

President's Newsletter

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Keepin' Time

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cehs.unl.edu/cyaf/meet-our-grad-students/

Graduate school is incredibly structured, and it is important to stay on top of things. If you miss deadlines, there is the potential of not graduating. So, keeping a timeline (with organization and responsibility) are key. Consider this:

1. Your advisor will help you build an appropriate graduation timeline. Consult your committee, too.
2. Discuss your professional development timelines with your advisor also, such as internships, publications, and portfolios.
3. Communicate about your graduation timeline early and often!
4. Timelines need to be specific for each program since they have different benchmarks and requirements. Check out Grad Studies' *Steps to Degree Completion* at <http://www.unl.edu/gradstudies/current/degrees>

Meet the Faculty: Yolanda Mitchell

What is your area of specialization?

I am a Professor of Practice, so my primary responsibility is teaching. I teach undergraduate classes in Family Science as well as graduate classes in the Family and Community Service, Youth Development, Human and Family Service Administration, and Global Family Health and Wellbeing programs. My research focuses on the intersection of race and families. More specifically, I look at parental socialization of mixed race children raised in monoracial families as well as colorism in African American families. My scholarly work centers on pedagogy, and looks at incorporating diversity and cultural competence into the classroom.

(Continued on PG 2)



cehs.unl.edu/cyaf/faculty/yolanda-mitchell/

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What advice do you have for grad students?

Get as much experience, and take advantage of as many opportunities as you can! There will likely never be another time where you will have access to so many resources and faculty who are willing to mentor you in teaching and research in-depth. Attend as many programs focused on graduate student development as possible to prepare you for your future career. Don't be afraid to ask questions!!

What don't people know about you?

I always wanted to be a lawyer but in high school I assumed I wouldn't want to go to school for that long (hindsight is 20/20)! Now I realize I'm a life long learner and will probably go to law school when my youngest starts kindergarten in 3 years. I'm pretty sure after I get my J.D. I'll find another degree to earn!

FINDING **H A P P I N E S S** IN YOUR WORK

It's easy to feel *s t r e t c h e d* and *stressed* to the limit as a graduate student. Simultaneous tasks? Yes. Dual demands? Definitely. Consider the following tips to help you find happiness in your work.

- Expose yourself to **natural light**. There are benefits to sleep, physical activity, and overall quality of life.
- Recognize when you're on the verge of burnout and create "**psychological distance**" between you and work during your off hours.
- Make every day an **8-hr. day**. These work hours are more sustainable over the course of your graduate schooling, and you'll likely be more productive in your work hours.
- Allot time for your **creativity**.
 - Best yet, try to incorporate your creativity into your work.
 - Consider contributing to an [Extension NebGuide](#), participating in the [GSA](#), or collaborating with other grad students.

Like graphic design? Help us with the newsletter. Like planning and organizing? Help us plan monthly and semester events. Like working with others and sharing ideas? **Come collaborate with us!**

Ciotti, G. (2016, February 17). 4 surprising predictors of happiness at work. *The Huffington Post*.

THE DEPARTMENT NEEDS YOU!

Soon, our *Building Family Strengths through International Family Studies Symposium* will take place (April 29-30).

- The department needs volunteers to help run rooms, act as session facilitators, drive vans, assist with posters, and etc.
- The planning committee is bringing in the 'movers and shakers' of the international family studies field. It's a great opportunity to meet these important scholars, learn about the work being done in the field, and support your department.
- The admission fee will be significantly reduced for volunteers (\$30). Anyone who is interested can contact Keith directly at kmcguffey2@unl.edu by April 15th.
- Check out the symposium details here: <http://go.unl.edu/ifsconference>.
 - The registration deadline to attend the symposium is April 15th.

What We've Been Up To...

We celebrated the culture of **Brazil** in February. Led by Drs. Hollist and Springer, we made and sampled a traditional dish with meat, rice, and cabbage. Join us next time as we explore *pupusas* (a Salvadoran classic) with Catia--**Friday, March 11th**



Congratulations!

1. To **Dr. Mitchell** for her recent award from the UNL Teaching Council & UNL Parents Association.
2. **Dr. Raikes & Elsa Escalante** (PhD candidate). Learn more at: <http://cehs.unl.edu/cyaf/news/early-childhood-care-model-replicated-colombia/>
3. **Dr. Torquati**, whose work was featured on CityLab.
4. To **Eric Unrau**, at Ruth Staples CDL, for the Terri Lynne Lokoff/Children's Tylenol National Child Care Teacher Award.
5. **Drs. Natalie Williams and Paul Springer** for their work on the [massage therapy study](#).
6. **Dr. Moser** for her recent Nebraska Family, Career and Community Leaders of America (FCCLA) Distinguished Service Award.

Learn more at

<http://cehs.unl.edu/news/cyaf/>

Brownbags & More

CYFS Conversation Series

- Strength in Numbers: Team-Based Scientific Research
- **March 11**, 12-1 | NE Union, Colonial B

Transferring to UNL: Supporting Transfer Students on Campus

- **March 17**, 12-1 | NE Union, Colonial A

2016 Spring Research Fair

- Graduate Research and Creative Activities Poster Session
- Registration deadline is **March 18**
- <http://research.unl.edu/gradstudies/researchfair/grad.php>

[Write Winning Grant Proposals](#) | **March 18**, 8-5 | NE Union (East)

Findings of the Buffett Early Childhood Institute/Gallup Survey on Early Childhood Care and Education in Nebraska will be shared from 8:30-10 a.m., **March 29** at the Lied Commons in the Lied Center. Register at <http://conta.cc/1Rt4z1K>