Kudos

Comparative Studies Newsletter

Kudos to Our Most Recent Graduates!
The College's interdisciplinary Ph.D. in Comparative Studies welcomed another new cohort of students into the Cultures, Languages and Literatures (CLL) track. As of fall, 2015, we have 32 students in the CLL track, 7 in the Public Intellectuals (PI) track, 6 in the Literatures, Literacies and Linguistics (LLL) track, and 2 in the Fine and Performing Arts (FPA) track. The program supports 25 of our current students with graduate teaching assistantships. The students teach courses in their host departments, gaining valuable experience in pedagogy and providing our programs with excellent instructors.

The program had a productive year in 2014-15, graduating 8 students from three tracks of our program.

Fall 2014

Dr. Erica Ando (FPA)
Decade of Progress: Origins of the Pérez Art Museum Miami

Dr. Kathryn Austin (FPA)
Identifying Disparities in K-12 Dance Education in the State of Florida: The Need for Consistency in Curricular Choice and Instructional Design

Spring 2015

Dr. Jeffrey Kleeger (PI)
When the State Is Capital: The Transformation of Eminent Domain in the Contexts of the Global Enclosures of Our Times

Dr. Inbal Mazar (LLL)
Birth across Borders: A Comparative Study of Guatemalan-Maya Maternal Care in San Miguel Acatán and Palm Beach County

Dr. Yasmin Salem (PI)
Transnational Islamism and Political Moderation: A Comparative Analysis of Islamism in Egypt and Morocco

Dr. Shereen Siddiqui (PI)
Teaching to Transform: Toward an Action-Oriented Feminist Pedagogy in Women's Studies

Summer 2015

Dr. Peter Cava (PI)
"Science Fiction Girlfriends": Transgender Politics and US Science Fiction Television, 1990-Present
We also launched the new "Crossing Disciplines" colloquium, and our students organized and hosted the semi-annual CSSA Conference. In addition, several of our students participated in a ground-breaking new initiative in partnership with the Jupiter Life Long Learning Society. We are also proud of our student scholars who presented at national and international conferences and published articles in journals and other venues. You will find the details of these accomplishments in this newsletter.

We were pleased to award three Presidential Fellowships to incoming students again this year:

**Stephanie Flint (CLL)** has a B.A. from the University of California, Santa Barbara's College of Creative Studies in Literature and an M.A. in English from California State University, Fullerton. Her research focuses on monstrosity in literature, film and popular culture, especially in relation to hybridity in form and identity, and its constantly evolving social reception in popular media. **Natale Filice (CLL)** worked as a professional actor and then as an opera director for 20 years. His main experiences are the following: Laurea (MA equivalent) in letters (cum laude); International (post graduate) scholarship at the University of Leuven; and MA in Stage Direction for opera at the Accademia Nazionale D'Arte Drammatica "Silvio D'Amico" of Rome (National Academy of Dramatic Arts "Silvio D'Amico"). He is about to complete his Ph.D. in Italian at the University of Leeds. **Jonas Mueller (CLL)** grew up in St. Augustine, Florida. He has an MFA in fiction from the University of Central Florida and an MA in English from West Virginia University. His primary research Dr. Issac Martel Carter (PI)
The Discourse of the Divine: Radical Traditions of Black Feminism, Musicking, and Myth within the Black Public Sphere (Civil Rights to the Present)

For a complete list of graduates since the inception of the program, visit our website at [http://www.fau.edu/comparativestudies/graduates](http://www.fau.edu/comparativestudies/graduates)

**Alumni News**

**Dr. Gary Brooten (PI)** presented two papers at the Rhetorical Society of America Conference in May 2014: "The Rhetorical Production of Useful 'Scientific Controversies' in Democratic Political Discourses" and "Scientists Working Their Rhetorical Situations: Guy Stewart Callendar, Gilbert Plass, Roger Revelle and the Construction of a Climate Change Paradigm."

**Dr. Peter Cava (PI)** completed their dissertation, "'Science Fiction Girlfriends': Transgender Politics and US Science Fiction Television," with the support of the Ph.D. in Comparative Studies Program Dissertation Fellowship and accepted the position of Visiting Lecturer in Women's, Gender and Sexuality Studies at Georgia State University. Meanwhile, they organized two sessions for National Women's Studies Association Annual Conference in San Juan, Puerto Rico: (1) Deconstructing and Reconstructing Feminist Responses to Trans Identities and (2) Trans-Subjectivities, Regulatory Identity Categories, and the Nation. At the sessions, they presented two papers with the support of the FAU Student Government Travel Award and the Arts and Letters Advisory Board Graduate Studies Research Grant: "Kicking (It with) Science Fiction Girlfriends: US Science Fiction Television and Translesbianism" and "From Trans Troopers to Trans Traitors: Gender Variance and Nationalism in US Science Fiction Television." At the USC Annenberg Summer Institute for Diversity in Media and Culture, they analyzed how the relation between television and the transgender movement has changed over the past 25 years. At FAU, they co-planned, and participated in, three events -- the Comparative Studies Student Association Conference, the Annual Trans* Initiative Forum, and the Southeast Women's Studies Association Annual Conference -- and developed a new course, Transgender Politics and Screen Cultures. Moreover, as the founding coordinator of the FAU Trans* Initiative, they co-organized a successful campaign to make FAU's restrooms more accessible, collaborated on a volunteer project to advise Student Health Services on how to better meet transgender health needs, and created a short guide to how instructors can encourage greater transgender recognition in the classroom.

**Dr. Tai Houser** was promoted to Associate Professor of English at Broward College and was elected to the Board of Directors for the Southern Regional Honors Council.

**Dr. Jamie Johnson**'s article "The Animal in D. H. Lawrence: A Struggle against Anthropocentrism" was accepted for publication in the 2015 book *D. H. Lawrence: New Theoretical Perspectives and Cultural Translations*, forthcoming from Cambridge University Press. Dr. Johnson was a chair and speaker at the International D. H.
interests are 20th century women's literature, fairy tale studies, and narratives of paranormal experience.

We look forward to an exciting new year. Stay tuned to our website for announcements of coming events and other activities.

Michael J. Horswell
Program Director

---

**FACULTY SPOTLIGHT**

**DR. FRÉDÉRIC CONROD**

**Dr. Frédéric Conrod**, Associate Professor of Comparative Literature, taught two seminars for Ph.D. students during the academic year 2014-2015: French Theories from the 1960s/1970s in the Fall of 2014 and The Baroque: A Comparative Approach in the Spring of 2015. His area of expertise is the application of these theories in the Early Modernity of Spain and France, with a particular focus on the rise of the Jesuit order as a turning point and significant factor for the development of theatre and the novel. Dr. Conrod began his course of studies with a degree in American Literature from the University of Lawrence Conference in Gargnano, Italy. Finally, Dr. Johnson won a Professional Equity Project Grant from the National Council of Teachers of English.

**Dr. Suzanne Kelly** published *Greening Death: Reclaiming Burial Practices and Restoring Our Tie to the Earth* (Rowman & Littlefield, 2015). The book looks at the burgeoning green burial movement across the U.S. arguing that beyond greener, simpler, and more cost-efficient practices lies an even greater promise - restoring our relationship to nature. Dr. Kelly will return to FAU to give a talk about her book on Feb. 29, 2016.

**Dr. Inbal Mazar** is currently a visiting instructor of Spanish at Drake University. She presented her dissertation research on Guatemalan-Maya maternal care in San Miguel Acactán and Palm Beach County at the Eastern Sociological Society's annual meeting Crossing Borders in New York, Mar. 2015, and will present at the Ethnicity, Race, and Indigenous People's conference in Richmond, VA in October 2015.

**Dr. Chiara Mazzucchelli's** book *The Heart and the Island: A Critical Study of Sicilian American Literature* was recently published by SUNY Press (Sept. '15). Also, she has published the following articles: "Going Back to Go Forward: Nat Scammacca and the Antigruppo Siciliano" in the journal *Italian Americana*; "Ask the Lyrics: John Fante in Music," in *Forum Italicum*; and "'The Scum of the Scum': Rose Romano's Search for Sisterhood." in the *Journal of Lesbian Studies*. Additionally, Dr. Mazzucchelli published a book review essay and a translation. Finally, Dr. Mazzucchelli was awarded a 2014-2015 UCF In-House Research Grant to conduct preliminary research for her second book project.

**Dr. Shereen Siddiqui** presented her paper, "Using Action-Oriented Projects to Teach Feminist Praxis: Classroom Examples" at the Southeastern Women's Studies Association Conference in Boca Raton, on March 28, 2015. She was also featured on WLRN 91.3 FM's "The Public Storyteller" on August 13, 2015, and was an invited panelist at the Inner Truth Project's showing of the film *Wonder Women: The Untold Story of American Superheroines*, in Port Saint Lucie, Florida.

---

**Student News**

**Lindsey Averill** is currently on the editorial board of *Fat Studies: An Interdisciplinary Journal of Body Weight and Society*. Averill also had great success co-directing the feature documentary film-in-progress *Fattitude* this year. Averill was on *The Dr. Oz Show* discussing the film, and the *Huffington Post* named the film's trailer one of the 11 things that helped people everywhere love their bodies in 2014. Finally, Averill regularly contributes to xoJane.
Paris - Sorbonne Nouvelle and a bachelor's in Religious Studies from Allegheny College, and then obtained a Ph.D. in Comparative Literature from the University of Colorado at Boulder under the direction of Dr. Christopher Braider, a world-famous scholar in the field of Baroque studies and theory.

His first book, *Loyola's Greater Narrative*, analyzes the impact of Jesuit education on several canonical writers, such as Cervantes, Gracián, Voltaire and the Marquis de Sade. His second book, *El hijo de Hernández*, is a novel in which characters compare their traumatic experience from the perspective of critical theory. He has also recently co-edited a volume along with Dr. Michael J. Horswell titled *Baroque Projections* and published by Juan de la Cuesta. Dr. Conrod has published more than 14 articles and book chapters in university presses such as Oxford, Minnesota, Delaware, and UPenn.

For the past ten years, Dr. Conrod has co-edited *Transitions: Journal of Franco Iberian Studies*, an academic publication he founded. He is also the vice president of the *Early Modern Image and Text Society (EMIT)*, an academic research group affiliated with the Renaissance Society of America and reuniting scholars working on the connections between the visual culture and literature.

With a secondary area of expertise, Dr. Conrod has also offered several courses dealing with recent Spanish and French films portraying social and sexual conflicts. He also directs the Madrid Creación study abroad program, a project-based course in the Spanish capital offered every summer for undergraduate and graduate students, in which

**Ariana Cascio Bianchi (CLL)** gave a public presentation on the topic of women's rights at Broward College, North Campus, as part of the Gubernatorial Series. Broward College hosted the gubernatorial debate, and this presentation was part of a series leading up to the big debate.

**J C Bronsted (CLL)** presented the paper "An Outline of a Scientific Cognitive Literary Theory" at the 15th Annual School of Languages and Cultures Graduate Student Symposium titled Mind, Body and (Con)Text: Cognitive Approaches to Literature and Linguistics, Purdue University, Mar. 6-7, 2015. Bronsted presented the paper "A Critique of Poststructuralism" at the Comparative Studies Student Association Conference titled Focusing on the Post(-): An Interdisciplinary Perspective, Florida Atlantic University, Oct. 24-25, 2014.


**Amanda Dutton (CLL)** presented a paper at the International Conference on the Fantastic in the Arts. The paper was titled "Sympathy for the Reaper: How the Grim Reaper Survives in a Technological World in Piers Anthony's 'On a Pale Horse.'"

**Dyanne Martin (CLL)** was named a Professor of the Year (2014) at Broward College.

**Elaine Mendelow (CLL)** received an FAU Graduate Diversity Fellowship.

---

**Entering Class of 2015**

**Kira Apple (CLL)** holds a B.A. and an M.A. in English from Kutztown University in Pennsylvania. Her research has primarily focused on contemporary fantasy literature and fairy tales, although recently this has expanded to include fantasy and transmedia: video games, film and new media. In the future, she hopes to explore the state of modern fantastic storytelling, especially as it regards individual stories told through multiple mediums.
students work as a team on a film project.

ALUMNI SPOTLIGHT

**DR. SHANE GUNDERSON**

(Dr. Shane Gunderson) teaches Public Speaking, Political Communication and Intercultural Communication at Florida International University in Miami, Florida. His scholarship examines communication and sociology. Dr. Gunderson also works in the court system. Since 1989, he has served as the Director of Client Services for the Public Defender’s Office in Fort Lauderdale, Florida.

Dr. Gunderson is the author and subject-matter expert for *Dimensions of Public Speaking: Connecting with the Audience* (2014), a public speaking Web text and course used in college and university public speaking courses. Recently, Lexington Books published his second book, *Momentum and the East Timor Independence Movement: The Origins of America’s Debate on East Timor* (2015). Dr. Noam Chomsky wrote the following endorsement featured on the back cover of his book: “Cora Bresciano (CLL) holds an M.F.A. in Creative Writing from FAU and a B.S. in Music Education from Hofstra University. She is the co-founder and co-executive director of Blue Planet Writers’ Room, a nonprofit organization that partners local students with their peers in other countries to collaborate on writing- and arts-based projects; the company’s international partners have included schools and cultural organizations in Mexico, England, Scotland, Mali, Ireland and Japan. Raised in New York in a family of immigrants from Italy and French Canada, Cora has a particular interest in forming creative spaces between cultures. Her work and research in the Comparative Studies Ph.D. program will expand on this interest and intersect with her work at Blue Planet by focusing on the power of story to cross geographic and cultural borders and contribute to international cooperation and peace.

Natale Filice (CLL) worked as a professional actor and then as an opera director for 20 years. His main experiences are the following: Laurea (MA equivalent) in letters (cum laude); International (post graduate) scholarship at the University of Leuven; and MA in Stage Direction for opera at the Accademia Nazionale D’Arte Drammatica “Silvio D’Amico” of Rome (National Academy of Dramatic Arts “Silvio D’Amico”). He is about to complete his Ph.D. in Italian at the University of Leeds. He worked as a Professor of Stage Direction and History of Theatre at university level; has published some articles, directed more than 50 operas and dramas and written several plays and librettos. His current academic research includes Theatre, New Media, Film Studies, Literary Theory, Semiotics, Anthropology and Philosophy.

Stephanie Flint (CLL) has a B.A. from the University of California, Santa Barbara’s College of Creative Studies in Literature and an M.A. in English from California State University, Fullerton. Her research focuses on monstrosity in literature, film and popular culture, especially in relation to hybridity in form and identity, and its constantly evolving social reception in popular media. She also enjoys working with border studies, literary theory, independent publishing and creative writing. She looks forward to continuing her exploration of the monstrous beyond conventional disciplinary boundaries, toward a more comprehensive understanding of its creative interpretations.

Vincenza Iadevaia (CLL) holds a laurea/B.A. in Italian Literature with an emphasis on
The Indonesian invasion of East Timor in 1975 initiated one of the worst crimes of the post-World War II era. It would be hard to imagine a more unequal struggle than that of the independence movement of the small territory of East Timor confronting the violent and brutal state of Indonesia, with its rich resources and enormous international backing, including the US and its allies. Nevertheless, the courageous resistance of the Timorese and the remarkable work of a small number of activists succeeded in generating substantial opposition to the criminal assault, and finally, in bringing it to an end, far too late but nonetheless a remarkable triumph. Shane Gunderson's penetrating inquiry into how this near-miracle took place provides a great deal of information that will be new even to those who took part in support for the Timorese, and also provides valuable insight and guidance for everyone who is concerned with crimes of state and how they can be countered by popular mobilization and principled and dedicated engagement.

Dr. Gunderson developed the theoretical concept of social movement momentum for his dissertation by examining the origins, framing strategies and organizational dynamics of the East Timor transnational social movement. He conducted interviews of people involved in the East Timor independence movement from 1975 to 1999. He traveled to Geneva, Film Adaptation from Federico II in Naples and an M.A. in Italian Studies from the University of Connecticut. She worked in the film industry, and this opportunity gave her the passion and the ability to integrate practical and theoretical aspects of Italian films. Her passion about movies, television, history and culture helps her analyze Italian society from an interdisciplinary perspective. While taking graduate seminars, she taught Italian Film and and Italian Culture to American students in addition to Italian language classes. Her interests center on cinema and postcolonialism, the Italian diaspora, and "Otherness" in Italian cinema. For fun, she enjoys biking and writing reportage for an Italian national magazine.

Jonas Mueller (CLL) grew up in St. Augustine, Florida. He has an MFA in fiction from the University of Central Florida and an MA in English from West Virginia University. His primary research interests are 20th century women's literature, fairy tale studies, and narratives of paranormal experience.

Michelle Rovere (CLL) earned her B.A. in American Literature at FAU in 2003. She spent the next ten years teaching high school English at a variety of levels. In Aug. 2013, Michelle returned to FAU to pursue an M.A. in English Literature. While pursuing her M.A., Michelle worked as a teaching assistant and as a consultant in the University Center for Excellence in Writing. Her areas of interest include feminine African American spiritual narratives as they relate to forms of feminine social discourse (sentimental literature, jeremiad, resistant orality, and sass) in the nineteenth century.

The Ph.D. in Comparative Studies Program's colloquium series, Crossing Disciplines: Comparative Studies Colloquia on Interdisciplinarity, promotes the exchange of ideas across disciplines, fomenting our Ph.D. program's philosophy that topics in the arts, humanities and social sciences are most fruitfully understood through comparative modes of analysis that include an ever-changing landscape of theory and methodologies. Seven Crossing Disciplines colloquia were held during the 2014-15 academic year. The titles and colloquium leaders were as follows:

- Cultural Agency and Crossing Disciplines
  Colloquium Leader: Dr. Doris Sommer, Harvard University
Switzerland, to collect data in restricted files kept by the United Nations Archives. Additionally, he was awarded a grant from the Frederic Ewen Academic Freedom Center at New York University's Tamiment Library to pay for travel to carry out research on the East Timor and Indonesia Action Network (ETAN) records. In addition to publishing two books, Dr. Gunderson has published two book chapters and six journal articles, and he has presented his research at fourteen national conferences and at one international conference in Budapest. His article "Protest Actions, Image Events, and the Civil Rights Movement in Birmingham" was published in the American Communication Journal (2008).

### Comparative Studies Student Association Conference

On Oct. 24-25, 2015, the Comparative Studies Student Association held the conference [Focusing on the Post(-): An Interdisciplinary Perspective](#). The conference questioned what it means to be post-, post or Post, and whether anyone, anyplace or indeed anything can ever truly be "post" after an initial phase. It explored the state of academic inquiry and discourse in studies that focus on "after" effects, identities and locations, examining how the post makes itself known in a variety of disciplines and ideas. The conference papers addressed the post itself, the post under erasure, and the trace of the past as it locates itself within the post in all areas of study. Papers from our Ph.D. program included the following:

- **"A Critique of Poststructuralism"**
  
  *J C Bronsted (CLL)*

- **"From Trans Troopers to Trans Traitors: Gender Variance and Nationalism in US Science Fiction Television"**
  
  *Dr. Peter Cava (PI)*

- **"The Colonizer's Gone Corporate: Biopolitical and Colonial Control in The Space Merchants"**
  
  *Skye Cervone (CLL)*

- **"You're Such a Tool: Human Servility and Her"**
  
  *Daniel Creed (CLL)*

- **"Rejecting the Post: How Certain Approaches to Textual Readings Can Negate History"**
  
  *Hussein El-Ali (CLL)*
Comparative Studies Program. His current research interests focus on creating a theoretical paradigm through which the genre of Fantasy can be read and analyzed with regard to its importance in the landscape of literature. During the 2014-2015 year, Dan progressed towards his degree by developing an outline for a book on the Fantastic South, which uses the mythopoeic mode of Fantasy literature as a new method for understanding postcolonial identities and as a site of rebellion. Dan published an article on the fantasies of George MacDonald titled "Direction, Location, and Form in the Fantasies of George MacDonald" in volume 33 (2014) of North Wind: A Journal of MacDonald Studies, by the George MacDonald Society, which presents a method of reading the works of George MacDonald as a unified body of work instead of separating the "adult" and "children's" fantasies. In addition to this publication, Dan submitted articles on J.R.R. Tolkien's "The Scouring of the Shire" and a shorter publication on John Updike's "The Taste of Metal" for publication during the academic year. In each article, Dan works to expose the elements of fantasy at work within the texts.

While working on his research on the genre of Fantasy, Dan presented papers at three conferences and served as an invited panelist discussing Tolkien's influence on contemporary works of Fantasy. His presented papers include "Human Servility and Spyke Jones' Her" (presented at the Comparative Studies Student Association conference on the post-in Oct. 2014) "The Physical Aristotle: William Carlos Williams' Spring and All as Aristotelian Riposte to Eliot's 'The Waste Land'"

- "The Subaltern Speaks: Dance as Performative Mimicry in the Central Peruvian Andes; The Case of the Tunantada of Jauja"  
  Candy Hurtado (CLL)

- "Composing the Body, Creating the Self: Community and Identity within the Boundaries of Online Photo-Sharing and Social Networking"  
  Adella Irizarry (CLL)

- "Megillat/Book of Esther: Persian (Pre)Postcolonial Paradigm"  
  Elaine Mendelow (CLL)

- Helen, Lately of Troy: A Postcolonial Meditation on the Mediterranean Race and Culture, Its Subsumption and Hybridity  
  Albert Morris (LLL)

The keynote speech, "Post-Vital: Remaking Life and Death in Biomedicine," was delivered by Dr. Sherryl Vint, Professor of Science Fiction Media Studies and Co-Director of the Science Fiction and Technoculture Studies Program at the University of California, Riverside, and an editor for the journals Science Fiction Film and Television and Science Fiction Studies. Dr. Vint has published widely on science fiction, including most recently Science Fiction: A Guide to the Perplexed. Her current research is on biopolitics and science fiction. In her lecture, she discussed how synthetic biology and organ transplantation are shaping and changing what it means to be human and/or alive.

The Lifelong Learning Society in Jupiter and the Ph.D. in Comparative Studies Program have partnered to offer courses taught by Ph.D. candidates, Ph.D. students and M.F.A. candidates based on their research. Classes began in Jan. 2015 and have been held in the Lifelong Learning Society Complex at the John D. MacArthur Campus in Jupiter. The courses offered thus far are as follows:

- Turning Personal Stories into Memoir: A Writing Workshop Devoted to Practicing the Art of Personal Storytelling  
  Stephanie Anderson, M.F.A. Candidate in Creative Nonfiction

- Cuban Cinema Survey: Trends and Tendencies since 1959  
  Betsaida Casanova (CLL)
Transgender Politics and Screen Cultures  
Dr. Peter Cava (PI)

The ‘Grand Tour’ of Italy through Literature, Music and Film: All Roads Lead to Rome!  
Marianna De Tollis (CLL)

Andean Music and Dance: Explore the Culture of the Incas and Beyond  
Candy Hurtado (CLL)

Blaxploitation Cinema: Exploring the Representation of African American Culture in 1970s Cinema  
Khaulah Naima Nuruddin, M.F.A. Candidate in Visual Art

Dr. Michael J. Horswell, Associate Dean of the Dorothy F. Schmidt College of Arts & Letters and Director of the Ph.D. in Comparative Studies Program, outlined the partnership's benefits for students in the Lifelong Learning Society, Ph.D. program and M.F.A. programs: “This innovative partnership provides our senior learners new and exciting classes based on the cutting-edge research our Ph.D. and M.F.A. students are conducting, while affording our graduate students valuable teaching experience with a unique mix of experienced students whose distinguished careers and fascinating lives promise to enrich the discussion of ideas in small, seminar-style classes.”

In an anonymous course evaluation, a student praised the experience and energy that the partnership's instructors have brought to the classroom: "As part of the [Ph.D. Program Partnership], Ms. Casanova is an example of the program description stating instructors are high achieving, knowledgeable and enthusiastic."

René Friedman, Executive Director of the Lifelong Learning Society, emphasized the partnership's distinctive classroom dynamic: "We are thrilled to begin this program. Our Lifelong Learning students want more interaction with their instructors in a smaller classroom setting, and it gives doctoral students a chance to engage with the Lifelong Learning community, enhancing their teaching experience."

After teaching the partnership's first course, Stephanie Anderson concluded, "The partnership's value is immense. ... As a teacher and writer, I benefited by gaining teaching experience and interacting with wonderful students, who taught me as much as I taught them. I would recommend this partnership to LLS students as well as Ph.D. and M.F.A. students."

For more information, or to register, Lifelong Learning Society students can visit http://www.fau.edu/llsjupiter/. Ph.D candidates, Ph.D. students and M.F.A. candidates interested in teaching through the partnership can inquire with Kristen D. Robbins, Assistant Director, at krobbin3@fau.edu.

An Alum's Advice for Current Students

By Dr. Peter Cava (PI)

Make a plan for how your work in the program will advance and complement your...
goals. You could include not only professional goals but also ones relating to your other needs. Each semester, evaluate your progress and revise the plan.

If your goals require you to have a CV, create it right away and add to it as you go. You could follow Dr. Karen Kelsky's principles for a "highly readable, well-organized CV."

Become skillful at time management. For example, I have a calendar of tasks to complete on particular days, a list of tasks to complete every day (no matter how long they take), a list of tasks to devote a particular amount of time to each day (even if they don't get completed), and a list of long-term projects. On your to-do list, you could include not only work-related items but also ones such as taking deep breaths, stretching, walking, eating a healthy meal, spending time with a loved one, or engaging in activism or community service.

Develop strategies for working efficiently. For example, Dr. Susan Love Brown, one of our program's faculty affiliates, has suggested that although sometimes one must read an entire book, other times one could read the introductory chapter, the first paragraph of the body chapters, the topic sentences of every subsequent paragraph in the body chapters, and the concluding chapter, slowing down when one arrives at a passage that directly relates to one's own work.

Dr. Inbal Mazar (LLL) has provided another example of how to work efficiently: "I think it's important to write papers that help you narrow your interests and topic for the dissertation. Keep a list of the bibliography you use in classes and a folder of articles that might come in handy for the exams or dissertation."

If you feel overwhelmed, try mindfulness meditation. Observe your thoughts and sensations as they are, prior to the acts of labeling them "overwhelming." For example, check in with your body parts one by one. Are they tight? Heavy? Hot? As you become more mindful of your thoughts and sensations, embrace the fact that you are experiencing them in that moment. For more on the theory and practice of mindfulness meditation, a great resource is Fully Present: The Science, Art and Practice of Mindfulness, by Sue Smalley, Ph.D., and Diana Winston; I listened to the audiobook.

After becoming more mindful of the state of feeling overwhelmed, you could take steps to change it. Here is an exercise: (1) Identify what thought is attached to the feeling of being overwhelmed. For example, "If I don't do x task by y time, then z." (2) Identify the particular way in which the thought is a "cognitive distortion" (irrational or exaggerated). Dr. David D. Burns' typology of cognitive distortions is helpful for this step. (3) Rewrite the thought so that it is no longer distorted but rather completely true.

If you suspect that stress is causing, or contributing to, a physical ailment, you could try Professor Alan Gordon's self-help program for recovering from physical disorders with psychological causes.

Above all, prioritize your self-care. Defend it like a mother bear defending her cubs. Here is an exercise: Imagine that you have two parts to your mind: a parent part and a child part. What actions could the parent take that would make the child feel cared for? Pick one, and do it every day, no matter what.