

# President's Newsletter

2015-2016, Issue 2

CYAF GSA

Graduate school is busy and can, at times, be *stressful*. I have found that forming strong relationships with other graduate students helps to limit this stress. *Good relationships with my peers* help when I'm trying to decide what classes to take, how to run certain analyses, and, overall, how to navigate graduate school.

Having a close relationship with my peers also comes in handy when I need a mental break. If you are like me, something I do not do enough is take mental breaks. I have found that even grabbing a quick lunch with other graduate students in the department can be refreshing. It gives you time to *learn about each other* on a more personal level, as well as share advice with one another.

I have learned just as much, if not more, from other graduate students. I would encourage you all to make the effort to get to know the other students in the department. Your peers play a big part in *helping you succeed*.

Sarah Taylor, GSA Vice President  
PhD Student in Family Science

## Congratulations!



Kelsey was awarded the **Staff Star Award** in August. Kelsey's nominators highlighted her reliability, personable nature, and dedication to go "above and beyond the call of duty." Thanks, Kelsey, for all you do!

## Announcements & Events

1. The UHC is administering FREE flu shots to students. Visit [health.unl.edu/flu](http://health.unl.edu/flu) to learn more.
2. OASIS Hispanic Heritage Month Celebration | *Latin America & Historical Inequality: Lessons for the Present* (academic talk; 9/30 7:00-8:30 pm; City Union Regency A)
3. A History of Japanese Immigrants (10/12-10/16); Photo Exhibit @ Jackie Gaughan Multicultural Center, Kawasaki Reading Room.
4. Don't forget to order your CYAF department T-shirt by e-mailing Lisa King at [lking2@unl.edu](mailto:lking2@unl.edu).

(continued on PG 2)

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## What We've Been Up To...

GSA hosted its first installment of *Celebrate Diversity!* with *The Symbolic Meaning of Chinese Food* led by Dr. Xia. The group made Chow Mein and a variety of dumplings using authentic ingredients and techniques.

**The next event is Friday, October 9<sup>th</sup> (\*\*Indian Food with Tuyen) in Ruth Leverton (1-3 pm). Be sure to attend!**



## Meet the Faculty: Natalie Williams

**What is your research?** My research focuses on the role of caregivers in promoting health and well-being in vulnerable children, including children from disadvantaged backgrounds and those with special health care needs.

**What advice do you have for grad students?** Take time to care for yourself. It is hard to do but will pay off later in your productivity!

**What don't people know about you?** I have been to 47 of 50 states (only missing Idaho, Alaska, and Hawaii).



<http://cehs.unl.edu/cyaf/faculty/natalie-williams/>

## BROWNBAGS & MORE

1. CEHS Research and Creative Activity Fair; November 14th, 9-3. [Proposals are due October 23rd.](#)
2. **\*\*Writing for Publication Workshop** Thursday, October 8<sup>th</sup> (9-11). Register by Monday, October 5<sup>th</sup> at <http://go.unl.edu/15XW>
3. **\*\*Educational Neuroscience Conference** sponsored by CYFS (Wick Alumni Center; 10/15 and 10/16)
4. **\*\*Research Sharing Forum** with Dr. Gilbert Parra (10/16 @ 12-1 in 144 Mabel Lee)
5. **\*\*MAP Academy Series: Dealing with Missing Data** (10/26, 9:00-3:30).  
Register at <http://mapacademy.unl.edu/presentations/nebraska-methodology-workshops/2015/fall/>

Want to get involved with GSA? We'd love to work with you! Contact Dr. Springer or any GSA member for details!

\*Counts toward CYAF 99

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