



## Editor's Note

I welcome you to read about a study\* in Belgium concerning graduate students who were surveyed. According to a survey from a study covered by Elizabeth Pain, a contributing editor of *ScienceMag Europe*,

“51% of respondents had experienced at least two symptoms of poor mental health in recent weeks, indicating psychological distress. Moreover, 32% reported at least four symptoms, indicating a risk for common psychiatric disorders, which was more than twice the prevalence among highly educated comparison groups. The most commonly reported symptoms included feeling under constant strain, being unhappy and depressed, losing sleep because of worry, and not being able to overcome difficulties or enjoy day-to-day activities. The greatest predictor for experiencing mental health challenges was having difficulty taking care of family needs due to conflicting work commitments. High job demands and low job control were also associated with increased symptoms.”

We find this issue across the world, wherein graduate students face high and increasing amounts of stress as they work towards completion of their programs and research, but thankfully, there exist ways of easing the path. This issue is jam-packed with this in mind. Herein you'll find words of advice and encouragement from Dr. Pat Huber, a former graduate student and now president of New River Community College, advice and information on resources concerning counseling from Dr. Hank Crofford of the Office of Counseling Services, and seven interviews from fellow graduate students around each of the colleges that comprise Old Dominion University, including two from the Department of Counseling and Human Services. At the Graduate School, it is our hope that these voices can help assist you in your drive toward success.

-Xavier-Lewis Palmer



**OLD DOMINION UNIVERSITY**

The Graduate School

\*Study (for those with a print copy): <https://www.sciencedirect.com/science/article/pii/S0048733317300422>

Article via Sciencemag: <http://www.sciencemag.org/careers/2017/04/phd-students-face-significant-mental-health-challenges>

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## **DR. PATRICIA HUBER - PRESIDENT OF NEW RIVER COMMUNITY COLLEGE**



Dr. Patricia Huber is an exceptional and distinguished college president, rising to the top from humble beginnings. She embodies the bold spirit of Old Dominion University's character, especially in her willingness and courage to take risks to better one's outcome and the outcome of those she serves. She is a servant leader, one who leads through sharing power laterally, with a mindset shifted towards service first. Dr. Huber has graciously shared additional advice for making it through graduate school in a quick interview. It is our hope that these words, from both the interview and speech are helpful to you as you, too, rise to meet the world's ever-rising and ever-changing challenges.

### **What is the best advice you have concerning maintaining a proper work/life balance as a graduate student?**

I think my best advice would be to "stay grounded." One needs to develop a long-term plan for the goal and outline the steps for getting there (for both work and personal life). Good organizational skills also help in balancing work and life. Another point to remember is to be flexible: have a "Plan B" for the steps along the way in both the work and life realms. Enjoy the support of family, friends, and co-workers; maintain a positive attitude; and keep a good sense of humor. Enjoy the journey for both work and life!

### **Could you tell us more about the rewards of working as an administrative leader in higher education?**

One of the major rewards for me is "seeing the big picture" of how all of the parts fit together to make the whole educational experience. I enjoy working with students, faculty, staff, and other administrators to see all of the perspectives for building programs and initiatives. Obviously, the ultimate reward is when students walk across the stage at graduation.

### **How has higher education changed since you entered the field?**

One of the greatest changes in higher education is the way in which we deliver instruction. When I first entered college both as a student and then later as an instructor, classes were totally in the face-to-face lecture format; four walls defined the classroom experience. Emerging technologies continue to change and shape how and where we deliver instruction as we are no longer bound by four walls. Likewise, there is greater emphasis on collaborative, interactive learning; and technology serves as the tool to enhance that educational experience.

**Dr. Patricia Huber is President of New River Community College in Dublin, Virginia. She earned her Ph.D. from Old Dominion University in 2006.**

To read Dr. Huber's speech from the Graduate Alumni Homecoming Reception, go to page 14.

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## HANK CROFFORD - MENTAL HEALTH AND COUNSELING SERVICES



### **What can you tell me about offerings from the Office of Counseling Services?**

We offer counseling services to the student body, and what that basically means is that we do short term solution focus, since we have so many students but so few staff. Each student gets 10 sessions per year of individual counseling. We also offer groups, which can be themed, such as traditional or Individual Psychology (IP) groups, on topics such as domestic violence, drama, anger management, grief, art therapy, mindfulness, and all types of groups like that. We also offer psychiatric services, especially if the students would like to talk with a psychiatrist, regarding any type of medication they have.

### **What are the costs for using the service?**

Our services are funded directly by the taxpayer, so those students don't pay for anything.

### **Regarding health counseling in general, what brought you to the field?**

For me, I learned that health counseling was a job when my grandmother was actually passing away, so hospice counselors were working with her and my family, and I was going through the whole process with them. From there, I figured out that this was a job, and that this was a cool job, and I wouldn't mind being a part of that. That is essentially what got me into the field.

### **Can you give me a brief survey of questions that graduate students usually have when they come in?**

These can range for anything. This can include trouble adjusting, domestic violence, hardcore drug use, rape, assault -- anything you can think of, so there is no typical college student. The one that you deal with from one hour can be completely different from the next.

### **What are ways that you can recommend for graduate students to pursue to lower their stress levels or burdens?**

I think that graduate school is especially difficult because the expectations are so much higher. What I see so many students often do is sacrifice their own personal care for the expense of school. While school is important. It is not more important than you are. At least that is my belief. While your job is school, your job is also to take care of yourselves, whether that's basic exercise, time with friends or family. It is important to see yourself as taking care of yourself as full time job as well.

### **What are some interesting trends that you notice with counseling and student concerns?**

I think that at least in the changes that I have seen, people are becoming more conversant and aware of mental health issues. The things that people talked about at the beginning of my career are very commonplace now -- things such as hardcore drug use and trauma -- things like that. A lot of what happened earlier was your basic transitioning issues with entering college, whereas now, the prior is becoming more prevalent, being talked about at younger ages where younger students are presenting these issues to our offices now.

### **For those looking to follow in the path of counseling, what are steps that helped you, and what do you recommend?**

If you are going to pursue the field, and what would you be focusing and working on? (Clarification)

*Continued on the next page*

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## HANK CROFFORD: MENTAL HEALTH AND COUNSELING SERVICES (CONTINUED)

For that, I would recommend that you make sure that your internship experiences, when you work on your master's degree, are as varied as possible. While you can have good hours at one site and be tempted to stay there, what may make the most impact, produce a result most attractive to an employer, and complete your skill set, is going to work with different clients, different experiences, and different modalities. For example, my internship was at a correctional facility. At my second internship, I worked at a psychiatric hospital. My third internship was at your typical outpatient clinic. This helps wherein as you're typically applying for jobs straight out of school, you can say that you in fact have plenty of experience, setting you apart from other applicants.

### **Which of those experiences did you like the most, or of the ones that you liked the most which parts did you prefer?**

I see myself fitting really well in the inpatient field. I really like inpatient work, and did so prior to working at ODU, working with teens and adolescents. I enjoy outpatient work as well. The difference between the two is that with outpatient work, you are at the front of the line. You're triaging and sorting folks to where they need to go, to where there is a higher level of care or not. In the in-patient work, you are the end of the line. Your people go when they need the absolute highest level of care possible. What I like about the in-patient field is that everybody has to be a team, so if you get a really good team around you, you get some really good people who are motivated and want to do a really good job. I have great memories and fantastic experiences from working in in-patient care.

### **What are things that you would like to see in terms of developments in the next 10 years of healthcare?**

Within healthcare, as a person, I would like to see Medicare for all, but that is my own personal, political view. I do think that access is the biggest issue facing healthcare now. Especially given that we have students who require some services beyond what we can offer, but lack of insurance or access is keeping them from getting help from anybody else, so I would like to see some sort of more comprehensive, accessible healthcare that more people can qualify for.

### **Within health counseling, what are some other things that you might like to see changed with administration or advertising?**

In healthcare, administration is changed as a patient's needs change. This field is so flexible and dynamic in that we are going to go where the problems are, no matter what happens. In terms of how health counseling is advertised, I would like to see Hollywood get out of it. A lot of what you see in Hollywood depicting cutting edge mental health work is nothing like reality. It confuses me as to why people say something is so true and raw in a movie, while nothing in the movie looks anything like what I do in my day-to-day work.

### **What's an example that bothers you considerably?**

*Silver Linings Playbook* is actually nothing like the reality of a bipolar person. There are definitely things about the movie that are true when they are experiencing mania, but the movie definitely glossed over a lot of the more negative, darker side of the symptoms that people experience when they are bipolar. I understand that we have to start the conversation somewhere, but the movie does not reflect any experience or evidence that I have seen.

### **On the other side of it, has there been a movie that comes to mind that has done health counseling any degree of decency?**

Not in my view. The best movie that I have seen that portrays a mental health issue would actually be *Requiem for a Dream*, and that is specifically focusing on addiction, but mental health treatment is at the end. It is a very bleak, dark picture, and unfortunately that can be a true picture.

*Continued on the next page*



## HANK CROFFORD: MENTAL HEALTH AND COUNSELING SERVICES (CONTINUED)

**Is there any thing that you would like to advertise that you find exceptional here or that students should know more about?**

I would love to advertise that we are here. I hear frequently from students, when I do outreach or teach classes, that they have no idea that we offer these services. When students come in as freshmen, we tell everyone that we offer them, but something possibly happens in the new-school-rush-of-information that causes people to forget that we are here. Even at times when we do not have the staff that give you what you need, we can still get you connected to the staff that can help.



If at any point you are experiencing distress in your academic journey, do not hold it in. Reach out to the Office of Counseling Services -- they can be a valuable lifeline. They can be reached at:

1526 Webb University Center Norfolk, VA 23529

757-683-4401 (office) and 757-683-3565 (fax)

Monday-Thursday: 8:00 AM- 7:00 PM

Friday: 8:00 AM - 5:00 PM & during Breaks & Summer

Also, keep the below in mind, for yourself, family, or a friend:

Suicide Prevention Hotline at 1-800-273-8255 (phone).

### STUDENT THANKFULNESS

Over the Thanksgiving Holiday, two students reflected on what they are thankful for. Below are their remarks:

Sue (She asked to be anonymous.):

I am thankful for the people in my life who I sometimes feel I do not deserve since I see myself as a lost cause. Yet, y'all stick by me when you don't even have to. Whatever you see in me, thank you!

Robert (He asked to be anonymous.):

I'm ever thankful for the support of colleagues and my advisors. The little things, the road, and the support from my team ahead keeps me going. I feel blessed to have those that I am working with.

### HELPFUL UPCOMING BOOT CAMPS FOR GRADUATE STUDENTS BY DEAN CLAUD FROM JAN 19-21

**CONTACT DEAN CLAUD AT [RCLAUD@ODU.EDU](mailto:RCLAUD@ODU.EDU) OR 683.4232 FOR MORE INFORMATION (FEE BASED)**

#### Data Analysis Bootcamp

"This three-day boot camp will cover aspects common to all Big Data investigations, including: defining Big Data, defining data analysis, surveying tools and techniques for processing Big Data, and predictive and descriptive statistics. The focus of the camp will be primarily exploratory data analysis (EDA) using R for small and large datasets. EDA is a data analysis approach that focuses on identifying general patterns in the data, identifying outliers, and features that might not have been anticipated. For more information or to register, visit <https://www.odu.edu/cepd/bootcamps/data-analysis>."

Via [http://www.odu.edu/content/odu/announcements/student/2017/11/27/data\\_analysis\\_bootca.html](http://www.odu.edu/content/odu/announcements/student/2017/11/27/data_analysis_bootca.html)

#### Communication Skills Bootcamp

"This bootcamp provides individuals with the tools needed to communicate effectively with individuals and small groups. Participants will learn to craft their communication style so they listen well and gain insight, speak with an authority that is supported by both their body language and their voice, and respond with agility to the unexpected. The emphasis of this camp is to learn both better communication and listening skills, which can be used in multiple roles including professional, leadership, classroom, and personal growth. For more information or to register, visit <https://www.odu.edu/cepd/bootcamps/communication-skills>."

Via [http://www.odu.edu/content/odu/announcements/student/2017/11/27/communication\\_skills.html](http://www.odu.edu/content/odu/announcements/student/2017/11/27/communication_skills.html)

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# CORY GERWE, DARDEN COLLEGE OF EDUCATION PH.D. STUDENT



**What encouraged you to pursue a graduate education?**

Initially, I wanted to help people in a meaningful way. As time went on, I realized that I generally enjoyed learning and expanding my awareness of myself and others.

**What made Old Dominion University stand out?**

ODU has a reputation for having one of the best counseling programs in the country. I knew this was a place where I could learn my craft, connect with the local community, and collaborate on research projects with faculty.

**What encouraged you to choose your current field?**

I had a life changing experience with a counselor and I wanted to be able to provide this experience for others. I started my Ph.D. Because I wanted to extend my influence in the counseling field. This includes general counselor competence and multicultural infusion into counseling practice.

**What do you like most about ODU?**

This campus appears to be very supportive of marginalized communities which is the foundation of a safe and supportive learning environment.

**What interesting qualities or experiences do you feel you bring to ODU?**

Optimism that stems from my spirituality and overall mindset. Hard work that comes from growing up in a military family. Also, I'm the clinical coordinator at the LGBT life center, which contributes to my heart for advocacy.

**How do you give back to the community?**

Involvement with the LGBT life center and other community organizations. Also, I was President of a graduate counseling student organization.

**How would your professors and colleagues describe you?**

Warm, enthusiastic, and hard working.

**Describe your awards and research.**

Generally, my research interest focuses on LGBT affirmative counseling and inter-professional collaboration. I recent earned a grant from the Virginia Association for Counselor Education and Supervision for creating "The LGBT Center Training Manual". I have also recently been published in the Journal of Counseling and Wellness for an article entitled "Promoting the Wellness of Physician Residents: Counselor Based Coaching. Both of these efforts highlight research endeavors and dedication to the counseling community.

**What is a funny experience that you have had at ODU?**

Serving Ice cream and waffles at the dining hall to raise awareness and money for our graduate counseling student organization.

**What do you like most about your research or feel will be its largest implication(s)?**

My research contributes to the LGBT community in a practical way. Both LGBT affirmative counseling and interprofessional collaboration aim at challenging the status quo, particularly the oppressive norms that exist in society.

**If you were given \$50,000 in funding, what would you research, and how?**

I would study transgender oppression on a large scale. I probably would include an intersectional perspective.

**Who are some guiding or influential figures in your life?**

Fred Rogers always seemed to be a genuine yet compassionate individual that I would like to emulate.

**What are your hobbies?**

Live music, spending time with friends, working on cars, fishing, and other outdoor activities.

**What have been your greatest challenges so far?**

Time and money seem to be common themes.

## T'AIRRA BELCHER, DARDEN COLLEGE OF EDUCATION PH.D. STUDENT



### **What encouraged you to pursue a graduate education?**

Pursuing my doctoral degree was a personal goal. I obtained my master's degree from ODU in 2014 and entered the field as a mental health counselor but soon realized that I wanted more from my career. I would have to attribute my current standing to my parents for stressing the importance of education from an early age and my brother for setting an example of pursuing his MD as my encouragement.

### **What made Old Dominion University stand out?**

The counseling program at ODU is one of the best programs in the country. The ranking of this school made it stand out to me. Additionally, my ability to connect with Dr. Horton-Parker as well as the late Dr. Dustin during my master's degree encouraged me to consider this university for my doctoral studies.

### **Describe your awards and research.**

Most recently I was a recipient of the Virginia Counseling Association (VCA) Pete Warren Graduate Student Fellowship. I had the opportunity to present with Dr. Horton-Parker this year at the VCA conference in Hot Springs, Virginia on two areas of interest of mine: the experiences of members of LGBTQ communities and fear and anxiety. I was also the recipient of the "Outstanding Service to Chapter" award for my work with Chi Sigma Iota Omega Delta Chapter which is the Counseling Honors Society.

### **How would someone describe you?**

This is a hard question. I hope they describe me as kind. I think that is one of the most important qualities to me. I hope they think I am kind.

### **How do you give back to the community?**

I am a member of Delta Sigma Theta Sorority, Inc., and I try to stay as engaged as possible through the service that is completed within the organization. Also, when I have the time I try and engage within the LGBTQ community through my church New Life MCC.

### **Why did you choose to become a professor?**

To be honest, it was a responsibility that was given to me through my assistantship. I did not want to teach, but I guess that's why growing up I always heard "never say never." Now I love teaching, and I am trying to create a new career path, which allows me to stay in the classroom.

### **What efforts have you made in the last year to become a better faculty member?**

I ask other professors how I can improve. Similarly to other new instructors, I am rather critical of myself but I welcome feedback. Most recently, I was evaluated on my teaching from Dr. [Christine] Berger; she came and observed one of my classes and talked with me after on how to improve. I am one of those people that constantly thinks and analyses how I am doing. When I see an area of growth, I will often stop in Dr. [Tammi] Dice's or Dr. [Gulsah] Kemer's offices to ask about identifying ways to improve. I look to professors like Dr. Kemer and her teaching style as a model of how I would like to teach. I love how engaging she is with her students, and I feel that this matches up with how I teach and hope to develop as an educator.

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

I think I am still trying to iron this one out, to be honest. My priority is school. I am here to obtain my doctoral degree and after really struggling with prioritizing the first year in the program, I can say that I have gotten the majority of my priorities in order. It sounds bad sometimes but school comes first then family and myself.

### **What are some of the funny experiences that you have had at ODU?**

The funniest moments have happened in the new education building when my cohort and other cohorts find ourselves working late into the evening on projects. We are all so stressed, but then something random will happen and we all just laugh. I think the funniest moments have come from the community that some of us have created.



## EMILY FISHER - HEALTH SCIENCES PH.D. STUDENT



### What is a funny experience that you have had at ODU?

I have a several siblings, because of our age difference, my brother and I have never attended the same school at the same time until this year. He's working on his bachelor's degree and I'm working on a doctorate, its neat that we're able to experience that.

### What are your hobbies?

The hobbies I enjoy most are probably reading, going to the beach, and fishing. I went deep sea fishing this past summer and caught a blue marlin, it was a fantastic experience.

### What do you like most about your research or feel will be its largest implication?

I'm interested in how telemedicine/telehealth will impact the disability community. Technology in general has made huge impacts in the lives of people with disabilities and I'm excited to work towards more progress in the health field with regards to access and proper care.

### What encouraged you to pursue a graduate education?

After finishing my undergraduate degree and working for four years as a disability advocate, I knew I wanted to pursue something more health related, finding the Public Health program at EVMS/ ODU was a great fit as it allowed me to combine my professional background with my personal interest. After finishing my master's degree, I knew I wanted to do research and ODU's Health Services Research program seemed to fall right in line with what I was wanting to do.

### What made Old Dominion University stand out?

After meeting with some of the faculty, I realized that they care about what they're doing and what their students are doing. That's the kind of environment you want to be in when you're trying to learn and do research.

### How would your professors and colleagues describe you?

My colleagues would describe me as passionate and inquisitive. I'm always asking questions trying to learn more about things and trying to get a clear picture of issues that may be encountered. When referencing passion, you can't be an advocate for something you don't care about. When I see injustices, I want to try and fix them.

### What interesting qualities or experiences do you feel you bring to ODU?

I think my community involvement and advocacy work are probably my most interesting qualities and experiences. I chair the Virginia Beach Mayor's Committee for persons with disabilities (I have a sister with disabilities, so the topic is near and dear to my heart), I worked with the federal and local governments to improve access to services for people with disabilities. I look for solutions to problems, not just the problems themselves!

### What has been your greatest challenge so far?

After finishing my bachelor's and my master's degrees, I decided to go to work rather than jump right back into school. Making the transition from a work from home position to a hour long commute was not the easiest but it has been worth it!

### LOCAL CONFERENCE REMINDER

This highly innovative meeting is meant to cover product development from start to finish with three concurrent programs on Cell & Tissue Banking, Contaminant Control, and the very best in Process Analysis & Automation for a wide-range of applications including vaccines, antibodies, recombinant proteins, viral vectors, and cellular therapies.



This meeting will share the techniques and best practices needed to establish stable and well-characterized cell banks; the latest technologies to prevent, identify, and clear contaminants; as well as the most up-to-date analytical technology, and how it can be used to automate various unit operations and integrated, continuous processes. It will also cover the best applications of single-use components and systems, along with the most powerful single-use sensors. For more information and to register, please visit: [isbiotech.org/5thfallmeeting](http://isbiotech.org/5thfallmeeting).

Editor's Note: All majors are welcome to volunteer, attend, and network. Relevant majors can present their work at both Fall and Spring Offerings.

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# FAISAL MAHMUD, ENGINEERING AND TECHNOLOGY, PH.D. CANDIDATE



**What encouraged you to pursue a graduate education?**

Self enthusiasm.

**What made Old Dominion University stand out?**

I did my MSc and MEng both from ODU and the time I spent here was totally worth it. ODU's world class graduate education, diverse campus, overall environment, etc. are just a few that encouraged me.

**What do you like most about ODU?**

ODU traditions and diversity.

**What has been your greatest challenge so far?**

To be a full-time faculty administrator and completing my PhD at the same time.

**What encouraged you to choose your current field?**

My educational background is in engineering (BSc- Civil Eng., MSc- Civil Eng, MEng- Modeling and Simulation.) Currently, I am a Ph.D. candidate in Systems Engineering and Engineering Management (EMSE) which is a multi-disciplinary field. The reason I chose my current field of study is, I believe with my heavy engineering background and current EMSE focus, I will be able to contribute more for the greater good.

**Describe your awards and research.**

While completing my master's degree, I was involved with many ODU student organizations resulting in Graduate Student of the Year Award in 2013, Intercultural Initiative of the Year Award in 2013, and SGA Outstanding Graduate Leadership Award in 2013. My PhD research is on Human-Intelligence/Machine-Intelligence Decision Governance and I had a recent presentation at American Society for Engineering Management (ASEM) International Annual Conference in 2017.

**What are your hobbies?**

Traveling and working on my own creative idea. I have a startup (called "Trinyan") on photography and versatile media technologies.

**What interesting qualities do you feel you bring to ODU?**

Creative and innovative ways of thinking into research.

**If you were given \$50,000 in funding, what would you research, and how?**

I would research Human-Computer/Machine Intelligence and Interactions for Decision Making. I would apply a system of systems engineering approach as well as ontological methods to conduct the research.

**What is your philosophy of teaching and learning?**

Create your own creative box and then think out of the box!

**How would your professors and colleagues describe you as?**

Fun to be around and passionate.

## SAVE THE DATE!

Have you already started your research? Are you looking to present? Come present and join your fellow students at ODU's annual Graduate Research Achievement Day (GRAD), this spring. There, you and students from each of ODU's colleges can deliver poster and oral presentations, gaining valuable experience and exposure in communicating your research.

**MARCH 29, 2018**

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## JAMIE DURBIN, BIOLOGY, M.S. STUDENT



### **Describe your awards and research.**

I am currently doing research in the Frank Reidy Center for Bioelectrics on Monarch Way in Dr. Michael Stacey's lab in conjunction with Dr. Chris Osgood in the Biology Department. My research is involved with chest wall cartilage and chondrosarcoma cancer. I'm currently looking at using microRNA mimics to shut down migration pathways in chondrosarcoma cells. Chondrosarcoma is the second most common form bone cancer and is very invasive. This type of cancer metastasizes quickly and does not respond well to chemotherapy and radiation. My goal is to try to prevent metastasis by stopping the cells from polarizing prior to migration. I am also looking at a gene comparison analysis between normal costal cartilage cells, two chest wall deformities, and chondrosarcoma cells when under hypoxic and acidic conditions.

### **What do you like most about ODU?**

I enjoy the community here at Old Dominion the most. I have very good friends in fields outside of my immediate field and learn a great deal from them. I really like to go to the ecology seminars and learn about what the other side of my department does for our planet and the non-human inhabitants. ODU does such a great job of incorporating interdisciplinary work into our curriculum, and I really appreciate the opportunity to meet and work alongside such wonderful people outside my lab.

### **What encouraged you to pursue a graduate education?**

After my undergraduate work I was a little lost as to what I should do with my life. I loved biology, but I wasn't sure about whether I should go to medical school, physical therapy school, or any of other possible career paths. I was asked to help teach Cadaver Dissection here at ODU to the incoming Physical Therapy students in 2015 and it was then that I fell in love with teaching. After that course I decided I wanted to teach and continue on with my education. Now, I teach Anatomy and Physiology lab for undergraduates in the Biology program. My love for research came later on in my career when I was given the opportunity to learn about genetic analysis of migration pathways in chondrosarcoma cells. My experiences here at Old Dominion University with chondrosarcoma research and teaching Anatomy allowed for me to find my passion and turn it into a career.

### **What made Old Dominion University stand out?**

I finished my undergraduate degree in biology here at ODU and I wanted to stay for my MS degree in the biology department.

### **What encouraged you to choose your current field?**

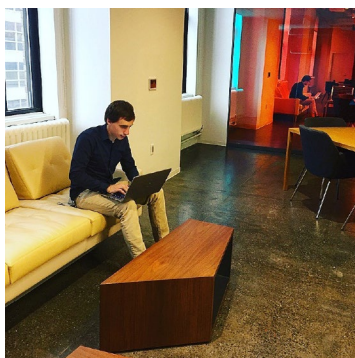
When I was younger, my dad took me hunting for fossils along the Mahoning River Valley in Ohio. I enjoyed days in creeks finding crinoid fossils, cracking open geodes on the porch, and looking at the moon through the telescope. I loved to watch science documentaries and was introduced to Bill Nye the Science Guy in elementary school. I remember watching an episode about how our heart pumped blood all around our body and I knew then that I wanted to understand how everything in my body worked. Still to this day, discovering the complex processes our body goes through everyday just to keep us alive and well fascinates me.

### **Who are some guiding or influential figures in your life?**

My main advisor in the biology program is Dr. Chris Osgood and I do research under the guidance of Dr. Michael Stacey in the bioelectrics department. The two of them push me to be a better researcher and student, and I appreciate all the help and advice they have given me over the past two years. My mentor, Dr. Ralph Stevens, is currently helping me to become a better teacher and lecturer. This semester he has allowed me to lecture the Anatomy and Physiology students in preparation for my future teaching career. Dr. Stevens has helped me to realize my potential and is always there for me in every aspect of my academic career. He was the one who originally asked me to teach cadaver dissection and got me interested in teaching. I will forever be grateful for everything he's done and continues to do for me every day. My main guiding figure in my career is my husband, Alex. He isn't a scientist, yet he endures listening to endless hours of biology talk and late nights spent away from him in the lab. He never complains when I talk about my work and is the rock of my support system. Without him, I wouldn't be half the scientist and person I am today.

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## MAX HALL, STROME MBA STUDENT AND CAMPUSWISE CO-CREATOR



### **What interesting qualities or experiences do you feel you bring to ODU?**

I feel that my early experience with startups and running my own business is something that I've learned so much from. It's given me a huge insight into the ability to take learning into your own hands and focus your time on what you're passionate about and what interests you. Also, the overall experience of running my own small business qualifies. Finally, my recent digital strategy with Verizon at their corporate headquarters in NJ/NYC had a major impact on me and are definitely valuable experiences that taught me a lot.

### **What has been your greatest challenge so far?**

Learning to balance my studies, business ventures, job, and personal life. Also, the journey of my various entrepreneurial projects has presented a number of challenges that I've learned greatly from. Finally, my struggle with learning how to best focus my time and keep from procrastinating on things that I don't wish to do is always a process.

### **How would your professors and colleagues describe you?**

Professors would likely describe me as too focused on my laptop and often sitting in the back of the classroom unlikely to be as actively engaged in the class as I should be. Colleagues would likely describe me as enthusiastic and high energy.

### **What made Old Dominion University stand out to you?**

ODU's MBA program stood out to me due to the many benefits it offered for students who had previously completed their undergraduate degree at ODU. Also, with many of the new focuses in the Strome College of Business turning to project-based learning and an increase of courses in offered emerging fields, I hoped to take advantage of some of these new opportunities.

### **Who are some guiding or influential figures in your life?**

Here at ODU I've been very fortunate to learn from a number of incredible faculty members. Some of these include Nancy Grden - Director of the Strome Entrepreneurial Center, and Dr. Yuping Liu-Thompkins - Professor of Marketing. A recent guiding figure certainly includes Ken Madrigal, my recent boss at my Verizon summer internship (also ODU Alumni). Finally, additional influential figures who I've learned a lot listening to their content over the past year are public figures Gary Vaynerchuk and Jim Cramer. Whether it's entrepreneurship or investing, I've learned a considerable amount which has greatly benefited me.

### **What encouraged you to choose your current field?**

Through my experiences with my startup CampusWise, I had to quickly try to learn as much as I could about marketing, whether it was through social media, traditional advertising, email, or event based. This was my first opportunity to really be a practitioner in the marketing field, and get to see the business results that various marketing campaigns had. As someone who's always thoroughly enjoyed selling, the idea that I could develop various marketing strategies that would lead to financial outcomes greatly intrigued me and helped encourage me to dive in and continue to look for opportunities to continue growing my skills. The decision to choose the MBA program seemed like a natural progression from my undergraduate studies, as it would allow me to improve the managerial and overall business skills that may be needed in leadership positions.

### **What encouraged you to pursue a graduate education?**

I had come into college considering trying to do a graduate program if there were accelerated options available to allow me to complete it quickly. This ended up being one of the major opportunities that ODU's MBA presented and helped make the decision much easier.

### **If you were given \$50,000 in funding, what would you research, and how?**

I would most likely choose emerging social media trends/opportunities or voice as a platform, and the various products in which it will be conducted on (Alexa, Google Home, Apple Homepod).

### **What do you like most about ODU?**

I truly appreciate the one-on-one relationships that many professors are willing to build with their students. There's a number of past professors and faculty that I've had the ability to build very good relationships with, and have proved to be extremely helpful during my time here. I also feel that there are so many opportunities that students can benefit from if they take advantage of them. Whether it's resources, connections, or experiences, ODU truly is capable making a difference in your professional career.



## COLLEEN MILLER, BATTEN ARTS AND LETTERS M.A. STUDENT



### **What encouraged you to pursue a graduate education?**

Prior to my enrollment at Old Dominion University, I was employed for four years in the public high school setting, both as a social studies teacher and as an interventionist. During my time in the classroom, I regularly reminded my students of the importance of doing their best and striving toward academic excellence. These messages of merit have far greater significance if I hold myself to those same high standards. In 2012, I graduated with a M.A. in Teaching from the University of Rhode Island, and my goal is to graduate from ODU with an M.A. in History. I believe students deserve teachers who are qualified and passionate lifelong learners, and my pursuit of continued study at the graduate level exemplifies this commitment, and serves as example of what my future students can achieve when they put their best foot forward. I want to be the best that I can be so that I may better challenge and encourage my students to develop and reach their own personal goals.

### **Describe your awards and/or research.**

I'm completing my studies at ODU through the generosity of the James Madison Foundation. The Foundation provides fellowships to secondary social studies teachers within the United States to help them pursue graduate studies focused on the United States Constitution.

### **What do you like most about your research or feel will be its largest implication(s)?**

Having the opportunity to complete an in-depth scholarly analysis of the United States Constitution will most certainly have a positive effect on my teaching. A strong foundational knowledge of the Constitution is important for our students, especially those transitioning to adulthood and participating in politics or civic leadership. Whether through voting, campaigning, or simply engaging in political discourse with their friends, families, coworkers, or even complete strangers, it is important to understand the groundwork upon which our nation's laws are written.

### **Who are some guiding or influential figures in your life?**

Through the dedication of my teachers, from grade school to grad school, I gained an inner strength that took me beyond the classroom and my own personal interests in education, which goes beyond content and curriculum. I believe that the high school years are a challenging time. As students navigating that path, it is difficult to comprehend that it is a phase of life, one which will pass, and with it yield certain success. But it would be so much easier if each had an ally in their teacher, someone willing to go the extra mile. I was very fortunate to experience that commitment when I was a student, and my goal is to do the same, to spend my teaching career providing my students with the guidance they deserve.

### **If you were given \$50,000 in funding, what would you research, and how?**

I would research effective American History and Civics curriculums from across the United States, and find ways to implement them in additional school districts. Budget cuts and demands on school districts' time have minimized social studies curriculums in our public schools. I truly believe that a greater foundational knowledge of our shared history, coupled with a solid understanding of the importance of civic engagement, is the key to national prosperity and stability. By researching the most beneficial and effective curriculums and modeling them in such a way to benefit a greater student population across the country, we could significantly improve the education pertaining to our nation's history, recognize the value of this knowledge, and segue into a better understanding of the long-term effects on our nation's future.

### **What has been your greatest challenge so far?**

I have been in front of the classroom for a while, and transitioning back to student hasn't been as easy as I thought it would be. Just like the rest of the student body here at ODU, I'm juggling with writing papers, course readings, work, and family – it's a busy time, but it is a worthwhile effort. It is providing me with additional insight into the classroom atmosphere, from a student's perspective, and reminding me what strategies I need to model when I return to the front of the class, in order to better energize and motivate my students.

### **What encouraged you to choose your current field?**

For as long as I can remember, my parents have jokingly said, "We instilled in you the love of history." Our numerous family trips to museums, and historic sites, always followed by an impromptu quiz, helped to turn my interest in history into my passion. I fervently want to share this love of history, culture, and research with my students, to demonstrate that yesterday's events don't need to be mundane trivia; that the lessons from the past can most assuredly shape their future. It is my goal to ignite that same spark that has played such a critical and guiding role in my own life.



## ADDITIONAL FELLOWSHIPS - VIA PROFELLOW.COM -- CHECK IT OUT!

If you are looking for additional funding or an additional experience to augment your education in the form of a fellowship, take a look at ProFellow.com. There you can find fellowships for just about any field or subject, leading you closer to your goal and empowering you intellectually.

### Kiva Fellows

“A Kiva fellowship allows you to immerse yourself in the culture and language of your host country or region for 6 months, while applying your skills in new ways with one or more of our 300 Field Partners. You’ll gain a behind-the-scenes understanding of microfinance and social enterprise. The Kiva Fellows Program has a small budget to help offset costs by reimbursing fellows for international travel (up to \$1,500) and monthly living expenses (up to \$2,500 total for a 6-month fellowship, or around \$400/month). Kiva fellows must be 21 years of age by the start of training week. You must be able to legally travel to the U.S. for the week-long training program.”

Deadline: April 15, 2018

Website: <https://www.kiva.org/work-with-us/fellows>

### Byron Hanke Fellowship

“The Foundation for Community Association Research (FCAR) awards its Byron Hanke Fellowship to selected graduate students to implement research projects related to the development, management and governance of common interest communities and their community associations. Applicants must be enrolled, at time of application and through the research period, in a graduate level program (masters, doctoral, legal) at an accredited higher education institution in the United States or Canada. The Hanke Fellowship stipends range from \$3,000-\$5,000 over one year, or as determined by the Foundation.”

Deadline: January 1, 2018

Website: <https://foundation.caonline.org/scholarships/>

### NOAA Dr. Nancy Foster Scholarship Program

“The SCGSR program provides supplemental awards to outstanding U.S. graduate students to pursue part of their graduate thesis research at a Department of Energy (DOE) laboratory in areas that address scientific challenges central to the Office of Science mission. The award period for the proposed research project at DOE laboratories may range from 3 to 12 consecutive months. Awardees are eligible to receive a monthly stipend in the amount of up to \$3,000. Applicants must be U.S. Citizens or Permanent Resident Aliens.”

Deadline: May 15, 2018

Website: <https://science.energy.gov/wdts/scgsr/>

### ACLS Public Fellows Competition for Recent PhDs

“The ACLS Public Fellows program allows PhDs to gain valuable, career-building experience in fields such as public policy, international aid, conservation, arts and culture, and digital media. The program will place up to 22 recent PhDs from the humanities and humanistic social sciences in two-year positions at partnering organizations in government and the nonprofit sector. Fellows will participate in the substantive work of these organizations and receive professional mentoring. Fellows receive a stipend of \$65,000 per year, as well as individual health insurance. Applicants must possess US citizenship or permanent resident status and have a recent PhD in the humanities or humanistic social sciences.”

Deadline: TBA January 2018

Website: <https://www.acls.org/programs/publicfellowscomp/>

### Data Science Fellowship

“The Data Incubator is a Cornell-funded data science training organization that runs an advanced 8-week fellowship for PhDs looking to enter industry. A variety of innovative companies’ partner with The Data Incubator for their hiring and training needs, including LinkedIn, Genentech, Capital One, Pfizer, and many others. The program is free for admitted fellows. Fellows have the option to participate in the program either in person in New York City, Washington DC, the San Francisco Bay Area, or online. Multiple sessions offered each year, check website for deadlines.”

Deadline: July 10, 2018

Website: <https://www.thedataincubator.com/fellowship.html>

### VIRGINIA SEA GRANT AND FELLOWSHIP

Virginia Sea Grant has announced the release of several new fellowships and funding opportunities towards post-graduate fellowships, graduate research fellowships, Summer coastal resiliency internships, faculty funding opportunities, and the 2018 Graduate Symposium, which is open to all Virginia graduate students. If you are interested in applying, it is highly recommended that you contact Virginia Sea Grant’s Fellowship and Research Program Coordinator, Sam Lake at [sjlake@vims.edu](mailto:sjlake@vims.edu) to indicate your interest and discuss the details of the application process. Alternatively, visit [vaseagrant.org](http://vaseagrant.org) for more information.

## DR. PATRICIA HUBER - GRADUATE ALUMNI HOMECOMING RECEPTION REMARKS

**Dr. Huber has shared her speech from the Graduate Alumni Homecoming Reception. We hope that her story and journey will be of inspiration to you all, as it was to the many who attended. We at the Graduate School hope to see you all at upcoming alumni receptions.**

Old Dominion University Graduate Alumni Home Reception  
“Looking back while moving forward: our personal stories”  
November 2, 2017

Good Evening.

Thank you to Dean Wojtowicz for the opportunity to speak this evening. Congratulations to Old Dominion University for this newly created and established Graduate School. ODU has had robust, nationally recognized graduate programs for years. Moving from an Office of Graduate Studies and unifying the programs under the structure of a defined and strategically focused Graduate School certainly advances the mission, work, and reputation of this institution from which we are proud to hold graduate degrees.

I have worked in higher education for more than 25 years, so I know the work has been monumental in creating this Graduate School. To us alumni or even prospective graduate students it may appear to be just a change in structure or name. In reality, though, this Graduate School is affirmation that graduate studies are an integral part of the vision, core mission, and progressive work of Old Dominion University.

I think it most appropriate that we applaud President Broderick, Provost Agho, Dean Wojtowicz, and all other ODU administrators, faculty, and staff for this achievement.

I am honored to be here this evening to celebrate this first anniversary of the Graduate School. As I thought about remarks for this evening, I wanted to capture both the essence of our past experiences at ODU with the opportunities for the future. So, I have chosen as kind of a theme for my remarks as “Looking backward while moving forward: our personal stories.” Being an educator at heart, I look for a “Teachable Moment;” and the lesson I would teach has two points for us:

- Do not underestimate the value of our graduate education
- Education is the key; education opens doors!



So let me begin with my own personal journey in graduate education, and please allow me to set the context by explaining a little of my background. I grew up in a small, rural community in Southwest Virginia. I NEVER dreamed then that I would be where I am today or doing what I am doing today, much less speaking before a group of graduate school alumni. But EDUCATION (particularly graduate degrees) changed all of that.

I always knew that I wanted to be a teacher---all I ever wanted to do. I played teacher as a child, and my doll was my student. I graduated from high school, graduated from the community college (early days of the community college system in Virginia), and graduated from Emory & Henry College. I went back “home” to teach in the very high school from which I had graduated and married the young man whom I had met in college, as probably happened to many of you. Life was GOOD, and I was happy to stay right there. Here comes the beginning of my journey in graduate education:

*Continued on the next page*

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## DR. PATRICIA HUBER - GRADUATE ALUMNI HOMECOMING RECEPTION REMARKS (CONTINUED)

My husband, Peter, had a job opportunity in West Virginia. (He had completed his graduate work while I was teaching.) The bargaining chip became: If we moved, I could go back to school for a Master's degree. That sounded pretty good because I enjoyed being a student. I didn't necessarily need that degree to continue teaching, but it would provide additional salary; so that's what we did. I completed a Master's Degree from West Virginia University, and that graduate degree eventually led me to the doors of ODU.

I continued to teach in high schools as we moved a couple more times, and then I started teaching night classes at New River Community College while I was teaching in public schools. That is where I found my real "home." Being a former community college student, I could clearly identify with the community college mission and fell in love what I was doing.

I became a full-time instructor at New River and eventually moved into administration. In order to advance, though, I would need a doctorate; so I began searching for the higher credential. I had actually started the application process at another institution and had registered for a first class to "test the waters." But it just did not feel right. I needed the right "fit" for me, meaning a "fit" for the community college mission. Community colleges are not research institutions, but we use research to drive decision-making and for the practical application to learning.



I learned almost at the last minute of a new program that ODU was starting: a doctoral program in Community College Leadership, a program that could blend the university and community college mission.

When I received the invitation to make remarks this evening, I was told I might want to share some memories of my graduate experiences here at ODU. My first thoughts were, "Oh, NO, they do NOT want me to go there!" But let me explain because I think it is very fitting that I do go there!

As the first cohort of students in this new program, we came for a three-week, INTENSIVE Summer Institute. We were 15 "mature" learners from across Virginia, mid-career professionals who could be termed high achievers. I believe all of us except one or two were employed in community colleges.

We functioned on a maximum of 4-5 hours of sleep/night for the three weeks we were on campus. We ate Chick-fil-A for lunch (the only choice on campus at that time) and formed tight bonds with each other that still continue today. In essence, the ODU Community College Leadership Program "cut its teeth" on us as the program itself was in the process of hiring a director and faculty to lead this program. By the second summer the program had made significant changes, and there have been continuing changes throughout the history of the program.



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## DR. PATRICIA HUBER - GRADUATE ALUMNI RECEPTION REMARKS (CONTINUED)

Last summer the CCL program celebrated its 15-year anniversary. It is a vibrant program with a national reputation. Students come from several states for the doctoral program.

Why do I share that past? We probably all have similar stories of our ODU experiences, except I hope yours were not quite as dramatic as Cohort 1 of the CCL Program. My reason for sharing is to illustrate that ODU was willing to “take a risk;” the university saw the opportunity and moved forward. This illustrates the progressive nature of ODU in defining, shaping, and reshaping programs to meet demands and fulfill its mission. Another perfect example is the university’s work and advancement with online learning that provides opportunities for many, like myself, to obtain advanced degrees while continuing to work in our professions.

Look at changes all around campus and across Hampton Boulevard. When our cohort came to campus 15 years ago, there were empty buildings; these have been transformed into vibrant operations: the ODU Bookstore, restaurants, shops, a hotel, and more construction occurring today.



Rather, I am talking about the “pay forward” concept of SERVICE to future graduate students. I work in a rural community college. Our constant, consistent message to high school students in our region is, “High school is no longer the finish line.” With advancements in manufacturing and the high-tech industries of today, it is just not possible for students to enter the workforce without advanced skills, certifications, and/or education. Likewise, an undergraduate degree may no longer be the finish line either.

As I think of the power of a graduate education for my life, I am reminded of how graduate education

- has broadened my views and ways of thinking;
- has provided me opportunities for my professional advancement;
- has kept me charged and invigorated in my profession;
- has shaped or built my character (particularly that first summer experience here at ODU); and
- has offered a life-changing experience for me by providing me the academic credential to work in a profession

and at a place I absolutely love.

I imagine many of you can claim those same experiences; or for those of you who are quite a bit younger than I am, you will see those unfold for you over the next years. That “pay forward” concept, then, is what we owe to the next generation of graduate students. We must be the mentors, the “encouragers” for them. As we look back on our educational experiences, particularly our ODU experiences, we can all remember people who supported and encouraged us along our academic pathways. Let’s remember to thank them, but it is now time for us to be those mentors and “encouragers” to others.

Thank you.



## G.R.A.D. (GRADUATE RESEARCH ACHIEVEMENT DAY) 2018

G.R.A.D. Day is around the corner, and will take place in March. If you have research that is ready or nearing readiness, consider preparing an abstract over the break to send in mid-January. With G.R.A.D. Day, it is our aim to showcase your research, give you a taste of conferences, and showcase your skills to companies and research institutions around the world. Poster and oral presentation slots will be open. Nervous? Trust me, I was too, but the best way to learn and grow is through direct exposure. Join me and your fellow grads this spring.



### EDITOR'S SPOT



With the semester coming to an end, I would like to extend my thanks and encouragement to all of you. I commend the wondrous spirit that you all exuded and I am interested in seeing that at future events, especially Graduate Research Achievement Day next semester. Beyond that, I want you to pace yourself during your break. Healing and rest are important. Never forget this. Enjoy yourself, your family, friends, and anything else that you deem important. At the same time, try and reflect on the greater impact and relevance that your work has for the world. Each bit helps take humanity an inch further out of the darkness, and for that, you are a hero. Pat yourself on the back, put on a celebratory cape, and go forth into your break and work. Furthermore, I exhort you all to take what you learn and go out into the community with what you have learned.

Try to share with folks some of your sweet skills that you picked up, be it at a library, place of worship, community center, school, and or blog. The little bit that you share can spark the next Dr. Rosalind Franklin, Dr. Mae Jemison, Dr. Ellen Ochoa, Dr. Albert Einstein, Dr. Marie Curie, Dr. Michio Kaku, Bill Nye, Jerry Lawson, Elon Musk, Dr. Maryam Mirzakhani, Dr. Ali Beskok, Cher, or beyond.

You get the point.

Have a safe and fun set of holidays. We look forward to seeing you all next semester.

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# OLD DOMINION UNIVERSITY

IDEA FUSION

Find GRADUATE NEWS online at:  
[www.odu.edu/graduateschool](http://www.odu.edu/graduateschool).

ODU graduate student Xavier-Lewis Palmer compiled and edited this newsletter with help from Dr. Robert Wojtowicz, Dr. Bryan Porter, and Ms. Missy Barber the Graduate School, Ms. Allison Barber and Ms. Lora Hadzhidimova in Academic Affairs, and Ms. Joyce Taylor, Public Relations Specialist from New River Community College.  
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