

**February 2026**

## **NSU Student Interns with the Virginia General Assembly**



Malina Tran, an intern for Delegate Alex Askew, has witnessed the historical legislative process, the curating of the first Virginia General Assembly's HBCU Caucus. In addition, she emphasized the importance of the caucus in closing the funding gap between HBCUs and other universities.

[Learn about her experience](#)

## NSU Fashion Students Visit New York City



Last semester, a group of Norfolk State fashion students visited New York City. Under the guidance of Fine Arts Associate Professor Christy Frederick, students gained exposure to the fashion industry and professionals.

[Learn more about the trip](#)

---

## Cynthia Burwell Co-Authors Chapter in Health Programs Guide



Dr. Cynthia Burwell, professor in health, physical education, and exercise science, co-authored a chapter in *Well-Being Leadership in Higher Education: A Guide for Successful Health Programs*. As a Master Certified Health Education Specialist with over 20 years of experience, Burwell is a member of the American College Health Association (ACHA), where she has been a part of the leadership that provides well-being services. Along with her colleague, Tondra Moore from Prairie View A&M, Burwell's chapter offers the perspective of well-being leadership at HBCUs.

---

## **Donald Spencer Appointed to CCA Board**



(L-R, **First Row**) Holly Drewry (Virginia Tech), Amy Ostroth (Edward Via College of Osteopathic Medicine), Cynthia Price (University of Richmond), Donald Spencer (Norfolk State University), Eric Gorton (James Madison University) (L-R, **Second Row**) - Amy Jessee (University of Mary Washington), Amanda Grantham (Shenandoah University), Sally Voht (Laurel Ridge Community College), Scott Spriggs (Shenandoah University) (L-R, **Third Row**) - Madalyn St. John (George Washington University), Tiffany Becker (William and Mary), Teresa Mannix (Georgetown University), Adam Anthony (George Mason University)

Donald Spencer, senior graphic designer in the Office of Communications and Marketing, was selected to serve as a Director at Large to the board of the College Communicators Association (CCA) of VA and DC. CCA recently held its Winter Conference from Jan. 15-16, 2026, at Virginia Tech's beautiful new facility, Academic Building One, in Alexandria, Virginia.

CCA comprises communication and marketing professionals from all public, private and community universities and colleges in Virginia and DC. The primary purpose of the organization is to provide professional development opportunities for practicing professionals in the field of college/university communications in both Virginia and the District of Columbia, with an emphasis on programs and educational opportunities for both new and experienced professionals.

Don has been an active participant in CCA and has attended 15 conferences. He serves as a volunteer photographer at many meetings and, as a member of the board of directors, he will help plan future conferences and events that will guide CCA's future direction. Don will represent Norfolk State University's voice on the board. Congratulations, Don, and Behold the Green and Gold!

---

## **“I AM NSU” Administrative, Faculty & Staff Campaign**



Participate in this meaningful annual tradition that supports student success and advances the University's mission. Your generosity and commitment play a vital role in strengthening our campus community, and we appreciate your continued engagement and support.

[Make A Gift](#)

---

[Give Your Feedback!](#)

---

[Share your News for a Making Waves Feature!](#)



**NORFOLK STATE**  
UNIVERSITY

*Copyright (C) 2025 Norfolk State University. All rights reserved.*

700 Park Ave Norfolk, VA 23504