

# **SCHOLARS WITH DIVERSE ABILITIES PROGRAM (SDAP)**

# **SDAP**

*App State*

**Appalachian State University**



## **SDAP News & Updates**

September 2021

This edition highlights some of our team members and scholars. We are thrilled to introduce them to you! Keep reading to learn more about what we are up to!

# FAMILY WEEKEND



Over the weekend the scholars were able to spend time with their loved ones while enjoying the festivities App State hosted for the 2021 Family Weekend.

The fun began on Friday afternoon with Appalfest, where students played cornhole and enjoyed live music while eating caramel apples and apple and pecan pies with ice cream on Sanford Mall!

As the weekend continued, so did the festivities. On Saturday, families and the scholars enjoyed a Grab and Go Picnic lunch and tailgating before attending the first home football game of the season! Although the first half of the game was intense, excitement filled the air at Kidd Brewer Stadium as the Mountaineers went on to crush Elon in the second half beating Elon 44-10.

What a great way to enjoy the gorgeous Boone weather, with fall festivities and the thrill of the game at The Rock. We hope all who were able to attend App State's 2021 Family Weekend had a great time!



# FAMILY WEEKEND



## Social Media

For more updates about SDAP, we encourage you to check out our social medias, listed below.



@appalachianstatesdap



@appalachianstatesdap



<https://sdap.appstate.edu>



First app state home football game 🖐️





# SCHOLAR SPOTLIGHT



## GRACE.

Grace is a second year student of the Scholars with Diverse Abilities Program. The Hampstead, N.C. native is enjoying her time on campus attending events, hanging with friends, working out at the gym and getting involved with clubs like Best Buddies and App State Cru.

For Grace, the best thing to happen since moving back on campus was seeing “the DJ coming on campus and everyone on Sanford dancing.” Like most students at App, Grace enjoys hammocking, visiting the Blue Ridge Parkway, and especially hanging out on Sanford Mall, her favorite relaxation spot on campus.

# SCHOLAR SPOTLIGHT



## **BRI.**

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Bri is also a second year student of the Scholars with Diverse Abilities Program from Hampstead, N.C. She enjoys spending her time hanging out with friends, relaxing on

Sanford Mall and meeting new people. She is most looking forward to finishing this year strong and life after graduation. Although campus dining does not compare to her mom's cooking, Bri does enjoy going out for Mexican food at Dos Amigos when she gets the chance because it reminds her of her mom's cooking the most. She also loves iced coffee! You can usually catch Bri ordering her favorite at the on-campus coffee truck, Higher Grounds, or at Starbucks!

# STAFF SPOTLIGHT



## LEAH.

Leah Ferrell, BSW, is a second year graduate student within the Department of Social Work at Appalachian State. In both her undergraduate and graduate programs, Leah worked alongside survivors of human trafficking through Project FIGHT and World Relief respectively.

The Clayton, N.C. native loves pancakes, gummy bears and dark chocolate, but loves helping others even more. As a Person-Centered Planning Advisor, Leah works with the scholars to help them stay on track and accomplish their goals while attending App State. “My hope is to take the skills that I learn [working with SDAP] to be able to better help those who have experienced complex trauma and are also diagnosed with a learning disability of some kind,” states Leah.

In her free time, Leah enjoys exploring nature, gardening, reading, playing guitar, drinking coffee, and spending time with friends and family.



# STAFF SPOTLIGHT



## SKYLER.

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Skyler Prowten (She/Her/Hers) joined SDAP in Fall 2021 as a graduate assistant. Originally from Kent, OH, she received her Bachelor's degrees in Psychology and Animal Science at North Carolina State University.

As a graduate assistant, Skyler focuses on incorporating health and wellness initiatives into the program. "This would help with our goal of personal growth for our scholars, and hopefully establish lifelong healthy habits," states Skyler.

She is a first-year graduate student in the Experimental Psychology Program at App State exploring topics centered around body image and perceived health hoping to pursue a PhD in Clinical Psychology to one day be an advocate for equitable physical and mental health.

Skyler enjoys working with SDAP as she believes "it's important to interact with people who appear different than you in order to learn about how you are similar."

When Skyler is not working with the scholars, you can likely find her enjoying the trees on campus outside Smith Wright eating Sour Patch Kids.

# FELLOW SPOTLIGHT



## SYDNEY.

Sydney is the SDAP lead fellow in Summit Hall dorm. The Mount Airy, N.C. native is a senior elementary education major with a concentration in Exceptional Learners. Since completing her SDAP Support internship in 2020, she has been determined to become further involved with the program.

Sydney enjoys working with the “amazing scholars and with the other fellows to make sure things are running smoothly” and helping with daily activities and making connections.

“My favorite part about working with SDAP as a fellow is getting to form friendships with the scholars.” Sydney says, “I truly enjoy working with all of them and becoming friends with each scholar!”

When Sydney is not working with the scholars or doing homework, you can catch her enjoying her favorite candy, Mini M&M's, near the Duck Pond on campus.



# BEST BUDDIES



This month our scholars have enjoyed spending time with and getting to know the members of the Best Buddies Club! In preparation for their upcoming Match Party, where members will be matched with scholars, the group has been issuing a rule that for each match of a game being played, everyone must move around the room to meet a new face. So far, the group has gotten to play Bingo and Kahoot!

Due to high interest in Best Buddies, the group has had to switch up their matching system to include Main Buddies and Buddy Families. Main Buddies will be hanging out and talking with their buddy on a regular basis, while Buddy Families will get together a few times during the semester and hang out as a group.

Whether students are placed in a Main Buddy category or a Buddy Family does not change how excited the group is to be able to spend time with each other and to build those one-to-one connections and friendships!

Best Buddies is committed to creating an inclusive, loving, and caring environment where everyone feels welcome and comfortable being themselves!

**Best Buddies is open to anyone to join!**

 Follow us at  
[@bestbuddiesappstate](https://www.instagram.com/bestbuddiesappstate)

# SPOOKY DUKE RACE AND COSTUME CONTEST IS BACK!



**Spooky Duke is a USA Track & Field (USATF) certified 5k and 10k race, and includes a free costume march for children, adults and dogs. Costumes are encouraged for everyone!**

The 11th annual Spooky Duke Race and Costume Contest will be held Oct. 16, 2021, at Appalachian State University in the Raley/Peacock parking lot (416 Howard Street, Boone, N.C.) with events starting at 9 a.m. There will also be a virtual option for participants.

Registration for Spooky Duke is open until Oct. 15, but if you register before Oct. 1 you are guaranteed a free t-shirt! The event is \$25 for the 5k and \$30 for the 10k. Students and groups of 15 can register for \$15!

The event benefits the Parent to Parent Family Support Network™-High Country.



**PETS WELCOME!**



# JOIN SDAP AT SPOOKY DUKE

## 11TH ANNUAL SPOOKY DUKE

HEY, DUKE!  
WE'VE GOT  
A TEAM!

*COME WALK, BIKE, ROLL, MARCH,  
OR DO THE MONSTER MASH WITH US!*

Create a team  
and register 15  
people for the  
special price of  
\$15 each

You're guaranteed a  
t-shirt and your  
team name  
represented in  
Spooky Duke history  
if you register by  
Oct. 1st!

Come join us on  
October 16th,  
2021 in-person or  
virtually and help  
us make some  
magic for our  
local families!

For more  
information,  
please visit  
[parent2parent  
.appstate.edu](http://parent2parent.appstate.edu)



All proceeds benefit Parent to Parent Family Support Network - High Country

# REGISTER YOUR TEAM

## 11TH ANNUAL SPOOKY DUKE

REGISTER BY OCTOBER 1, 2021,  
AND YOUR TEAM NAME WILL BE  
ON THE RACE SHIRT!

### Directions for 15 for \$15 Team Registration

*(Must have 15 or more participants to receive \$10 off your registration!)*

Get your team ready for the Spooky Duke in just a few simple steps!

1. **Identify a Team Captain** and **pick a Team Name**
2. **Recruit Team Members** (15 or more!): Each member will register individually, but all must list the team name, team captain's name, and team members' names. Your team can be all in-person attendees, all virtual, or a mixture of both!
3. **Go to <https://appstate.irisregistration.com/Form/21spookyduke>** and **create an IRIS account.**
  - a. Select new registration.
  - b. Fill in personal information.
  - c. Select "yes" for the "Are you part of a team" question.
  - d. Identify your team name, team captain's name, and team members' names.
  - e. Complete registration and have some fun!!!

**JOIN US IN-PERSON  
OCTOBER 16TH!**



**JOIN US VIRTUALLY IF YOU  
CAN'T COME IN PERSON!**



For more information about the Spooky Duke and Parent to Parent FSN, please visit our website! <https://parent2parent.appstate.edu/special-events/spooky-duke-race>

**Have questions? Email: [spookyduke@appstate.edu](mailto:spookyduke@appstate.edu)**





# IT'S FOOTBALL SEASON MOUNTAINEERS!

Heading to The Rock for game day? Get your tickets now!



## 2021 APPSTATE FOOTBALL

<p><b>THURSDAY</b> <b>SEPT. 2</b> EAST CAROLINA CHARLOTTE, NC</p>	<p><b>SATURDAY</b> <b>OCT. 2</b> GEORGIA STATE ATLANTA, GA</p>	<p><b>SATURDAY</b> <b>NOV. 6</b> ARKANSAS STATE JONESBORO, AR</p>
<p><b>SATURDAY</b> <b>SEPT. 11</b> MIAMI MIAMI GARDENS, FL</p>	<p><b>TUESDAY</b> <b>OCT. 12</b> LOUISIANA LAFAYETTE, LA</p>	<p><b>SATURDAY</b> <b>NOV. 13</b> SOUTH ALABAMA BOONE, NC</p>
<p><b>SATURDAY</b> <b>SEPT. 18</b> ELON BOONE, NC</p>	<p><b>WEDNESDAY</b> <b>OCT. 20</b> COASTAL CAROLINA BOONE, NC</p>	<p><b>SATURDAY</b> <b>NOV. 20</b> TROY TROY, AL</p>
<p><b>THURSDAY</b> <b>SEPT. 23</b> MARSHALL BOONE, NC</p>	<p><b>SATURDAY</b> <b>OCT. 30</b> ULM BOONE, NC</p>	<p><b>SATURDAY</b> <b>NOV. 27</b> GEORGIA SOUTHERN BOONE, NC - SENIOR DAY</p>

# Upcoming Events



**September 23 @ 7:30 p.m.**

2020 Grad Night

App vs. Marshall @ Kidd Brewer Stadium



**October 11-12**

Fall Break - No Classes



**October 16**

Spooky Duke 5k, 10k & Costume  
March



**October 25-30**

APPS Haunted Homecoming Harvest



**October 30 @ 3:30 p.m.**

Homecoming / Football Alumni Reunion  
App vs. ULM @ Kidd Brewer Stadium

Check out [engage.appstate.edu](https://engage.appstate.edu) for more upcoming events!

If you have any questions, comments, or  
other feedback, feel free to email us at  
[sdap@appstate.edu](mailto:sdap@appstate.edu).  
Thanks for reading!