wurzer is a pioneer in utilizing technology in instruction and has provided instructional segments to *The Golf Channel*, *Southland Golf*, and *USA Today*. ●

National University named 2011 Military Friendly School

National University enjoys a distinguished reputation for its commitment to military education. The University is a past winner of the prestigious Ray Ehrensberger Award for Institutional Excellence in Military Education. Additionally, Doug Barr, associate regional dean of military operations, is a recipient of the William Kennedy Award from the Council of Colleges and Military Educators for outstanding service in military education.

The University's dedication to offering accessible educational opportunities to military personnel was recognized once again when *G.I. Jobs* magazine named National as a "Military Friendly School for 2010." The honor places National in the top 15 percent of all schools nationwide.

It marks the second year in a row that National University has been honored for its commitment to the military. Previously, *G.I. Jobs* and *Military Advanced Education* magazine both ranked National among its "Military Friendly Schools" and "America's Top Military Friendly Colleges and Universities."

With more than 30 locations in California and one in Henderson, Nevada, as well as more than 60 online degree programs, National University is ideally suited for men and women serving in the armed forces. National operates learning centers and admissions offices at 10 military bases in California and one at Naval Base Bremerton in Washington.

National University offers online courses at discounted rates to active-duty military personnel and their dependents. On-base classes are offered for qualified students including active-duty members, their spouses and dependents, Department of Defense employees, military retirees, and selective military reserve members. ●



National University has been honored by GI Jobs and Military Advanced Education magazines.

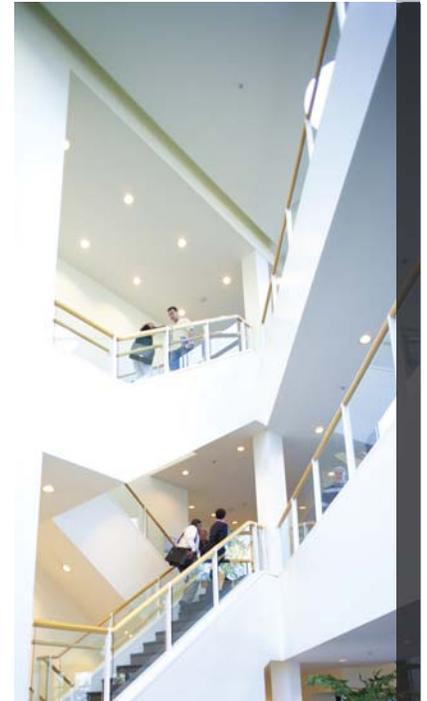


JFK University thrives in first year as System affiliate

John F. Kennedy University enjoyed numerous highlights in its first full year as an affiliate of the National University System, starting with a successful extension of its WASC accreditation for seven more years. JFK University also experienced its best financial performance in the past 10 years, with significant growth in its registrations resulting from an expanded, multi-channel marketing effort, which included the launch of a revamped website for the University. The re-launch of the site successfully brought the University under the National University System brand, with the improved site featuring interactive search capabilities using Google technology, enhanced navigation, prospective- and current student-focused content, and new imagery.

JFK University also named new deans for all three of its Colleges during the past year. On July 1, Dean Barbieri officially assumed his responsibilities as the dean of the College of Law. Mr. Barbieri has extensive experience at the State Bar of California as well as connections in the legal and local communities. Also on July 1, Dr. Michael Graney-Mulholland officially began her appointment as Dean of the College of Undergraduate Studies. Dr. Graney-Mulholland's career encompasses more than 30 years of professional business experience and 16 years in academia in the field of management. On August 1, Dr. Ruth E. Fassinger took over as dean of the College of Professional Studies. Prior to joining JFK University, she served as dean of the College of Education at California State University, Stanislaus, and held several positions at the University of Maryland at College Park.

JFK University's Doctor of Psychology program received renewed approval from the American Psychological Association and core faculty member Dr. Kristin Hancock was honored with the 2010 Distinguished Humanitarian Contribution Award from the California Psychological Association. The University launched the first-ever museum studies program in the United Arab Emirates under a grant secured from the Emirates Foundation for Philanthropy. Letitia Carper Long, a graduate student in museum studies, received the Bronze Honeysett & Din Student Award in the 2010 American Museum Association's Muse Awards for her video project in partnership with the Asian Art Museum exhibition entitled "Emerald Cities: Arts of Siam & Burma: Conserving the Collection."



JFK University successfully extended its WASC accreditation for seven more years.

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The University continued its commitment to the local community, hosting “Front Line to Home Front: Treating Military and Their Families,” a one-day conference that examined the mental health, social, and medical needs of members of the Armed Forces returning from combat. At the conference, the University’s Adults and Children Together (ACT) Against Violence program received recognition from Congressman George Miller for outstanding and invaluable service to the community.

JFK University rounded out the year with its 45th annual commencement ceremony in June at the Paramount Theatre in Oakland. Nearly 500 graduates attended the ceremony, which featured addresses from Sierra Club Chairman Carl Pope and Patrick O’Dea, President and CEO of Peet’s Coffee.

Moving forward, JFK University will continue to benefit from its affiliation with the System thanks to the opening of a new location at National University’s campus in Costa Mesa, which was recently approved by WASC. It will mark the first time in its history that JFK University will offer programs in Southern California. With the addition of fellow System affiliate WestMed College, which will also be expanding its program offerings to Costa Mesa, three National University System affiliates will be housed under the same roof. ●

JFK University experienced its best financial performance in the past 10 years.

Dr. Salvatore Monaco named Group President of National University International and Spectrum Pacific Learning Company

Salvatore J. Monaco, Ph.D., who has more than 35 years of experience in business, higher education, the private sector, and the United States Air Force, will be joining the National University System as Group President of National University International and Spectrum Pacific Learning Company effective October 4, 2010, Dr. Jerry C. Lee announced at the annual Chancellor’s Address to the National University System in September.

Most recently, Dr. Monaco served as Provost and Academic Vice President of Western Governors University (WGU), a private, non-profit, adult-focused



university based in Salt Lake City with an enrollment of over 17,000 students from all 50 states. WGU has four colleges covering teacher education, business, information technology, and the health professions. WGU is regionally accredited by the Northwest Commission on Colleges and Universities (NWCCU) and has specialized accreditation from NCATE\ (Teacher Education Programs) and CCNE (Nursing Programs).

Before his time at WGU, Dr. Monaco joined the former president of the University of Maryland University College (UMUC) as a senior member of a private equity firm, Best Associates, where he served in two academic roles from 2006 to 2008: as Executive Vice President and Provost of the American College of Education, a school of education with a focus on providing programs for urban school teachers in Chicago; and as Interim President of the New England College of Business and Finance (NECB) in Boston, Massachusetts. As interim president of NECB, Dr. Monaco guided the college through re-accreditation, the development of new programs, and the search for a new president.

From 1996 to 2006, Dr. Monaco served in a variety of academic roles at UMUC. Most recently, he was Vice Provost and Dean of the Graduate School of Management and Technology, where he was the chief executive of a school with over 12,000 students, the largest school of business in the Washington, D.C. metropolitan area. During his time at UMUC, the University offered over 40 certificates, 19 master's degrees, and an innovative professional doctor of management program. UMUC is a large multi-campus university and the largest provider of distance education in the world and, during Dr. Monaco's tenure, accounted for more than 30 percent of the growth of the entire University System of Maryland.

Before joining UMUC, Dr. Monaco's career included stints with Standard & Poor's in Washington, D.C. (1988- 1996); PRC (formerly ATI) in Reston, Virginia (1987-88); and with the United States Air Force (1974-87). His academic background and training is in engineering and management, and his career spans government, private business, and higher education with a focus on non-traditional students.

Dr. Monaco holds a Ph.D. from the Lally School of Management and Technology at Rensselaer Polytechnic Institute. He earned an M.S.E. from the University of Michigan and a B.S.E. from Manhattan College. ●



National University System Invitational raises more than \$150,000

More than 175 members of the University System community gathered at Morgan Run for the fourth annual National University System Invitational Golf Tournament in June. The golfers competed in a scramble best ball format, while also participating in putting, long drive, and closest-to-the-pin contests. More than 70 individuals and companies contributed to hole sponsorships, with Dan Schreiber and JGD & Associates generously sponsoring the 19th Hole—the reception and silent auction immediately following the tournament.



This year's silent auction featured more items than ever, including courtside tickets to a Lakers game, an Arnold Palmer autographed lithograph of the 16th hole at Augusta, autographed sports and rock and roll memorabilia, golf equipment, foursome green fees, stays at local hotels, and a variety of wonderful gift baskets donated by members of the University System community. The tournament raised more than \$75,000, which will be matched by the University, resulting in more than \$150,000 being added to the endowment. Over the past four years, the National University System Invitational has raised more than \$500,000 for the University's endowment. ●



NUI has assumed responsibility for international recruiting and student services for the National University System.

National University International expands role as System's marketing arm

Since 2006, National University International (NUI) has successfully increased the University's global footprint through the establishment of Online Information Centers in Nevada, Florida, and Peru, and via partnerships in Colombia and Korea.

Earlier this year, NUI assumed responsibility for all international recruiting and student services for the National University System. In its expanded role, NUI will manage onsite international recruiting and student service operations in San Jose, Los Angeles, and San Diego, while working with agents located around the world to provide international students access to a National University education.

Previously, NUI and National University collaborated with Global Campus Management (GCM) to increase the international student population at National University campuses in California. The realignment of these services from GCM to NUI provides exciting new opportunities to leverage the synergies between National University System affiliates toward improved efficiencies, accelerated growth, and increased profitability.

Later this year, NUI will be opening Online Information Centers in Dallas and Houston, marking the first presence for National University in the Lone Star state. The OIC's will promote online programs that are in high demand in Texas, opening doors for the University's programs to previously underexposed markets in the nation's second largest state. ●

Division of Pre-College Programs experiences extensive growth

Originally established with the opening of the National University Virtual High School in 2004, the Division of Pre-College Programs now houses both the Virtual High School and National University Academy, a tuition free, K-12

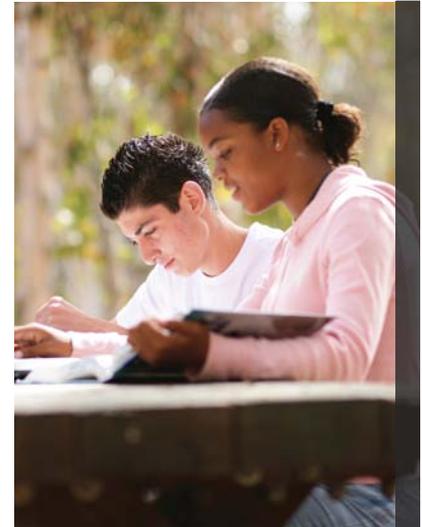


public charter school that blends the cutting-edge technology of an “online school” with the benefits of onsite programs and hands-on labs.

Few affiliates of the National University System have seen as much rapid growth during recent years as the Division of Pre-College Programs. Over the past year, the Virtual High School and Academy combined to serve more than 2,000 students, with students in class growing more than 70 percent to 9,100. The Division generated more than \$8 million in revenue, including \$3.3 million in grants for the Virtual High School. In addition to experiencing 60 percent growth, the Virtual High School’s accreditation through WASC-ACS was successfully reaffirmed through 2013.

In total, the Academy served more than 1,000 students, including a full-time average of 740, and graduated over 200 students during the past year. The Academy also received approval of its “a-g” classes from the University of California System, a key milestone that will fuel its future success.

The growth trend should continue in FY 2011, as the Academy was approved by the State Board of Education for a new charter in Armona in King’s County, increasing the National University’s System presence in California’s vibrant Central Valley. ●



National University Virtual High School and National University Academy served more than 2,000 students over the past year.

Spectrum Pacific Learning Company remains thought leader in online education

Since 2003, Spectrum Pacific Learning Company has remained focused on being at the forefront of online education. That focus was clearly evident over the past year, as SPL received an “Excellence in Practice Citation” from the American Society for Training and Development (ASTD) for its entry “Premier Services.” The ASTD Board of Directors honored SPL and the other award winners in May during ASTD’s International Conference & Exposition. The Excellence in Practice category recognizes results achieved through the use of practices and solutions from the entire scope of workplace learning and performance.

In October of this year, SPL will be a presenter at the EDUCAUSE 2010 Annual

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Conference in Anaheim, California. The presentation will focus on “Creating a Seamless Online Support System by Leveraging Collaboration.” The EDUCAUSE annual conference unites the best thinking in higher education information technology by bringing together insightful people, innovative research, supportive companies, and useful resources.

SPL continued to support an impressive array of clients with its innovative services, including Heart Media Publishing, which SPL helped build online hobbyist courses for the at-large consumer population. SPL also assisted Boldtrek in a video project with online course-building for the company’s current and prospective clients. SPL spearheaded website projects with e-learning and interactive elements for B2B Inspired and Startalk. Home School Legal Defense Association Prep Academy turned to SPL for online learning course development and hosting, while SPL developed a course environment for the non-for-profit International Institute of Business Analysis. ●



Spectrum Pacific Learning Company received an “Excellence in Practice Citation” from ASTD in 2010.



WestMed College will be expanding to Fresno and Costa Mesa for the first time this year.

WestMed to expand, names new President

Since becoming an affiliate of the National University System in January of 2007, WestMed College has seen a continuous expansion of its locations and improvement of its programs. Originally based in San Jose with a satellite location near Merced, WestMed now has moved into National University’s campus in San Jose and added a brand new location in Merced.

The growth trend will continue later this year with WestMed expanding to Fresno and, for the first time, to Southern California after receiving approval from its accrediting body to establish a presence at National University’s campus in Costa Mesa. In addition to National University, WestMed plans to occupy the joint campus in Costa Mesa with new faculty and staff from fellow System affiliate John F. Kennedy University, which also be expanding to the Southern California for the first time. WestMed also is preparing to expand to Chula Vista and Kearny Mesa in the future.

The new moves will be made under the direction of Dr. Charles “Mac” Powell, who was named President of WestMed earlier this year. Prior to joining WestMed, Dr. Powell oversaw the launch and successful development of the National



University Golf Academy, which has enrolled more than 125 students in its first year in existence. Dr. Powell, who holds bachelor's, master's, and doctoral degrees in sociology from the University of Missouri and a master's in clinical psychology from Antioch University, will be charged with overseeing the growth and expansion of WestMed's programs in the coming year.

WestMed College further strengthened its leadership team with the addition of Jason London, who will serve as vice president of operations and oversee the college's Fresno and Merced campuses. Mr London has over a decade of experience in proprietary education services with online and traditional institutions. ●

Institute for Policy Research's Golf Economic Impact Report gains widespread coverage for National University System

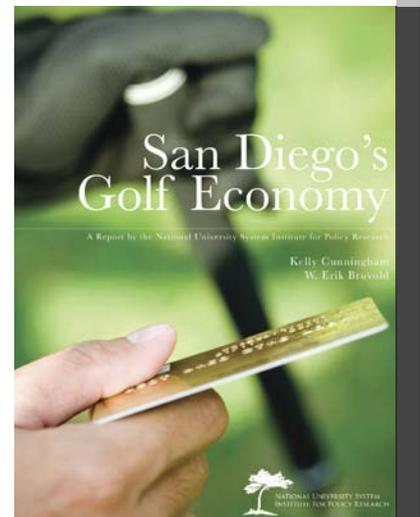
Earlier this year, the National University System Institute for Policy Research released a groundbreaking report on the impact of the golf industry on the San Diego economy. The report outlined the four pillars of the golf industry located in San Diego, including equipment manufacturers, professional tournaments, golf-related tourism, and the retail sale of golf equipment and apparel.

The Institute's report demonstrated how the golf industry had a total direct and indirect economic value of \$3.7 billion and was responsible for 26,900 jobs in the region. Spending on golf-related supplies and services from those living outside of the county totaled \$1.5 billion, which is equal to the region annually hosting 10 Super Bowls or 37 Comic-Con conventions. Golf-related enterprises realized more revenue than the region's aerospace (\$1.8 billion), agriculture (\$1.6 billion), or software (\$1.6 billion) industries.

The Institute's report resulted in unprecedented media coverage for the System, including stories on three local television stations and six newspaper mentions, including one on the front page of the *San Diego Union-Tribune*.

Since coming under the National University System umbrella a little more than a

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The Institute's report outlined the four pillars of the golf industry in San Diego.

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year ago, the Institute for Policy Research has been featured in numerous print and electronic outlets, garnering well over 100 media hits, resulting in increased awareness of the System and its offerings in the local community. That coverage should continue to expand in the future, as Kelly Cunningham, an economist and senior fellow for the Institute, has joined the *San Diego Union-Tribune's* panel for the "U-T Econometer," a weekly feature in the newspaper that focuses on hot economic topics impacting the San Diego region. ●

National University reaches out to the community

As one of National University's core values, a commitment to community helps shape how the University interacts with citizens in the local regions it serves. Over the past year, the University has held several events designed to give back to the community.

In March, National hosted the Restorative Remedies "Living Gluten Free Expo" at the Spectrum Business Park campus. The expo provided resources to educate individuals on how to connect with peers, information, healthcare practitioners, and businesses that share an interest in living gluten free. Presentations during the Expo included "The Science Behind Gluten Intolerance" by Dr. Alex Shikhman and Jacqueline Konstanturos, coauthors of *Gluten Nation*; "Label Reading for Your Health" with Mary Lyons Collard, RD, contributing author to *Gluten Nation*; "The Gluten Chronicles," personal stories from people on the front lines of battling gluten in everyday life; and "Personalized Medicine: A Demonstration of New Technologies for Better Diagnosis and Treatment" with Dr. Shikhman. The Expo also featured "The Best Gluten-Free Recipes Contest" with celebrity judges who awarded prizes for best recipes in several categories.

In April, the University welcomed more than 100 13- to 17-year-old girls interested in careers in the technology industry during a day-long DigiGirlz event at the Technology and Health Sciences Center in Kearny Mesa. At the DigiGirlz Day, 7th to 12th grade girls interacted with leading figures in the local high-tech industry during career and education panels, robotics and gaming demonstrations, and hands-on experiences in interactive workshops. The girls were from Mesa Verde and St. Jeanne's Middle Schools, and Westview, Poway, and Santa Fe Christian High Schools. The event was part of Microsoft's successful DigiGirlz program, which was



A commitment to community shapes how National University interacts with the local regions it serves.



established in 2000 to provide girls with a better understanding of career opportunities in the high-tech industry.

Also in April, National University's Center for Cultural and Ethnic Studies hosted its second Eco Fair at the Spectrum campus. The Eco Fair was part of National's community outreach efforts to educate the public, demonstrating the concepts of environmental and economic sustainability and stewardship. The theme of this year's Eco Fair was "Save Green by Going Green," which promoted household solutions that are earth-friendly and ultimately wallet-friendly. The Eco Fair featured information booths and demonstrations from more than 25 local companies, government agencies, and NGOs, plus environmentally friendly activities for families and children.

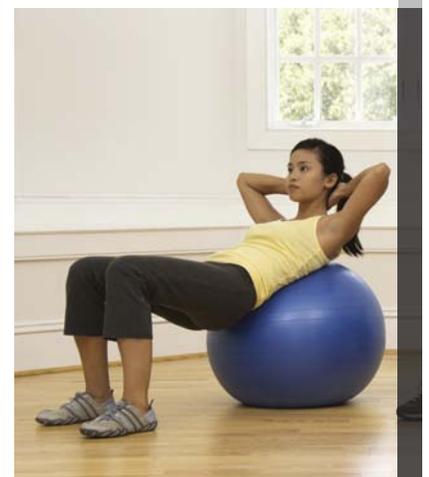
In May, the University's Fresno campus held the 13th Annual Young Writers Competition, where local writers grades 4 - 12 were ranked on poetry submissions related to the theme of "Words of Inspiration." The writers provided poems based on a person who had been an inspiration in their lives, whether it was someone famous, an Olympic athlete, a teacher, a parent, or anyone who had made a difference in the writers' lives. ●

Center for Integrative Health launches Integrative Health Review

Since its inception, the National University System has remained committed to finding new and innovative ways to share the most up-to-date information related to how people can live longer and healthier lives. This commitment took on its newest and most innovative form yet with the launch of the Integrative Health Review website in September.

Under the direction of Dr. Jerry C. Lee, who has long been the driving force behind the System's health-focused offerings, such as the Center for Integrative Health and its electronic magazine *iTHRIVE*, Integrative Health Review is a collection point for articles, experts' corner and subject-specific videos, forums, interactive tools and resources, and RSS feeds from a diverse range of expert contributors and renowned health organizations.

Among the experts featured on the site are Dr. Lee Rice, one of San Diego's most-



Integrative Health Review will share information on how people can live longer and healthier lives.

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recognized leaders in the fields of health, wellness, and sports medicine, and his team from the LifeWellness Institute. Also included are Dr. Kate Grace, a nationally-recognized physical therapist and owner of Kate Grace Physical Therapy; Dr. Alexander Shikhman, a leading expert in rheumatology from the Institute of Specialized Medicine; and Ms. Jacqueline Townsend Konstanturos, CEO of Restorative Remedies, who specializes in the field of gluten intolerance.

Integrative Health Review explores numerous topics, including integrative health, alternative medicine, eating and nutrition, exercise and lifestyle, workplace wellness, the human body, peak performance, preventive medicine, sports medicine, stress management, vitamins and supplements, and weight control. An entire section of the site is devoted to disease prevention and management, with more than 20 distinct diseases covered.

A proactive social media campaign will help spread the word about the site. Moving forward, new articles, videos, and resources will be added to the site continuously to reflect the latest research and information related to integrative health.

To begin exploring this important resource and to find the latest information about health and wellness, visit www.IntegrativeHealthReview.com today. ●



Integrative Health Review offers expert information from a diverse range of contributors.

A screenshot of the Integrative Health Review website. The header features the site's name "INTEGRATIVE HEALTH REVIEW" in large, bold letters, with a subtitle "A RESOURCE FROM THE NATIONAL UNIVERSITY SYSTEM CENTER FOR INTEGRATIVE HEALTH" below it. To the right is the National University System logo. A navigation menu includes "HOME", "SUBJECTS", "EXPERTS CORNER", "FORUM", "ABOUT US", and "STORE". Social media icons for RSS, Facebook, Twitter, and YouTube are also present. The main content area features a featured article titled "Kicking the Bad Bottled Water Habit" by Diana Dalton, dated 06.17.10, under the category "Eating & Nutrition". The article text states: "Pure, crystal clear, 'straight from the mountains' bottled water may not be so pure after all. In 2008 the Environmental Working Group released a report revealing the dirty truth about bottled water. Their findings indicate that the 10 popular brands tested were no different than tap water and contained 38 chemical pollutants, with an average... Read Full Article". To the right of the article is a "SEARCH" box and a "SUBJECTS" list with categories: "About Integrative Health", "Alternative Medicine", "Eating & Nutrition", "Exercise & Lifestyle", "In The Workplace", "Our Bodies", "Peak Performance", and "Preventative Medicine". The browser address bar shows the URL: http://www.integrativehealthreview.com/eating-nutrition/kicking-the-bad-bottled-water-habit/.



Center for Performance Psychology introduced

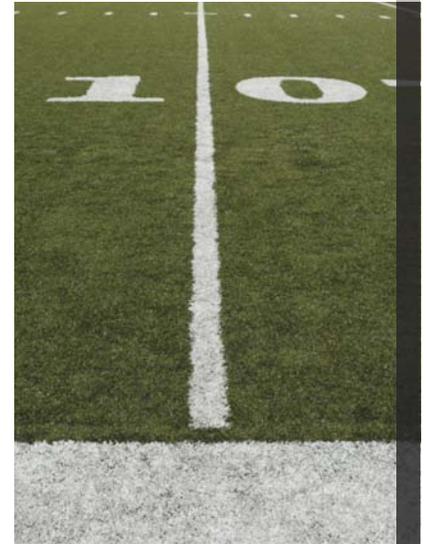
At its annual June meeting, the National University Board of Trustees received a thorough presentation of Chancellor Jerry C. Lee's vision for the future of the National University System. Included in that vision was an introduction of the new Center for Performance Psychology, Dr. Lee's most recent effort to expand the System's offerings while simultaneously making the best possible use of all of the resources available to the System's collective affiliates.

With a purpose of disseminating the latest research on performance psychology, the Center for Performance Psychology will work collaboratively with coaches, parents, athletes, and organizations to foster coaching and performance excellence.

Based in San Diego, the Center will assist athletes in achieving their performance goals and help coaches improve their team-building and communication skills. Through its conferences, workshops, speaker series, and certificate courses, the Center will advance the public's knowledge of performance psychology in both athletics and organizations.

With oversight by Dr. Lee, the Center's operations will be run by Dr. Charles "Mac" Powell, who holds bachelor's, master's, and doctoral degrees in sociology and who has authored two books on the mental aspects of golf. Dr. Powell's responsibilities also include serving as dean of the National University Golf Academy and President of WestMed College. The Center's experts also will include Dr. Sarah Castillo, who is AASP-certified and who spent nine years as a sport psychology consultant at the United States Military Academy at West Point, and Dr. Doug Barba, a leading authority on sport and exercise psychology.

A website for the Center is currently under development and is scheduled to launch in the near future. Included on the website will be information about the inaugural conference that the Center will be hosting in February 2011. The conference will bring together coaches, athletes, sport psychologists, applied psychologists, and educators to share knowledge and applied research in psychology, peak performance, and coaching. ●



The Center for Performance Psychology will work with coaches, parents, athletes, and organizations to foster performance excellence.

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