

Faculty Spotlight, Audrey Muhammad

By L' Asia Brown
Features Editor

There is a new face at Fayetteville State University. Her name is Audrey Muhammad and she is a University College Advisor. A proud native of Toledo, Ohio and graduate of Bowling Green State University, Ms. Muhammad demonstrates a strong passion for teaching and literature. She taught high school English for five years before relocating to California to teach writing at a local community college.

While in California, she published her first piece of literary art, *Rhymes of the Times: Black Nursery Rhymes*, a creative nursery book teaching black history to young children with rhymes titled "Martin Had a Little Dream" and "Pretty Little Black Girl." Possessing an additional adoration for fitness, Ms. Muhammad briefly taught kick-boxing classes and produced a workout tape with several of her high school students.

Currently a Freshman Seminar Instructor at FSU, she remains busy but finds time to write a fitness column twice monthly in the international newspaper, *The Final Call*, as well as publish *Virtue Today Magazine* (www.virtuemag.com). Ms. Audrey's beloved five-year old daughter, Hasana, enjoys calling herself "mommy's business partner" and looks forward to aiding her mother with the promotion of her newest book, *Get Fit to Live: Be Your Best You!*, a compilation of brilliant fitness columns she has written over the years.

Ms. Muhammad looks forward to mentoring students, helping with beneficial programs and having a positive impact on FSU's campus.

The Voice (TV): What was your major? Muhammad: My undergraduate major was Psychology and Sociology and my Master's is in English with a concentration in



Technical Writing.

TV: What courses do you teach at Fayetteville State University? Muhammad: I teach Freshman Seminar 101 and 102, and I am a CRISS Lab instructor.

TV: From your perspective, what sets a freshman up for failure or success during their crucial first year in college? Muhammad: Excellent question! I think that students need 1. support (family, friends). 2. Good professors that are encouraging and supportive. That is why I think the Freshmen Seminar/advisors instructors are so important. At least students have someone to go to for advice or to vent. Sometimes students encounter professors or coaches that are not encouraging and have a negative attitude toward students. Negative relationships can send a student to another school.

TV: What is the single most suppressed quality that a freshman must access to become successful in their college career? Muhammad: I believe a student must have the attitude or belief that he or she

can succeed, but it is going to take work. Every student must have the quality of determination and be willing to go the extra mile to get help.

TV: If you could go back to your freshman year in college, would you do anything different? Muhammad: No, I loved it! I received straight A's and had fun at the same time.

TV: You just finished a book. How can this book help students to improve their own quality of life while attending college? Muhammad: I did just complete my book, *Get Fit to Live: Be your best you!*, It is a motivating book to encourage men and women to think about what they put into their bodies and their minds. I don't focus too much on weight loss, because everyone is not made to be a size two, but instead, "be your best you" and be a healthy you. For students, it will give them insight on how to improve their diet and incorporate exercise into their daily lives. I am also the publisher of *Virtue Today Magazine*, a women's magazine

that shows women as the epitome of beauty, class and intelligence. For more information, you may visit: virtuemag.com

TV: What are some words of advice you can offer new students to help them adjust to college life in general? Muhammad: I would highly suggest that students try to enjoy their college years by making the most of it. Focus on doing "very good" (B) or "excellent" (A) in all of their classes and seek help whenever you need it. Get involved with at least one organization or group on campus and attend events. Utilize your time wisely because this is an investment in you. Best wishes to all of my students. You are the best!

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