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WELCOME back from spring break! It is our hope you have returned refreshed and ready for the remainder of the spring semester. This issue of *GradTalk* features news from the Graduate Student Association, workshop information, updates on graduate activities and education at FAU, and articles on maintaining and improving your physical and mental health during graduate school. Updates from the Graduate College are featured on page five.

Training and education on the Responsible Conduct of Research (RCR) is becoming an increasing focus of graduate education across the country. In an effort to better prepare our graduate students for situations that can arise during the research process, FAU is now offering workshops on RCR. Please see related articles below and on page three.

GradTalk would like to thank the following individuals for their contribution to this issue of the newsletter: Jenna Beckwith, Katie Burke, Julie Dyke Ford, Lucy Guglielmino, Salwa Ismail, Dan Partouche, Dawn Wooten, and Janet Yuen.

Responsible Conduct of Research

The National Science Foundation (NSF) and the National Institutes of Health (NIH) recently announced changes regarding requirements for Responsible Conduct of Research (RCR) training. FAU has responded to the increased standards by offering a series of workshops on RCR, in addition to the online training currently available through CITI (Collaborative Institutional Training Initiative).

What is RCR? Simply put, RCR is good citizenship applied to professional life. Agencies that fund and oversee research have defined nine core elements of RCR: Data Acquisition and Sharing, Mentoring, Peer Review, Conflict of Interest, Publication Practices and



The Graduate College is located on the Boca Raton campus in the Student Support Services building (SU-80) in Room 101. Office hours are Monday through Friday, from 8 a.m. to 5 p.m.

GradTalk is published each semester. We welcome your contributions and suggestions; please email us at graduateneeds@fau.edu.

Responsible Authorship, the Protection of Human Subjects, Collaborative Science, Animal Welfare, and Research Misconduct.

FAU has incorporated the nine elements of RCR into a series of four workshops offered during the spring semester. All graduate students engaged in research at FAU are encouraged to attend the workshops. Registration information for the workshops was emailed to all currently-enrolled graduate students. If you have not already registered to attend, please visit the Responsible Conduct of Research section of the Graduate College website to RSVP, www.fau.edu/graduate/RCR/.

Graduate Students Helping Others

In this issue, GradTalk is featuring a couple of stories about community service from FAU graduate students. The January earthquake in Haiti and its aftermath have impacted nearly everyone. GradTalk is proud to highlight the recent efforts of one of our own graduate students who travelled to Haiti to help. Closer to home, another group of graduate students from the Treasure Coast campus opted to help an organization based in the United States.

Know of some other noteworthy activities from FAU's graduate community? Please share your stories with GradTalk by emailing graduatenews@fau.edu or Kristine Killip, kkillip@fau.edu.

Graduate Students Donate to Appalachian Garden Harvest

By Lucy Guglielmino, Ph.D.
Professor, Educational Leadership

The Advanced Seminar in International Adult Education, taught at the Port St. Lucie campus during fall 2009 semester, focused on the impacts of globalization and the implications for adult education in a variety of countries, including the United States. Among the issues the class followed in the media were accounts of the effects of the economic downturn on increased poverty and hunger, especially among populations with low levels of literacy. After a discussion of the great needs for literacy instruction and job training, and the pockets of severe hunger and malnutrition in our own country, the class decided to gather donations for Garden Harvest, a grassroots charity (www.gardenharvest.org). Garden Harvest assists economically distressed individuals from the rural area of Appalachia in the establishment of their own farms. The organization trains them in animal husbandry and ultimately gives them livestock to take back to their homes, where they can implement what they have learned to produce their own food and generate some income.

The class donated \$250.00, enough to provide a young dairy goat, a young lamb, and a flock of chickens and assist three needy families. The students involved in this effort are all part of the Adult/Community Education (ACE) program within the Department of Educational Leadership. the ACE student organization is also planning to initiate a locally-based service project to recognize the need for community-based opportunities for service.



Back row: Monica Evans-Nicoll, Kim Le-Arvary, Krista Shellabarger, Noelle Smith, Courtney Purnell
Front Row: Keara Sodano, Dr. Lucy Guglielmino, Elizabeth Gray Not pictured: Deborah Snowberger



Helping in Haiti

Eugenia Millender, a Ph.D. student at the Christine E. Lynn College of Nursing, traveled to Haiti to care for earthquake victims. An experienced critical care nurse and Army Veteran, Eugenia provided full life-cycle nursing care to survivors, ranging from assisting with births to providing a caring touch during palliative care. Eugenia provided care to hundreds of people on the exterior grounds of the Sacré-Coeur Hospital in Port-Au-Prince. She plans to return to Haiti in answer to the call to nurse the Haitian citizens. She is pictured here caring for an injured woman and holding a baby born just a few days after the earthquake struck.



Responsible Conduct of Research Workshops

The Graduate College, in partnership with the Division of Research, is offering the following series of workshops on Responsible Conduct of Research (RCR) to all currently-enrolled graduate students at FAU. There is no fee to attend. All graduate students engaged in active research at FAU are strongly encouraged to attend. Workshops will be led by FAU faculty and staff, and include case studies and discussion for audience participation. All currently-enrolled graduate students received an email invitation to the workshops. To register for the workshops, please visit the Graduate College website, www.fau/graduate/RCR.

Conflict of Interest

This workshop will be offered twice:

Tuesday, March 23, 2010

9:00 a.m. – 10:50 a.m.

Sanson Life Sciences Building, Room 180 (SC 180)

AND

Tuesday, March 23, 2010

5:30 p.m. — 7:30 p.m.

General Classroom South, Room 118

Given the numerous outside interests and interactions faculty and staff engage in, the potential for conflict is common. This workshop will help participants recognize situations which create the potential for conflict of financial interest and commitment. Once defined, the workshop will address how to manage the conflict so as to protect all involved parties.

Responsible Authorship & Publication, Peer Review, and Mentor/Mentee Responsibilities

This workshop will be offered twice:

Tuesday, April 8, 2010

9:00 a.m. – 10:50 a.m.

General Classroom South, Room 109 (GS 109)

AND

Thursday, April 8, 2010

5:30 p.m. – 7:30 p.m.

General Classroom South, Room 118 (GS 118)

Authorship and Publication are an important way for researchers to inform others as to who conducted the research, who should be credited for the research, as well as the important sharing of those valid results. Peer Review is an essential component of professional self-regulation through evaluation by colleagues with similar knowledge and experience. Finally, the Mentoring portion of the workshop will discuss the importance of the role an experienced researcher plays in imparting knowledge and skills to the inexperienced researcher. Participants in this workshop will gain substantial knowledge in these important elements of RCR.

Data Management Practices, Research Misconduct, and Collaborative Research

This workshop will be offered twice:

Thursday, April 22, 2010

9:00 a.m. – 10:50 a.m.

General Classroom South, Room 109 (GS 109)

AND

Thursday, April 22, 2010

5:30 p.m. – 7:30 p.m.

General Classroom South, Room 118 (GS 118)

Data Management Practices address the integrity of the data, the usefulness of the research it supports and the importance of attention to detail from the planning stage to final publication. Research Misconduct in research practices is defined by three elements: fabrication, falsification, plagiarism. Collaborative Research is becoming increasingly important as investigations reach out to those who have the expertise and/or resources beyond the principal investigator's particular area of expertise. Successful collaboration requires clearly defined roles and relationships, and an effective management plan. Workshop participants will gain a better awareness of the importance and diversity of these very differing topics as they come together in the research arena.



Graduate Student Association

By Katie Burke, Director
Graduate Student Association

Greetings from the GSA! We are looking forward to a busy spring semester full of useful events, programs, travel sponsorship, and workshops for YOU. Below is information about our spring 2010 semester events, and news from the Graduate Student Advisory Board's (GSAAB) College Representatives to help keep everyone in the loop with regard to their specific colleges.

As many of you know, the restrictions to student travel were recently lifted and the GSA has been able to start funding student travel through grants. To apply for a travel grant, visit our website at www.fau.edu/sga/gsa.php and follow the guidelines outlined in the GSAAB Travel checklist.

Invitations to the Etiquette Event and Graduate Student Research Day will be sent approximately two weeks prior to the event date and will include registration information.

Upcoming GSA Events:

Friday, March 26, 2010 at 5:30 p.m.: Etiquette Event at Neiman Marcus's Mariposa restaurant, Boca Raton Town Center Mall

Monday, April 5, 2010 at 4:00 p.m.: GSAAB meeting, Silver Palm Room, Boca campus Student Union

Friday, April 9, 2010 at 10:00 a.m.: Graduate Student Research Day, Live Oak Pavilion, Boca campus Student Union. *Please see related article on page 11.*

GSAAB College Highlights:

George Morales, Chair, College of Engineering and Computer Science

Tau Beta Pi, the premier Engineering Honor Society, is celebrating its 25th Anniversary as a chapter at Florida Atlantic University. The Tau Beta Pi Association was founded at Lehigh University in 1885 by Edward Higginson Williams, Jr., to recognize engineering students with exemplary character and scholarship.

Tours of the construction site for the new Engineering building are available. The new building is being designed to achieve Platinum certification – the highest level in the LEED Green Building Rating System. FAU is striving to become the first Platinum-rated building in the state of Florida. To arrange a free tour of the construction site, contact Trudy Jeffries in the College of Engineering and Computer Science at (561) 297-2780 or jeffries@fau.edu. Groups are restricted to 25 and must RSVP in advance.

LaTasha Lee, College of Science

Research Day for the College of Science will be March 26, 2010.

The College of Business Representative position is vacant. Contact the GSA for information on applying for the position.

Lisa Marie Wands, College of Nursing

FAU is hosting well-known nurse scholar, Madeleine M. Leininger, founder of trans-cultural nursing. Dr. Leininger obtained her Ph.D. in Anthropology as a nursing doctorate was unavailable at that time. She really paved the way for "cultural competence" in nursing and is bringing some of her primary work to dedicate to FAU. The dedication will include a lecture and time spent with nursing students.

Richard Tommer, College of Architecture, Urban and Public Affairs (CAUPA)

CAUPA is working on a project for the new transportation plan for Broward County. The project involves all aspects from planning to architecture and is currently in the architecture design phase. Once approved by the School of Architecture, it will go to Broward County for approval.

Katy Morris, Vice Chair, College of Arts and Letters

Following are events and activities taking place within the Dorothy F. Schmidt College of Arts and Letters during the spring 2010 semester:

March

3/26/10-4/3/10- Annual Juried Student Art Exhibition; 1-4 p.m. Ritter Gallery, Boca Raton

April and May

4/9/10-4/18/10 Theatre: Red Herring; 8 p.m. (Sun 2 p.m.) Studio One Theatre, Boca Raton, \$16

4/10/10 FAU Music Groups Perform the Works of Bruce Adolphe; 7:30 p.m. University Theatre, Boca Raton. Suggested Donation \$ 10

4/11/10 FAU Chamber Winds and Percussion Ensemble; 3 p.m. University Theatre, Boca Raton. Suggested Donation \$ 10

4/13/10 Palm Beach Symphony and Chorale; 7:30 p.m. University Theatre, Boca Raton, \$15

4/16/10-5/29/10 MFA Graduate Art Exhibition; 1-5 p.m. Schmidt Gallery, Boca Raton

4/16/10-5/7/10 Spring BFA Art Exhibition; 1-5 p.m. Ritter Gallery, Boca Raton

4/17/10 FAU Jazz Band; 7:30 p.m. University Theatre, Boca Raton. Suggested Donation \$10

4/23/10 World Music Ensemble; 7:30 p.m. University Theatre, Boca Raton. Suggested Donation \$10

4/24/10 FAU Choral Organizations; 7:30 p.m. University Theatre, Boca Raton. Suggested Donation \$10

4/30/10-5/1/10 Dances We Dance Performance Showcase; 8 p.m. Friday, 2 & 8 p.m. Sat. University Theatre, Boca Raton, \$ 5

5/1/10 Peaceful Mind/ Peaceful World Workshop; 9:30 a.m.-3:30 p.m. Senate Chambers, Boca Raton, \$5

2009 Owl Awards

The Graduate Student Association (GSA) held its second annual Owl Awards event on November 19, 2009 at the Eleanor R. Baldwin House on FAU's Boca Raton Campus. This always-popular event was well attended by FAU graduate students, faculty, and staff. Dr. Diane Alperin, Interim Provost, spoke at the event and reiterated the importance of graduate education: "Your decision to pursue advanced studies positively affects my life not just as Provost but as a citizen. When you leave FAU with your graduate degrees, you will be better equipped to pursue your careers and assume leadership positions. But graduate education does even more: it teaches you to think critically, to engage in research and scholarship, and to find solutions. All of us will benefit from your work."

Congratulation to the following outstanding graduate students and faculty!

Graduate Student Organization of the Year: The Entrepreneurship Club (TEC)

Graduate Student Leadership Award: Rebecca McGreal & Traci Pantuso, College of Science

Graduate Student Mentor: Dr. Tanja A. Godsenschwege, College of Science

Most Spirited Owl: C. Michael Burdman, College of Education

President's Award: Rosina Zimmer, College of Arts & Letters

Smartest Owl Awards:

Staci Zavattaro, College of Architecture, Urban and Public Affairs
 Katherine Wahlberg, Dorothy F. Schmidt College of Arts & Letters
 Alcira Munchow, Charles E. Schmidt College of Biomedical Science
 Raghu Balasubramanian, College of Business
 Sherron Brown, College of Education
 Abu Asaduzzaman, College of Engineering and Computer Science
 Natalie Murphy, Christine E. Lynn College of Nursing
 Shaun Sullivan, Charles E. Schmidt College of Science



Graduate Teaching Assistant of the Year: Megan M. Trombino, College of Arts and Letters

Updates from the Graduate College

In an effort to keep our graduate students well-informed, a new tab was recently added to the main MyFAU page. The Graduate College tab is another resource available for graduate students and faculty to quickly find important information. Features include a listing of all Graduate College forms, news and reminders, and updates on graduate policies and procedures. It also contains quick links to the Graduate College calendar and website, course schedules, the University catalog, and the Academic Calendar. Information is updated frequently; please check the Graduate College tab regularly during the course of your studies at FAU.

For those students who have already found the new Graduate College tab, you may have noticed the policy changes regarding Recency of Credits and Full-Time Enrollment. Please see the Policy and Procedures Update section on the Graduate College tab or the University Catalog for more information.

The Graduate College would like to welcome two new employees to its staff. Pauline Sullivan joined the Graduate College in January and will be working in Degree Completion Services, assisting with Plan of Study processing and manuscript reviews. Karen Finkelstein started in March and will be working full-time in the front desk/reception area of the Graduate College.

Lastly, the Graduate College has extended the deadline to apply for the Graduate Diversity Fellowship to Friday, April 9, 2010. Please visit the Fellowships and Awards section of the Graduate College website to obtain information on applying for the Graduate Diversity Fellowship.

Finding and Maintaining Balance in Graduate School

By Julie Dyke Ford, Ph.D.

During my junior year of high school I learned how important balance is and how harmful it can be when you don't have it. It was Spirit Week, the annual competition between each grade in my school, with contests ranging from hall decorating to ice sculpture (this was Northeast Pennsylvania, after all!) to a morning of relay-type races. As a relay race contestant, I had to bounce across the length of the gymnasium on a pogo ball, a device popular in the late 80s and similar to a pogo stick with no handle. It required coordination and balance, things it turned out I was lacking. Not only did I not win the event, but I wasn't even a third of the way when all the other teams finished. To my utter humiliation, the video production class recorded the spectacle and aired it during homeroom period for the next month. Every morning, the entire school and I watched me falling off the ball again and again before I finally kicked the darn thing across the gym floor.

Fortunately, my instability happened early in life so that by the time I got to graduate school I had things worked out in the balance department. And what many people don't realize is there is no more important time for balance than graduate school. By nature, graduate students often are overachieving, stricken with perfectionism, and not very forgiving of themselves. This combination can be very useful when trying to focus intently on a demanding field of study, earn excellent grades, publish papers and present at professional conferences, while at the same time being a creative, attentive, conscientious TA. However, this combination also means that you are in danger of working too much and too hard.

Yes, you read that correctly.

Outside the confines of your laboratory, over the top of that library carrel you've claimed as your own, beyond the computer screen in front of you, there is a wider world waiting for you: one that involves nonacademic conversations, non-cerebral activities, and maybe even a little light reading about popular culture in *People* magazine (my vice of choice as a graduate student). When you are focused on earning an advanced degree and completing a thesis or dissertation or similar significant project, it can be easy to forget that you need to stop working sometimes. Not only will such workaholicism wreak havoc in other parts of your life (relationships and health come to mind), but such tunnel vision often does not result in better end products.

“When you are focused on earning an advanced degree and completing a thesis or dissertation, it can be easy to forget that you need to stop working sometimes.”

I am a case in point. While I felt almost guilty about it at the time, I can now confess that I packed in a lot of pool time, mindless reading, and socializing during graduate school. Before you get the wrong idea, let me clarify that I also worked extremely hard. With much pride, I can tell you that I won a university-wide teaching award, published some articles in high-profile journals in my field, and completed my doctorate in three years. How did I do those things but also have, well, a life? My approach towards graduate school was to treat it as a job. For me, that meant I would not work weekends or odd hours of the night. I refused to let my schoolwork supersede other parts of my life I valued. It also meant that I had to be extremely organized and very disciplined. But chances are likely these are qualities that most of you already possess. I realize not all of you have the luxury I had of being single with no additional job beyond my Teaching Assistantship. However, even if you have other dependents and hold down a full or part-time job in addition to graduate school, I believe you can still manage to have (and enjoy) a life beyond graduate school. While you may not choose to impose the same mindset I did; and your research may require work during weekends, you *can* take steps to ensure you strike a better balance and not allow graduate school to consume your life. Here are some tips:

- Know when to stop working. When writing, there is temptation to constantly revise and edit your work. While producing multiple drafts and careful editing are certainly beneficial parts of the writing process, there is also such a thing as tinkering too much. If you've conducted careful research and included necessary, clear, and appropriate content to convey that research, be content that your document may not be perfect but know that it will be effective.
- Learn to work more efficiently. One of my grad school friends had an annoying habit of tallying all the hours spent on each assignment. Rather than counting hours, see if you can figure out ways to produce quality work in less time. Simple techniques such as using the Styles tool in Microsoft Word can help you save time when writing documents (*the Styles tool is a way to set the formatting for a document in advance so that headings, lists, and body text use the font type and font size you choose- ensuring better consistency*).
- Don't be accessible 24/7. In this age of I-Phones, twittering and facebooking, it is difficult *not* to be accessible all the time, any time. But try not to be. If your advisors, peers, or even your own students (if you are a TA) know they can reach you at any hour of the day, they likely will—with requests that involve your precious time. I'm not advising you to go off the map or say no to requests for your time, but establish some boundaries and keep them.

(Continued on page 7)

Balance

(Continued from page 6)

- Speaking of boundaries—have a separate space devoted towards work. My rule while working on my doctorate was I could not bring any work into my sleeping space. At the time I was living in a one bedroom apartment, so it meant confining my computer and books to one corner of my living room. The rule worked -- I literally would not cross my bedroom threshold with a backpack or my laptop. The physical separation helped me attain a necessary mental separation from work.
- Be good to yourself. Have some outside distractions and interests, particularly ones where you can see tangible results. I took up running while working on my doctorate. Something about increasing both mileage and pace was very satisfying for me, particularly when I was in the thick of dissertation writing and spending lots of time on a project that didn't yield immediately tangible results. You may want to consider exercise, but other diversions such as craft projects or practicing a musical instrument could serve the same purpose.
- Make a list of your priorities and post it in a place you see often, such as your bathroom mirror or computer screen. It sounds silly, but a constant reminder that your degree is not the first priority (hopefully you've learned enough by now to realize it should NOT be) can be very helpful, especially in those sleep-deprived, hair-pulling moments.

Julie Dyke Ford is an Associate Professor of Technical Communication and Director of the Technical Communication program at New Mexico Institute of Mining and Technology. She is also a wife, mother, poet, runner, baker of delicious rum cake, and occasional People reader. She has not stepped foot on a pogo ball since 1989.



Making Graduate Scholarship Accessible

By Salwa Ismail, MBS, MSLIS
FAU Digital Libraries

An important asset of a university is the scholarship generated by its students and faculty. As graduate students engage in the research and scholarly activity of writing their theses and dissertations, their efforts can be compared with that of a seasoned researcher. Theses and dissertations constitute a significant contribution to the realm of academia. In recent years, there has been an increased need to make this scholarship freely available not only to other researchers but to the general public as well.

Traditionally, a thesis/dissertation has consisted of a written document formatted and bound much like a book. But with the explosion of new computer technology, creative scholarly works now regularly incorporate features such as sound, video, graphics, and hypertext links or search tools, and many graduate students are finding that text-only theses/dissertations do not fully represent their work.

The ETD (Electronic Theses and Dissertation) initiative at FAU is an effort to help graduate students create works of scholarship that are interactive, visually appealing, and readily accessible to a large audience of interested readers. FAU started moving in the direction of electronic submission in fall of 2007, when it began beta testing the acceptance of electronic theses and dissertations to provide wider dissemination and increased recognition of the exemplary scholarship produced by FAU's graduate students. Other benefits ETD offers graduate students include:

- Improved visibility for their scholarship
- Improved presentation
- World-wide access
- Lower printing and reproduction costs
- Increased opportunity for creativity
- Increased attention to the work, leading to increased citation
- Increased impact on the academic field
- New possibilities for interdisciplinary or cross-disciplinary research

In conjunction with the library, the Graduate College is considering new submission platforms and tools, which would make it even easier for students to submit their theses and dissertations online while keeping costs lower. New submission platforms are expected to go live during the fall 2010 semester.

As FAU increases the quality and amount of its research, wider dissemination of this scholarship creates opportunities for national recognition and possibilities for new research collaborations.

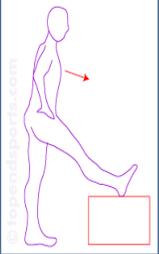
A Beginner's Guide to Walking and Running

Contributed by Today & Beyond Wellness, a Division of Student Affairs

Many of us know about the health benefits derived from an active lifestyle and that walking and running can play a significant role in maintaining an active life. Nonetheless, many of us feel intimidated, unmotivated, or simply unaware of how to begin a walking/running regimen. The result – we continue to put off lacing up those running shoes just *one more day*. Today & Beyond Wellness has compiled the following information to enable anyone to start a running program. How are you going to do it? One step at a time!

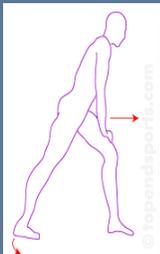
On the following page is a 12-week Walk-to-Run program that starts you off walking for 15 minutes at your own pace. Many of you are already walking this distance on your way to class or to the parking garage! By gradually and consistently increasing the time and energy you invest in your exercise, you too could be keeping up with the running pros.

Stretches



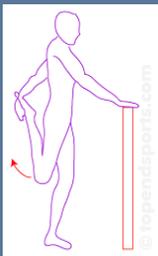
Hamstring Stretch-

Place your foot on a waist-high or lower stationary object and slowly lean forward, reaching down to your shin until you feel a slight stretch in the hamstring. Hold for 15 to 30 seconds and switch legs.



Calf Stretch-

Place your hands on your front knee, bend your knee, opposite leg is stretched behind with both feet flat on the ground, and toes pointing straight forward. Hold stretch for 15 to 30 seconds and switch legs.



Quadriceps Stretch-

While standing, simply hold onto a stationary object for balance with one hand. Use the opposite hand to grasp your ankle, and lift it towards your buttocks. Hold for 15 to 30 seconds and repeat with opposite arms and legs.

Additional Tips and Pointers

Walking

How to Start: First of all, start out slow. It can be as easy as stepping out the door, and walking for ten minutes. It's that simple! Try to do this every day for a week. If you find this manageable, add five minutes to your walks the next week. Keep adding five minutes each week until you reach your desired goal.

What you Need: All you need is a good pair of walking shoes, light and comfortable clothes, and the motivation to become a healthier you.

How to Walk: Proper posture is essential for any good walker. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

Heart Health vs. Weight Loss: To improve cardiovascular fitness, you should walk 3 to 4 days a week for 20 to 30 minutes, at a very fast pace. At this pace you should be breathing hard but not gasping for air. If you are walking for weight loss you should walk a minimum of 5 days a week, 45 to 60 minutes at a brisk pace.

Don't Forget To Stretch and Hydrate: Be sure to drink plenty of water before, during, and after walking. Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm-up pace, stop and do a few warm-up/flexibility drills, and then walk for the desired length of time. End your walk with a slower cool-down pace and stretch. Stretching will make you feel great and assist with injury prevention.

Running

Training: Initially, keep your runs short and slow to avoid injury and soreness. In the beginning expect soreness one to two days after a run (delayed onset muscle soreness).

Shoes: Buying a proper pair of running shoes is essential. Quality, well-fitting shoes can prevent serious injuries such as knee injuries, shin splints, and ankle problems. Specialty running stores can assist you in selecting an appropriate make and model shoe that is best suited to your running needs. A simple habit of double knotting your shoelaces will prevent accidents.



Schedule: A running schedule will motivate you to achieve your short and long term goals. Early in the morning or later in the evenings are great times to run. Log your mileage and celebrate your achievements!

Partner: Run with a partner. Companionship on your run will keep you motivated and add safety and fun to your workout. Join your local running club. Check with local running stores and/or recreation departments for the one closest to you.

Race: Set a goal to participate in a race. The ideal distance to start with is a 5K. Enjoy your accomplishments and reap the benefits.



12 Week Walk-to-Run Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1 min. (Repeat for a total of 17 min.) Walk 5 min.	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1 min. (Repeat for a total of 17 min.) Walk 5 min.	Walk 15 min. Vary your pace. Try not to stop.	Walk 5 min. Run 1. (Repeat for a total of 17 min.) Walk 5 min.	Rest!
2	Walk 15 min. Run 1 min. Walk 2 min.	Walk 5 min. Run 3 min. (Repeat for a total of 21 min.) Walk 5 min.	Walk 15 min. Run 1 min. Walk 2 min.	Walk 5 min. Run 3 min. (Repeat for a total of 21 min.) Walk 5 min.	Walk 15 min. Run 1 min. Walk 2 min.	Walk 5 min. Run 3 min. (Repeat for a total of 21 min.) Walk 5 min.	Rest!
3	Walk 15 min. Run 1 min. Walk 2 min.	Walk 6 min. Run 4 min. (Repeat for a total of 26 min.) Walk 5 min.	Walk 15 min. Run 1 min. Walk 2 min.	Walk 6 min. Run 4 min. (Repeat for a total of 26 min.) Walk 5 min.	Walk 15 min. Run 1 min. Walk 2 min.	Walk 6 min. Run 4 min. (Repeat for a total of 26 min.) Walk 5 min.	Rest!
4	Walk 15 min. Run 2 min. Walk 4 min.	Walk 3 min. Run 2 min. (Repeat for a total of 30 min.) Walk 5 min.	Walk 15 min. Run 2 min. Walk 4 min.	Walk 3 min. Run 2 min. (Repeat for a total of 30 min.) Walk 5 min.	Walk 15 min. Run 2 min. Walk 4 min.	Walk 3 min. Run 2 min. (Repeat for a total of 30 min.) Walk 5 min.	Rest!
5	Walk 15 min. Run 2 min. Walk 4 min.	Walk 5 min. Run 5 min. (Repeat for a total of 35 min.) Walk 5 min.	Walk 15 min. Run 2 min. Walk 4 min.	Walk 5 min. Run 5 min. (Repeat for a total of 35 min.) Walk 5 min.	Walk 15 min. Run 2 min. Walk 4 min.	Walk 5 min. Run 5 min. (Repeat for a total of 35 min.) Walk 5 min.	Rest!
6	Walk 30 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Walk 30 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Walk 30 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Rest!
7	Walk 30 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Walk 5 min. Run 10 min. Walk 5 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Walk 5 min. Run 10 min. Walk 5 min.	Walk 4 min. Run 6 min. (Repeat twice.) Walk 5 min.	Rest!
8	Walk 30 min.	Walk 2 min. Run 1 min. (Repeat 9 times.) Walk 5 min.	Walk 5 min. Run 15 min. Walk 5 min.	Walk 2 min. Run 1 min. (Repeat 9 times.) Walk 5 min.	Walk 5 min. Run 15 min. Walk 5 min.	Walk 2 min. Run 1 min. (Repeat 9 times.) Walk 5 min.	Rest!
9	Walk 30 min.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5 min.	Walk 5 min. Run 20 min. Walk 5 min.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5 min.	Walk 5 min. Run 20 min. Walk 5 min.	Walk 1 min. Run 30 sec. (Repeat 20 times.) Walk 5 min.	Rest!
10	Walk 5 min. Run 20 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 20 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 20 min. Walk 5 min.	Walk 15 min.	Rest!
11	Walk 5 min. Run 25 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 25 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 25 min. Walk 5 min.	Walk 15 min.	Rest!
12	Walk 5 min. Run 30 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 30 min. Walk 5 min.	Walk 15 min.	Walk 5 min. Run 30 min. Walk 5 min.	Walk 15 min.	Rest!

Once you can comfortably walk for 30 to 60 minutes, 5 to 6 days a week, you may want to put more power and/or speed into your routine.

Workshops for International Students

Each semester the office of International Student & Scholar Services (ISSS) offers workshops to assist FAU's international student and scholar community. This semester ISSS is offering workshops on Employment and Practical Training, Tax Preparation, and Q&A sessions with Immigration Attorneys. All workshops are free of charge, and students do not need to RSVP in order to participate.

Employment and Practical Training workshops are required for students who would like to work off-campus by applying for the practical training benefit associated with the F-1 visa. All attendees receive information on the F-1 requirements regarding employment and how to complete the practical training application. The workshop dates and locations are as follows:

Tuesday, March 23, 2010, 3:00 p.m. – 4:30 p.m.
 Videoconferencing available to all FAU Campuses:
 Boca Raton – IS 203
 Davie – LA 150
 Ft. Lauderdale – HEC 608
 Jupiter – SR 268
 SeaTech – ST 259

Friday, April 16, 2010, 12:00 p.m. – 1:30 p.m.
 Student Support Services Building, SU 132

Thursday, May 6, 2010, 12:00 p.m. – 1:30 p.m.
 Student Support Services Building, SU 132

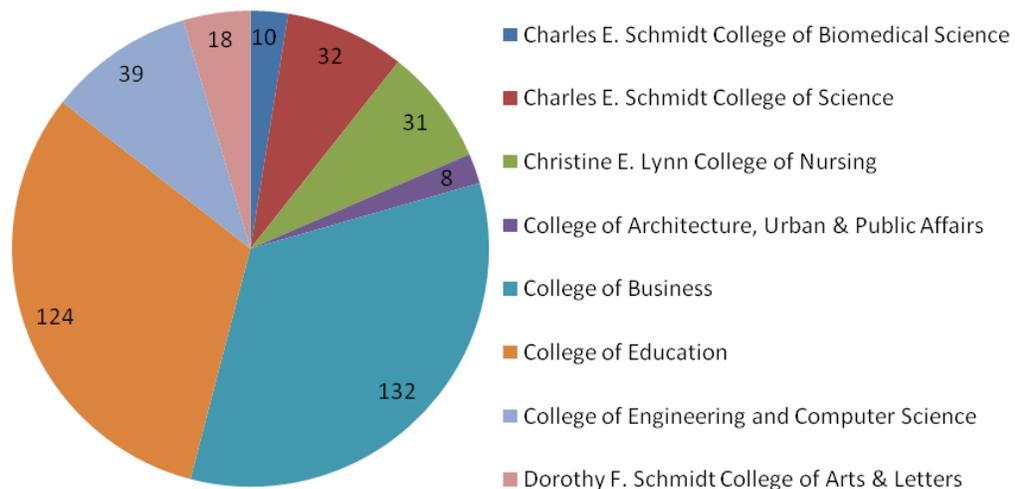
Tax Preparation workshops are available each spring semester to help international students and scholars with submitting required annual tax information. ISSS invites expert tax professionals to answer tax-related questions and assist with filling out forms. This semester ISSS will have two presenters, Mr. Jay Fanning, a Senior Tax Specialist with the Internal Revenue Service and Mr. Stuart L. Bloom, an International Tax Accountant with Bloom & Associates. Attendees should bring their tax documents to the workshop so the tax professionals can offer the correct advice regarding which forms to complete.

Thursday, April 1, 2010, 2:00 p.m. – 3:30 p.m.
 Student Support Services Building, SU 132

Lastly, students and scholars interested in learning about employment options after completing their F-1 status, obtaining permanent residence or other complex immigration questions should attend the **Immigration Attorney Q&A Session**. This semester, ISSS will host Mr. Aaron Blumberg, an Immigration Attorney with Fragomen, Del Rey, Bernstein, and Loewy. Mr. Blumberg will give a brief presentation, followed by an audience question and answer session. The Q&A Session will be held on Wednesday, April 7, 2010 from 10:00 a.m. until 1:00 p.m. in SU 132.

Please contact the ISSS office by email, ISSS@fau.edu with any additional questions.

Graduate Degrees Conferred in Fall 2009



Graduate Student Research Day

by Janet Yuen
MBA student, College of Business

The life of a graduate student can be completely isolated by his or her course of study. Graduate students rarely know what their peers from other colleges are doing. The inaugural Graduate Student Research Day was created to foster inter-disciplinary discussion of University-wide research and provide a venue where graduate students can gather to share the results of their research. The event will be held Friday, April 9, 2010, from 10:00 a.m. to 3:00 p.m. in the Live Oak Pavilion, located in the Boca Raton Student Union (UN-31). Graduate Student Research Day is open to all FAU students.

Gisele Galoustian, the Division of Research's Director of Communications, has been an enthusiastic supporter of Research Day. "Across disciplines, colleges, and campuses, FAU graduate students are conducting exciting research to address questions that affect our future and helping to create solutions," said Galoustian. "There is no better way to showcase this outstanding work than a University-wide Graduate Student Research Day."

A call for abstracts was announced in early January and over 140 graduate students responded. Students whose abstracts and posters are selected will be showcased and judged for cash awards by the Research Council, a team of faculty members assembled by the Division of Research representing FAU's eight academic colleges and the Harbor Branch Oceanographic Institute.

A highlight of the event is a panel discussion entitled *Ethics Across the Disciplines*, which includes panelists Allan E. Barsky, J.D., Ph.D., Professor of Social Work; Deborah A. Raines, Ph.D., Professor of Nursing; Jeanette Wyneken, Ph.D., Associate Professor of Biological Sciences; Somnath Bottacharya, CPA, Ph.D., Professor and Director of the School of Accounting; and moderator Elisa Gaucher, MBA, Director of Research Integrity from the FAU Division of Research.



Graduate Student Notables

GradTalk offers kudos to the following graduate students for their recent accomplishments. If you know of a graduate student deserving recognition, please email graduateneeds@fau.edu.

Megan Tommei, a Master's student in the **School of Communication and Multimedia Studies**, has published her first article entitled, "My Spirit is Not Banned: A Rhetorical Analysis of the African National Congress Women's League (ANCWL)". The article was published in the *Global Media Journal*, produced by Purdue University.

Jeanette Kamciyan won the graduate-level essay contest held during Peace Week to honor the historic visit of His Holiness the 14th Dalai Lama of Tibet. The essay contest was sponsored by FAU's Peace Studies Program and the University Center for Excellence in Writing. Students were asked to respond to the question, *how do you envision/imagine compassion as a pillar of world peace?* Jeanette's winning essay was entitled, "Building Pillars of Peace: To Know Nothing is to Love Nothing". Jeanette is a student in the **Family Nurse Practitioner** program and will be graduating this semester with her Master's degree. A doctoral student in **Public Administration**, **Daniel Hummel**, was the graduate-level runner-up contest winner. Daniel's essay title was "Cultivating Compassion as a Pillar of World Peace". Both students earned front row seats for the Dalai Lama's speech and a 10-minute audience with the religious and spiritual leader.

The Florida State Emergency Nurses Association recently recognized **Robin Powers** as its 2009 Educator of the Year. This annual award is given to a nurse who has done an exemplary job in education related to Emergency Nursing and Care, Injury Prevention, and Health Education Promotion, be it to peer groups, the lay public, patients or students. Robin received her Master of Science in Nursing from FAU in 2007 and is currently working on a PhD in **Nursing**.

Shubhang Tripathi recently was awarded a GSA Travel Grant, presenting his work on Nursing Informatics at the CASCON 2009 conference, held in Toronto, Canada. Shubhang is a Master's student in **Computer Engineering** working under the supervision of Dr. Shihong Huang.

Student Spotlight



Kayla Causey will be graduating in May with a doctorate in Psychology.

Kayla Causey was born and raised in the Tampa Bay area and graduated from the University of South Florida with a Bachelor's degree in Psychology. As an undergraduate, she discovered a passion for conducting research and quickly realized she would need a doctorate in Psychology to continue doing the work she enjoyed. Kayla chose FAU for graduate school because of the mentor-based program and the excellent reputations of the faculty members in the Psychology department. Last December, she received her Master's degree in Cognitive Psychology and expects to complete her doctorate in 2010, concentrating on experimental cognitive and developmental psychology. As someone who loves asking and answering questions, Kayla is well-suited to graduate school. "I really enjoy the research process, from the creative aspects of designing a study that will effectively test a hypothesis to the mechanistic tasks involved in data collection, coding, and analyses. It's fun to ponder over empirical questions and then try to figure out the answer myself through designing and conducting a study. It's a lot of work, and a long process that requires a significant delay of gratification."

A graduate course with Dr. David F. Bjorklund created a profound interest in the early cognitive development of preschoolers. Kayla continues to be fascinated by the differences between children's minds and adults' and this is reflected in her current research. "My dissertation examines how children's ability to remember to do things in the future (i.e., prospective memory) relates to their ability to reason about their own mind and the minds of others. My first study examined the relationship between children's reasoning about the beliefs and desires of themselves and others and their ability to carry out delayed intentions and reason about the future. My second study examines how children's understanding of their own mental abilities affects the strategies they adopt to successfully carry out delayed intentions." Additional information on Kayla's studies can be found on her website: www.kaylausey.com/research.

Kayla has this advice for other students considering graduate school: "First, hit the ground running! Learn as much as possible about a particular area of interest and the type of work that is done before applying to grad school. Once you are in graduate school, you will spend an exceptional amount of time reading and writing about a very specific area of interest. Be sure you find this topic very compelling and that it is the type of work/research you want to do." Another key component to success in graduate school is finding a supportive advisor with

whom you work well and who will provide you with opportunities to do research and publish. For those students who have already found an advisor, Kayla shares, "Behave and be grateful, be grateful, be grateful to him/her. Take every opportunity you can to learn more and be prepared to work hard." Kayla is fortunate to have Dr. Bjorklund as her graduate advisor, a recipient of the 2009 Excellence in Graduate Mentoring Award.

Kayla's efforts at FAU have also received recognition – she was one of ten FAU graduate students selected to receive the Graduate Fellowship for Academic Excellence. This fellowship provides \$5,000 for one academic year. Students must have a grade point average of 3.5 or higher to apply.

Attending graduate school has provided an unexpected bonus for Kayla: meeting her fiancé, Aaron Getz, a graduate of FAU's doctoral program in Psychology and an Assistant Professor in Evolutionary Psychology at California State University in Fullerton. Together, Kayla and Aaron write a blog for the magazine Psychology Today entitled *A Natural History of the Modern Mind*. Discussion centers on recent issues and research in the fields of evolutionary psychology and evolutionary developmental psychology.

When Kayla is not fully consumed with her studies and research at FAU and blogging, she enjoys playing volleyball with friends and recently started surfing. For relaxation, she plays the piano and takes time out to visit her family. After graduation, Kayla hopes to conduct research at a major university and share her knowledge by writing a book. Her blogging has also made her think about the possibility of becoming an editor of a psychology journal. Wherever Kayla goes, she will represent FAU alumni well.

"Take every opportunity you can to learn more."

Student Spotlight is a regular feature of [GradTalk](#). If you know a graduate student you would like to see featured, please contact Kristine Killip at kkillip@fau.edu.

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