



Start or Join One of Our Alumni Chapters

Happy February, everyone! This month I would like to focus on alumni chapters and urge you, if you're not already part of one, to join or form one. Four alumni groups currently meet at least once a year: the Mississippi Valley Alumni Chapter in the Aledo, Ill. area; the Missouri Valley Alumni Chapter that meets in Omaha, Neb.; a Wichita, Kan., group; and the Northern Colorado Alumni group that meets each summer in Estes Park, Col.



David Earle
Director of
Alumni Relations

An alumni chapter is a great way to connect with other SC alumni in your area. Since current SC staff, faculty, and students often attend chapter meetings, it's also a wonderful way for alumni to get to know or catch up with the people and news on campus.

Since a significant number of alumni also live in Denver, Col.; Colorado Springs, Col.; Topeka, Kan.; and southwest Kansas, the Office of Alumni Relations is working with alumni in those areas to help establish official alumni chapters. If you live in one of these areas and would like to be involved in the process OR if you live elsewhere but have an interest in establishing an alumni group in your area, please let the Alumni Office know.

Enjoy reading the eNewsletter and please stay in touch.

Students Study Effects of Texting on Learning

When college students use their cell phones to text during class, how much information do they lose? Sterling College Psychology Chair Dr. Arnold Froese has asked many students that question-but he's not being sarcastic-he's doing research. Last semester Dr. Froese and a team of students decided to find some real answers to the question. They conducted a survey and an experiment and then sent their findings to the Southwestern Psychological Association (SWPA). Recently they received the news that they will be presenting the results of both the survey and the experiment at the SWPA's annual conference in early April.

So what are the answers? "We found that more than 30% of the college students we surveyed-and these were students from four different schools in the Southwest-are 'super-texters,' meaning they send more than 100 texts per day," said Dr. Froese. "More than 50% total send out 50 or more texts per day. And our project documents that texting during a class leads to, on average, a 27% loss of information."



Sterling College students attempt to text and watch a presentation for the experiment in a classroom in Kelsey.

Dr. Froese presented his research students with the topic in the early fall. "It's a strong topic, very relevant, very interesting," said senior Brian Allen of Caldwell, Kan. But though his fellow researchers agreed and felt they would get good responses from other college students, they first had to create a survey and experiment. "I learned a lot from the process," said senior Christina Carpenter of Bailey, Col. "The first draft of our survey was completely different than the final product. We had to be very careful about word choice and lack of bias. The process of obtaining valid results was very complex, but every step was important."

The team created a 21-item survey that was sent to several colleges in the Southwest and one in New York. More than 400 surveys came back. "One of the survey results that interested me," said sophomore Jessica Schooley of Liberal, Kan., "was that even people

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Upcoming Events:

February 4	Board of Trustees Meeting
February 5 and 6	Cocktails with Mimi
February 11-12	SC Bookstore Valentine sale (20% off Sterling College clothes and souvenir merchandise) www.sterlingcollegebookstore.com
February 27	Dedication of the newly renovated Warrior baseball field against Nebraska Wesleyan. Baseball alumni gathering for the double header and a meal in the west cafeteria following the games.
March 4-6	The Merchant of Venice Culbertson Auditorium
March 12	Spring Break begins

For more event information, visit the online calendar.
<http://www.sterling.edu/news-events>

For information regarding all Warrior Athletic events, please go to www.sterling.edu/athletics

who are 'super texters' rarely take their phones to church-and according to the results of our survey, super texters take their phones everywhere."

Besides asking college students how often they carried phones in different contexts and how often they used them for texting, the survey also asked responders how often they responded to cell messages in different contexts and what effects they thought texting had on their learning. "What most surprised me was the finding that students expect to lose information when they text-yet they do it anyway," said Dr. Froese. "The survey did reveal, however, that low frequency texters expect greater decrements from texting than high frequency texters do."

For the experiment, the research team recruited 40 Sterling College students to receive two presentations. The presentations described stories from two books and included recorded narrative and projected visual information. The participants were divided into groups and were told to either ignore or respond to their cell phones, and then student-researchers texted questions to them during the presentations. Instructions were reversed for the second session, and participants were given a ten-question quiz following each session. In addition to the quiz results, researchers recorded the number of words in participants' notes, how long participants were engaged in texting activities, and how many words they produced during their texting sessions.

"The student-researchers showed great creativity with the method we used to conduct the experiment," said Dr. Froese. "What they developed could be used for other experiments."

The results of this experiment were sobering. Texting reduced participants' quiz scores by nearly 30%, and texting also reduced note taking. Note taking correlated positively with quiz scores.

There were a few exceptions to the general results. "It was really interesting to me," said Rebecca Barnes, a first-year student from Hiawatha, Kan., "that a few people were able to do well on the quizzes even while texting."

It is exceptions like this that lead to more research. "Research projects create a platform for a program," said Dr. Froese. "The program actually explores answers." As the current president-elect of the SWPA, Froese plans to use this project, and others that the SC students will complete, to contribute to the presidential address he will present in April of 2011. "The student presentations that are coming up this spring continue the strong showing SC students have traditionally had at the SWPA. Since 1990, SC students have presented at eight annual conferences."

Still, Dr. Froese expects good interest in this particular topic. "Not long ago I was at a teaching conference and I told a cognitive neuropsychologist about our project. He said, 'People are going to want to talk to you about this.'"

Record Enrollment for e.Sterling

Not only does e.Sterling help its students grow, it is growing itself. The online division of Sterling College reported a new record enrollment of 72 students this term, with 17 being new to the program. Though e.Sterling has continually grown since it began in 2007, this is its greatest-ever growth in new students.

More and more non-traditional college students who juggle full-time jobs and/or families are finding online education attractive. e.Sterling offers the convenience of online classes while still promising the high level of student service for which Sterling College is known. Approximately fifty percent of e.Sterling's instructors are Sterling College professors; most of the others are local educators. These instructors correspond with their online students regularly and use technology to help students connect with each other.

e.Sterling offers degree completion in Theology and Ministry and in Christian Ministries. Through the Sterling Teacher Education Program Online (STEP Online), it currently offers degree completion in the areas of elementary education, professional studies, math with an emphasis in education, and history with an emphasis in education, with plans to expand its offerings in the future. e.Sterling has articulation agreements with community colleges in Colby, Coffeyville, Hutchinson, and Cloud County, and is forming agreements with two others. e.Sterling's programs work well for the student who has completed general education hours as well as for the student who holds a bachelor's degree but needs education coursework to obtain a teaching license. An education degree from e.Sterling fully prepares graduates for licensure through the Kansas State Department of Education. Information on e.Sterling can be found at www.e.sterling.edu.

Sterling College Students Experience NYC Theatre

There is a big difference between hearing Placido Domingo sing live rather than through a recording. The Sterling College students who took musical theatre for their January interterm class had that opportunity-and many others-when they spent a week in New York City. "The students returned with an increased appreciation for the skills needed to be a professional in the theatre and for the great 'machine' for musical theatre that is New York City," said Theatre Department Chair Gordon Kling.

Theatre Professor Diane DeFranco-Kling taught the class and planned the group itinerary for the trip. The students toured backstage at the Metropolitan Opera, Lincoln Center, where they saw Placido Domingo in rehearsal with James Levine and toured the scene and costume shops, rehearsal and dressing rooms, and the great hall. They were also able to watch as the enormous turntable sets for "Carmen" were installed. Later that evening they attended the show. As a group the students also went to the shows "West Side Story," "Wicked," and "Finian's Rainbow." They toured Radio City Music Hall and got a close look at its stage machinery. "This trip was quite educational and infor-



Sterling College students in the musical theatre class gather in the Edison Hotel in New York City during their interterm trip.

mational,” said DeFranco-Kling. Students also had to attend other shows of their choice. Those shows included “Lion King,” “Phantom of the Opera,” “Chicago,” and “Avenue Q.”

“It was a full week,” said Gordon Kling, “but we were energized by the pace of the city.” The group visited Ellis Island, circled the Statue of Liberty, and went to the top of the Empire State Building. They toured several museums, including the Museum of Natural History, the Metropolitan Museum of Art, and the Museum of Modern Art. When the students returned from the trip, they researched and reported on major contributors to the American musical, wrote critiques of the shows they had seen, and turned in the diaries of daily observations and reflections they had written while in NYC.

“It was great to see theatre at its most professional,” said Jennie Czuba, a senior theatre major who went on the trip. “It’s magical when all the pieces are there and at their finest.”

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Be sure to check out and join the two Sterling College group pages on Facebook. If you haven’t joined Facebook yet, join the thousands of SC alumni and friends who have found Facebook a great way to reconnect and stay in touch.



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Join our Alumni Group!

Keep Us Informed

Just as we share life at Sterling College with you, we want you to share your life with us as well. Please let us know your recent life events so we can rejoice with you, pray with you, and share your updates with other alumni who want to do the same. Here are some specific kinds of information that will help us stay up-to-date:

- New phone number, address, or e-mail
- Birth or marital/family changes
- Illness, injury or death
- Change in careers
- Accomplishments
- Prayer Requests

At your request, we will publish any updates in the Alumni News and Classnotes section of the *Sterling* magazine to keep your college friends updated as well. E-mail David Earle at dearle@sterling.edu or call him at 620-278-4228 and share your latest news.

Sterling Magazine Available on our Web site

The Spring/Summer *Sterling* Magazine is posted on our Web site for your viewing pleasure. Click here to read the latest edition of *Sterling*. If you did not receive a copy, please contact the Advancement office to confirm your current address.

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