By Collin Hawkes

Many people here at Radford have had the privilege of working with Dr. Reilly. Now, the College of Graduate and Professional Studies at Radford University is proud to welcome her as our new Associate Dean.

Dr. Reilly sports a very impressive resume with many publications and valuable research in her field. She graduated with a Ph.D. from Dartmouth College in New Hampshire, and did her Post-doc in Industrial/Organizational Psychology at Colorado State University and since then has been in the field of I/O.

Dr. Reilly began her new duties at the Graduate College in August of this year. She has been here at Radford since 1993 and has been heavily involved in the Psychology program, in which she has been teaching since her arrival. Her teaching has been at both the graduate and undergraduate level, and when asked what she enjoys most about Radford she replied, “The IO students, who have an amazing ability to have fun and do a great job at the same time.” This upbeat yet hard working attitude has helped Dr. Reilly push her graduate students in the Industrial Organizational Masters Program to great heights.

The transfer of these ideals will be helpful in her new role as working with Dr. Dennis Grady, the new Dean of the Graduate College. Some of her duties include assisting in what the dean is about what she likes most about Reilly replied, “His high energy, and humor frighteningly similar to my own.” This new team will be a great asset to many of us here in the graduate college and through out the entire university.

Dr. Reilly enjoys spending her free time with her dog Pete. Chances are if you have seen her around campus then you’ve seen him too. She also has a desire to learn how to play the fiddle and is looking for someone to teach her, so if you know how to fiddle you should head over to the Graduate College and give her a lesson or two.
Chair’s Message

The Fall semester has been a very productive one for the Graduate Student Council (GSC) and RU’s graduate community. We have held 3 events that resulted in lots of people and lots of fun. We have proposed and received a grant for the reimbursement of Graduate Student Professional Development. We have 17 graduate students that are committed to and involved in the mission of the GSC and are always welcoming more.

If you have not yet attended any events sponsored by the GSC, I encourage you to do so in the spring semester. The turnout at our events has been impressive and everyone seems to have a great time. Spring events are still in the process of being planned so please let me know if you have any ideas. We will be having a Relay for Life Team and we will be performing some kind of community service for the City of Radford.

Within this Newsletter you will find a large amount of information that will hopefully be useful to you in both your on campus and off campus lives. I hope everyone has had a successful semester and will be ready to get involved when we all return in January.

Merry Christmas to everyone and CONGRATULATIONS to all of the December graduates!

If you have any suggestions or concerns, please feel free to contact me at saheintze@radford.edu.

GSC Tentative Meeting Dates for Spring Semester

Sunday, January 25 6:00 p.m.
Friday, February 27 6:00 p.m.
Sunday, March 29 6:00 p.m.
Friday, April 24 6:00 p.m.

*The locations for each of these meetings will be announced at a later date.
*All graduate students are welcome to join in these meetings as you all are members of the GSC!
Mindfulness is a Hit - D.J. Mathews

Dr. Forrest asked the small group of grad and undergrad students to “silence your phones and get unplugged for an hour and a half.” Mindfulness as a practice Forrest said “goes back to Buddha” and is 4-5,000 years old. It helps a person de-stress and think more in the present.

The evening’s facilitator, Joe Klein, told the group of 15 gathered November 16 in a room in Cook Hall that “we all get a little escalated with the stressors we work with,” and Mindfulness uses “real simple techniques” to counteract the stress.

One student, a mother of teenagers, said it was hard not to think about the lists of things she had to do all the time. Graduate student Jane Thompson, a Special Ed major, said she was “looking for strategies” to use to work with children with special needs. Klein understood these concerns, pointing out during the session that he had been using Mindfulness techniques for 10 years. Before that he had anger issues. “I was the person raging a lot in the car.” After three months he noticed a difference in himself. After six months he asked his wife how she could have been married to him before that it had helped his life so much.

He explained that John Kabat-Zinn had done research on Mindfulness techniques at Harvard in 1994, and saw the benefit of stress management with patients. Karat-Sinn defined Mindfulness as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” Klein said Mindfulness “invites you to be at one place at a time.”

After an introductory exercise, which involved everyone in the group contracting then releasing their fists then toes, Klein asked the group to count to ten, over and over during three minutes, trying to empty their minds of intruding thoughts. Klein spoke briefly during that period, stating that “the goal is not necessarily relaxation but mindfulness, keeping anchored in the present moment.” At the end he rang a bell. Some members of the group said they were easily distracted during the three minutes, which Klein said was okay. After a five minute period of silent counting, Klein rang a bell again. Some concentrated better the second time. M.B. A. candidate Kevin Martin said the sound of the ringing bell was “piercing,” and was not comfortable with it.

One technique Klein said could be used for teaching and those wanting to calm down children is the “five senses” approach. If a child comes to school stressed and hyped up, you can ask him or her to: a) look around the room and describe five things; b) tell five things heard in the room; c) what the child feels, like his foot on the floor and sweat on his neck; d) something the child tastes; e) and five things the child smells, like shampoo on her hair, or dirt on the floor. This distraction helps the child to settle down and concentrate on the present moment.

Klein, who uses Mindfulness techniques twice a day, encouraged the group to experiment and “find what works for you.” He and Dr. Forrest both hoped some members of the group would be interested in a five day meditation techniques retreat that will be held at RU’s Selu Conservancy during spring break in 2009.
Radford University’s School of Communication – Alex Payne

No longer shall communication and media studies students be associated with separate departments. As of the fall 2008 semester, these two departments have combined to form RU’s prestigious School of Communication.

According to RU’s website, Radford University’s new School of Communication is one of Virginia’s leading schools for the study of communication and media professions.

The school offers six undergraduate major concentrations and a Master of Science degree. The undergraduate concentrations are: Advertising, Corporate Communication & Public Advocacy, Journalism, Production Technology, Public Relations and Web Design. The graduate degree program is in Corporate and Professional Communication.

To run the new school, RU has appointed Dr. Lynn M. Zoch as the founding director. Zoch comes to RU from the School of Journalism and Mass Communications at the University of South Carolina where she has been a faculty member and administrator since 1993.

Dr. Zoch earned a Ph.D. in Public Communication with an emphasis on organizational communication from Syracuse University in 1993. She has a master’s degree in public relations management, also from Syracuse University.

In addition, she is the author of numerous published book chapters, articles and reviews and has also presented work at national and international conferences. Dr. Zoch has been a member of the Public Relations Society of American since 1994 and has served on the board of the Educator’s Academy.

“The new School of Communication is going to be a huge asset to RU’s already outstanding reputation,” Tyler Leveski, graduate student in the School of Communication.

The faculty members of the new School of Communication are excellent teachers, scholars and professionals and the facilities include digital radio and television studies and top-of-the-line Mac and PC computer laboratories.

For more information regarding RU’s School of Communication, please visit https://php.radford.edu/~comm/drupal.

ATTENTION DECEMBER GRADUATES:

The Graduate Student Council in conjunction with the College of Graduate and Professional Studies will be holding a Hooding Reception after the ceremony on Friday, December 19th in the Preston Lower Lobby. Please stop by with your guests to enjoy free snacks and a time to chat with other students and your faculty. I am sure many of you will have dinner plans with your family and friends but the reception will be on your way out so I encourage you to stop by even if only for a few moments. Please contact Sarah Heintzelman (sahhintze@radford.edu) or Jeanne Cox (jacox@radford.edu) if you have any questions or concerns.
SIGNS - Coming to a Spot Near You - D.J. Mathews

Have you been wondering about all the rectangular shaped holes that have been dug near buildings all over campus, including our own Graduate College, Lucas Hall? What exactly is going on?

The campus is “in the process of a complete replacement of university signage,” says Jorge Coartney, Assistant Director of Facilities Operation. The recently removed brown aluminum signs will be replaced by very sturdy black aluminum, many with a brick base around it and a concrete, recast capstone. The signs on R. U. campus haven’t been very uniform, and every year they have to deal with some vandalism, “from signs to light poles (destroyed) to spray painting,” Coartney points out, adding to the problem.

Sixty-seven new signs will eventually be placed all over campus, beginning with the brick bases being laid in early December when temperatures stay around 40 degrees. Some, such as the new one for Lucas Hall, will be put in a different spot from the original so that you can see the name on both sides. And some new signs will be added for what Coartney calls “way finding.”

If parents of a student wanted to find a legal parking space, they’d have trouble learning where, as well as trying to find the admissions office or registrar. Coartney hopes to get a lot of directional signs up so that parents and those attending conferences can find their way about campus. Muse, Dalton and Waldron are among those being targeted for new signs.

Coartney points out that the new signs will be “significantly different” from the old ones and have what he considers “a classier look.” He says it will be like moving from a Ford to a Cadillac.

Most the present signs were on campus over 10 years and Coartney feels this “major upgrade” of signage has been needed for a while. He hopes everyone will like the new look.

Lucas Hall after sign removal
Movies for Grads

By: Mike Vance

In between the endless mounds of scholarly work and finding time to dress themselves, there may be a slither of an opportunity where the grad student can engage in the forgotten pleasure of relaxation. One of the most treasured methods of this neglected practice is the viewing of films, movies, flicks, or videos if your old school. Flipping through my collection of digital media, I resurrected a couple of movies that stressed out grad students should either take a first glance at or revisit like an old friend that suddenly friended them on Facebook.

*Dirty Work,* the first film starring underrated comedian Norm MacDonald was too quickly forgotten in the heady days of 1998, what with the Clinton/Lewinsky scandal, Jesse Ventura’s rise to Governor of Minnesota, and John Glenn being shot into space. Perhaps the world was comedic enough and people didn’t feel the need to spend their money on diversions when the nightly news gave it up for free. Anyway, whenever a good laugh is needed, rent or steal a copy of *Dirty Work* and turn off your brain for 80 some minutes. My memory is fuzzy, but I think I literally urinated all over myself the first time I saw MacDonald and Artie Lange holding fish with a stone expression on their face while a mass murder took place in the other room. Chris Farley makes one of his last appearances ever in this film, so in many ways this film can be considered a historic artifact in some circles. All I know is I’ve never seen so many dead prostitutes.

A more recent work many may have skipped over because of its childish appeal is *Justice League: The New Frontier.* Who didn’t grow up and tie a bed sheet around their neck thinking it would allow them to fly? Now’s the time to revisit that sense of youthful wonder most grad students are too content to let linger and die in the adult years. The movie may masquerade as an extra long Saturday morning cartoon, but the opening scene lets the viewer know this isn’t just a rehashing of *Super Friends.* Set against the backdrop of the Cold War and McCarthyism, this movie offers both a thought provoking and entertaining look at a pivotal moment in our country’s history. With rumored Green Lantern, Wonder Woman, and Flash movies set to being production soon, it is helpful to get associated with these characters because soon everyone will be talking about them and you don’t want to appear uncool by not knowing which comic book character is which.

I would write more, but I’ve got to get back to making tomorrow a brighter place. Besides, you’re too good looking to be spending all your time reading, so go sit in the dark for a couple of hours with one of these movies.
Communications Grad Student Takes Second Place In Elevator Pitch Competition –D.J. Mathews

A silence fell upon the Bonnie Auditorium while eight Radford University students gave a 90-second business pitch to a panel of four judges. One by one, the students quickly described their original business idea as part of the second annual “Elevator Pitch” competition.

The competition was held October 27-28, 2008, with those in contention for prize and scholarship money coming back on the second day. One of those asked back was Anthonia Anamege, a first year grad student majoring in Professional and Corporate Communications. Anamege, an international student from Nigeria, had been a teacher back in her homeland and noticed there weren’t enough books to go around. As part of her second place pitch Anamege promised to continue and broaden a book club concept she’d begun there a few years ago, called Bookworm. The nonprofit Bookworm Foundation would focus on getting more children interested in reading in her country.

Anamege said she would utilize book donations from such sources as book publishers and nonprofit organizations to expand the Bookworm book club. Anamege hoped to produce 120 “bookworms” per year. A self-described entrepreneurial-minded person, Anamege hoped to utilize her prize money ($500 in cash and $750 in scholarship funding) to invest in the startup of Bookworm Foundation and her tuition.

(Photo and some information courtesy of RU Today.)

ATTENTION GRADUATE STUDENTS:

President Kyle has formed a Radford University Committee on Sustainability for the 2008-2009 academic year. A sub-committee that has been formed off of the Committee on Sustainability is the Student Sustainability Subcommittee.

If you are interested in being a part of making RU’s campus more green and more sustainable for future generations, please contact Sarah Heintzelman at saheintze@radford.edu. We are looking for more committed students that would be willing to serve on this sub-committee that assists President Kyle and the Committee on Sustainability with their mission.
As a Radford University student who has studied abroad, words cannot completely express how I felt about my experiences overseas. However, I can say that making the decision to study abroad was one of the smartest decisions I made during my undergraduate career.

Although many graduate students do study abroad, the number of undergraduate students who study abroad is much higher. This is a trend that we need to change. It is true that the workload at the graduate level is larger and more difficult but there is no excuse to pass up the opportunity of a lifetime.

“If I had not studied abroad during my time at RU I would have regretted it my entire life,” Dave Rogacki, RU Class of 2007.

Study abroad programs are offered for nearly every major in over 30 countries. So whether it’s Europe you love or the “Far East,” RU has got you covered.

Be assured that after your return to “The States,” you will be overwhelmed with stories to tell and experiences that literally cannot be described with words. From the foreign cuisines to the overall “culture shock,” you can definitely call yourself culturally diverse after studying abroad with RU.

Now you might be asking yourself, “How can I afford to study abroad when I’m working my butt off just to pay the bills?” Well that’s easy. Radford offers eight different scholarships for those students who would like to study abroad. Whether it is the McGlothlin Study Abroad Scholarships for $500 or the Phi Kappa Phi Scholarships for $1,000, your study abroad experience could be fully funded.

In addition, students also have access to a variety of loans to aid them in paying for a trip abroad. From the Federal Stafford Loan to the Alternative Loans, there is no reason a student should be out of pocket for their trip. RU is more than accommodating in providing students with the funds they need for their experiences overseas but it’s up to you to search them out.

Maybe your issue is the time of year. Again, RU has got you covered with programs during spring break, maymester, summer or even programs during the span of an entire semester or year. So don’t tell me one of these dates conflicts with your busy schedule.

Study abroad with RU and you’ll be glad you did. You’ll return with a sense of achievement and accomplishment that can be offered in no other way. You’ll be a foreign fanatic, a study abroad aficionado, a cultured student the likes of which have not been seen before.

Now that you know money is no longer a viable excuse for not studying abroad, have you signed up yet? For more information, visit http://intlprog.asp.radford.edu.
Announcements:

Graduate “On the Spot” Recognition Program:

This program is used to recognize the outstanding performance of graduate students and faculty on the RU campus. This is a nomination program and is awarded as submissions occur. The recipients of this award will be posted on the Graduate Student Council website and will receive a certificate to acknowledge their excellence. Excellence takes many forms - it can refer to academic or non-academic achievement. Some examples of excellence might include (but are not limited to): good citizenship, community involvement, research, scholastic excellence, or being an “all around good guy or gal.” Graduate faculty and students are eligible for this award. The nominations can be made by faculty, staff, or students. Please send your nominations to Sarah Vogler at smvogler@radford.edu. Please include the person’s name, position on campus, and reasons for their nomination.

National Association of Graduate-Professional Students:

The Graduate Student Council has become a member of the National Association of Graduate-Professional Students (NAGPS). This national organization provides the GSC and RU’s graduate community many benefits such as use of the job board, the ability to apply for a position within the organization, communication with other graduate students, and the ability to obtain insurance at a reduced rate. Along with these resources, NAGPS strives to directly assist students and to advocate on their behalf at both the state and national levels. Check out their website (www.nagps.org) and see what they have to offer you!

Graduate Student Professional Development Grant:

Through the gracious contribution of the RU Parents and Family Fund as well as the College of Graduate and Professional Studies, the graduate students of RU are now eligible to be reimbursed up to $500 for their attendance of a professional conference in the 2008-2009 academic year. There are some stipulations to the reimbursement but you can find all the information on the Graduate College website. On the main website, click “Forms for Students” and scroll down to find Graduate Student Professional Development Reimbursement. Here you will find all the information and the links to the application and the reimbursement form.

Continued on next page.
Announcements (cont. from previous page)

Graduate Student Honor Society:

The GSC is still in the process of trying to start a chapter of Alpha Epsilon Lambda (AEL) here at RU. The process is much longer and more complicated than previously thought so, unfortunately, it will not be available for those students graduating in December. The GSC is very sorry for the disappointment. All of you that are graduating in December can still join AEL as an individual student or graduate through their website (www.gradschools.org). For those of us that will still be here past December, the GSC is working hard to make this available in the early spring. Many of you have shown an interest and you will be informed of the status of the chapter as it becomes available.

Please email your GSC Newsletter editor, Amanda O’Reilly at aoreilly2@radford.edu if you have any questions, concerns, or ideas for future articles for The Graduate Review. Thank you for taking the time to read this publication!

Congratulations December grads!

Have a SAFE and happy holiday season!