

NEWS FROM THE GRADUATE SCHOOL

September 2022

Vol. 1 Issue 1

From the Desk of Dr. Margie Yates
Dean of Research and Graduate Studies
Interim Dean, College of Education & Health Professions



Dear Graduate Students,

We hope you have had a fantastic beginning to Fall Semester 2022! The Graduate School continues to work hard to promote and support your academic, personal, and professional growth during your time in graduate studies at Columbus State University. To that end, we offer several opportunities each month to assist you with and inform you about networking, career advice, ethics and professional behavior, mental health, research, and much more.

In addition to the monthly Network and Knowledge Connection and Professional Development Series, the Graduate School will host two significant events in the fall. Are you engaged in research, writing, or creative endeavors in your graduate program? If so, consider attending the ***Research and Writing Boot Camp*** and the ***Graduate Research Conference***. The Research and Writing Boot Camp, which provides graduate students opportunities to hone their skills in research and writing, will be held **virtually** on **October 15, 9:00 AM - 2:00 PM**.

The **Virtual** Graduate Research Conference on **November 3rd** is a great way to share your research and build your resume. [Submit your proposal](#) this week for a panel discussion or virtual poster session!

We hope you take advantage of these important opportunities and look forward to seeing you at our various events.

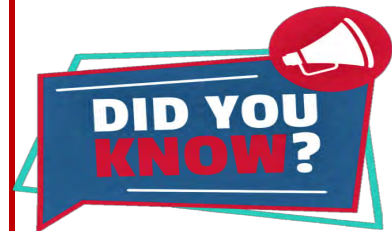
Have a wonderful September!

Best wishes,
Dr. Yates

WHAT'S INSIDE...

Upcoming
EVENTS

**Graduate
Assistant
Orientation
Summary**



*Save
The Date*

A small icon of a calendar with a pencil pointing to a date.

*Welcome to
Fall
Semester!*

Mark Your Calendars UPCOMING EVENTS



The Graduate School's Network & Knowledge Connection *Creating Your Future*

Presented by Amy Edge, Program Coordinator
Center for Career Design

September 15, 2022

12:15pm—1:00pm | Tucker Hall 104

Come and see how you can Create Your Future by
getting introduced to Handshake, Jobscan, LinkedIn
Micro-Internships, and more!

Lunch will
be provided.



COLUMBUS STATE
UNIVERSITY
GRADUATE SCHOOL

The Graduate School's Professional Development Series

Everything Google

A **Virtual** Workshop Presented by
CSU's University
Information Technology Services
via Microsoft Teams

Come find out about the resources
available to you through your student
Google account.

Link to join the workshop:
<https://tinyurl.com/48x6t4h7>



September 27, 2022

12:15pm—1:00pm



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Graduate Assistant Orientation Summary

On August 19, the Graduate School held its annual Graduate Assistant Orientation for incoming Graduate Assistants. The orientation began with an icebreaker Bingo game which provided a great opportunity for networking and connecting with other graduate assistants in a variety of programs. There were multiple beneficial information sessions where students learned about a variety of campus services available to them. Opportunities that were presented to them included study abroad, professional development, Network and Knowledge Connection events, the Graduate Writing and Research Bootcamp, and the Faculty and Graduate Research Conferences.

Students learned about ways to connect with the community through our social media platforms, announcements from our weekly bulletin, and monthly newsletters. Presenters from Human Resources, the Graduate School Advisory Council, Center for Career Design, the CSU Counseling Center, Student Health Center, and the CSU Library shared the resources they offer for graduate students. The event was very successful and enjoyable for the attendees. We look forward to seeing them get involved with the CSU community!





DID YOU KNOW?



- ◆ CSU's Homecoming events are **September 26-October 1** and are open to *all* students (including graduate students)?
<https://events.columbusstate.edu/homecoming/student-events.php>
- ◆ CSU Involve is where you can find all upcoming events and student organizations that you can get involved with? <https://columbusstate.campuslabs.com/engage/>
- ◆ The CSU Bookstore has an app where you can get notifications about order notifications, pick up reminders, and exclusive app perks?
<https://columbusstate.bncollege.com/>
- ◆ The CSU Counseling Center offers telehealth options for your convenience?
<https://www.columbusstate.edu/counseling-center/cougarscare.php>
- ◆ University Information & Technology Services offers up to 3 free computer repairs for students per semester? <https://www.columbusstate.edu/uits/>
- ◆ Campus Police offers a free safety app called Rave Guardian where students can connect immediately incase of an emergency?
<https://www.columbusstate.edu/police/guardian.php>

International Learning Community Global Dialogues

The idea behind Global Dialogues is to provide a welcoming place outside of the classroom where students can engage in friendly conversations while learning how people from various countries and cultures view topics differently. U.S. and international students are seated together at round tables where they discuss topics such as: race relations, culture, global poverty, gender equality, immigration, global recession, social welfare, entertainment and pop culture. The topics may change each semester to include current international and U.S. issues.

Students at CSU have the unique opportunity to not only have a safe place to discuss these issues, but they also have an opportunity to gain a global perspective from our international students. Every group has an international student moderator and sessions will be capped at 50 students per session. All Global Dialogues will be held in Schuster 130. For more information please contact Christine Shaw at shaw_christine@columbusstate.edu.

To see the dates for the Global Dialogues, click [here](#).





8 Ways to Sustain Health and Wellness as a College Student

Staci Dumoski, Chapman University

Success at college means more than getting good grades. In between classes, students must learn to navigate all of life's challenges, whether that's eating right and getting enough exercise, dealing with limited finances, or coping with stress and anxiety. Wellness has many dimensions, and a person who is thriving in one area may be facing challenges somewhere else.

A holistic approach to student well-being provides support for the whole person across eight pillars of health and wellness, as described by the Substance Abuse and Mental Health Services Administration (SAMHSA) in its workbook "[Creating a Healthier Life: A Step-By-Step Guide To Wellness](https://www.samhsa.gov/creating-a-healthier-life-a-step-by-step-guide-to-wellness)." To thrive at college, students need support, guidance and resources in each of these areas:

- ♦ Physical Wellness
- ♦ Mental Wellness
- ♦ Spiritual Wellness
- ♦ Intellectual Wellness
- ♦ Social Wellness
- ♦ Financial Wellness
- ♦ Environmental Wellness
- ♦ Occupational Wellness

Click on the link below to read the rest of the article.

<https://news.chapman.edu/2021/12/08/8-ways-to-sustain-health-and-wellness-as-a-college-student/>





**FREE
STI (STD)
TESTING**

Get Yourself Tested!!!

**Free Chlamydia and Gonorrhea
Testing**

Sept. 6 - 9

Oct. 3 - 7

Nov. 14 - 18

**Call the Student Health Center at
(706) 507-8620**

By appointment only



**Testing Available to All Students,
Faculty, and Staff**

2022 Testing Dates: Mondays

- September 12th
- October 3rd
- November 7th
- December 5th

By appointment only

706-507-8620

MONKEYPOX

Monkeypox is a rare disease caused
by infection with the monkeypox virus.



SIGNS & SYMPTOMS

**Headache, Fever,
Exhaustion, Backache,
Chills, Muscle Aches,
Rash & Lesions, or
Swollen Lymph Nodes**

**For more information, please call the
Student Health Center at 706-507-8620
or Scan the QR Code Below for CDC
Information.**



**Make your mental health
a top priority**

**24/7 SUPPORT LINE
706-507-8740**

**FOR INFO ON MENTAL HEALTH
RESOURCES SUCH AS**

- speaking with a counselor
- free access to Headspace
- in person or online therapy
- self-guided wellness program
- wellness content
- online peer support

csuwellnesshub.com



CougarsCare

Save The Date



Network & Knowledge Connection: Center for Career Design	September 15
Professional Development Series: <i>Everything Google</i>	September 27
Midterm Exams	October 3-5
Graduate Research & Writing Bootcamp	October 15
Graduate & Faculty Research Conference	November 2-3

Some helpful links:

[Academic Calendar](#)

[Academic Catalog](#)

[Academic Regulations](#)

[Campus Maps](#)

[Final Exam Schedules](#)

Do you know where the Graduate School is located?

