

# The Network & Knowledge Connection

The Network & Knowledge Connection's purpose is to serve as a voice for all graduate students in determining ways to enrich the graduate experience both academically and socially. It is open to all graduate students and meets monthly during the Fall and Spring semesters from 12:15pm-1:30pm. Guest speakers are occasionally invited to speak on topics of your choice. All graduate students are invited and encouraged to participate to discuss the needs, concerns, and ideas for the graduate population.

## Speakers

Table Talk

### Lunch and Learn

February 5th, 2025

12:00-1:00pm

Schwob Memorial Library-Forum Rm132

Graduate Table Talk

Graduate School, Graduate Assistant Kaleaha Stepp, a student in MS in Clinical Mental Health Counseling program led a wonderful interactive activity on stress factors. Students had an opportunity to gain insights, ask questions, and connect with fellow graduate students

### Start up Columbus

March 5th, 2025

12:00-1:00pm

1190 Front Ave. Columbus Ga 31901

Fantastic opportunity to network, learn, and grow with like-minded individuals passionate about innovation and entrepreneurship.

### Graduate Networking Social

April 4th, 2025

6:30-8:00pm

Bo Bartlett Corn Ctr, Terrace

921 Front Ave, Columbus, GA 31901

Fun evening of networking and connecting with fellow graduate students, faculty, and staff.

Career Services

### Career Services Graduate School Lunch and Learn

November 12, 2024

[Career Services, Lunch & Learn Video](#)

Learn Well & Stress



**October 8, 2024** - Learn Well & Stress Less

Erick Richman M.S. C.S.C.S Program Coordinator and Senior Lecturer Kinesiology & Health Sciences

[Learn Well & Stress Less Slides](#)

[Learn Well & Stress Less Video](#)

Global



Engagement

**September 12, 2024** - Global Engagement  
Eric Spears, Ph.D

Study Abroad / International Events

Creating Your



Future

**September 15, 2022** - Creating Your Future  
Amy Edge, Program Coordinator, Center for Experiential Learning & Career Design

Amy shared how you can "create your future" by introducing Handshake, Jobscan, LinkedIn, Micro-Internships, and more!

How to Get a Job in a Post-Pandemic World

**February 22, 2022** - How to Get a Job in a Post-Pandemic World

Madison Montgomery, Brand Coordinator, AFLAC

Madison shared her own experiences with navigating the job market after the pandemic. She also offered tips on how to tackle the challenges of the workforce following the Covid-19 pandemic.



and Depression in Graduate Students and Activities to Relieve Symptoms”

## **“Anxiety and Depression in Graduate Students and Activities to Relieve Symptoms”**

*Presented by Dr. Rebecca Toland, Assistant Professor of Health Science*

**February 8<sup>th</sup>, 2022**

Dr. Toland discussed the importance of taking care of your mental health while her experiential presentation provided helpful tips and techniques to reduce stress. She also discussed the common barriers that prevent us from tending to our mental health and ways to overcome them. The presentation provided a space for reflection and activities to improve mental health.

“Anxiety



"Wellness for Graduate Students" | Erick Richman

## **"Wellness for Graduate Students"**

*Presented by Erick Richman, Coordinator of Physical Activity and Wellness, Department of Kinesiology & Health Sciences*

**October 19<sup>th</sup>, 2021**

During this workshop, Mr. Richman provided a presentation about wellness. He encouraged students to find fun in their exercise, joy in their present abilities, and success in their personal goals while understanding human physiology, psychology, and biomechanics. Click on the title below for Mr. Richman's resource guide to wellness.

[Wellness for Graduate Students Resource Guide](#)



The Servant as a Leader - Introduction to Servant Leadership

**October 12, 2021** - The Servant as a Leader - Introduction to Servant Leadership  
Cortney Wilson, Director of the William B. Turner Center for Servant Leadership

Cortney gave a presentation in which she defined Servant Leadership as a philosophy in which the leader's primary objective is to serve. Servant Leadership differs from traditional leadership, in which the leader's primary concern is the success of his or her firm or organization. The lecture gave all of the attendees ideas on how to motivate and encourage individuals to do their best in the community and to be willing to help one another.



Abroad Opportunities for Graduate Students

Study



Septem

**14, 2021 - Study Abroad Opportunities for Graduate Students**  
Eric Spears, Director of the Center for Global Engagement

Dr. Spears spoke about study abroad resources and opportunities, including international internships and exchange programs. He also shared his personal experiences of studying abroad and emphasized the importance of developing a global worldview.

"Advocacy and Allyship: Pushing Past Implicit Biases" | Johnnae Roberts

## "Advocacy and Allyship: Pushing Past Implicit Biases"

*Presented by Johnnae Roberts, Student Development Coordinator, Diversity Programs & Services*

**April 13<sup>th</sup>, 2021**

This workshop explores and breaks down the definition of implicit biases. This break down allows us to become more aware of our own biases and allow exploration into taking steps to become advocates and allies for marginalized identities.

[Advocacy and Allyship: Pushing Past Implicit Biases Workshop Recording](#)



"Get Your Thesis Back on Track in 2021" | Dr. Emily Perry

**"Get Your Thesis Back on Track in 2021"**

*Presented by Dr. Emily Perry, CSU Alumna and Business Development Specialist for Quillbot*

**March 12<sup>th</sup>, 2021**

Whether you are just starting your research and writing journey or are feeling stalled in your work, Dr. Perry discusses the basics of academic writing, goal setting, getting unstuck, and overcoming common problems like procrastination and writer's block. The overall goal of this seminar was to "empower and add momentum for getting your thesis back on track".

[View Get Your Thesis Back on Track in 2021 Workshop Recording](#)

**Depression and Anxiety Before and After Intervention**

**11, 2021 - Depression and Anxiety Before and After Intervention**  
Sue Marlowe, Crisis Intervention Team Coordinator for the National Alliance on Mental Illness (NAMI)

**March**

Ms. Marlowe described her own experiences of depression and how she overcame stigma typically associated with diagnosis and treatment. She now encourages others by speaking openly about her mental health and showing that taking medication for mental health issues is the same as taking medication for a headache, etc. She hopes that through her own story, others can find the same bravery to seek support for their mental health journey.

#### Services and Opportunities Offered by the Center for Career Coaching



11, 2021 - Services and Opportunities Offered by the Center for Career Coaching

Jovan Johnson, Director of the Center for Career Coaching

[Jovan Johnson Workshop Recording](#)

"Understanding My Identity" | Johniqua Williams

### **"Understanding My Identity"**

*Presented by Johniqua Williams, LSAMP Coordinator*

**October 29<sup>th</sup>, 2020**

The goal of this session is to encourage students to consider their identities critically and how identities are more or less keenly felt in different social contexts.

[View Understanding My Identity Workshop Workshop Recording](#)



"I'm Stressed. Now What?" | Kristopher Fitch

## **"I'm Stressed. Now What?"**

*Presented by Kristopher Fitch*

**September 22<sup>nd</sup>, 2020**

Join Kris to find out about good stress and bad stress and then, practice with him several stress relieving exercises.

[View I'm Stressed. Now what? Workshop Recording](#)





**15, 2020** - Liz Wolverton, Executive Vice President and Chief Strategy & Customer Experience Officer at Synovus, addresses the current local economy, job market, and the way ahead amid a pandemic.

[Liz Wolverton Workshop Recording](#)

Education Abroad Opportunities



**24, 2020** - Education Abroad Opportunities

Katherine Grego, Center for Global Engagement

[Katherine Grego Workshop Recording](#)

"Defenders of Virtual Learning" | Dr. Kim Stokes  
**"Defenders of Virtual Learning"**

*Presented by Dr. Kim Stokes  
Instructional Design and Training Specialist*

**July 23<sup>rd</sup>, 2020**

October

September

Successful online learning is the result of the power within each student who is dedicated to learning. In this workshop, Dr. Stokes talks about what it means to be an online student and discusses ways to work your course and use technology.

[View Defenders of Virtual Learning Workshop Recording](#)

