

A Conversation With The Former Miss Iowa and The Physician Dr. Caudle M.D

Written by Dr. Boyce Watkins Ph.D
Monday, 27 June 2011 18:20



Dr. Jennifer Caudle is the woman that you want your daughter to become. The word "impressive" doesn't do justice to what you see when you study the life of Dr. Jennifer Caudle. As if being a physician isn't already a powerful achievement, Dr. Caudle is also a highly-accomplished cellist (she performs with orchestras in cities around the U.S) and also Miss Iowa 1999-2000. After speaking with Dr. Caudle [a cum laude graduate of Princeton University] at length, I got the sense that she values the idea of having a life worth living, and is determined to also give back to her community in the process. She has pursued excellence for her entire life and brings much-needed expertise to the African American community, particularly on matters of health and education. The child of two teachers (one being a high school principal), Dr. Caudle reflects the discipline and educational excellence that represents the very best of what the black community has to offer. The physician is not a one-trick human being, and she also shows us that we can do anything we put our minds to. [This interview was conducted in February 2011].

Dr. Boyce Watkins PhD talks to Dr. Caudle M.D:

Dr. BW: What is your name, and what do you do?

Dr. C: My name is Dr. Jennifer Caudle and I am a board-certified family physician. In addition to practicing medicine, I have a particular interest in bullying and I present lectures about the health effects of [bullying](#).

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Dr. BW: What is your educational and professional background?

Dr. C: I attended Princeton University where I majored in Anthropology and minored in Music. I developed an interest in medicine during my college years and eventually attended the University of Medicine and Dentistry of New Jersey- School of Osteopathic Medicine for medical school and residency. I became interested in bullying as a medical student. Every day, many children are affected by bullying and I have always been touched by the experiences that young people have. I wanted to make a difference so I began speaking in schools to raise awareness about this issue and educate young people about bullying. Now as a physician, I continue this work by speaking to other physicians, health-care professionals, teachers and parents about the health effects of bullying (www.jennifercaudle.com).

Dr. BW: You have programs for students and parents addressing bullying. What are some of the things about bullying that most people don't know?

Dr. C: An unfortunate statistic is that approximately 160,000 kids skip school every day to avoid being bullied. Recent teen suicides and instances of school violence have taught us that bullying cannot be ignored. Both boys and girls bully, but the cliché, "boys will be boys..." is no longer an acceptable response to this issue. Bullying can be physical, emotional or verbal in nature and it can occur in person, or through electronic media (cyberbullying). Some children are bullies, some are victims, and some are both the bully and the victim (bully-victims).

Studies show that the effects of bullying are far-reaching. Some of the health effects that children can experience, for example, include anxiety, depression and behavioral problems. What I find interesting is that, according to research, all children involved in bullying can experience these consequences- not just the victims. Bullies and bully-victims can experience them as well. For me, this reinforces why addressing the issue of [bullying](#) is essential to helping all kids, as well as communities, stay healthy and safe.

Dr. BW: What advice you would you share with young African Americans who would like to follow in your footsteps?

Dr. C: First and foremost, I believe in the importance of getting an education- this is essential. I also believe that with hard work, perseverance and integrity you can't go wrong, as these

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qualities are important for work and life. With regards to bullying, I encourage all young people to become educated about this issue and become anti-bullying advocates. Get involved with your schools and communities to help reduce bullying throughout the country.

Dr. BW: In addition to being a medical doctor, you were also Miss Iowa in 1999 and are an accomplished cellist. How have you managed to be successful at so many different things?

Dr. C: My life has taken many turns throughout the years. As a child growing up in Iowa, I began playing the cello and fell in love with it. At 16 years old I left home to attend Walnut Hill School for the Arts (Natick, MA) in order to pursue my dream of becoming a professional cellist. Although I ultimately chose medicine, playing cello is still important to me and I perform with orchestras and ensembles whenever I can.

Becoming Miss Iowa 1999 was also an interesting turn in my life. As a sophomore in college, I learned about the Miss America Organization. Specifically, I learned that it is the world's largest scholarship organization for young women (this was really important to me). So, I decided to compete and I won the title of Miss Iowa. I then went on to compete in the 1999 Miss America pageant- what an amazing experience this was! I believe it is important to work hard and stay focused. These rules have been very helpful to me over the years. But I also believe in exploring the possibilities of life and living life to the fullest, because you never know what your next adventure will be.

Dr. BW: Is there anything else you'd like to share with our readers?

Dr. C: Anything is possible; dream big!

Additional information on Dr. Caudle: The doctor was born and raised in Davenport. Dr. Caudle works in the Department of Aerospace Medicine at Little Rock Air Force Base in Jacksonville, Ark. The physician is the founder of Jennifer Caudle Enterprises, a public

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speaking and consulting firm that has been in operation since 1998. Through her company, the doctor presents nationally acclaimed Anti-bullying & Achievement workshops to students, parents and educators at schools throughout the country, and has spoken to over 40,000 audience members. As a public speaking and interview skills coach, the physician trains business professionals and pageant contestants alike on how to master the interview and succeed at the podium. As a health writer and speaker, Dr. Caudle has written medical stories for

www.abcnews.com

and has represented the ABC News Medical Unit as an on-air health expert on

www.abcnewsnow.com

. She has written numerous health articles for national magazines and she is a spokesperson for the American Osteopathic Association. The physician has been featured in various magazines and television broadcasts such as the NY1 News and NBC Philadelphia News. Dr. Caudler's professional experience includes previously working at MTV Networks in New York City, and performing Cello in orchestras and string ensembles throughout notably New Jersey and Pennsylvania. Her official website is

<http://www.jennifercaudle.com>.

Here are very interesting links where Dr. Caudle provides precious information:

http://www.jennifercaudle.com/media/videos/h264/tele/fenell_2012c.mp4

and

http://www.jennifercaudle.com/television_b.html

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About [the author](#) of this interview: The brilliant [Dr. Watkins](#) (www.boycewatkins.com)
h
as presented his message to millions, making regular appearances on CNN, CNBC, MSNBC, ABC News, BET, The New York Times, The Washington Post, Black Enterprise Magazine, USA Today, Forbes Magazine, Essence Magazine, The Wall Street Journal and many more national media outlets. Besides presenting his message to millions in the US, Dr. Watkins has also been a Distinguished Visiting Scholar with the Shanghai University of Finance and Economics, and The European Center for Economic Research. Educationally, Dr. Watkins earned BA and BS degrees with a triple major in Finance, Economics and Business Management. In college, he was selected by the Wall Street Journal as the Outstanding Graduating Senior in Finance. He then earned a Master's Degree in Mathematical Statistics from The University of Kentucky and a PhD in Finance from The Ohio State University. He was the only African-American in the world to earn a PhD in Finance during the year 2002. Dr. Boyce Watkins is the founder of Your Black World Coalition, a lecturer for www.greatblackspeakers.com and a best-selling author. He wrote books such as Black American Money .
Financial Lovemaking 101
is his most recent book. Dr. Boyce Watkins is also a Professor at Syracuse University. He became the first African-American Finance Professor in Syracuse University's 150-year history.