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## UNI Grad Student News, v11n10, January 2015

University of Northern Iowa. Graduate College.

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## Message from the Dean



Happy New Year and welcome back to UNI!

I hope your holiday season brought rest and rejuvenation to you, and that you are ready for a productive

semester ahead of you. As you look forward to opportunities you may have this semester, both professionally and personally, consider the items listed below as part of a New Year's Resolution list, if you like to make such lists.

Pursue opportunities to advance your professional network and further develop your networking skills. To learn

more, go to the Graduate College Networking workshop on January 27 from 3:30-4:30 p.m. or to one of the other professional development workshops listed below. To prepare for future networking and job opportunities, get help on developing and improving your resume or CV by meeting with Susie Schwieger, Director of Graduate Student Life in the Graduate College.

Improve your research and writing skills, with best practices like writing something every day, asking for help with a library research consultation, and joining a writing group. Take the initiative to start sharing research projects with your colleagues within your own program, so that you can all work at improving. Also, think about what research or creative activity you can showcase, and register for the upcoming

Graduate Student Symposium on April 1st at <http://www.grad.uni.edu/graduate-student-symposium>. (To learn more about the Symposium, check out the FAQ's and informational video on the website.)

Get more involved in community service. We often do these types of things during the holiday season, but why not "pay it forward" all year long? UNI offers a unique opportunity for students, which graduate students can also do, in its Volunteer Tuesday program. If you're interested in pursuing this type of opportunity, check out more information at <http://www.uni.edu/involvement/volunteer-tuesdays-0>.

No matter what you choose to pursue this coming semester, I hope you are looking forward to growing and learning. My wish is that this new year will prove to be a productive one for you.

## Professional Development Workshop Series

The Graduate College is presenting a three-part professional development workshop series in January and February 2015. All of the workshops are open to the public. The following is a list of the workshops, a brief description, and a link to sign up to attend. Interested individuals can also sign up under "News and Announcements" on the Graduate College website, [www.grad.uni.edu](http://www.grad.uni.edu).

### Networking 101 for Graduate Students

Tuesday, January 27, 2015

*Maucker Union Presidential Room,  
3:30-4:30 PM*

The workshop will highlight how to build a professional network through social media, informational interviews, and other opportunities. It will also feature resources available to graduate students who want further knowledge on the art of networking.

Sign up to attend here:  
<https://www.surveymonkey.com/s/profdevelopmentseries1>

### Attending a Professional Conference Panel

Monday, February 2, 2015

*Maucker Union Presidential Room, 3-4 PM*

Attending professional conferences are a great way to network, to present your work, and to receive feedback from others in your field, but they can be challenging to navigate. This event will feature graduate students panelists who have attended professional conferences. They will answer questions from the audience or from a list generated by suggestions from this survey.

Sign up to attend here:  
<https://www.surveymonkey.com/s/conferencepanel>

### Job Search Strategies 2015

Monday, February 9, 2015

*Maucker Union Oak Room, 2-3 PM*

Searching for a job can be a job in itself and one that is difficult to navigate! This workshop will provide an overview of the job search process, how to effectively prepare, and search for options related to achieving your career and educational goals.

Sign up to attend here:  
<https://www.surveymonkey.com/s/jobsearch2015>

## CURRENT STUDENT PROFILE:

### XAVIA PUBLIUS



Xavia Publius is a second-year graduate student in the Women's and Gender Studies (WGS) program. As an undergraduate, Xavia majored in music with an LGBT Studies minor. Xavia graduated in May 2013 with a Bachelor of Arts from Colgate University in Hamilton, N.Y. Xavia heard many positive comments about the state of Iowa and was very impressed with the WGS program. Recently Xavia began

an assistantship devoted to teaching a special section of Introduction to WGS focusing on LGBT\* Studies. Xavia keeps busy as the Facilitator of Trans\*genda, which seeks to support trans, gender non-conforming, and non-binary individual and allies both on campus and in the community. Xavia also serves

the Director of Social Activism and Outreach for UNI Proud, and acts as the Treasurer, Secretary, and Fundraiser for the Feminist Action League.

Xavia is completing a thesis that explores a trans\* critique of classical music and how trans\* bodies, characters, and experiences might be integrated into classical music through the medium of opera. Xavia explained, "I am putting together a series of workshops with performers across the gender identity spectrum in order to work through some of the theoretical issues that come with giving trans\* and gender non-conforming people a place at the creative table in an operatic context. In other words, I want to know what trans\* opera might sound and look like." Following graduation, Xavia plans to continue in academia and pursue a doctoral degree with the goal of becoming a professor. In addition, Xavia hopes to become more involved in opera and musical theater and in academic programs or non-profit theater companies, in order to integrate queer critiques and experiences into the performing arts, especially in fine arts areas that are often hostile to such projects.

## ALUMNI PROFILE

### YAW KYEREMATENG



Originally from Ghana, Yaw Kyeremateng has successfully transitioned into post-graduate employment after completing his Master of Arts in General Communication in May 2014. He completed his Bachelor of Arts degrees in Environmental Health Science and French in 2012 at UNI. Currently, Kyeremateng serves as the Director of Individual Events (Speech) at Concordia University-Irvine

in Calif. In this position, Kyeremateng focuses his efforts on Concordia's competitive speech program. He coaches and constructs speech events for speech competitions across the United States. Additionally, he teaches public speaking courses at East Los Angeles College. Kyeremateng himself competed in Speech for four years at UNI and volunteered as a speech coach for one year. While completing his graduate education, Kyeremateng served as a graduate assistant in the Department of Communication Studies. Serving as an Oral Communication instructor and coaching speech were his main responsibilities. Overall, his passion and zealous attitude has contributed to his career choice. Kyeremateng believes the diversity of his degree choices at UNI allowed him to develop a variety of skills and knowledge to apply toward a future career. He is very thankful for all of the help and assistance he received from his advisers, professors, and fellow students, who all urged him to take part in extracurricular activities. Kyeremateng strongly believes these opportunities played a crucial role in preparing him

for his current career. Both family members and UNI faculty have aided Kyeremateng in his career pursuits thus far. Kyeremateng expressed thanks to his mother Lydia Adwapa Asare, for her continued support and encouragement in helping him become as successful as possible. Several key faculty and staff members had a profound impact on his career development, according to Kyeremateng. Rebecca Buel, who served as the Director of Individual Events from 2008-2014 at UNI, was Kyeremateng's head speech coach and he worked closely with her for nearly seven years. He is very grateful to both Buel and Josh Hamzehee, the assistant speech coach, for the role they each played in his development. In fact, he believes had Hamzehee not recommended he apply for his current position at Concordia University, he may not have had such an exciting career opportunity after graduation. Reflecting on his experience as a graduate student, Kyeremateng urges graduate students to join student organizations and assume leadership roles. In addition to working on a thesis or research paper, he believes employers will value the leadership skills graduate students build. These opportunities not only provide valuable contributions to a résumé, but also allow students to enjoy their time at UNI. While at UNI, Kyeremateng was a member of French Club, African Student Union, International Student Promoters, UNI Forensics (Speech and Debate), UNI American Model United Nations, Environmental Health Student Chapter, Students Against a Violent Environment (SAVE), International Students Association, and Dance Marathon. He was also the 2013 Homecoming King. Kyeremateng also acts and models in his free time and hopes to one day develop a career related to these interests.



Former UNI student athlete, Dr. Nick Pace, has come full circle since graduating from UNI with a Bachelor of Arts degree in Sociology in 1992. He accepted his first job out of college at the Missouri Department of Mental Health, where he served as a mental health social worker in inner city Kansas City. He described the job as fascinating, heartbreaking, and rewarding all at the same time but knew it wasn't the career path he wanted to have forever. Pace

decided to go back to school and earn his teaching certificate. His first teaching job took him to Seymour, Iowa where he coached basketball and taught middle school and high school social studies. He later earned his Master of Arts degree in Educational Administration from Drake University in 1997 and accepted a principal position at North Tama High School in Traer, Iowa.

When talking about his experience as a principal, Pace acknowledged that the role of principals has changed drastically in the past several years. He revealed principals used to be seen as the manager or someone who kept things in line, but now their job is aligned to being able to provide instructional leadership for teachers to teach more effectively. His work as a principal inspired his research interest in gay and lesbian issues in schools.

In 2000, Pace jumped at the chance to return to UNI as a student teaching coordinator because he hoped he might have the same type of impact on students that his instructors, coaches, and mentors had on him as an undergrad. In 2005, he transferred to the Department of Educational Leadership and Postsecondary Education. He stated, "My experience as a young principal had a major influence on me. Thus, the chance to help new principals feel more adequately prepared for what I think is the toughest job in K-12 education was really appealing. The opportunity to do it at a place that has been special to my wife, Roxanne, and I since we were 18-years-old was an added bonus." In 2005, Pace received his Ed.D. in Educational Leadership at UNI. He is currently the coordinator of UNI's principalship program, where he works with cohorts of students who work full time in schools across the state of Iowa. Pace has been recognized for the Friend of Iowa Civil Rights Award (2010) and the UNI Diversity Matters Award (2012). He focuses most of his recent academia on principalship, on which he's written his four books: "The Principal's Challenge: Learning from Gay and Lesbian Students", "The Principal's Hot Seat: Observing Real-World Dilemmas", "Reality Calling: the Story of a Principal's First Semester", and "Seeking Balance: The Story of a Principal's Second Semester". In the future, Pace hopes he can continue to open doors to the kinds of transformative experiences he has enjoyed as a student, student-athlete, and faculty member at UNI.

## UNI MBA TEAMS FROM PELLA PROVIDE VALUABLE INFORMATION TO AREA COMPANIES

In November 2014, four teams consisting of student in the University of Northern Iowa Master of Business Administration candidates from the program in Pella completed their final degree requirement entailing a presentation, business recommendations, and professional analyses. The candidates worked as company consultants for the past several months and recently presented their professional analyses and recommendations to faculty and business professionals.

The MBA program at UNI is one of a handful of programs that requires students to serve as consultants for existing businesses. These students were introduced to their clients in August 2014, presented a project proposal to the MBA faculty in October, and then worked with a faculty mentor to complete the planned work before the MBA Capstone Conference on Nov. 21, 2014.

Dini Semini, Janice Marquardt, Jennifer Elsloo and Rob Lelewski consulted with Friends of the Neal Smith National Wildlife Refuge. Associate professor of Management, Dale Cyphert, served as team mentor.

Brenda Vos, Derek Anderson, Nick Kuennen and Nisha Ramamoorthysuresh worked with LELY. assistant professor of management Dan Bumblauskas served as team mentor.

Whitney Klinkenborg, Jeana Clark, Mike Klinkenborg and Susan Dop worked with LDJ Manufacturing. Dan Power, professor of management information systems, was the team mentor.

Gary Coppock, Kelli Martino, Mike Dermuth and Natalie Engler served as consultants for Pella Corp. Marty Hansen, instructor of marketing, was the team mentor.

The teams' recommendations were presented at the MBA Capstone Conference, which allowed faculty, student, and executive review teams to evaluate how well the results met the individual company's objectives and each team's contribution to its on-going success.

Seated at the conference's executive table and handling questions were Samuel Boeke (MBA '12), CEO of the Rotary Senior Living/ Administrator Continuum Health Care Services; Katherine Cota-Uyar, UNI intellectual property officer and associate director of the John Pappajohn Entrepreneurial Center; and Farzad Moussavi, dean of the UNI College of Business Administration.

## JANUARY 2015 TIPS: FLU AND ILLNESS FIGHTING STRATEGIES

The start of a new semester means the beginning of academic courses and new responsibilities. As you resume the life of a busy graduate student, your stress levels may rise which puts you at risk for developing the flu or other illnesses. Here are some tips and suggestions to help you remain healthy throughout the year.

Student Health 101 is also a helpful source that encourages students to live a healthy lifestyle. Each month the Graduate College will send out the latest issue of SH101 to provide information on health and wellness. Please visit <http://readsh101.com/uni.html> for more information.

- Develop consistent sleep habits. Even when you are busy, make a conscious effort to sleep as much as possible. Avoid caffeinated drinks used to help you survive late night study sessions. Avoid drinking alcohol as it can interfere with sleep quality. Consider developing a twenty-minute "bedtime routine" to prepare your body for a restful sleep. Find a short window of time before bed that allows you to relax and begin to slow your thoughts.
- Eat and drink well. Eat plenty of foods with Vitamin C, drink plenty of water, and consume foods high in iron. Foods high in protein like fish, eggs, and yogurt, can help boost your immune system. Multivitamins are a way to ensure your body receives the nutrients it needs.
- Schedule yourself a massage. If you are on a tight budget, a 15-minute massage can help relieve stress and increase your circulation, which boosts immunity by nourishing cells with oxygen and blood. When you are less stressed, you are less likely to be susceptible to germs. Exercise regularly as sweating is a method to wring out toxins and germs as well.
- Bundle up for cold weather conditions. Before coming to class or campus, check a weather app on your phone or mobile device. Be sure to check temperatures later in the day as well. Many students come to class when it is sunny and considerably warmer than the temperature after a late evening class. Make sure to wear plenty of clothes or bring additional layers if you plan to be on campus when the sun goes down.
- Avoid sharing food and drinks with others. Do not use other people's straws or eat from shared food containers. Always wash your hands before eating and help stop the spread of germs.
- Sip hot black or green tea with lemon and honey. The steam let off from hot tea helps germs move out of your nose and lemon helps to thin mucus while honey is antibacterial.
- Zinc may help relieve symptoms like a scratchy throat and can help you recover more quickly.
- Wipe down your phone and gym equipment. These items are often touched by other individuals and can pick up germs. You can clean your phone screen, computer screen, gym equipment, workspace, and many other areas with antibacterial wipes regularly to fight off colds and the flu. Wiping down your belongings and areas other people occupy helps protect them from contracting an illness. Also, use your own pens and writing utensils at the bank, grocery store, or use it to tap the keypad of an ATM. Using your own pens helps to avoid picking up germs living in busy areas.
- Check in with the Student Health Clinic. If you are taking five or more credit hours per semester, your mandatory fee automatically covers your Health Fee at UNI. The UNI Student Health Clinic helps you maintain your health and treat illnesses and while there is a charge for medications, there is no additional charge to be seen by a practitioner, unlike clinics off-campus. If you begin to feel ill, contact the clinic at 319-273-2009 to schedule an appointment.  
(Source: [www.health.com](http://www.health.com))

## ROD LIBRARY INFORMATION FOR GRADUATE STUDENTS

As many graduate students may already know, research and scholarly readings are a huge part of everyday academic life as a graduate student. The Rod Library website is a great source that highlights specific resources available to graduate students in any field of study. Those resources include general information of Rod Library, library services and information to assist with research, database search engines, information for Distance Learning graduate students, and research consultations with highly knowledgeable librarians. Students can receive help in the form of research consultations which provide assistance in narrowing down a topic to a specific focus and identifies resources in a particular time frame. For more information on the Rod Library, visit <http://www.library.uni.edu/>.

## MESSAGE TO THESIS/DISSERTATION WRITERS FROM THE THESIS/DISSERTATION REVIEWER:



Welcome back to the spring semester! I hope you had a relaxing holiday season and semester break.

If you are planning to complete your thesis or dissertation during the spring semester and you still need to schedule your preview, you should receive an email from me early in the semester. If you have not heard from me by the end of January, you should check with

your departmental office to verify that your name was sent to the Graduate College on the prospective thesis/dissertation writers list.

In the meantime, please read and follow the formatting guidelines in the *Graduate College Thesis and Dissertation Manual* on the Graduate College website, to be used in conjunction with the style manual required by your department. Check the "Important Dates for Graduate Students" listed below for the deadlines for scheduling your preview and submitting your thesis or dissertation for spring graduation. Remember that your defense must also be successfully completed prior to the final submission deadline.

If you have questions about formatting or submitting your thesis/dissertation, do not hesitate to contact me. I look forward to working with you!

Janet Witt  
Thesis/Dissertation Reviewer

### 2015 SPRING IMPORTANT DATES

<b>January 12</b>	Instruction Begins
<b>January 12 - March 13</b>	Preview must be scheduled and completed
<b>March 27</b>	Thesis/dissertation due in Graduate College to be eligible for Spring graduation
<b>April 1</b>	Application for Spring graduation due through Student Center to avoid late fee and to ensure inclusion in the commencement booklet
<b>May 8</b>	Final deadline for application for Spring graduation; Notification of completion of research paper/comprehensive exams due from department to the Graduate College and Registrar's Office
<b>Early May</b>	Commencement

### PUBLIC HISTORY GRADUATE STUDENTS DEVELOP ONLINE EXHIBITIONS ABOUT IOWA

Three Public History graduate students, Nick Erickson, Amanda Wellhouse, and RaeAnn Swanson, along with seven undergraduate students in the Introduction to Museum Studies class, crafted a series of online exhibitions for the Interpreting Iowa website. The exhibitions cover a wide range of topics about Iowa including Iowa in frontier times (Defending the Homestead: Vigilantism, Improvised Weaponry, and Law Enforcement of the Iowa Frontier), baseball in Iowa (Play Ball! Baseball in the Heartland), railroads in Iowa (All Aboard: How Trains Shaped Small Town Iowa), Iowa's landscape (Iowa Landscapes: Change and Continuity), and Iowa demographics (Melting Pot: Demographic Change in Iowa). Dr. Leisl Carr Childers, the Coordinator of the UNI Public History Program, and Cyndi Sweet, the Executive Director of the Iowa Museum Association, gave the students insight into the world of public history and the art of crafting a museum exhibition. Future students in the Introduction to Museum Studies class will be able to add their exhibitions to the site. You can explore the Interpreting Iowa website by following this link: <http://uni.edu/carrchl/wp/interpretingiowa/>.

# UNI SCHOOL OF MUSIC HOSTS NATIONAL ASSOCIATION OF TEACHERS OF SINGING AUDITIONS; CELEBRATES STUDENT SUCCESS

The University of Northern Iowa School of Music was pleased to host the National Association of Teachers of Singing district student auditions on the UNI campus, Nov. 7-8, 2014. Over the course of the two-day event, the School of Music hosted approximately 250 students, 40 adjudicators, and 45 pianists from universities, colleges, high schools and private studios throughout the state. The UNI voice division faculty, with the assistance of over 90 student organization members, community volunteers, and eight faculty and student pianists coordinated the event.

Eleven University of Northern Iowa School of Music students received top honors at the auditions, with 3 graduate students also receiving top honors.

Sarah Draffen of Reinbeck earned 1st place in Division IX; Draffen is a student of Jeffrey Brich. Kayla Kjeldseth of Sioux City shared a tie for 2nd place in Division IX with Katherin Kneisley of Rochester, NH; Kjeldseth is a student of Jean McDonald, while Kneisley is a student of John Hines.

For more information on these students, the UNI Voice Division or School of Music events and programs, contact Caroline Boehmer (319) 273-2028, caroline.boehmer@uni.edu or visit [www.uni.edu/music](http://www.uni.edu/music).

Stay up-to-date with all of the School of Music events and highlights by visiting their website: <http://www.uni.edu/music/homepage>.



*Sarah Draffen (back row, fourth from left), Kayla Kjeldseth (back row, third from left) and Katherin Kneisley (front row, far left).*

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## GRADUATE COLLEGE STAFF AND CONTACT INFORMATION

To submit articles for consideration in the UNI Grad Student News contact [gradlife@uni.edu](mailto:gradlife@uni.edu).  
With any questions or concerns feel free to contact the Graduate College staff listed below.

**The Graduate College** | 110 Lang Hall | (319) 273-2748 | [www.grad.uni.edu](http://www.grad.uni.edu)

**Dr. April Chatham-Carpenter**

Interim Associate Provost for Academic  
Affairs and Interim Dean of the  
Graduate College  
[april.chatham-carpenter@uni.edu](mailto:april.chatham-carpenter@uni.edu)

**Dr. Shoshanna Coon**

Associate Dean for Graduate  
Academic Affairs  
[shoshanna.coon@uni.edu](mailto:shoshanna.coon@uni.edu)

**Susie Schwieger**

Director of Graduate Student Life  
[susan.schwieger@uni.edu](mailto:susan.schwieger@uni.edu)

**Lisa Steimel**

Secretary IV, Assistantships and  
Scholarships  
[lisa.steimel@uni.edu](mailto:lisa.steimel@uni.edu)

**Janet Witt**

Clerk IV, Thesis and Dissertation Review  
[janet.witt@uni.edu](mailto:janet.witt@uni.edu)

**Cheryl Nedrow**

Secretary II  
[cheryl.nedrow@uni.edu](mailto:cheryl.nedrow@uni.edu)

**Abbie Gacke**

Graduate Assistant for Student  
Publications and Technology  
[ackeraab@uni.edu](mailto:ackeraab@uni.edu)

**Scotti Hagensick**

Graduate Assistant for Online Content  
[schonsaa@uni.edu](mailto:schonsaa@uni.edu)

**RaeAnn Swanson**

Graduate Assistant for Graduate  
Professional and Community  
Development  
[swansraa@uni.edu](mailto:swansraa@uni.edu)



**Graduate College**

110 Lang Hall  
Cedar Falls, IA 50614  
Phone: (319) 273-2748  
Fax: (319) 273-2243

[www.grad.uni.edu](http://www.grad.uni.edu)