

March 2026

Building Wellbeing & Resilience Together!

As we move through a busy and often demanding spring semester, our campus community continues to place a high value on supporting the whole student—mind, body, and spirit. To strengthen that commitment, NASNTI is excited to introduce a new series of short video modules designed to help you build everyday wellbeing and long-term resilience. These modules offer practical strategies for managing stress, nurturing healthy habits, and staying grounded during challenging times. Whether you're looking to navigate academic pressures, improve balance, or simply take a moment to reset, each video provides helpful tools you can use right away. We invite you to explore the series, share them with classmates, and take one small step toward a stronger, healthier you. Your wellbeing matters—and we're here to support you every step of the way. ***Find these videos on Brightspace!***

Meet the Video Presenters



Anthony Ramirez - Constructive Coping Mechanisms (*Choosing healthy outlets for stress*)

Anthony has been in the field of educating in health & wellness for over 14 years. A graduate of Oklahoma Baptist University, Anthony has put focus on others to bring their physical health to their highest potentials while correcting imbalances due to injury and life instances.



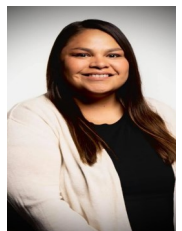
Dr. Kaila Harjo - Building Resilience in College Life (*Navigating academic/personal challenges*)

Dr. Harjo serves as the Secretary of the Department of Education & Training for the Muscogee (Creek) Nation. A lifelong educator and passionate advocate for scholars, Dr. Harjo is dedicated to ensure academic excellence with over two decades of experience in advancing education.



Dr. Robert Lincoln - Grit and Perseverance (*Staying the course despite hardships in life*)

Dr. Lincoln serves as the Health Services Director for the Otoe-Missouria Tribe in Red Rock, OK. He earned his doctorate in healthcare administration from Oklahoma State University. Prior to his academic journey, Dr. Lincoln served as a firefighter paramedic and is also a combat veteran of the U.S. Marine Corps.



Jade Hansen - Time Management (*Creating control with structure & techniques*)

Jade received a Master of Science from Northeastern State University and some doctoral work at the University of Arkansas studying higher education. Her career experience ranges from K-12, and college level work as she has taught high school math, and entry level college courses. Before becoming a teacher she worked in TRIO first with Educational Talent Search at NSU.



Jordan Parnacher - Adaptability & Flexibility (*Growth mindset, reframing change*)

Jordan is a graduate of Mid-American Christian University. He serves as the residential director for All About You, LLC, an agency that works with and advocates for individuals with developmental and/or intellectual disabilities to attain their goals for independence.

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