

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 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.

(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 9th (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 8th (9-11). Register by Monday, October 5th 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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