



SPRING SEMESTER

The Graduate School welcomes you to the Spring 2020 Semester. There are many new offerings in the months to come, including new programs and a brand new space just for graduate students to study in. Within this issue, you'll also find a graduate student interview, news of upcoming networking events, and growth and experience management opportunities.

-Xavier-Lewis Palmer

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Graduate & Professional Commons

Grand Opening!

Giveaways

Date: Thursday, January 23, 2020

Time: 3:00 pm – 5:00 pm (Stop by anytime)

Location: 2109 Monarch Hall

Refreshments



OLD DOMINION UNIVERSITY
The Graduate School

HAVE YOU EVER WANTED A SECURE, STUDY SPACE THAT'S COMPLETELY FOR GRADUATE STUDENTS AND ALLOWS YOU TO DETACH FROM YOUR LAB OR OFFICE? NEED A COLLABORATION SPACE WITH COMFORTABLE, MOVEABLE FURNITURE AND BOARDS? ARE YOU A DISTANCE STUDENT AND FIND OTHER PLACES ON CAMPUS TO BE TOO NOISY? IF YOU ANSWERED YES TO ANY OF THE ABOVE, THE GRADUATE SCHOOL INVITES YOU TO ATTEND THE GRAND OPENING OF THE GRADUATE AND PROFESSIONAL COMMONS IN MONARCH HALL, THIS THURSDAY, JANUARY 23RD. THERE WILL BE LIGHT REFRESHMENTS AND INFORMATION ON USES AND UPCOMING UPGRADES TO THE SPACE. WE HOPE TO SEE YOU THERE!

odu.edu/graduateschool

STUDENT PROFILE: JOHN BUI

M.S. ENGINEERING - BIOMEDICAL ENGINEERING CONCENTRATION



What do you study, and where are you in your program?

Currently, I am in my last semester of the Biomedical Engineering Master of Science program. I am working under Dr. Anna Bulysheva in her electro-gene-transfer lab. The project that my thesis will be written on is from gene transfer to cardiomyocytes for ischemic hearts using electroporation. Electroporation can best be described as inducing a cell to high-voltage, short-duration, pulse waves, in succession, to open up the cell membrane in order to impart proteins, genes, or drugs into the cells or just kill the cells. At the Frank Reidy Research Center for Bioelectrics, there are various research projects aimed finding additional and improving current applications. In Dr. Bulysheva's research, she typically does a lot of work in regenerative medicine. I chose the project with the heart as the application can save numerous lives.

What recommendations do you have for people seeking a mentor? Prospective mentors?

Find a mentor that is more concerned with you as a whole, not just you as a professional. My mentor offers me guidance and has been of great help, but most importantly, been molding me to think in a particular way that I find beneficial. The thesis or final project will get done with any mentor, but a good mentor provides soft skills and mindsets that hold more value than just a degree.

What do you consider to be your particular strength(s)?

I feel that being an extrovert has made my journey in life a lot easier. This is no different at the university. Learning to communicate with people allowed me to ask for help without feeling anxious. I am able to present in class without feeling pressure. I am able to have discussions with faculty members without feeling like a burden to them. I see that many of my peers have difficulty talking to people, especially the professors, and I see their struggles. Breaking the ice in conversation goes a long way, especially in the working world. With proper connections, one can fine tune their work to clients, easily reach a resolution in a team setting, and properly manage their employees.

What has changed about your perspectives since working in research?

Everything takes time, but most importantly taking things day by day and month by month. Plan for the week and make each day productive. Do not be concerned with what is to come in the following month until we get there.

How do you work under pressure?

I just remind myself that the work will get done and I just have to do the work diligently. Rushing leads to mistakes which will make the work take longer. Slow is always fast as first-time successes take less time than second-time re-work.

What are the most important rewards you expect in your career?

Growth is very important in any career. People should strive to move up and gain new skills and insight. Being in the military has showed me the benefit of changes in the workplace, as it allows me to add more qualifications onto my resume. Gaining new experience brings a great deal of pride.

What do you see yourself doing five years from now?

I want to work as an Engineer doing either research or design. I prefer government work due to job security and benefits. Pay is normally a lot lower, but I do not need to make a lot to be happy. I want to own a small, inexpensive house, since I am barely ever home. Thus, my home will just be a place to sleep, cook, and eat. I want to continue to do my hobbies and not let the work-life pull me away from living life fully.



JOHN BUI, MS ENGINEERING - M.S. ENGINEERING - BIOMEDICAL ENGINEERING CONCENTRATION (CONTINUED)

Who are some guiding or influential figures in your life?

My best friend, Sylvie Tang, is probably the most important person in my life. Growing up in an Asian household, I am always compared to other children or family members. Throughout my childhood, I always thought that I was not smart enough or good enough and always will disappoint them. This type of life definitely hindered me as small imperfections were seen as failures, or failure was seen as me not loving them. Sylvie was the first person to help me recognize my intelligence. She made me realize that the way I was learning was incorrect and that doubt was what was holding me back. With her unwavering support I managed to excel academically to the point where I am now working on my master's.



What major problem have you encountered and how did you deal with it?

My biggest problem is dealing with my divorce. This puts a damper on me mentally and affected me in the first semester of the program. I had thoughts of leaving the program to return back home to California and finding work, as my former spouse was in the military. I had support from friends back home, but it exacerbated the situation as I became more homesick. Eventually, I managed to find a group of friends that helped me experience life differently, which altogether ended up redefining me as a person. I was able to cope with this experience and move forward to the point where I am currently. Seeing what I am now in comparison to what I was previously, there's definitely two contrasting pictures.

How would your professors and colleagues describe you as?

Talkative and full of energy. I am known by all my colleagues to just blurt out the answer and never raise my hand despite it being requested on multiple occasions.

What are your hobbies?

Many of my friends refer to me as the guy with too many interests. Most of my hobbies are physically involved and extremely sociable. With these hobbies, I literally filled my schedule from Monday through Friday with the theme of keeping me occupied. On a regular school day, I would leave my house at 7 am and be home by 1130 pm and would not trade anything in the world for it. My hobbies are rock climbing, Latin dancing, swing dancing, hip hop dancing, and hot yoga. My hobbies make it so that when I come home, I am exhausted, but I wake up ready for the next day. Rock climbing is a fun hobby as it physically challenges me in new ways, every time I hit the walls at the gym or outside. I find myself climbing in awkward positions or shifting weight in weird ways just to achieve a route, but the completion is rewarding. Latin dancing, such as salsa and bachata, and swing dancing, such as the Jitterbug and Lindy Hop, can help anyone open up and break out of their comfort zone. These partner-style dancing makes talking to people significantly easier as it shows that people are people and no one is as grand as I once thought. Yoga is an excellent way for me to decompress and to alleviate any strain I get from all other hobbies. Hot yoga adds to the challenge. On weekends, I typically hike if weather permits, so I can just be in tune with nature and enjoy the simplicity that is life. Once it starts getting warmer, I plan to do more scuba diving.

What is your philosophy of teaching and learning?

I am not a college professor, but I have taught in the military for three years. I can say that my philosophy, when it comes to teaching, is that teaching one way does not teach everyone. Some people are visual learners, some are more technical-minded in that they prefer to learn how things work vs that it just works, some are just memorizers, and lastly some are hands on. There is no true correct way. Thus, it is important to be patient. As a learner, my biggest philosophy is that nothing is hard to do; it is just time consuming. Take your time so you don't burn yourself out. It is better to finish strong taking your time than rushing and never reaching the finish line.

WANTED!

M-POWER PEER EDUCATORS



**M-POWER APPLICATIONS FOR THE SPRING
2020 SEMESTER ARE OPEN NOW.**

Applicants will be required to attend training sessions on
January 27th & February 3rd.

Apply online at www.odu.edu/life/support/womenscenter or in
person at the Women's Center by:

THURSDAY, JANUARY 23RD.



WHAT IS M-POWER?

A peer education program within the ODU community,
focusing on the issues of sexual assault, stalking, healthy
and unhealthy relationships, and intimate partner abuse.

Peer educators will gain public speaking and facilitation
skills after extensive training on the issues of interpersonal
violence, all of which add impressive experience to any
resume. M-Power is open to all students who are willing to
make the commitment to help make a difference on our
campus!

**For more information, stop by the Women's Center located
at 1000 Webb Center.**



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 24th

Zoom Session
Tuesday, February 25th



HANDLING RELATIONSHIPS & CONFLICT

<http://bit.ly/GradRelationships>

In-Person Session
Monday, March 23rd

Zoom Session
Tuesday, March 24th



OLD DOMINION UNIVERSITY

The Graduate School



Center for High Impact Practices
LEARNING CENTER

NEW ODU GRADUATE PROGRAMS



SECURE YOUR FUTURE *with Old Dominion University*

Bachelor's, master's, and doctoral programs

Computer Science
Computer Engineering
Cybersecurity
Cyber Operations

Graduate Certificate Programs

Cyber Systems Security
Cybersecurity
Homeland Security

At Old Dominion University, we give students the tools they need to earn degrees in high-demand areas. The National Security Agency (NSA) has designated ODU's Cyber Operations B.S. program as a Center of Academic Excellence in Cyber Operations (CAE-CO). With this designation, ODU joins an exclusive group of only 12 other bachelor's programs around the nation in Cyber Operations. Additionally, ODU is the only university in the country offering a fully online Cyber Operations program. The NSA's CAE-CO designation demonstrates that ODU's Cyber Operations bachelor's program meets the NSA's rigorous academic, technical, and research requirements. **ODU students work with industry leaders to keep them on the cutting edge of cybersecurity and other critical areas. With these experiences, ODU graduates are building and protecting the nation's digital infrastructure.**



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OLD DOMINION
UNIVERSITY

Learn more at odu.edu/admission

Old Dominion University, located in Norfolk, is Virginia's entrepreneurial-minded doctoral research university with 24,600 students, rigorous academics, an energetic residential community and initiatives that contribute \$2.6 billion annually to Virginia's economy.

DoD RECRUITMENT CYBER SCHOLARSHIP

Are you interested in helping to secure the U.S. from cyberthreats? Open to both undergraduate and graduate students, the Department of Defence Recruitment Cyber Scholarship Program aims to recruit new cyber talent. Awardees receive funds to cover full tuition, fees (including healthcare), textbooks, and stipend (Graduate students: \$30,000) to cover room and board. Graduate students must have a GPA of at least 3.5. They can be master's students in their first or second year or doctoral students. More information can be found at: <https://dodcio.defense.gov/Cyber-Workforce/CySP/Scholarship/>. The application deadline: Jan 31, 2020. The deadline for reference letters is Feb. 7, 2020. Please complete the application package with the following documents and email them to Dr. Chunsheng Xin, cxin@odu.edu.

odu.edu/graduateschool

GPIS 18TH ANNUAL RESEARCH CONFERENCE

GRADUATE PROGRAM IN INTERNATIONAL STUDIES 18TH ANNUAL GRADUATE RESEARCH CONFERENCE



ENDURING PROBLEMS AND NEW TURMOIL

Friday, February 28, 2020

Darden College of Education & Professional Studies Bldg.
Old Dominion University, Norfolk, VA

The Graduate Society for International Studies (GSIS) and Graduate Program in International Studies (GPIS) proudly present the 18th Annual Graduate Research Conference. This interdisciplinary conference is now accepting abstracts and papers from a range of disciplines including but not limited to: social science, humanities, cultural studies, and other fields of interest. Prizes awarded for top papers.

****UNDERGRADUATE APPLICATIONS ARE WELCOME****

ABSTRACT SUBMISSIONS & REGISTRATION

Opens - November 24, 2019 | Closes - February 7, 2020

FINAL PAPER SUBMISSIONS

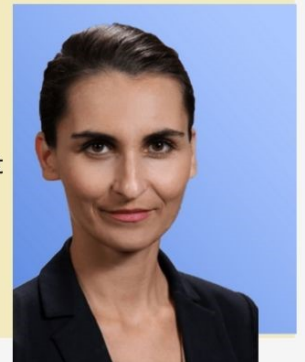
February 14, 2020

Please email paper submissions to Ariel Sturtevant, astur001@odu.edu

KEYNOTE SPEAKER

DR. KATERINA OSKARSSON

Dr. Oskarsson is the Chief Strategy Officer for RISE Resilience Innovation. She also works as a consultant to NATO and as the Adjunct Assistant Professor at Old Dominion University.



FOR MORE
INFORMATION GO TO

[HTTP://WWW.ODU.EDU/GPIS/GRADUATE-RESEARCH-CONFERENCE](http://www.odu.edu/gpis/graduate-research-conference)



GRADUATE RESEARCH ACHIEVEMENT DAY 2020

The Graduate School will be hosting the eighth annual Graduate Research Achievement Day (GRAD) on Thursday, April 9, 2020, from 12:00 p.m. to 2:00 p.m. in Webb University Center. GRAD is a great opportunity for students to showcase their research for the campus community while networking with other students and learning



about the great diversity of research and scholarship at Old Dominion University. Students interested in participating must submit a poster proposal that consists of the graduate student's name, any co-authors, a project title, and a 300-word maximum abstract. The proposal must be submitted no later than Friday, February 7, 2020, at 5:00 p.m. to <https://bit.ly/2mfNn92>. Proposals that do not follow the formatting requirements or are submitted late run the risk of not being accepted. Students in disciplines that do not normally undertake poster presentations and who would like to participate may contact Mr. Xavier-Lewis Palmer, Graduate Administrative Assistant for the Graduate School, for assistance at xpalmer@odu.edu. Distance students are also welcome to submit proposals. Please note, that while faculty advisors, undergraduates, or other non-graduate students may be co-authors of proposals, they cannot be first authors or present the poster at the event.

VA SEA GRANT GRADUATE SYMPOSIUM 2020

UPCOMING CAREER DEVELOPMENT SERVICES EVENTS

JOIN US AT VIRGINIA SEA GRANT'S
GRADUATE SYMPOSIUM 2020
and undergraduate!

GRADUATE SYMPOSIUM 2020 *Not Your Average Symposium...*
FEBRUARY 27-28, 2020
RICHMOND, VIRGINIA
SYMPOSIUM.VASEAGRANT.ORG

Jan 30 2020	Co-Op/Internship Fair 2020 Career Fair 12:00 pm - 3:00 pm Webb Center- North Mall
Feb 25 2020	Education Expo- Spring 2020 Career Fair 10:00 am - 4:00 pm Ted Constant Center-Big Blue Room
Mar 24 2020	Spring 2020 Career Fair Career Fair 11:00 am - 2:30 pm Ted Constant Center

ABOUT

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

ODU doctoral student, Xavier-Lewis Palmer, compiled and edited this newsletter with help from Dr. Robert Wojtowicz, Dr. Bryan Porter, Missy Barber, Genenieve Conwell, 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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