

10-2021

UNI Grad Student News, v20n1, October 2021

University of Northern Iowa. Graduate College.

Let us know how access to this document benefits you

Copyright ©2021 Graduate College, University of Northern Iowa
Follow this and additional works at: <https://scholarworks.uni.edu/gsnews>

 Part of the [Higher Education Commons](#)

Grad Student News

Volume 20, Issue 1 / October 2021

MESSAGE FROM THE DEAN

As we round into the second half of the semester, my excitement about returning to campus remains in place. Seeing our graduate students safely connecting with peers and faculty is wonderful. In that wonder, of course, we are also figuring out how to re-emerge while still experiencing the pandemic. I hope you find continued kindness and grace during this time, and seek out social support.



Just like you, the Graduate College is in a period of re-emergence. While the Graduate College will continue to focus on recruitment and student success, we are making changes. Much like 8 years ago, in [October of 2013](#), we will be looking at Grad Student News and revamping it, so this will be the last issue for a while.

During this time, we will be rebranding the Grad Student News to reach our alumni better and branch out in how we tell the stories of graduate education on our campus. Our stories are our distinction, and we want to showcase the stories of faculty, students, staff, and alumni. We imagine a story focused on mental health, highlighting the [Let's Talk](#) peer mental health support, a faculty member, and practicing counselors or licensed social work alums.

You can still send us news, thoughts, updates, and life changes - we enjoy seeing how you grow. Please send them to us at gradsuccess@uni.edu to be featured on the web, social media, and other platforms as we expand.

Sincerely,
Dr. Jennifer J. Waldron, Dean of the Graduate College

Graduate College Staff



Dr. Jennifer Waldron, Dean of the Graduate College

Dr. Waldron collaborates with the faculty overseeing administration of graduate programs. She supports and promotes scholarly and creative research and cultivates community among the entire graduate community (staff, faculty, and students). Dr. Waldron has visited four continents and will travel to the other three some time in her life.



Kathryn Wohlpert, Assistant Director of Scholarly & Applied Writing

Kathryn guides students through the thesis and dissertation completion process and collaborates with resources on campus to support scholarly and creative writing. She also assists with digital communications. Kathryn enjoys writing in her free time.



Dr. Gabriela Olivares, Associate Dean of the Graduate College

Dr. Olivares administers academic regulations and degree requirements. In addition to this, she oversees the graduate-level curriculum and facilitates the Graduate College Awards for faculty and students. In her free time, she enjoys teaching Zumba classes.



Diego Saavedra Rojas, Data Analyst & Grad Funding Coordinator

Diego oversees the GA and Tuition Scholarship process, oversees data collection, analysis, and interpretation, and delivers training opportunities to faculty and staff. Outside of work, Diego enjoys sports and is able to juggle with any kind of ball.



Jason Cox, Graduate Admissions Coordinator

Jason works closely with UNI graduate programs, assisting with processing applications and troubleshooting questions or issues applicants and new admits encounter. He works with a variety of faculty, staff, and academic units on campus. Jason enjoys playing piano regularly and used to play in a band with high school friends for ten years!



Rubina Chowdhury, Secretary

Rubina is the main liaison between the Graduate College and various constituency groups inquiring about graduate education. In addition, Rubina processes student and faculty forms and assists in facilitating Graduate College Awards and other Graduate College events. At home, Rubina enjoys singing karaoke.

Graduate College

Graduate Assistants

Raelynn Murphy, GA for Graduate Professional and Community Development



Raelynn is a second-year graduate student in the speech-language pathology program. She earned her BA in communication sciences and disorders and BA in psychology from UNI

in 2020. As the GA for Professional and Community Development, she plans and implements professional development and social events, as well as serving as the editor for Grad Student News. After graduation, Raelynn plans to work as a speech-language pathologist serving both premature infants and adults who have experienced a brain injury.

TaLia Pulley, GA for Diversity, Equity, and Inclusion



Talia is a second-year graduate student in the clinical mental health counseling program. She earned her BA in psychology from UNI in 2020. As the GA for Diversity, Equity, and Inclusion, she helps create and maintain relationships with diverse groups on campus and in the graduate college. She also creates events that

support positive mental health practices and educate students on mental health issues. After graduation, she wants to own her own business that supports efforts to integrate elders in nursing homes back into the community. She also wants to work as a bereavement counselor.

Whitman Cler, GA for Graduate Writing



Whitman is a first-year graduate student earning her master's degree in general communication. Whitman obtained her BA in political communication and English from UNI in 2020. As the GA for Graduate Writing, she offers writing support for graduate students and assists the Graduate College with reading

and writing projects and workshops. After graduation, she plans to continue her education or work in the nonprofit sector.

Matthew Gunderson, GA for Research, Excellence, and Leadership



Matt is a second-year graduate student earning his MA in social psychology. He completed his undergraduate education at the University of Wisconsin-Stout, where he earned his BS in psychology and BS in Business

Administration. As the GA for Research, Excellence, and Leadership, he provides aid in graduate research initiatives, process improvements, and the marketing and implementation of Graduate College events. His goal after graduation is to continue his education with a PhD.



Graduate Secretary Profile

Kristin Soppe

1. What is your current position and in what department? How long have you been in this position?

My current role is Office Manager in the Department of Health, Recreation & Community Services, located in the WRC. I started this new role during the pandemic, August of 2020.

2. Had you been employed by UNI previously? If so, what was your position title and department?

In the last ten years, I have held various positions in Student Affairs and Academic Affairs. As I was promoted to new roles, I have had experience in the Office of Admissions, the Registrar, and Career Services/Vice President for Student Affairs offices.

3. Describe your educational experience.

I hold a two-year degree in Graphic Design, and I completed my Bachelor's of Liberal Studies from UNI in July of 2020 during the pandemic. Completing my degree and raising a family has helped me develop an understanding of the challenges adult students face.

4. Briefly describe your job duties.

As the office manager of multiple programs, I juggle many responsibilities, including course and room scheduling, student supervision, budget responsibilities, new personnel activities, scheduling student assessments, and more.

5. How has the COVID-19 pandemic impacted your work?

I have really missed the direct contact with students, staff, and faculty. I look forward to more face-to-face contact this year.

6. What supervisory responsibilities do you currently have?

Mentoring the HRCS department student team to support and be the first point of contact to faculty, students, and community.

7. What is your favorite part of your job?

Mentoring UNI students is my favorite role in helping them along their UNI journey. I love watching the students grow from freshman to seniors and supporting them as they launch into their professional careers.





Graduate Alumni Profile

Marcello Henrique

1. Describe your educational experience.

As an undergraduate student, I devised my own interdisciplinary major in applied linguistics at Luther College. I also had a minor in creative writing. At UNI, I got my master's degree in TESOL.

2. Describe your employment experience beginning with your undergraduate experience.

In college, I started off working with custodial services, then I tutored linguistics in my senior year. After I graduated from college, I started teaching English here in Brazil at a binational center. I worked there for seven years. At UNI, I was a research assistant for a semester, then I tutored students from CIEP. Today I am a self-employed teacher of English in Brazil.

3. What graduate program were you enrolled in at UNI and when did you graduate?

I was enrolled in the MA TESOL program and I graduated in May 2021.

4. How did your UNI graduate education influence your career path?

Because of my experience at UNI, today I feel competent to not only teach English as a foreign language but also to train other language educators. I am positive the courses at UNI have prepared me well for this undertaking.

5. As an international graduate student, what were some of your memorable experiences while at UNI?

Meeting other international students was definitely a memorable experience. I've always enjoyed being surrounded by people from different backgrounds because we can learn so much from them. Linguistically speaking, I just love accents and different ways of language expressions.

6. What faculty and staff influenced your UNI experience?

This is not a very easy question to answer as many people made it possible for me to successfully study and graduate from UNI. However, if I were to pick one person that was the most influential, that person would be Dr. Milambiling, from the TESOL department. She was my professor and my advisor. She was always willing to help me, whatever the problem was. Of all people at UNI, she was the one faculty member who knew me the most, from my strengths to my struggles. From offering solid advice to advocating on my behalf, Dr. Milambiling was key to my success and words can't express how appreciative I am of having worked with her.

7. What advice would you give graduate students to thrive and survive in graduate school?

Seek assistance when you need it. Do not feel afraid or embarrassed to open up about any difficulties you might have, either academic or financial. Show that you care about your education through commitment and integrity.

8. What are your leisure interests?

Very few people know this, but I love dancing. This is something that I've done to release stress and to restore my good mood. I also like to work out at the gym. I usually exercise five times a week. It is good for the brain and for the body.



Graduate Faculty Profile

Eric Jennings

1. Describe how your educational background and employment experience led you to UNI.

I've worked in libraries since I was in high school and throughout college so becoming a librarian just made sense. My first professional position was in South Carolina for a couple of years and for twelve years I was in Wisconsin. At both places, I gained a lot of experience as a general reference and instruction librarian teaching a lot of "one-shot" library instruction classes. At my most recent institution, I was able to teach some full-semester classes in the honors program and also developed an interest in managing and supervising which led to the position at UNI.

2. What classes/workshops/experiences do you teach?

Right now I teach one-shot library instruction classes. These are classes that faculty from around campus invite librarians to teach; whether that is for a specific assignment or to build research and information literacy skills. We are in the process of developing a class for the new certificate program and I may teach that in the future, but nothing is on the books right now.

3. What are your research interests?

I am interested in critical thinking, information literacy, and intellectual humility. Whether they are discussed as part of the scholarship of teaching and learning or in a philosophical way, these ideas are essential to a well-functioning society and I want to do more to advance their use and understanding in higher education.

4. What do you enjoy most about your role at UNI?

I enjoy thinking big. I like thinking about the future of the library and higher education. The challenges of this past year have given us a great opportunity to reflect, think about what we do, and hopefully make changes that are future-focused.

5. What advice would you give to graduate students to maximize their use of the library?

Ask questions! [Talk to a librarian](#) when things do not make sense. If you're ever spending more than 30 minutes searching and still can't find what you're looking for, that's the perfect time to talk to your librarian. We love helping people which is why we got into this profession.

6. What is one (little-known or otherwise!) fact that you would like students to know about the UNI library?

We have [librarians assigned to each discipline](#) at UNI. It's how I would advise grad students to make the most about Rod Library - by talking to the librarian for your discipline. Plus, we're all really nice and friendly people. :)

Graduate College Events

Welcome Events

On August 23rd, the Graduate College hosted the Graduate Student Welcome - our first in-person event since March 2020! Dr. Jennifer Waldron, Dean of the Graduate College welcomed new students and shared with them how UNI can help you “Transform Your Future.” Students were introduced to Graduate College staff, received advice from a panel of returning students, and had an opportunity to socialize and network with their peers. On August 26th, graduate students gathered again for an ice cream social. Faculty and students from departments across campus gathered in the Center for Multicultural Education (CME) to socialize and enjoy a sweet treat!



Students listened to a presentation from Dr. Jennifer Waldron during the Graduate Student Welcome event

Students and faculty gathered in the CME for ice cream and conversation



Upcoming Events: Coffee With the Dean

Graduate students are invited to join either Dr. Jennifer Waldron, Dean of the Graduate College, or Dr. Gabriela Olivares, Associate Dean of the Graduate College, for Coffee With the Dean every other Wednesday. These drop-in events will take place on Zoom from noon-1:00, and provide an opportunity for casual conversation and for students to ask any questions they may have about the Graduate College. Zoom links will be sent to all graduate students the day of the event. The remaining dates for the fall semester are as follows:

- October 20th
- November 3rd
- November 17th

Rod Library Research Consultations

Rod Library offers research consultations to all students! What are they, and how do they benefit you?

Research consultations are one-to-one meetings with a librarian who can answer questions and assist in helping find literature and resources for a specific topic. Diving deep into a discipline or finding the seemingly impossible are things you might explore with your librarian when you take advantage of research consultations. Not only are they free, but they also are an excellent way to enhance your knowledge and ability to find library resources.

Examples of the type of content covered in a research consultation include discussing:

- which database(s) are best for your research
- keywords and phrases to use when searching
- best practices for efficiently keeping track of research such as using a citation manager

Rod Library has a liaison librarian assigned to each academic department that can help with a research consultation. Identify your librarian on the library website. Then simply email them or book a time on the appointment scheduler, following the prompts. Booking happens directly from the website on the librarian's calendar; no back-and-forth negotiations to determine availability! Consultations can take place in-person or online, depending on your preference and the librarian's.

"I love that we have the option of meeting with [our liaison librarian]. She is very helpful and personable. I enjoy talking with her and learning new things from her." - Social Work Graduate Student

When developing a research plan, whether for a class assignment, thesis, or dissertation, be sure to schedule a research consultation with your librarian!

Graduate College Writing Support

The Graduate College has one-on-one writing support times offered by the Assistant Director of Scholarly & Applied Writing, Kathryn Wohlpart, and the GA for Graduate Writing. Limited evening hours are available.

Assistance regarding citations and references, APA style and mechanics, organization, and help "getting unstuck" (or started) will be offered. It is recommended that students bring feedback from faculty to aid in these appointments.

Kat Wohlpart's calendar: <https://uni.libcal.com/appointments/meetwithkat>

GA for Grad Writing calendar: <https://uni.libcal.com/appointments/graduatewriting>

Questions? Email gradwriting@uni.edu

Thesis Formatting Workshop

Kathryn Wohlpert, Assistant Director of Scholarly & Applied Writing in the Graduate College, will be hosting a workshop this semester to assist graduate students in formatting their thesis. The workshop will walk through the Word formatting requirements, and there will be time at the end for questions. The workshop is open to students at any stage of the process but may benefit those 1 - 2 semesters away from completion the most. This event will take place on 10/12/2021 from 5:00p.m. to 6:00p.m. on Zoom. For more information and to register for the event, visit the [graduate college website](#).

Three Minute Thesis®

On Friday, November 12, 2021, students are invited to compete in the 3MT® competition.

Win up to \$500 for 1-three minute presentation of your research at UNI's First Annual Three Minute Thesis® competition.

The 3MT® competition challenges graduate students to summarize their research in three minutes or less, in terms appropriate for a non-specialist audience. Students may use one static PowerPoint slide to enhance their presentation but otherwise may have no other props or visual aids.

Office of Research & Sponsored Programs Trainings

The Office of Research & Sponsored Programs provides opportunities for students and faculty to receive information that will assist them in completing research projects.

IRB Training is available at any time, and takes an average of 2-3 hours to complete. This online course fulfills the UNI IRB training requirement to participate in human subjects research. This opportunity is hosted by the Collaborative Institutional Training Initiative (CITI), which is based at the University of Miami. For more information, visit the [Office of Research & Sponsored Programs' website](#).

UNI Counseling Center

A word from the UNI Counseling Center Director, Jennifer Schneiderman, LISW.

Hello Panthers! I hope everyone is well as we settle into the new academic year. I want to commend you on the strength, perseverance, and determination you've had to have to make it through what has been one of the most challenging times in our history.

At Student Health and Well-being Services, we are 4 departments with one purpose: supporting students to be healthy and successful. The Student Health Clinic, Student Wellness Services, the Counseling Center, and Wellness and Recreation Services are committed to supporting you because healthy students are successful students. You have had to work a little harder than usual to stay healthy this past year. We know it has not been easy. We recognize that keeping your mental health on track has been a challenge and we are here to support you.

Keep in mind that, unfortunately, most mental health symptoms don't just "go away" on their own. If you are not feeling yourself, doing nothing usually gets us nowhere. We want to help you feel better and there are a number of resources to consider to support you in feeling your best. Any combination of these resources may help you get where you are trying to go.

- » If you do not feel you need therapy with a therapist at the Counseling Center, you could schedule a Wellness Coaching session with Student Wellness Services by visiting their website at <https://studentwellness.uni.edu>. Wellness Coaching helps you tap into your strengths to reach your personal goals.
- » Consider mental health peer support by checking in with one of the GA's from the Counseling Center at the "Let's Talk" stations around campus. "Let's Talk" is not a crisis service, but it is a safe, confidential, free, walk-in, support space with a peer mental health support from 9:00-3:00 in the Noehren lobby on Mondays, the WRC on Tuesdays, the CME on Wednesdays, and Bender on Thursdays.
- » You can also call the Counseling Center at 273-2676 and schedule an in-person or tele-visit appointment with a therapist. At your assessment appointment we will identify an individualized treatment plan for you and help you put a name to what is going on and identify a plan to manage symptoms and concerns. Learn more about our groups and other mental health resources by visiting our website at: <https://counseling.uni.edu/>
- » Talk therapy isn't for everyone; if you would like to explore non-Western interventions to support your mental health, you can visit this link on our website to learn more. <https://counseling.uni.edu/non-western-interventions>.
- » Exercise is also a proven way to alleviate many mental health symptoms. The WRC is full of options to get moving, connect with others, and alleviate stress. Stress is often a big contributor to mental health issues, and if you don't take time to take care of your wellness, you will be forced to take care of your illness. Let's get moving! <https://recreation.uni.edu>
- » Consider meeting with our psychiatric mental health providers in the Student Health Center if you would like to better understand your diagnosis and learn more about medications that might be helpful. You can call the Student Health Center at 273-2009 and visit our website to learn more: <https://health.uni.edu/services/psychiatric%20services>.
- » Lastly, know there is around-the-clock crisis support by calling 273-2676 and selecting option 2 to speak with a mental health professional, or during business hours, stop in the Counseling Center and ask to speak to the Counselor on Call.

Mental Health Resources

Let's Talk

The UNI Counseling center is offering no charge walk-in embedded peer mental health support. Facilitated by the Graduate Assistants for Mental Health, "Let's Talk" provides an opportunity for students to speak with trained graduate students about a variety of topics ranging from transitioning to college to mental health concerns. This program was created due to the high demand for counseling services during COVID. For more information, visit the [counseling center website](#).

The schedule for Fall 2021 is as follows:

- Mondays - Noehren 140A
 - 9:00 - 10:00 a.m. (Riley)
 - 10:00 a.m. - 12:00 pm (TaLia)
 - 12:00 - 3:00 p.m. (Kris)
- Tuesdays - WRC Rm 104F
 - 9:00 - 10:00 a.m. (Riley)
 - 10:00 a.m. - 12:00 p.m. (NeNe)
 - 12:00 - 3:00 p.m. (Kris)
- Wednesdays - CME Conference Rm, Maucker Union
 - 10:00 a.m. - 3:00 p.m. (NeNe & TaLia)
- Thursdays - Bender Rm 115
 - 9:00 - 10:00 a.m. (Riley)
 - 10:00 a.m. - 12:00 p.m. (NeNe)
 - 12:00 - 3:00 p.m. (Kris)

Embedded Peer Mental Health Support Members



Kris
Hoskinson



Neaira
"NeNe"
Burt



Riley
Rodemaker



TaLia
Pulley

Training and Workshops

The following workshops are offered periodically throughout the semester, and will be held in-person. To register, visit the [counseling center website](#).

Question Persuade Refer (QPR)

QPR participants will learn to identify the warning signs of suicide, how to ask if someone is suicidal, and refer them to the appropriate resources. QPR is 90 minutes and participants receive a 3 year certificate.

VAR Training

A training created by Active Minds that provides steps that everyone can take in helping other people deal with everyday struggles. Learn how to listen and respond to others in a helpful way. This training is similar to the QPR training, however it is more broadly applicable.

Mental Health Ally Training, Parts 1 & 2

Mental Health Ally training will allow you to create a culture of care and help-seeking behaviors related to mental health.

Men and Mental Health

This workshop explores cultural barriers for males regarding seeking help related to their mental health concerns. This discussion-based workshop focuses on solutions to increase help seeking behavior in men and developing a more accepting culture.

The Art of Mindfulness

This introductory workshop explores the concept of mindfulness, including what mindfulness is, how it can be beneficial, and how to practice living more mindfully.

The following workshops are offered by request only. To request a workshop, visit the [counseling center website](#).

Test Anxiety

This workshop aims to help students identify the signs of test anxiety, understand the underlying causes, and gain the knowledge and skills to address the symptoms.

Time Management

This workshop explores common time mismanagement and presents key skills and tools to take charge of your time.

Resilience

This workshop focuses on learning the role resilience plays in dealing with adversity, and how to build it.

Diversity, Inclusion, and Social Justice

You matter at UNI

The Center for Diversity, Inclusion, and Social Justice aims to ensure diversity, equity, and inclusion remain key values on our campus.

Diversity, Inclusion, and Social Justice houses four vital entities for our students. The areas are Gender and Sexuality Services (former LGBTQ+ center), Thrive (retention and mentoring), Military and Veteran Student Services (MVSS), and the Center for Multicultural Education (CME). We are honored to have 3 Graduate students, Mica Magtoto (CME), Michael Tate (GSS), and Jordan Nitching (MVSS), join our team for this year to assist and learn the various aspects of Student Affairs, which will include various programming, and events we plan to hold. As we continue to focus on making UNI diverse, inclusive, and equitable for all we want to ask that you stop by the CME and get to know and see what we are all about.

Best,

Chiquita Loveless

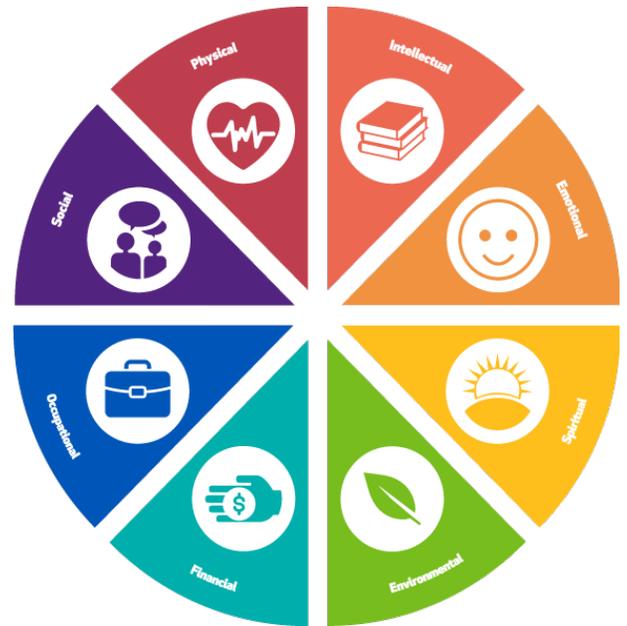
Interim Director for Diversity, Inclusion, and Social Justice



Wellness Tips

What is Wellness?

Wellness involves much more than simply working out and eating right. Balancing your well-being in the areas of physical, intellectual, emotional, spiritual, environmental, financial, occupational, and social health are vital to reaching your full potential as a graduate student. Student Wellness Services suggests using the [Your Wheel to Wellness Inventory](#) to identify specific ways you can improve your overall well-being. You can also assess your self-care practices using their [Self-Care Workbook](#). These steps can help you avoid burnout and reach your full potential.



Wellness Coaching Sessions

Student Wellness Services provides Wellness Coaching, which is a way for students to reach their goals and create the life they want. It gives students the opportunity to explore their character strengths while focusing on their health and well-being. Wellness Coaches can support students with stress management, better sleep habits, time management, social connection, eating well, budgeting, finding balance, and MORE! Wellness coaching is a confidential service available to all UNI students, covered under the mandatory health fee. [Sign-up](#) for an in-person or Zoom session today!

INDIVIDUALIZED
Wellness Coaching
Sessions

confidential | effective | in-person or virtual
studentwellness.uni.edu/wellness-coaching

UNI University of Northern Iowa

What was UNI Grad Student News?

UNI Grad Student News was a quarterly newsletter featuring news and updates concerning graduate education at the University of Northern Iowa. Each issue featured profile stories on graduate students, faculty, staff, and notable alumni. We are now rebranding, but look forward to continuing to share updates with students, faculty, and staff!

Do you have news you would like the Graduate College to share?

Email your requests to gradsuccess@uni.edu to be featured on our website, Facebook, or Twitter page.



University of Northern Iowa
Graduate College

Editor

Raelynn Murphy, GA for Graduate Professional and Community Development
Editor

Editorial Assistants

Grace Mertz, Graduate Writing Assistant

Whitman Cler, GA for Graduate Writing

Who Receives the Newsletter?

All graduate students, faculty, and staff receive the newsletter via email. You can always view previous and current issues of *UNI Grad Student News* at <https://grad.uni.edu/grad-student-news>.

GRADUATE COLLEGE STAFF AND CONTACT INFORMATION

With any questions or concerns feel free to contact the Graduate College staff listed below.

The Graduate College | 110 Lang Hall | (319)-273-2748 | <https://www.grad.uni.edu/>

Dr. Jennifer Waldron
Dean of the Graduate College/Associate Vice President
for Research & Innovation
jennifer.waldron@uni.edu

Dr. Gabriela Olivares
Associate Dean of the Graduate College
gabriela.olivares@uni.edu

Jason Cox
Graduate Admissions Coordinator
jason.cox@uni.edu

Rubina Chowdhury
Secretary
rubina.chowdhury@uni.edu

Kathryn Wohlpert
Assistant Director of Scholarly & Applied Writing
kathryn.wohlpert@uni.edu

Diego Saavedra
Data Analyst and Graduate Funding Coordinator
diego.saavedra@uni.edu

Raelynn Murphy
Graduate Assistant for Graduate Professional and Community Development
meaderab@uni.edu

TaLia Pulley
Graduate Assistant for Diversity, Equity, and Inclusion Initiatives
pulleyt@uni.edu

Matthew Gunderson
Graduate Assistant for Research, Excellence, and Leadership
msgund@uni.edu

Whitman Cler
Graduate Assistant for Graduate Writing
clerw@uni.edu



University of Northern Iowa[™]
Graduate College