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Ten Questions for Faculty Series

The Teaching and Learning Center is pleased to present the *Ten Questions for Faculty Series*. The series is dedicated to helping faculty to stay connected with one another while working remotely. Every week, a faculty member will have the opportunity to answer ten questions about themselves and about navigating the changes brought about by COVID-19. This week, we are pleased to feature Dr. Camille Drake-Brassfield, Professor of Psychology.



Dr. Camille Drake-Brassfield
Professor of Psychology

Where are you from?

I was born in St. Andrew, Jamaica but migrated to the United States (Michigan to be exact) in 2005. My husband wooed me, and I returned to the United States with him. Six years ago, we moved to Cape Coral.

Which college or university did you attend?

My bachelor's degree was obtained from the University of the West Indies (Mona Campus). I studied foreign languages in language and literature (French, Spanish, German) with a minor in economics.

My MBA and MSc are both from Nova Southeastern University and both were completed in an online forum. My doctorate was from Walden University. There I specialized in organizational psychology.

When did you begin teaching at FSW?

I began teaching at FSW in August of 2017 when I attended the Cornerstone Institute. I started out as a cornerstone professor on the Lee Campus.

What is your favorite food?

My absolute favorite meal would be curried chicken with rice and peas. I also love a good lasagna.

If you could have dinner with any historical figure, who would it be and what would you ask them?

I would love to sit and chat with Maya Angelou and ask about life and moments of triumph and days of being in the valley. I want to know why the caged bird continues to sing.

What is your favorite local restaurant?

House of Omelet on Pine Island Road and Gloria's in Jamaica for some escovitch fish and bammy.

What new things have you learned or done as a result of COVID-19 & working remotely?

I have learned that I do have a knack for bringing people together/connecting people. During COVID, I've been the glue and uniting force between my family in Jamaica and Switzerland. I've spent much more time being with my spouse and we started doing more fun things together. Almost felt like a staycation. We found some hidden talents and that has led to the adoption of a bunny called Lord Byron.

How do you think COVID-19 has changed the way we do things or has changed your outlook on life?

I fear that social distancing might be a forever thing so much so that we fear the usual ways in which we would normally connect with other people. Zoom has been so convenient, but we do need a bit of face-to-face and back-scratching as well. During COVID-19, my introvert side has also risen to the fore and I was able to re-energize without the masses. Wearing a mask may be an apparel of the future.

What are you doing (exercise, cooking, reading, etc.) to take care of your mental and physical health during social isolation?

I am walking more, finding new parks in the Cape, cooking more, and doing more professional development online to be a better version of me.

What advice do you have for your colleagues on how to navigate social isolation and changes from COVID-19?

Find a new hobby or find your old friends to connect with them via social media. There is no need to be lonely. There is a ton that can be done remotely: Send a card to someone who is ill or elderly, watch a good movie on Netflix or Hulu, start a journal, or start your five-year plan. Make a pie/cake for your garbage crew or mail carrier. I connected via Facebook with a girl I knew as a child from Sunday school in Jamaica. I won't begin to tell you how many moons ago I met her. It is a time to reinvent yourself and find your inner muse.

If you would like to be featured in the *Ten Questions for Faculty Series*, please contact Kelly Westfield, Coordinator for the Teaching and Learning Center: kwestfield@fsw.edu