

# Connections

Department of Communication Alumni Newsletter  
Christopher Newport University, Newport News, VA 23606

Winter 2012

**Name  
Change**

If you look closely at the newsletter heading, you will see that we have dropped the word "Studies" from our program name. We are now the **Department of Communication!**

After input from our faculty, it was agreed that the new name reflects the growth of our field.

More importantly, our emphasis on a quality undergraduate communication education has not changed. Our commitment to both students and alumni is just as strong!



If you are ever on campus, stop by for a visit. We are on the 2<sup>nd</sup> floor of McMurrin Hall.

Visit with former professors and get to know the new folks!

You can always stay connected by visiting our website:  
<http://www.cnu.edu/communication/>

## Faculty Spotlight

### Meet One of Our Adjunct Faculty Members!



**Adjunct Professors play a key role** in helping with the course scheduling needs of all academic departments. However, our Communication faculty are particularly fortunate to have **Amanda Dale Wroten** on board!

Prof. Wroten has been a member of the Communication Department since 2008. She holds a Master of Arts degree in Humanities - emphasis in Culture, Technology, and Social Change - from Old Dominion University.

Amanda teaches Mass Communication and Society, Nonverbal Communication, and Public Speaking for CNU. She keeps doubly busy by also working part-time for her alma mater Old Dominion University.

Moreover, Amanda edits Facebook for Businesses through the Virginia Peninsula Chamber of Commerce.  
<http://www.virginiapeninsulachamber.com/>

For both recreation and service, Amanda Wroten is a certified COPE and Climbing Instructor with the Boy Scouts of America. She is planning on a second climb of Mount Rainier in Seattle, WA (14,411 feet).



In addition to rock climbing and mountaineering, in her spare time, Amanda enjoys an eclectic mix of hiking, camping, wine tasting, and cooking.

She owns a consulting firm called Summit Consulting. Here she produces advertising and public relations materials for local and national clients.  
[www.mysummitconsulting.com](http://www.mysummitconsulting.com)

What further makes Amanda Wroten stand out from many others is her commitment to a local, worthy cause. She is the Executive Director of the **Newport News Green Foundation**.  
[www.newportnewsgreenfoundation.org/](http://www.newportnewsgreenfoundation.org/)

The Newport News Green Foundation was established by the city council in 1998. It is an independent nonprofit organization dedicated to the preservation of green space within the city.



The mission of the foundation is to promote the creation and preservation of this space through advocacy, acquisition, and assistance to others. The goal is to make Newport News a more visually attractive place to live, work, and play.

As Director Wroten says, "The work of the Newport News Green Foundation touches the lives of each citizen and each visitor to our great city."

Amanda Wroten can be reached at:  
[amandawroten@gmail.com](mailto:amandawroten@gmail.com)

# Career Connections

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### Ways Women Stunt Their Careers Unintentionally

**A study** released by Europe's Institute of Leadership and Management revealed that women report having lower confidence in regard to their careers:

- 70% of males have high or very high levels of self-confidence compared to 50% of the women surveyed
- Half of women managers admitted to self-doubt regarding their performance and career; only 31% of men reported the same
- 20% of men stated they would apply for a role despite only partially meeting its job description compared to 14% of women

After conducting scores of interviews, and combing through hundreds of reports, these are the specific low-confidence behaviors cited by workplace managers:

**Being overly modest.** Men are more willing to take public credit for their successes. Women believe their accomplishments should speak for themselves. They spend less time ensuring they "get the gold star next to their name." While modesty is a nice character trait, it is naïve to think that the boss, clients, and colleagues will recognize accomplishments if flying under the radar.

**Not asking.** Women often fail to get promoted because they fail to step up and apply. It feels personally risky to ask for a big role or assignment. But there is really no other way. Not asking means that the chance to influence the outcome is lost.



**Blending in.** Some women go to great lengths to avoid attention. They don't want to stand out – in meetings, in the boardroom, or even in the elevator. However, blending in means missed opportunities. It is the avoidance of taking the chance to stand out and sell ideas along with expertise and enthusiasm.

**Remaining silent.** Often, it is not easy to get a word in during meetings, especially when other colleagues are all fighting for the floor. But failure to speak up and express oneself when there is something relevant to add is another missed opportunity to get in the game. Getting one's point of view across during important discussions is essential to any career.

**Career momentum** for women is not about adding job skills, but about changing everyday thinking and behaviors. Both men and (high-performing) women interpret – or misinterpret – an inclination in many women to share credit or defer judgment as a lack of confidence. Moreover, this can be further perceived as a lack of capability.

Small adjustments in how some women think and act can improve not only how confident they appear, but how confident they feel.

[source: Jill Flynn, Harvard Business Review, Oct 19, 2011]

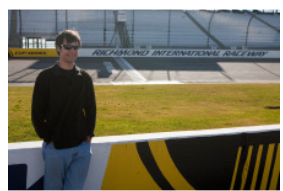
## Guest Column

**When I came into CNU in 2006**, I was dead-set on

becoming an English major with a concentration in journalism. I couldn't be happier that I was wrong. I eventually switched majors, made Lambda Pi Eta and had the highest GPA in Communication classes my senior year. I went to Chicago for NCA and Cincinnati to present two papers at Central States Communication Association Conference. I helped coin the term "Commnerd" and lived and breathed communication studies my entire senior year.

After graduating, I got hired as a sports journalist in March of 2010 at the Richmond Times-Dispatch. To date, I have written over 100 articles for the paper, including a Times-Dispatch front page feature on environmentally friendly implementations in NASCAR.

I've covered both 2011 NASCAR races at Richmond International Raceway and have interviewed some of the top-tier drivers in the sport, such as Denny Hamlin, Carl Edwards, Kurt Busch, Jeff Gordon and Kasey Kahne. Most of my job though is to cover high school sports, specifically golf, field hockey, girls basketball and girls soccer. I have also covered community events such as the Monument Avenue 10K and two youth baseball World Series.



**I use my Communication Studies skills everyday**, though interpersonal communication, nonverbal communication, media studies, gender studies, communicating identity, rhetoric, not to mention the prolific Twitter user I have become after my senior year. I use it all and more. I even find myself smiling if I happen to think of a particular theory or lesson from any of my Communication professors that pops into my head while I am enacting it in the real world.

I think the biggest lesson that I use everyday that I learned at CNU is to never be satisfied. I always want to be the best because my professors at CNU instilled in me that I can always do better and that I should be the best.

I am forever grateful for the education I received and the experience I had at CNU. I could not have predicted where it has brought me thus far or it will continue to bring me. But, I know that it will all be because of the lessons learned and friends I made at CNU.

**Billy Fellin'10** - Twitter handle @RTDBfellin



# Alumni Connections

**Alexandra Adams '09** Baltimore, MD received a Master's in Speech Language Pathology from UVA. She works with Kennedy Krieger Institute as a Speech Language Pathologist in the Child and Family Support Program.



**Jamie (Oliver) Beasley '08** Charlotte, NC is pursuing a Master's in Communication and Leadership with Gonzaga University. She is the Communications Coordinator for Computer Sciences Corp.

**Clare Brown '08** New York, NY is a Beauty Account Executive at Devries Public Relations. She also writes a daily fashion - inspiration blog called Clarabelle [www.clarabelleblog.com](http://www.clarabelleblog.com)

**Jessica (Schach) Caudill '08** Fairfax, VA is pursuing a Master's In Legal Administration at Marymount University. She and her husband own a Sport Clips franchise in Centreville, VA.

**Will Cornett '10** Chesapeake, VA serves as a Children's Minister for Great Bridge Baptist Church in Chesapeake.

**Charles Efid '08** Williamsburg, VA works for Colonial Williamsburg as a Conference Reservations Coordinator where he is responsible for overseeing lodging and client satisfaction.

**Lauren (McGehee) Efid '08** (MAT '09) Williamsburg, VA is employed as a 5<sup>th</sup> Grade Teacher of 28 students at McIntosh Elementary School in Newport News.

**Tyler Fitzhugh '06** Great Falls, VA completed a volunteer mission trip to East Africa this past summer. Also, she is now a Certified Wedding Specialist. [www.voilaeventstudio.com](http://www.voilaeventstudio.com)



**Hannah Goodwyn '03** Virginia Beach, VA is a Senior Producer at the Christian Broadcasting Network. She manages both the *Family* and *Entertainment* categories of the CBN website.

**Lynda (Smith) Greve '98** Mathews, VA is the General Operations Manager at the Mathews Land Conservancy. She is also a singer/songwriter and has released her 4<sup>th</sup> CD: *A Light in Winter*. [www.lyndasmithmusic.com](http://www.lyndasmithmusic.com).

**Jonelle Hanson '05** Arlington, TX is pursuing her Master's in City and Regional Planning at the University of Texas Arlington. She interns at the North Central Texas Council of Governments as a transportation modeling and technical analyst.

**Rebecca Hornick '10** Annapolis MD writes government contract sales and proposals as a Business Development Representative for Compass Languages.

**Natasha Jackson '08** Fairfax, VA is a Designer for INTEC Group, Inc., an architectural firm. She is also the Vice President of her alumnae chapter of the sorority Alpha Sigma Alpha.

**Leandra Jacobson '10** Newport News, VA is pursuing her Master's at Old Dominion University and worked as a student archaeologist at *Historic Jamestowne*.



**Darryn Lamb '09** Newport News, VA helps clients to succeed financially as a Personal Banker with Wells Fargo Bank.

**Robbie Landon '07** Hampton, VA is an Account Manager with Snow and Associates in Williamsburg. He works with a team of three others, managing three pharmaceutical accounts.

**Lisa Lazzari '10** Carmel, NY is employed as the Coordinator of National Youth Leadership Development at the March of Dimes Foundation.

**Coley Logan '11** San Francisco, CA works with Airbnb in a Community Support position. Airbnb is an online vacation rental service focusing on a network of domestic and international travelers.



**Jimmy Nicholson '05** Bristol, CT is the Content Editor for ESPN in Bristol. He oversees quality control and editing for assigned video clips and stories on the ESPN network.



**Amy E. Norris '95** Yorktown, VA has an MA in Community Counseling from Regent University ('11). She is a National Certified Counselor (CNT), Certified Traumatologist (CT), and Board Certified Neurotherapist (BCN). Amy has a Counseling and Neurofeedback practice in Yorktown.

**Marc Rich '08** Boulder, CO is a doctoral candidate at Colorado University. At the 2011 National Communication Association Conference, his was one of the top four papers in the Philosophy of Communication division.

**Anne Taylor Robertson '11** Richmond, VA is employed as a Project Coordinator and Research Analyst for SB&A Advertising Agency / Brooks Adams Research in Richmond.

**Karen Schomaker '08** Newbury Park, CA is the Coordinator for Community Service at California Lutheran University. Also, she has been accepted into the Ventura County Leadership Academy.



**Victoria Shirley '11** Monroe, LA is a News Reporter for KNOE-TV, the CBS/ABC affiliate in Monroe. She also writes a blog about media and building a portfolio website. <http://victoriashirley.wordpress.com>

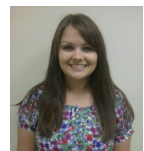
**Sam Stone '10** Fairfax, VA is graduate assistant pursuing a Master's in Global Affairs with a concentration in media and information technology at George Mason University.

**Katie Thompson '11** Lorton VA is employed as a Recruiter with Kearny & Company, a management consulting, financial services, and CPA firm.



**Taylor Whitehead '09** Aberdeen, SD has joined the AmeriCorps VISTA program in South Dakota. She works with disaster relief and families in poverty.

**Katie Wiggan '11** Newport News, VA is a Program Development Intern for the Virginia Peninsula Chamber of Commerce. She promotes Chamber initiatives that serve the community.



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