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Fall 2020

### News from the Graduate School - Allied Health Fall 2020

Otterbein Office of Graduate Programs

*Otterbein University*, [officeofgraduateprograms@otterbein.edu](mailto:officeofgraduateprograms@otterbein.edu)

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From Dr. Barbara Schaffner, Associate Provost of Graduate Studies

## In these Changing Times

Advanced educational degrees have proven over time to further careers and promote salaries. The graph featured in this article link demonstrates a substantial differentiation between median wages of those with advanced degrees when compared with four-year degrees, and an even larger difference between those with advanced degrees and no college degree. It is abundantly clear, advanced degrees advance careers.

But what about now, in this time of the COVID-19 pandemic? The year 2020 has already been labelled as chaotic and a year that will ever change U.S. society. Of course, no one can predict the future, but early data demonstrates that workers with higher levels of educational attainment were more likely to have teleworked because of the pandemic... [Continue reading >>](#)



## Exercise Your Joy

Physical activity and exercise are touted as the modern elixir for preventing chronic disease, enhancing well-being and improving both health and lifespan. However, many Americans simply dread daily activity and may currently be facing additional barriers due to access, time and public health concerns.

Exercise can enhance personal wellness and increase the sense of connection with a community, which is essential in light of the increased prevalence of mental health concerns, particularly amongst young adults in recent months ([CDC, August 2020](#)). Dr. Kelly McGonigal, a world-renowned health psychologist and revolutionary figure in positive psychology and stress management discusses how "physical exercise can be a powerful antidote to the modern epidemics of depression, anxiety, and loneliness."... [Continue reading >>](#)

- [MSAH](#) Graduate Director Erica Van Dop

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Value by Design

October 20, 2020  
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