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Spring 2018

## **Graduate Studies Newsletter (Spring 2018)**

CSUSB - Office of Graduate Studies

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## Message from the Dean



Welcome

to the first issue of the Graduate Studies Newsletter!

As the new Dean of Graduate Studies, I am familiarizing myself with this impressive campus and all it has to offer, and at every turn, I am excited by what I see. The breadth and depth of our graduate programs, as well as the complexity of the problems tackled by our students through both research and the arts, is truly remarkable.

My goal is to spread the word about our academic excellence and student successes and inform the community about the graduate education opportunities available in their own backyard.

This newsletter is a step in that direction.

The Graduate Studies Newsletter will be published in spring and fall quarters. Our focus is on sharing the achievements of our graduate students, as well as activities and events relevant to our graduate programs.

This is a collaborative effort: I encourage all of you to share your suggestions, announcements, and short articles about your student successes and programs offered by your department. Please help spread the news about our excellent programs and students!

In this issue, we get to know graduate student Jinwoong Lee, alumnus Eyad Alfattal, and celebrate our CSUSB research competition winners. The events we cover include Pass the Torch, Meeting of the Minds, and the Principal Investigator Reception – which, started our new tradition.

I hope you enjoy our first issue and share it with others in the community.

Happy reading! Dorota Huizinga

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## GSAC Encourages Grad Student Engagement

The Graduate Student Advisory Committee (GSAC) was created to foster support and interaction among CSU, San Bernardino graduate students. GSAC provides a platform for graduate students to address their needs and discuss ways to promote an active graduate student community.

Various hot topics include parking services, library resources, and making campus resources more accessible by advocating for extended hours. The committee is open to any suggestions to enhance the graduate student experience. GSAC members work together as a group to problem-solve and create resolutions.

GSAC is comprised of student representatives from each college, as well as several special advisors. Meetings take place once a month; the time varies to accommodate various graduate program class schedules.

Membership to GSAC is open to all part-time, full-time, and continuously enrolled CSUSB graduate students. Membership terms will begin in fall quarter and continue during the academic year. While membership spots are limited, GSAC meetings are open to the public and they strongly encourage non-members to attend the meetings to voice any concerns.

For more information on GSAC, please contact Yomara Donis at ASI: 909-537-5932.



Heather Carrasco, Committee Chair — Photo by Peter Acosta/CSUSB



(Back L to R): Damien Mosier, Naveena Bellam, Edward Ferrari, Jennifer Garcia, Alfredo Barcenas, and Jesse Felix (Front L to R): Deborah Grijalva, Heather Carrasco, Audrey Baca, and Megan Davis



Jesse Felix — Photo by Peter Acosta/CSUSB



Audrey Baca — Photo by Peter Acosta/CSUSB

## The Wellness Connection



Wellness — It's not just about good health! By April Lane, MPH, CHES

Ah, spring-time. With its long warm days and cool nights, I can honestly say that it's my favorite time of year. As I come out of winter hibernation mode I've started thinking more about wellness and health. I've been taking steps to cook healthier, lighter meals and have increased my physical activity. However, did you know that health and wellness are not the same thing and that wellness is about so much more than just physical health?

We may not hear it often but true wellness is an integration of healthy behaviors and actions in all areas of your life. These areas include social, emotional, physical, intellectual, financial, environmental, spiritual and occupational aspects of your life. You may also think of other areas that are important to you. All of these areas act and interact in ways that can directly affect the quality of your life and health. In this first part of the series, I will briefly describe each of the areas and provide an example of how to live a life of greater balance, wellness, and overall health.

All of the mentioned areas of wellness interact with one another, so it may be easier than you think to achieve greater wellness in your life. Take a look at the following example and start thinking about how you can achieve greater health, wellness, and balance in all areas of your life.

When spending time with a good friend (social) try taking a walk of hike (physical). Being out in nature (environmental) can have a tremendous positive impact on health. Sharing ideas and experiences (intellectual and/or spiritual) may even provide you with ideas for your career (occupational) or help you more clearly define your life's purpose (spiritual).

# Healthy Behaviors and Actions

#### **Social Wellness**

Establishing and maintaining positive relations with family, friends, and co-workers.

#### **Emotional Wellness**

Coping with the challenges of life and acknowledging and sharing feelings like fear, anger, sadness, love, joy and happiness in appropriate and productive ways.

#### **Physical Wellness**

Coping with the challenges of life and acknowledging and sharing feelings like fear, anger, sadness, love, joy and happiness in appropriate and productive ways.

#### **Intellectual Wellness**

Having an open mind to new ideas, experiences, concepts and challenges that will contribute to lifelong learning.

#### **Financial Wellness**

Managing income, expenses and budgeting in order to achieve your financial goals. Making informed decisions about balancing work and school and accruing debt.

#### **Environmental Wellness**

Recognizing responsibility for the quality of air, water, and land within our communities and planet.

#### **Spiritual Wellness**

Establishing peace and harmony between our beliefs, actions and values and finding meaning and purpose in our lives.

### **Occupational Wellness**

Achieving a balance between work and leisure, managing work-related stress and relationship building with your co-workers. It also includes examining what you love to do and exploring career options that are best for you.

## CSUSB Career Center Offers Tools of the (Interview) Trade

By Kelly Eatinger, Graduate Studies Student Assistant

Graduate students, welcome to your future: interviews. And lots of them.

Interviewing for not just another job, but a career prospect, can be intimidating—without the right resources, that is. CSUSB's Career Center has a wealth of resources to aid graduate students on their career path: professional development workshops, resume writing aids, career counseling, and, of course, interview preparation.

The Career Center's interview preparation offerings include Interview Stream, a mock interview website that allows you to record and view yourself giving practice interviews. You can review the results yourself, or send your recording to a counselor for feedback. The Career Center also offers workshops on interviewing techniques, and a clothing closet stocked with free business apparel to help you look your best on that all important day.

However, all that preparation only goes so far. Because when it comes down to interview day, it is easy to panic and throw all that hard work down the drain. If that panic settles in, don't fret—Jennifer Carhart, a career counselor with the Career Center, has a tactic for even the most anxious applicants to keep in their back pockets: **CARR**.

CARR is an acronym for Context, Action, Result, Relate. Try to incorporate these four points when answering behavioral questions—those vexing "give an example of..." queries that are inevitably asked during interviews.

When using CARR, make sure to use positive language and affirmations about your efforts, no matter whether your efforts resulted in a complete success or more challenges followed. Visit the Career Center for more interviewing tips and professional development services. Happy interviewing!

#### Context

Describe a specific event or situation. Give enough detail for the interviewer to understand the context of the situation.

#### Action

Describe your actions in addressing the situation with an appropriate amount of detail while keeping the focus on yourself. Consider detailing the specific steps you took while describing your contribution.

#### Result

What was the outcome of your actions? How did the event end? What did you accomplish? What did you learn?

#### Relate

The next step is to wrap up the story and inform your interviewer what came out of your contribution to the situation or problem.

"How does this relate to the position you are applying for?"



## Pass the Torch Event Lights the Way for Future Students

As the name implies, Pass the Torch is more than an evening mixer. It's an opportunity for graduate students who are completing their programs to pass on their insights and inspiration to those who are just starting out on their graduate journey. The event is open to continuing and new graduate students, as well as those who are considering pursuing a graduate degree.

Held on April 13th in the Santos Manuel Student Union, this year's program opened with a warm welcome from Dean Dorota Huizinga and Faculty Director Caroline Vickers, both of whom encouraged students to get to know each other and congratulated them on their decision to continue their education. Their remarks were followed by a panel of 14 graduate student ambassadors who addressed questions on everything from finding research partners and faculty mentors to maintaining the delicate balance between school, work, and family.

Music, food, and socializing filled the rest of the evening. Students mingled amongst themselves, made new connections, and visited the resource tables hosted by Graduate Studies, the Office of Student Research, the Recreation and Wellness Center, the Alumni Association, and the Graduate Writing Center.

Among the participants was Rudy Morales, an ambassador from the Public Administration program. Rudy brought his younger sister, Daisy, to the event in the hope of inspiring her to pursue a graduate program. "I'm interested in the MBA in Finance," Daisy said. Daisy is currently an undergraduate at CSUSB, and the siblings will be graduating together at the June commencement ceremony. "We'll have a big graduation party, then see what's next," Rudy said.



Siblings Daisy and Rudy Morales enjoy a bite to eat at Pass the Torch

Students Lindsey Chesus and Sam Worrall shared appetizers and discussed their differing career paths within the psychology programs. Lindsey is in her first year of the M.A. in Psychological Sciences program, and Sam is completing his M.S. in Psychology with a concentration in Clinical Counseling. Lindsey said she chose Psychological Sciences because she enjoys statistics and looks forward to getting involved with one of the many research opportunities that are available. "I hope to go on to a Ph.D. program," she added.

"CSUSB has been an enriching, rewarding experience – a real personal growth for me... I'm going to be sad to leave a community that allowed me to grow so much."

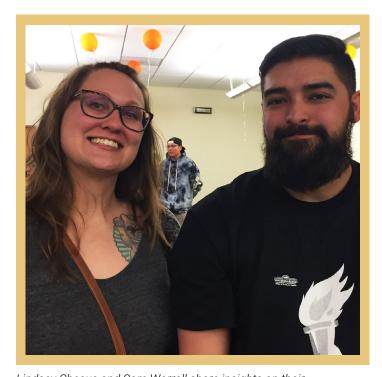
– Leslie Gamby, MBA

# PASS THE TORCH



While Lindsey pursues a career in the world of research and academia, Sam is taking a more hands-on approach. "I plan on working as a therapist, "he said. "I chose the CSUSB clinical counseling program because it is one of the best in Southern California."

In all, more than 65 students gathered to share their stories and make connections at this year's event. Pass the Torch is organized by the Office of Graduate Studies and is held annually in spring quarter. We look forward to next year's event and wish all of our graduating, continuing, and incoming graduate students nothing but the best!



Lindsey Chesus and Sam Worrall share insights on their psychology programs.

Here's some of the advice they shared:

"Know yourself and know your research interests when looking for faculty mentors."

-Ariana Cano, Communication Studies

"Pull up faculty dissertations to learn their areas of expertise. When looking into graduate programs, visit the campus, attend campus events, meet new people, and consider the vibe of the program. I chose the CSUSB Ed.D. program because it matched my interest in social justice."

—Audrey Baca, Educational Leadership

"Be willing to learn something new, be willing to be flexible in your career path and explore your options."

-Christopher Burk, MBA

"As a parent, I believe it's important to have a support system in place to help you balance family, work, and school."

-Kirstyn Hansen, MBA

"Make time for family and your significant other.

Make time to do something fun together."

—Heather Carrasco-Walrath, Industrial

Organizational Psychology

## MPH Research Symposium



Sarah Alkejek, Vanessa Rangel, Athena Montiel, Jose Mora share their research on food insecurity with Ashley Spencer, a student health center educator, and other stakeholders.

After a nearly two-year service learning process with the Student Health Center and the DEN, Master of Public Health students neatly summarized their expansive knowledge into poster presentations at the MPH Research Symposium, held on March 20<sup>th</sup> in Health Sciences. Students developed a video-based public health education program, survey questions, and implemented a quasi-experiment, followed by analysis of pre-post survey results to evaluate change in knowledge, attitude, etc. on different college health related topics.

At the end of the winter quarter, after 10 weeks of data entry, data analysis, and survey validation, the MPH students were able to present their results on evaluating the efficacy of their health education product to stakeholders, including students and health center staff. The students developed posters and infographics to showcase their results.

"It was a taste of being in the professional atmosphere and as a student I got to experience what it would be like in the real world."

— Karina Corral

"It was a taste of being in the professional atmosphere and as a student I got to experience what it would be like in the real world."

—Karina Corral

"It was an experience that kept me on my toes as people kept asking me questions a lot. I had to ask the professor, 'Help! Get me water'!" —Maylen Jackson.

The two-year project enhanced students' research, collaboration, project development, and presentation skills, and gave them hands-on experience in developing and presenting public health education programs. The MPH program is designed to train public health professionals to advance to upper management positions in health agencies. It is accredited by the Council on Education for Public Health (CEPH).



Maylen Jackson presents her research on college student knowledge about LGBTQ domestic violence.

# Students Gain Great Insight at the Strategic Employability in English Event

Strong writing and analytical skills are prized in nearly every field, as demonstrated by the wide-ranging careers represented at the Strategic Employability in English event held on April 26th. Developed by Professor Sunny Hyon and the CSUSB English Department, the event included a panel of CSUSB English Department alumni whose professional trajectories have been very impressive.

The panelists generously shared their experiences in their different careers paths with current English majors and graduate students, allowing students to learn more about what they can do with their English degree after they graduate.

Panelists included Andrea Nikki Harlin, Field Representative for Congressman Pete Aguilar's District Office; Mischa Tacchia, an English teacher and grant writer at Indian Springs High School and winner of the Golden Apple Award for Excellence in Teaching from the San Bernardino Unified School District; John Neiuber, CEO of the nonprofit Trinity Youth Services in Claremont and winner of the Inland Empire Spirit of the Entrepreneur Award; Dan Reade, a Tenure-track Assistant Professor of English at Norco Community College; and Jessica Lee, a cyber threat intelligence analyst at Principal Financial Group.



(L to R): Caroline Vickers, Sunny Hyon, Dan Reade, Andrea Harlin, and Mischa Tacchia, field questions from students — Photo by Peter Acosta/CSUSB



Professor Hyon welcomed attendees to the event — Photo by Peter Acosta/CSUSB

Students were pleased to have the opportunity to ask the panelists questions about how they decided on their career paths, how the English major prepared them for their current positions, and what they find rewarding about their careers. All of the panelists indicated that their coursework in English prepared them to be excellent writers and communicators and that it gave them an analytic mindset that has proven to be crucial to success in their careers. Jessica Lee, alumna of the M.A. in English Composition, Applied Linguistics and Teaching English as a Second Language concentration, advised English students not to underestimate the value of the skill set that a background in English affords, particularly the ability to write, analyze, and empathize.

Whether English students were interested in careers in teaching, technical writing, non-profit careers, political positions, or even cyber security, the Strategic Employability in English event gave them plenty to consider as they imagine their own future career paths.

# Grad Students Shine At Meeting of the Minds Symposium

The annual Meeting of the Minds Student Research Symposium is a multi-disciplinary event that offers all CSUSB students the opportunity to share their research and creative activities. Held May 17th in the Santos Manuel Student Union, this year's oral and poster presentations reflect the diverse interests of our graduate students, as well as the depth of their knowledge. Presenters tackled research ranging from feminism to prehistoric earthquakes, and the event also included an art exhibit and a performance by the CSUSB Opera Theatre.



Stephen Ware shares his research with President Morales — Photo by Robert Whitehead/CSUSB

Now in its 7th year, the event was developed by the Office of Student Research to give CSUSB students the opportunity to hone their presentation skills while showcasing the university's many talented students. The opportunity to get comfortable with public speaking is particularly valuable to graduate students who plan to share their work at state and national conferences.

Psychology student Gia Macias says she learned much from her experience as an oral presenter:

"My oral presentation allowed me to share my knowledge of theories about attention and emotionality. Those in that room with me asked me challenging questions, which challenged me to express my knowledge in an academic environment." "I learned so much about how I can handle a room full of people essentially judging me based on my performance to present information."

- Gia Macias

Educational Leadership student Fernando Villalpando participated for the first time this year, and was awarded Best Poster Presentation for his research. He was impressed by the scope of the event:

"This was my first time participating, and I was amazed at the professionalism of the organizers and all the presenters. It goes to show the great amount of amazing undergraduate and graduate research done at our university, which is not classified as a research institution. It makes me proud of our university."

Meeting of the Minds is indeed a unique opportunity for CSUSB's graduate students.

Congratulations to all who participated!



Joanna Romero discusses her findings with President Morales

— Photo by Robert Whitehead/CSUSB



## **Principal Investigators Reception**

May 17th marked the first Principal Investigator (PI) Reception, held in recognition of faculty outstanding extramural grant activity and CSUSB centers and institutes. The event was hosted by the Office of Academic Research and Sponsored Programs.

Over the years, CSUSB faculty have been awarded a number of highly competitive grants from prestigious institutions, including the U.S. Department of Education, the National Endowment for the Humanities, the National Institutes of Health, and the National Science Foundation. As specialists in their fields, CSUSB faculty researchers have advanced understanding in a wide range of disciplines, such as linguistics, biology, and health, and the impact of their work is far reaching. The event was developed to recognize them for their dedication and remarkable scholarship.

During the event, guests enjoyed remarks from President Tomás Morales, Provost Shari McMahan, and Dorota Huizinga, Associate Provost for Research and Dean of Graduate Studies. Certificates were presented to attendees in recognition of their outstanding scholarship and service to the university.

Thank you to our outstanding researchers, whose ongoing contributions in academia continue to distinguish this university.



President Tomás Morales



Provost Shari McMahan



Associate Provost Dorota Huizinga

## Student Spotlight

## MSA Student Jinwoong Lee Heads to Kent State for Ph.D.



Graduate student Jinwoong Lee is just a few weeks away from completing his MSA degree.

International student Jinwoong Lee traveled all the way from South Korea to attend the Master of Science in Accountancy program at CSUSB. After finishing his program this spring, he's off to Ohio to pursue a Ph.D. in Business Administration with a concentration in Accountancy at prestigious Kent State University. Jin shares his experience and insights in this brief interview:

## Why did you decide to continue your education in the U.S.?

I wanted to experience a new world, and I heard about the so-called 'American Dream.' There is more freedom here. Also, I wanted to narrow down my major in Economics to something more practical.

### Why did you choose CSUSB?

I heard about the campus from a relative living in the L.A. area, who recommended it. The tuition is affordable for international students.

## "If you want a Ph.D., just go for it!

## You graduate with your MSA degree this June. What's next?

I start my Ph.D. program at Kent State in the fall. I received a tuition waiver, and I will either be a T.A. or an R.A. Right now, I'm not sure how I'm going to get there. I'm thinking of driving. A long drive, but it should be interesting...a lot to see along the way.

After I get my Ph.D., I plan to become an accounting professor and stay here in the U.S.

## In your experience, what does it take to get accepted into a Ph.D. program?

The first priority is a good GMAT score. I studied for the GMAT for almost a year – mainly because I felt like I needed to strengthen my knowledge in mathematics. Any score over 700 is good.

Having research experience or showing a genuine interest in research is also key. And having a good mentor is important – my mentor was professor John Jin. I was part of his research seminar course, and I worked on his research project on the impact of new governmental accounting standards – I think that really helped me get admitted.

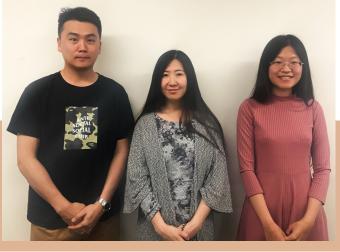
Finding a good recommender for your letters of recommendation is also important. I got one letter from a professor from Kent State University. Try to get one from someone from the university you want to attend.

## Any final words of advice?

If you want a Ph.D., just go for it!

## CSUSB Research Competition Winners





"We must have revised the presentation ten times."

 Guo recalled the process with fondness and frustration simultaneously

(L to R): Lu Jia, Qi Guo, Tong Feng

What is the CSUSB Student Research Competition? According to the Office of Student Research, its purpose is to "give students the opportunity to develop their presentation and communication skills while showcasing their scholarly achievements." On February 23rd, 2018, graduate and undergraduate students alike presented their hard work and research before a panel of judges. The competition was a valuable tool for professional development, but it also allowed a few hard-working students to move on to the CSU-wide Student Research Competition in Sacramento.

Qi Guo, Tong Feng, and Lu Jia are a group of finalists from the CSUSB competition who

competed in the College of Education category, with their presentation, "The Effect of Mobile Application for TOEFL Pronunciation and Speaking Learners." The focus of the presentation was on their mobile application that focused on the design of online courses for TOEFL (Test of English as a Foreign Language) students.

They drew inspiration from their faculty advisor, Dr. Eun-Ok Baek, and her existing courses.

The group's goal going into the competition was to engage in challenging academic work, but they were also very focused on the development of the mobile app. Jia expressed his excitement from the beginning, having recruited Guo to build the team and make the app; the duo then recruited Feng, and they endeavored on a long research journey. Guo, Feng, and Jia unfortunately did not win at the CSU-wide Student Research Competition, but they do not regret attending and presenting their hard work, calling it an "unforgettable experience."

Guo is graduating this year, and is thinking about applying for a doctoral program. Jia and

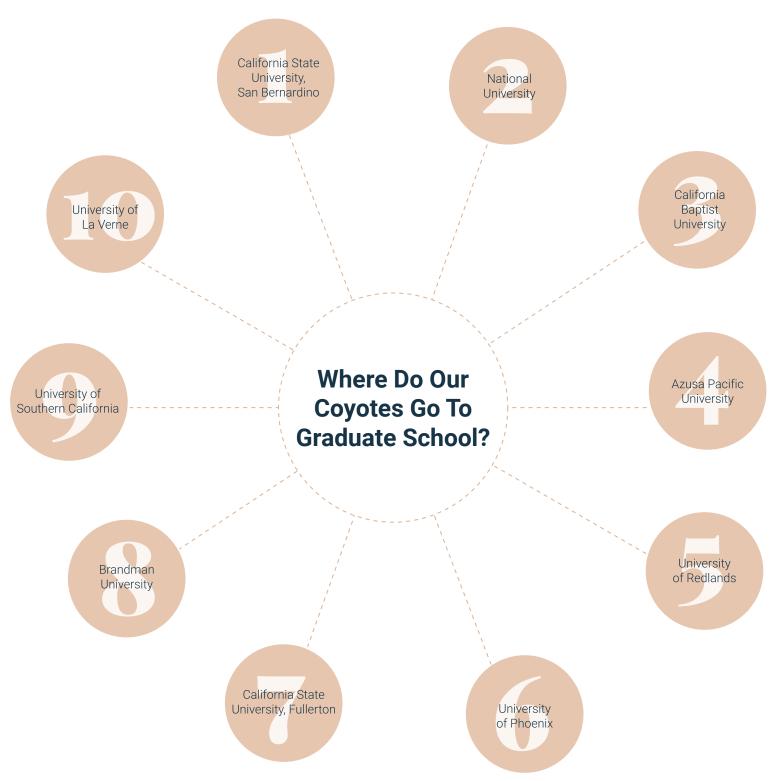
Feng have another year in the Instructional Technology M.A., and have high hopes for life after graduation. Guo and Jia both expressed the desire to continue the project.

Congratulations to Qi, Tong, and Lu for all your hard work and innovation for future students—the Office of Graduate Studies and Office of Student Research wishes you all the best in your endeavors!



## **Top Ten Schools**

Here's the **top ten schools** where our undergraduate students go to earn their graduate degrees:



Data provided by Institutional Research at CSUSB and National Student Clearinghouse.

## **CSUSB Alum Eyad Alfattal Earns Waynne B. James Outstanding Dissertation Award**

Dr. Eyad Alfattal, Senior Coordinator of International Programs and a 2017 graduate of the Educational Leadership doctoral program here at CSUSB, is the 2018 recipient of the Waynne B. James Outstanding Dissertation Award – Global Education, for his dissertation, Globalization, Internationalization, Marketing, and College Choice: Key Factors Affecting International Students' Mobility. The award recognizes an outstanding

#### Higher Education on a Global Scale

dissertation that advances the field of global ed-

Dr. Alfattal's dissertation on explores the reasons why some students choose to pursue a college degree outside of their home country, and the factors that come into play when selecting their college destinations. But what makes his study truly unique is his "Essence-Controllers model," a conceptual model on cross-national mobility that he describes as "simple yet comprehensive."

The Essence-Controllers model proposes that students who leave their home countries to pursue international education are motivated by two main domains of desires or aspirations:

- 1) become somebody (improve their socio-economic status)
- 2) move from the familiar to the unfamiliar (experience adventure or change)

While students seek to fulfill these two "essence" motives, their decision of which country and which university to choose as their study destination is affected by four key factors, or "controllers":

- 1) destination/school quality
- 2) affordability

ucation.

- 3) accessibility
- 4) peace/safety

The model was developed through a qualitative and quantitative study that combined three existing theories; in addition, more than 600 international students were surveyed.

## Alumni Spotlight

Dr. Alfattal credits his success to his committee, Drs. Jay Fiene, Marita Mahoney, and Jack Paduntin: "My meetings with my committee chair, Jay Fiene, were always challenging intellectually. Jay helped me understand complex ideas, and evolve into a researcher and scholar who asks new questions and explores new ways of thinking and addressing problems. He was available whenever I really needed him."

#### Of Dr. Mahoney, he says:

"She is a guru of statistical analysis – without her guidance I would not have been able to take my analyses to a higher level."

Finally, Dr. Paduntin made sure his work is applicable to the real world:

"Dr. Paduntin is very smart and talented – on my committee, he was the hands-on guy. He reminded me to try to make my model relevant for practice and application – to make it useful."

#### He concludes:

"I think what is most important to my success is the team – my committee, the quality of all the faculty in the doctoral program, and my classmates. I attribute my success to this program."

Dr. Alfattal's work is published in several peerreviewed journals; his dissertation is available online on CSUSB Scholarworks.



(L to R): Muhittin Cavusoglu, Cihan Cohanoglu, Eyad Alfattal, and Waynne B. James, at the GLOCAR Conference in Las Vegas, Nevada.



## Spring Thesis Submission Deadline May 18



Memorial Day Campus Closed May 28



**Spring Thesis Publication Deadline**June 8



Commencement
June 16



Summer Classes Begin June 20



Independence Day Campus Closed July 4 – 8



Summer Thesis
Submission Deadline
August 9



**Summer Thesis Publication Deadline**August 30



## **Graduate Student** and Family Picnic

September 14 5:00 PM to 8:00 PM

Attention all graduate students! Help us kick off the school year with an evening of food, games, and prizes at the Graduate Student Family Picnic, hosted by the Office of Graduate Studies. This will be a great opportunity to bring your loved ones to your campus, meet some of our newly admitted graduate students, and start the year with a fun, family-friendly evening.

The event is **free**, but you will need a parking permit to park on campus. This is also a great time to visit the campus bookstore to stock up on books and materials for the fall term! Please keep an eye on your student email for more information.

We look forward to seeing you there!



## **Graduate Student Orientation**

September 28 5:00 PM to 8:00 PM

Please save the date for our annual graduate student orientation! Developed for new and returning graduate students, this event offers the opportunity to network with faculty and fellow students, learn about the resources available on campus, and receive an overview of CSUSB graduate education policies. Our panel of graduate students and alumni will share their experiences, answer questions, and help you prepare for life as a graduate student.

This event is also open to returning graduate students who would like a refresher on what our campus offers to better the grad school experience! Please keep an eye on your student email for further information!



Deadlines



**CSUSB Campus** 



**Graduate Studies Events**