



SUMMER SEMESTER

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Welcome to the Summer 2020 Graduate School Newsletter. It is with joy that we introduce news of a transition with this newsletter format, from monthly to quarterly newsletters that reflect on changes over the semester and changes to come. Please look to our social media for weekly updates and offerings on Twitter, Facebook, LinkedIn, and Instagram. In the meantime, this issue includes a special article on self care and interview by our Administrative & Office Specialist for The Graduate School, Courtney Nishnick, news of success from a collaboration between GPIS and Cybersecurity, and opportunities arising as the Fall Semester opens. Thank you for reading. -Xavier-Lewis Palmer

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“THE IMPORTANCE OF SELF CARE” BY COURTNEY NISHNICK, MSED. COUNSELING



Let’s talk grad life. As a graduate student, you are often pulled in so many directions. Your greatest talent becomes juggling classes, internships/clinicals/practicums, teaching, and research. But, wait... There’s more! You also attempt to manage time networking in your chosen field, spending time with family, and if you are lucky, hanging out with friends. However, in the mix of all the chaos, you eventually neglect your own wellbeing along the way to graduation.

During this challenging time in history, self-care has become increasingly important. Self-care can be described as choosing behaviors that preserve overall health. It is not an indulgent

act, such as choosing a temporary fix or quick antidote for stress. It is also not selfishness, considering only your own needs and disregarding consideration for others. Self-care allows you to recharge to continue pouring your best efforts into all areas of your life.

Self-care does not have to be an extravagant or expensive treat. It can be as simple as making sure your basic needs are being met. Sleeping adequately, eating at least three meals a day, drinking plenty of water, and exercising regularly are excellent ways to take care of yourself. Self-care does not have to require a huge time commitment either. It can be as little as devoting 30 minutes a week, or even just five minutes per day, to enjoy nature or read a book for pleasure. Caring for yourself is allowing time and space to process and embrace strong emotions. Setting boundaries, whether physical or emotional, within your current relationships is also vital for self-care.

The idea is to find something you want to do, not necessarily something you feel like you have to do to check a box. Self-care should be something realistic that you can implement into your already busy schedule, something you can actually see yourself doing. The goal is to reenergize you to prevent burnout.

Keeping self-care in the forefront of your mind will help you to achieve work-life balance. I challenge you to consider how you can implement self-care within your everyday routine. If you already practice self-care, consider ways to enhance it going forward. As graduate students, mastering the balancing act is critical for survival, and it all begins with taking care of you.

GRADUATE INTERVIEW: COURTNEY NISHNICK, MS ED. COUNSELING ADMINISTRATIVE & OFFICE SPECIALIST FOR THE GRADUATE SCHOOL

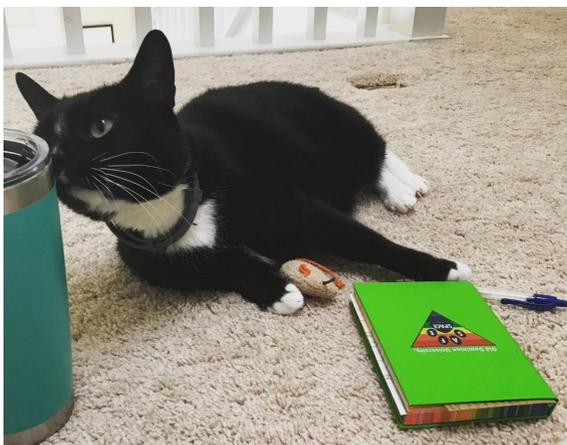


What do you like most about Old Dominion University?

I attended ODU for a Bachelor of Science in Psychology, and I loved it here so much that I stayed for a Master of Science in Education with a concentration in Clinical Mental Health Counseling. My favorite thing about ODU is the never-ending list of opportunities offered to its students. Not only have I been able to obtain an excellent education at ODU, but I also gained work experience through my job at the Graduate School, clinical experience through my internship at the Learning Center, and research experience through my involvement in a lab in the Psychology Department. I appreciate that ODU has numerous campus resources to aid students in their personal and professional development, as well as events and activities to keep students connected to campus, even during remote learning. I highly recommend browsing the ODU website to learn more about what ODU offers because students might stumble across something that could impact their careers.

What encouraged you to choose your current field?

In the seventh grade, my physical education teacher asked us to draw a picture of what we wanted to be when we grew up. After a simple Google search, my fate was sealed. “Psychologist” was one of the first options that popped up, and I instantly connected with the description. That is where my passion for the mental health field truly began. Mental illness also runs on both sides of my family and played a huge factor in my decision to pursue this field. I have experienced firsthand the undue hardship untreated mental illness can cause in people’s lives. I am fascinated with how the mind works and all the factors that play into mental health. I not only want to aid people in becoming more self-aware and developing effective coping strategies to overcome their challenges, but I also want to evoke change in society’s perspective and eliminate the stigma behind mental health so people can get the treatment they deserve.



Shown is Midori practicing self-care by snuggling with her favorite stuffed animal, journaling, and drinking her favorite beverage.



Members of the Graduate School, from left to right: Dr. Bryan Porter, Elizabeth Smith, Courtney Nishnick, Missy Barber, Xavier-Lewis Palmer, Genny Conwell, and Dr. Robert Wojtowicz

Do you have plans for continued study after graduation?

My plan post-graduation is to become a Licensed Professional Counselor (LPC) in the state of Virginia. After gaining more clinical experience in the mental health field, my goal is return to school to pursue a Clinical Psychology Ph.D. I often get asked why I want to switch disciplines, and the answer is not simple. There are many factors contributing to my decision. Overall, my career objective is to further develop my clinical skill set and learn more about theoretical orientations, testing and assessment, and treatment approaches for severe mental illness. I also want to conduct research on substance use and addiction. I am always seeking opportunities to enhance my knowledge, and I truly love learning. A doctorate was always the plan; I just chose the scenic route to get there.

odu.edu/graduateschool

COURTNEY NISHNICK, MS Ed. COUNSELING (CONTINUED)

Tell us about your vision of the field: where do you think the field is headed in the next five years?

In the next five years, I see clinicians utilizing telehealth as a regular modality to conduct therapy. With the impact of the coronavirus pandemic, many clinicians have turned to telehealth to continue seeing clients. I believe telehealth has its limitations, but also allows for greater flexibility for clients to get the help they need.

I also see the stigma behind mental illness continuing to decrease in the next five years. Colleges are becoming more intentional about addressing students' mental health needs. There has also been a dramatic increase in students utilizing counseling services on college campuses. Additionally, with the impact of the coronavirus pandemic, the conversation around mental health has become more prominent. I hope that with time, pursuing therapy for mental illness will be viewed no different than visiting the doctor for physical illness.

Faced with many competing demands on your time, how do you determine your priorities?

As a counselor in training, I try to practice what I teach. To determine my priorities while in graduate school, I started by creating a list of all my different life roles (e.g., family member, friend, student, employee, intern, and researcher). Then, I numbered them in order, with "1" consuming the most time/energy and "10" requiring the least. Next, I relisted my roles and labeled them with my "hoped for" order. In comparing the two lists, I recognized where I needed to shift my focus and energy.

Another tool I used to manage my time was a "self-care plan." I scheduled out all my core responsibilities (e.g., class, internship, work, lab, etc.), and I filled in the open slots with time devoted for myself, family, and friends. I have also used this tool with students. Having a visual representation of their schedule typically allowed students to see where they had unused time, and they could brainstorm more effective ways to utilize vacant moments in their schedules.

What have been your biggest accomplishments in graduate school?

I am most proud of my nearly perfect grade point average of 3.98 and zero financial debt. I made countless sacrifices, but each one was worth it. My advice to both incoming and returning graduate students is to perfect time management and budgeting skills. It is never too late to gain these skills, and both can afford great freedom. If students are unsure where to start, the Graduate School will have the Let's Talk Grad Life series developed into online content for students to access by the end of fall semester!

LET'S TALK GRAD LIFE
HELPING GRADUATE STUDENTS MASTER THE BALANCING ACT
Time: 5:30pm - 7:00pm
Location: 2100 Monarch Hall
Use the links to RSVP!

- October 16th - Introducing Self-Care <http://bit.ly/LetstakSelfCare>
- October 23rd - Identifying & Managing Life's Stressors <http://bit.ly/LetstakStressors>
- October 30th - Handling Relationships with Family, Friends, & Faculty <http://bit.ly/LetstakRelationships>
- November 6th - Resolving Conflicts in Their Wakeful Moments <http://bit.ly/LetstakConflicts>
- November 13th - Financial Management when You're Broke <http://bit.ly/LetstakFinance>
- November 20th - Affordable Healthy Living <http://bit.ly/LetstakHealthyLiving>

Snacks will be provided.
RSVPs limited to 32 students per session.

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LET'S TALK GRAD LIFE
HELPING GRADUATE STUDENTS MASTER THE BALANCING ACT
Open to all graduate students and undergraduate graduating seniors!

Use the links to RSVP!
Time: 5:30 - 7:00 PM
In-Person Sessions: 2100 Monarch Hall
Zoom Sessions: A link will be sent to those who RSVP

- INTRODUCING SELF-CARE**
<http://bit.ly/GradSelfCare>
In-Person Session: Monday, January 27th
Zoom Session: Tuesday, January 28th
- LIVING YOUR BEST LIFE ON A BUDGET**
<http://bit.ly/GradBudget>
In-Person Session: Monday, April 20th
Zoom Session: Tuesday, April 21st
- STRESS & TIME MANAGEMENT**
<http://bit.ly/GradStressManagement>
In-Person Session: Monday, February 25th
Zoom Session: Tuesday, February 26th
- HANDLING RELATIONSHIPS & CONFLICT**
<http://bit.ly/GradRelationships>
In-Person Session: Monday, March 23rd
Zoom Session: Tuesday, March 24th

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LET'S TALK GRAD LIFE
HELPING GRADUATE STUDENTS MASTER THE BALANCING ACT
Open to all graduate students and undergraduate seniors!

Use the links to RSVP.
Zoom invitations and passwords will be emailed to those who RSVP.

- CHATS**
RSVP: bit.ly/GradChats2020
Informal discussions designed for students to connect and collaborate during remote learning.
Tuesday, May 26th
Tuesday, June 23rd
Tuesday, July 21st
12:20 PM - 1:20 PM
- INTRODUCING SELF-CARE**
Monday, June 1st
1:30 PM - 3:00 PM
- LIVING YOUR BEST LIFE ON A BUDGET**
Thursday, July 16th
3:00 PM - 4:30 PM
- STRESS & TIME MANAGEMENT**
Tuesday, June 16th
4:00 PM - 5:30 PM
- HANDLING RELATIONSHIPS & CONFLICT**
Wednesday, July 1st
5:30 PM - 7:00 PM
- WORKSHOPS**
RSVP: bit.ly/GradWorkshops2020
Casual presentations to provide students tools to enhance wellbeing and academic success.

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Top to Bottom: Fall, Spring, and Summer Let's Talk Grad Life Session Advertisements

THE FUTURE OF CYBERSECURITY IS INTERDISCIPLINARY: HOW GPIS AND CCSER WORKED TOGETHER TO RANK INTERNATIONALLY AT A CYBER STRATEGY COMPETITION



When one considers cybersecurity and the cyber-realm, it's easy to get lost in thoughts about computers and viruses without even touching the question of what this all means on a larger-scale where policy is involved. Popular movies like "Hackers," released in 1995, painted cybersecurity in a rather comical fashion that did not reflect the realities faced at the time or even now. In actuality, cybersecurity affects everyone, with far-reaching consequences that require serious attention.

In current times, as cybertechnologies present an increasingly low-cost, accessible, and attractive means of projecting power, nations have to be increasingly focused on how to protect their hospitals, research data, electrical grids, political files, and more, as records and controls are increasingly made digital and thereby become vulnerable to malicious actors. Anyone, from single users to nation states can attack and take valuable data from targets of interest, and attribution of harm can be difficult. This is especially important for universities, which are the nexus for the generation of important data.

Enter the world of two local experts in this sphere, Warren Marcelino, both senior infrastructural engineer and cybersecurity master's student at Old Dominion University (ODU), having graduated from its undergraduate cybersecurity program, and Saltuk Karahan, a lecturer in Political Science & Geography and Program Coordinator in CCSER (Center for Cybersecurity Education & Research). Both work at ODU and tackle issues of cybersecurity, from practical and theoretical ends, protecting our infrastructure and suggesting policies that can guide such protection. They represent a portion of the reality of cybersecurity that is less talked about and where the focus needs to be, as the nation receives threat after threat, from multiple angles through cyber means.

They also have a deep interest in promoting interest and participation in cybersecurity, which resulted in recruiting teams for an international competition that fosters meaningful cybersecurity policy, called the Cyber 9/12 Strategy Challenge in Geneva, Switzerland. This competition involved teams from across the world taking on the role of experienced policy experts, who in turn briefed the Political and Security Committee of the European Union about a fictional conflict regarding a fictional country. It was divided between student and professional tracks. Both Marcelino and Karahan chose the professional track around which to design a team around, The Four Horsemen, which was comprised of graduate students from the Graduate Program in International Studies (GPIS) and CCSER. The team members were: Marcelino (CCSER), Vincent Mitchel (CCSER), Alex Korb (GPIS), Nicolai Cockrill (CCSER), who were all mentored by Karahan (CCSER). This team would then consult with GPIS members for perspective.



*Mr. Warren Marcelino,
Sr. Infrastructural Engineer (ODU)*



*Dr. Saltuk Karahan, lecturer in Political
Science and Geography and Program
Coordinator (CCSER)*

THE FUTURE OF CYBERSECURITY IS INTERDISCIPLINARY (CONTINUED)

ODU's team competed with other cybersecurity professionals, military officers, and officials in government who deal with these issues day-to-day basis. The judges were experts, drawn from NATO and other government groups. The competition progressed in three rounds, each decreasing in time -- 1 month, 20 hours, and finally less than 20 minutes -- in which briefs would have to be assessed and effective policy written. The delivery before the judges took place within 10 minutes and had to be comprehensive with respect to each country involved. Out of the hundreds who applied, ODU was among the 20 accepted and placed 11th, making for a remarkable showing that exceeded all prior attempts. ODU was able to show that its combined programs were strong enough to compete with professionals from top institutions around the world. Furthermore, ODU demonstrated that it was more than ready to take on the challenge in the midst of COVID-19 when others backed down.

Some ask what made the difference, and the answer can be found in the collaboration between the two programs, which fostered expanded perspectives. Prior teams included only CCSER students, and this time around, the addition of GPIS students brought important policy perspectives to the table. In other words, interdisciplinary work became a strength. People commonly think cybersecurity is just technology, when in fact, it's much more than that. Cybersecurity requires careful thought about the existence and application of technology, as well as how people interact and craft policy around it. Throw international policy, cross-domain deterrents, the military, and other factors into the equation, a purely technological answer is not so clear any more. Tackling such problems then becomes more nuanced and complex as those involved have to figure out crisis management protocols, capabilities, and skills, per country and at different levels. Further, how one shares information is important to consider as well. So much of cybersecurity occurs before one has started coding or used sophisticated programs. Meaningful cybersecurity can be achieved through meetings, design of infrastructure and equipment, and production and presentation of media. Cybersecurity is a multifaceted field with many ways to a solution. Through the partnership between CCSER and GPIS, solutions are being found through an education that is international and interdisciplinary.

More information about GPIS and CCSER can be found at <https://www.odu.edu/gpis> and <https://www.odu.edu/ccser>.



ODU Team in a prior Cyber 9/12 Challenge in DC.

**“If we can't do it physically,
we'll get it done virtually!”**
-Warren Marcelino (Cybersecurity MS)



ODU Team, The Four Horsemen via a Zoom Call consulting with GPIS members



Women's Center Presents Women's Institute for Leadership Development Fall 2020

What is W.I.L.D.

Since 1996, the Women's Institute for Leadership Development at Old Dominion University has focused on developing the leadership skills of women students. Dedicated to building community among members and refining essential leadership skills, the program provides students with the opportunity to network with other student leaders and professional women.

Mission

To explore women's styles of leadership. To support and empower women students as they develop their leadership skills to achieve success. To become an integral part of leadership development for women students at ODU.

Objectives

- Develop a leadership identity
- Learn effective team-building techniques
- Learn conflict management strategies
- Polish communication skills
- Learn how to develop contacts & create a network
- Explore career development strategies

Get Involved

Are you eager to develop your personal leadership skills? Join us for this semester's institute! The program starts September 14th. Applications are due by September 10th at 5PM, available online at www.odu.edu/womenscenter



WOMEN'S CENTER
1000 Webb Center
757-683-4109
womensctr@odu.edu
www.odu.edu/womenscenter












Join the Graduate School and other units from Old Dominion University to learn more about fall restart. Questions that arose during the Monarch Cares phone call campaign will be emphasized and addressed.

RSVP below with your ODU email address. Zoom links will be sent prior to the meetings.

Session Date/Time:

August 10: Noon – 1 p.m.
bit.ly/GraduateForumAug10



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NATIONAL DEFENSE SCIENCE AND ENGINEERING GRADUATE FELLOWSHIP (NDSEG)

“The DoD NDSEG Fellowship Program, established in 1989 by direction of Congress and sponsored by the Army, Navy, and Air Force, serves as a means of increasing the number of United States citizens trained in science and engineering disciplines of military importance. This program is designed to encourage Baccalaureate recipients to enter Graduate school and ultimately gain Doctorates which align to the DoD services Broad Agency Announcements (BAAs) in research and development.

The NDSEG Fellowship lasts for 3 years and pays for full tuition and all mandatory fees; a monthly stipend (\$38,400 annually); a \$5,000 travel budget over the Fellow’s tenure for professional development; and up to \$1,200 a year in health insurance.”

“The FY2021 NDSEG application period will open on 3 August 2020, and will close on 4 December 2020. Please wait until the application period has begun to attempt to create an account.” More information can be found at: <https://ndseg.sysplus.com/NDSEG/About/>.

THE FULBRIGHT-NATIONAL GEOGRAPHIC STORYTELLING FELLOWSHIP

“The Fulbright-National Geographic Storytelling Fellowship, a component of the Fulbright U.S. Student Program, provides opportunities for selected Fulbright US Student Study/Research grantees to participate in an academic year of storytelling on a globally significant theme. This Fellowship is made possible through a partnership between the U.S. Department of State and the National Geographic Society.

For the 2021-2022 competition, the Fulbright-National Geographic Storytelling Fellowship will accept proposals to undertake an in-depth examination of a globally relevant issue as an enhancement to their Fulbright research or arts project. Utilizing a variety of storytelling tools—including, but not limited to text, photography, video, audio/podcasts, public speaking, maps, and graphic illustrations - Storytellers have the opportunity to share their stories, and the stories of those they meet, through National Geographic and social media platforms.

In addition to receiving standard Fulbright benefits (for travel, stipend, health, etc.) and a materials and reporting special allowance, Storytellers receive instruction in storytelling techniques, including effective blog writing, video production, photography, public speaking, and other relevant training by National Geographic staff prior to their departure. National Geographic also provide editorial mentorship for Fellows during their Fulbright grant period. Storytellers provide material for National Geographic’s Explorers blog on a frequent and ongoing basis throughout their grant term.

The Fulbright-National Geographic Fellowship seeks researchers with a talent for and interest in storytelling. Projects that emphasize science, technology, and storytelling to help protect species-at-risk, better understand human history and culture, conserve some of our planet’s last wild places and build a more sustainable future are welcome.” For more information, please visit: <https://us.fulbrightonline.org/fulbright-nat-geo-fellowship>.

ABOUT

Find Graduate School News Online at: www.odu.edu/graduateschool, as well as updates on our Facebook, LinkedIn, and Twitter pages.

ODU doctoral candidate, Xavier-Lewis Palmer, compiled and edited this newsletter with help from Dr. Robert Wojtowicz, Dr. Bryan Porter, Missy Barber, Allison Barber, and Courtney Nishnick in the Graduate School.

If you have an idea, event, news, or anything otherwise notable that you would like to share, contact Xavier-Lewis at xpalmer@odu.edu.



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