

# NEWS FROM THE GRADUATE SCHOOL

November 2022

Vol. 1 Issue 3

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**Faculty &  
Graduate Research  
Conferences**

**Professional  
Development Series**

The logo features a stylized city skyline with a green arch over it, and the text "StartUP COLUMBUS" below.

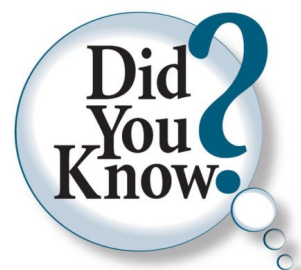
**Graduation  
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COLUMBUS STATE  
UNIVERSITY  
GRADUATE SCHOOL

# Don't Miss the Faculty Research Conference & Dr. Gregory P. Domin Graduate Research Conference

## Tomorrow and Thursday, November 2-3



The Faculty Research Conference and Dr. Gregory P. Domin Graduate Research Conference are multidisciplinary conferences that affords Faculty and Graduate Students from across the U.S. an opportunity to present their research among their peers in an open and relaxed atmosphere. Both conferences are completely online via Zoom.

The **Faculty Research Conference** is **Wednesday, Nov. 2 from 9am—5pm**.  
The schedule and Zoom link can be found [here](#).

The **Graduate Research Conference** is **Thursday, Nov. 3 from 10am—3pm**.  
The schedule and Zoom link can be found [here](#).



**Professional Development Series**  
**Tuesday, November 8 | 12:15-1:00pm**

**Location: StartUP Columbus | 1190 Front Avenue**

### What Is StartUP Columbus?

StartUP Columbus is an entrepreneurial support organization and startup incubator. Their focus is on cultivating a thriving entrepreneurial ecosystem to support entrepreneurs through mentorship programs and increased accessibility to human, financial, and professional resources.



What StartUP Columbus Offers:

- ◆ Entrepreneurial Training, programming, and education;
- ◆ Mentorship and consultation services;
- ◆ Office space and business incubation opportunities;
- ◆ Access to business support connections;
- ◆ Networking and entrepreneurial events

If you would like to learn more, please join us for lunch and brief conversation with the Executive Director of StartUP Columbus, Ben McMinn, about the services and programs they offer.

StartUP Columbus is located on **the back side of Frank Brown Hall** on the **corner of 12th Street and Front Avenue**. From Veteran's Parkway, turn right on 12th Street (Frank Brown Hall will now be on your left). Go to Front Avenue and turn left and StartUP Columbus is immediately on your left. You should see signs saying StartUP Columbus.



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[www.startupcolga.com](http://www.startupcolga.com)





# Graduation 2022



## Graduate Hooding Ceremony

This ceremony recognizes the scholarly and personal achievements of the candidates for graduation who have completed their advanced degree requirements. The hooding ceremony does not replace commencement exercises, but rather complements commencement with a more intimate celebration.

You must RSVP to participate in this event. A cap, gown, and hood are required. Regalia may be ordered directly from [Jostens](#). Along with academic regalia, graduates should wear appropriate attire, which includes dark shoes, dark pants, dark dress, collared shirt, tie.

Guest tickets are not required and seating will be available on a first-come basis. For questions or further information, contact the Office of the Provost at [706-507-8960](tel:706-507-8960) or email [academic\\_affairs@columbusstate.edu](mailto:academic_affairs@columbusstate.edu).

## Commencement

There will be five in-person ceremonies at CSU's Lumpkin Center. For those who cannot join us in person, the university will live-stream these ceremonies. A cap, gown and stole are required for commencement. This regalia may be ordered directly from [Jostens](#). Along with this academic regalia, graduates should wear appropriate attire, which includes dark shoes, dark pants, dark dress, collared shirt, tie.

You can get more information at <https://www.columbusstate.edu/graduation/>.

**Thursday, December 8, 2022**



**Graduate Hooding Ceremony**  
**6 p.m.—Lumpkin Center**



**Friday, December 9, 2022**

**College of the Arts**  
**10 a.m.—Lumpkin Center**

**Turner College of Business**  
**10 a.m.—Lumpkin Center**

**College of Letters & Sciences**  
**1 p.m.—Lumpkin Center**

**College of Education & Health Professions**  
**4 p.m.—Lumpkin Center**



# CALLING ALL GRADUATES!

The Graduate School wants to recognize your accomplishments by featuring you in our December Special Edition newsletter. Click on the link below to complete the Google form and upload a nice picture of yourself (preferably a head shot). By submitting this form, you are authorizing CSU to publish your statement and photo in our newsletters and possibly on our website. So get those lovely pictures uploaded along with 2-3 sentences about how your graduate studies at CSU has helped to continue “Creating You”!

<https://forms.gle/uAqyY4XnLu8hnYAj6>

*Congratulations!*



2022

*“My graduate studies at CSU have helped me to create myself by guiding me in enhancing my leadership and management skills; building meaningful relationships with other students, faculty, and staff; and contributing to the world of academic research.”*

K. Morris, MS Organizational Leadership  
Spring 2022

# Doctoral Dissertation Defense Announcements

**Detrenyona Chester**

*The Effect of Social Stratification on College Students' Academic Performance and Progress*

**November 7, 2022 | 12:00pm via Zoom**

Zoom Link:

[https://columbusstate.zoom.us/j/87363814979?  
pwd=Vzl5VW40VlgwL0lqaDBIaHFBaDRRQT09](https://columbusstate.zoom.us/j/87363814979?pwd=Vzl5VW40VlgwL0lqaDBIaHFBaDRRQT09)

Meeting ID: 873 6381 4979

Passcode: 683181



**Michael Poll**

*Exploring the Effectiveness of the Grizzly Experience Success Program at Georgia Gwinnett College: A Quantitative Analysis*

**November , 2022 | 9:00am via Zoom**

**Zoom Link:**

[https://columbusstate.zoom.us/j/87454198096?  
pwd=VjA5eEpMeC9Xd0F4YjVzN2ZsSDZ3dz09](https://columbusstate.zoom.us/j/87454198096?pwd=VjA5eEpMeC9Xd0F4YjVzN2ZsSDZ3dz09)

Meeting ID: 874 5419 8096

Passcode: 903763



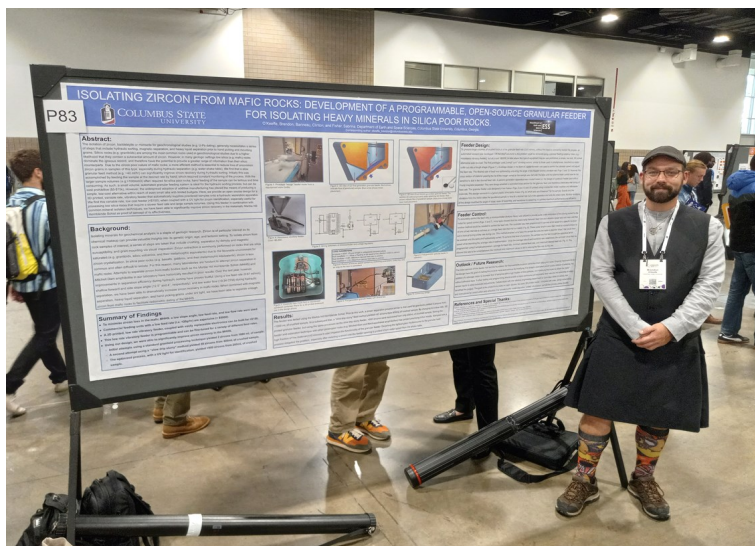
## Graduate Student in the Spotlight



Brendon O'Keeffe, a student in the Geosciences track of the MS Natural Sciences program, presented some of the initial results of his thesis work at the Annual Meeting of the Geological Society of America in Denver, CO on October 10th, 2022. Brendon's presentation, *"Isolating Zircon From Mafic Rocks: Development of a Programmable, Open-Source Granular Feeder for Isolating Heavy Minerals in Silica Poor Rocks"* focused on a 3D printed, small volume granular feeder that he designed and built in order to improve the mineral separation process

generally employed in preparation for radiometric dating. Because minerals suitable for radiometric dating are commonly present in concentrations far less than 0.01% of a given rock, a variety of processes are needed to separate them from the major mineral components of a sample. Brendon's granular feeder and process improvements have proven extremely efficient in separating zircon from rocks that do not generally yield that mineral in concentrations suitable for isotopic analysis. As such, his thesis research has the potential to significantly expand the types of rocks that can practically be used for radiometric dating. Brendon is also coauthor on a second abstract, "A Silurian age for the Marble Hill Hornblende Schist: Implications for Igneous Activity and Metamorphism in the Southern Appalachians", along with undergraduate author, Sabrina Fisher.

Great job, Brendon!





**DID YOU KNOW?**



CSU is hosting a Holiday Tip-Off and Tree Lighting on November 14 at 7:30pm by the Student Recreation Center?

CSU offers a number of scholarships for students interested in Study Abroad programs? <https://tinyurl.com/ynkjmz3w>

The CSU Center for Career Design can help you with resumes, prepare for interviews, and offer programs like JobScan, Handshake, and Forage?

<https://careerdesign.columbusstate.edu/channels/graduate-students/>

The Graduate School is on Instagram, Facebook, and LinkedIn?

<https://www.facebook.com/csugraduateschool/>

[https://www.instagram.com/csu\\_graduate\\_school/](https://www.instagram.com/csu_graduate_school/)

<https://www.linkedin.com/in/the-graduate-school-at-columbus-state-university-57858b24a/>

The CSU Counseling Center offers telehealth options for your convenience?

<https://www.columbusstate.edu/counseling-center/cougar scare.php>

CSU offers a number of Graduate Assistantships that help aid the cost of Graduate tuition?

<https://www.columbusstate.edu/graduate-school/assistantships.php>

CSU has been named one of the nation's best schools for online degrees and certificates in higher education in the healthcare field for 2023 by [EduMed.Org](https://www.edumed.org/).

CSU ranks fourth as one of the Best Online Nursing Programs in Georgia and 13th in the nation for Best Nurse Practitioner Online Programs?



## 7 Approaches to Extinguish Burnout

LinkedIn News: Leah Smart, News Podcast Host of “[In the Arena](#)”



If you’ve ever experienced burnout, are in it now, or sense it is coming, I know this week’s episode is for you. I also know that if “burnout” is an active word in your vocabulary, you are a high-performing human in some respect.

Here’s the thing: We’ve been trained to believe that high-performance is about expending all of our energy. And we do this for the sake of external rewards like praise, promotion, and success. We even go as far as to feel a little ashamed if we do feel burnout coming.

But this hamster wheel of productivity guarantees burnout over and over again. And I’ve learned this the hard way with two of my own burnout experiences.

A few years ago I spoke with the leader of a peak performance collective, and he clearly stated that the highest-performing humans—think professional athletes, scientists, writers, singers, and actors—have cycles. Every one of their cycles includes training, performance, and rest.

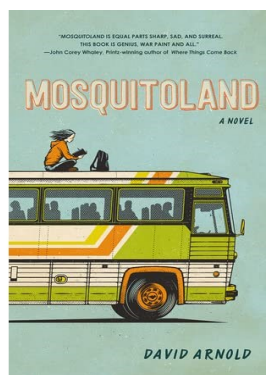
Well 2 years and 2 burnouts later, I am much closer to unlearning this belief. And I want to share a simple way for you to change your mind about it too. [Dr. Saundra Dalton-Smith](#) is an internal medicine physician and lately, she’s been writing about rest. Dr. Dalton-Smith recently authored the book, *Sacred Rest: Recover Your Life, Renew Your Energy and Restore Your Sanity*. Her research shows that rest is more multifaceted than just sleep. In the book, she shares the 7 (yes, 7!) types of rest we need to function optimally. And she says many of us are clearly deficient in one or two areas.

To listen to the podcast or read the rest of the article, go here:

<https://www.linkedin.com/pulse/7-approaches-extinguish-burnout-leah-smart/>



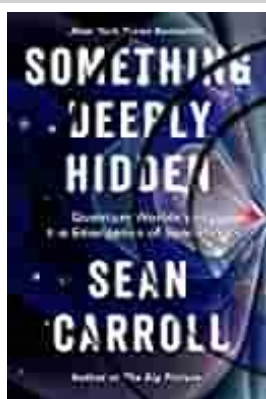
## Recommended Reading



### Mosquitoland, David Arnold

A coming of age road trip novel about a teenage girl who ditches her new life in Mississippi with her father and stepmother when she learns her mother is sick back in Cleveland. With limited resources and options, she boards a Greyhound bus back to Ohio, running into problems and meeting a number of quirky characters along the way. What she discovers at the end of her journey is not at all what she expected.

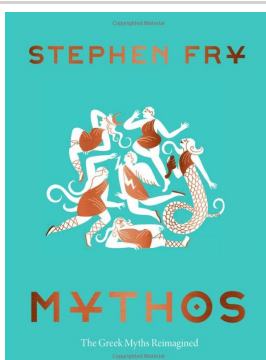
Recommended by Terry Moshier



### Something Deeply Hidden, Sean Carroll

Sean Carroll, theoretical physicist and one of this world's most celebrated writers on science, rewrites the history of 20th century physics. Already hailed as a masterpiece, *Something Deeply Hidden* shows for the first time that facing up to the essential puzzle of quantum mechanics utterly transforms how we think about space and time. His reconciling of quantum mechanics with Einstein's theory of relativity changes, well, everything.

Recommended by Mark McCarthy



### Mythos, Stephen Fry


*Mythos* is a modern collection of Greek myths, stylishly retold by legendary writer, actor, and comedian Stephen Fry. Fry transforms the adventures of Zeus and the Olympians into emotionally resonant and deeply funny stories, without losing any of their original wonder. This stunning book features classical artwork inspired by the myths, as well as learned notes from the author.

Recommended by Lawrence Dooley



## Important Dates to Remember

*Save These*  
**DATES**

Graduate & Faculty Research Conferences	<b>November 2-3</b>
Professional Development Series: StartUp Columbus	<b>November 8</b>
	<b>November 8</b>
Holiday Tip-Off & Tree Lighting	<b>November 14</b>
Thanksgiving Holiday—No Classes	<b>November 19-25</b>
Study Day	<b>November 29</b>
Final Exams	<b>November 30; December 1-3, 5</b>

## We Want to Recognize YOU!

Do you know a graduate student or faculty member that has gone over and beyond in their work/studies; presented at a major conference; had a publication accepted, etc.? Are there new graduate programs or changes to current programs? Are there other graduate related events you would like to include in the newsletter? Please let us know! We want to give our graduate students and faculty the recognition they deserve! Please submit your information to the Graduate School at [gradschool@columbusstate.edu](mailto:gradschool@columbusstate.edu).

