

NO LIMITS



Road(block) Warrior

“You were wonderful, but we offered the job to the college graduate.” These were the words Jean Mead, now an FIU Communication Sciences & Disorders (CSD) faculty member, heard after a job interview as a 35-year-old, single mother of two. She vowed it would be the last time something stood in her way to fulfillment.

Jean enrolled in Marshall University for a degree in Spanish language education. One semester shy of graduating, she met with the local school board about a teaching position. What they needed was a speech-language pathologist. She switched majors to get her SLP bachelor’s degree and the school board job. She continued to obtain master’s and doctoral degrees, became a collegiate professor, and ended up in Miami after a 20-year journey of self-discovery as an Assistant Professor and Coordinator of Clinical Education for FIU CSD.

According to Dr. Mead, the last semester for a master’s SLP student is hectic, preparing for a final clinical, graduation and the licensing exam. But one cohort was especially high strung and hit a mental block. Drawing from her experience teaching yoga, she developed a meditation program to test during weekly hourly meetings with her students that proved helpful to tackle assignments and utilize for their clinical sessions with clients.

Dr. Mead hopes to incorporate meditation into a future syllabus based on the outcome of that pilot semester. More so, she wants students to know that hitting a proverbial wall shouldn’t be a roadblock to their aspirations. It can be inspiration to overcome limits and find another way around to success.

[Read more about her story.](#)

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Together we can inform and encourage one another to push the limits of our discipline and help new avenues of practice and progress emerge.