Autumn quickly turned to winter this November and perhaps, the early taste of winter jarred you out of the security of autumn. Similarly, graduate school is a time where you can explore opportunities just past your edge of comfort. I hope you have found ways, during this busy semester, to explore—whether it is participating on a research project, producing a new creative work, cultivating relationships with peers and faculty, or involving yourself with social justice events on campus.

Perhaps you are learning strategies to be an ally to others on campus. Or, you are finding new ways to listen to your peers and classmates. Or, you are developing your public speaking skills. Maybe, as you reflect on the semester, you realize you could weave more exploration into your graduate school experience. Surely as the spring will follow the winter, more opportunities for exploration will present themselves during spring semester.

Indeed, as the daffodils start showing their green, the Annual Graduate Student Symposium will be held on April 7, 2020. During the Symposium, you can present your research project or perform your creative works for your community. You can challenge yourself while sharing your expertise with others. It is a fantastic opportunity to develop your talents, skills, and abilities in a supportive environment. Be on the lookout for more information in January.

To our December graduates, may you continue to explore as you take the next step of your journey. Know that you are graduating from one of the top Master’s institutions in the Midwest per the U.S. News & World Report. Your transition may be bittersweet, but I know your experiences and education at UNI has provided you a strong foundation for future successes. Congratulations! We are excited to hear of your accomplishments.

Wishing everyone a restful and rejuvenating break.

Sincerely,

Jennifer Waldron, Ph.D.
**Paula Carvalho De Castro**

Paula Carvalho De Castro is a first year graduate student studying Geography. Paula earned her bachelor’s degree in Geography from Santa Catarina University in Brazil. In addition to a bachelor’s, Paula also earned a GIS and Remote Sensing Professional Certification from Senac University in Brazil.

Paula has several employment experiences. During her undergraduate studies, she was a GIS intern for two separate companies. One of the internships she completed was in the energy sector industry, and it was a government owned company in Brazil. The other internship was an engineering-focused experience provided through a private contractor.

Following her college graduation, Paula worked as a tech supervisor for an engineering company that completed GIS based urban surveying and later as a project manager for an environmental consultancy company.

Paula decided to attend UNI for graduate studies for a variety of reasons. She knew UNI had a favorable learning environment in the classroom as well as a robust support system for international students. Additionally, she heard the Geography Department holds a strong reputation in the field.

While at UNI, Paula is a teaching assistant for Physical Geography and Physical Geography Laboratory. Her work consists of grading students’ homework assignments and activities, instructing the laboratory class sections, and assisting students with questions.

During her free time, Paula enjoys playing acoustic guitar, watching movies, and playing board games with friends. When the weather is nice, Paula likes to ride her bicycle outdoors.

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**Glynis Worthington (NISG)**

Glynis Worthington is a UNI doctoral student in Allied Health, Recreation, and Community Service studying Community-Based Competitive Sport for Age 50+. She earned her BA at Iowa State in Marketing and her MBA from The Wharton School, University of Pennsylvania.

Before deciding to pursue a doctoral degree, Glynis was the Market Research Manager for Winchester Ammunition prior to graduate school. While at Wharton, she interned with Coca-Cola in Atlanta in Management Information Systems and at American Express in New York City. After Wharton, she joined the AT&T’s Executive Management Training program where she worked in Computer Telephony Integration with multi-million dollar corporate telecommunications contracts. When she and her husband returned to the Cedar Valley, she became one of AT&T’s first virtual office employees as a national-level executive based in Waterloo.

After 24 years as a full-time mom and community volunteer, Glynis decided to join the UNI family as a full-time doctoral student and a Graduate Assistant in the Office of Community Engagement.

Glynis describes her future plans by saying, “I'd like to help adults re-discover the joy of participating in sports, as well as help them reap the physical, social and emotional benefits of being physically active.”

Glynis is also a NISG Graduate Student Senator. Glynis addresses some of the campus issues that graduate students should be aware of by discussing the evolution of higher education and online courses becoming more convenient to students. She goes on further to say, “If you are pursuing your graduate degree to work as a college professor, the work is going to change”. When describing her vision after finishing UNI, Glynis says, “If today's UNI students have swimming, track & field, soccer or other kinds of team practice on their calendars in 2040 we will have accomplished something.”

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**Phales Milimo**

Phales has a Bachelor of Arts degree in Education from the University in Zambia where she majored in History with a minor in English. She worked as a Monitoring and Evaluation Professional with a nonprofit organization, which gave her the opportunity to work on different projects that brought positive transformation in the communities she served. As a Global Health Corps alumna, she also has experience working in the public health field. Phales is a Graduate Assistant with Women’s and Gender Studies in the Center for Violence Prevention. Her duties include assisting the directors with various data entry tasks for the Mentors in Violence Prevention (MVP) Programs and analyzing training feedback forms. Phales also assisted with the logistics for the MVP training that was held at UNI with over 100 participants. In her free time, Phales enjoys bike riding with her friends on beautiful sunny days, journaling, and listening to music.
Mark you calendars! The week of April 6, 2020 the Graduate College will host Graduate Student Appreciation Week. Be on the lookout for updates on events and activities!

Dr. Terence Moriarty is a professor in the Department of Kinesiology. He earned his bachelor’s degree in Sport and Exercise Science at the University of Limerick, Ireland. Dr. Moriarty moved to the United States in 2013 to pursue graduate studies where he earned his master’s degree at Central Michigan University and his Ph.D. at the University of New Mexico. Dr. Moriarty contributes his passion for sports and school as the guiding force that brought him to the United States for graduate school.

Dr. Moriarty started teaching at UNI in the Fall of 2019. He currently teaches three sections of the Physiology of Exercise and will be teaching a seminar in Applied Physiology in the spring semester. What he loves most about teaching is making it all about the students. Dr. Moriarty states, “Students are the most important people in my office and are the pinnacle of my work and success. There is nothing more rewarding than seeing a student accept a job or position as a result of the teaching and learning from my courses”.

When asked what has impressed him most about UNI he pointed to the help and support that he has received from his colleagues. He went on to describe it as nothing short of exceptional. He describes his transition to UNI by saying, “Moving to a new university is often very challenging, but the care and compassion shown by all in the Department of Kinesiology has been out of this world, and something I greatly appreciate. The head of the Department, Dr. Fabio Fontana, has left no stone unturned in creating the best possible environment for me to succeed and I am very grateful for that and the facilities here at UNI are second to none.”

Dr. Moriarty’s research interests focus around high-intensity interval training and brain and muscle oxygenation responses in health and clinical populations. His research has been published in a variety of exercise, fitness and health related journals including IDEA Fitness Magazine and Journal of Strength and Conditioning Research in addition to many more. Most recently, his work titled Exercise Intensity Influences Prefrontal Cortex Oxygenation During Cognitive Testing was published in July of 2019.

In his free time, Dr. Moriarty likes to play soccer. This should come as no surprise as he played collegiate level soccer during his undergraduate studies in Ireland. During cold weather seasons, Dr. Moriarty moves indoors where he enjoys weightlifting. In addition to keeping active, he also likes watching a variety of sports, Facetiming his friends and family at home, listening to Irish music, and catching up on his favorite TV shows.

Katie O’Brien is an instructor in the Department of Communication Sciences & Disorders at UNI. A Texas native, she completed her Bachelor’s of Science in Communication Disorders from Lamar University in Beaumont, Texas. After taking a gap year and working as a paraprofessional in an elementary school, she completed a Master of Science degree in Deaf Studies/Deaf Education from her alma mater, Lamar University.

Before coming to UNI six years ago, Katie previously worked in the Texas school system as an American Sign Language (ASL) teacher in Houston. Additionally, she was an adjunct professor for two community colleges, and an education and community sign language interpreter.

Katie teaches American Sign Language I, American Sign Language II, and American Sign Language III and provides opportunities for independent study options for undergraduate students. Katie also collaborates and consults often with graduate students in the Speech-Language Pathology program.

When asked about what she enjoys most about teaching she responded, “The students! I love seeing my students light up when they can do something that they didn’t think they could do before or when they suddenly understand something that they didn’t understand before.”

Since joining the UNI faculty, Katie has been most impressed by the enthusiasm of her students and noted, “They [her students] show genuine interest in American Sign Language and the Deaf community, a minority community often overlooked and so different from their own life experiences.”

As an active ASL instructor, it comes as no suprise her primary research interests include American Sign Language, Cultural Borders and Cultural Margins, and Hearing Privilege. Her published research includes an article titled “Navigating Minority and Majority Cultures in Emerging Adulthood: A Pilot Study of Young Hearing Adults of Deaf Parents and Young Heterosexual Adults of Lesbian/Gay Parents.” Her research was published in the journal Emerging Adulthood in 2019.

When asked how bridges can be built between the hearing world and the Deaf world she quoted Andrew Sean Greer, an American novelist, “When speaking a new language it’s better to be bold than perfect.” She further explained how attempting to communicate with those who are different is how you start to build bridges. Once effort is put forth, it is amazing how quickly connections are formed.

In her free time, Katie enjoys teaching Jazzercise classes, watching movies, reading, and spending time with her wife and her friends.
Describe your educational background, including dates of when you earned your degrees.
I graduated from Wahlert High School in 2001 and later earned my Bachelor of Arts in Education from Winona State University in 2005 with a major in elementary education and a middle school math endorsement. Thereafter, in 2015, I received my Master of Arts in Education through the Principalship Program at the University of Northern Iowa.

Describe your employment experience.
I began my first year as an educator in the fall of 2007. Since that time, I have taught algebra and pre-algebra at Eleanor Roosevelt Middle School in Dubuque. Alongside of my classroom responsibilities, I serve as an assistant boys cross country coach at Hempstead High School and a 7th-8th grade girls track coach at Eleanor Roosevelt Middle School. Throughout the past 13 years I have also served in formal leadership roles in my building and district including those of content leader, building leadership team member, teacher quality committee member, Authentic Intellectual Work initiative leader, and house chair.

What motivated you to earn your graduate degree from UNI?
Over the years, countless individuals have invested in me, coached me and provided me the opportunity to better myself as an educator and person. The Principalship Program at UNI focuses upon educational leadership in respect to a leader of learning, a leader of change, and a leader of service. The notion of service to others was a consistent part of my upbringing, and seeing this highlighted throughout the program at UNI was the reason I was drawn to the opportunity. The program was not only a chance for me to grow my skillset as a classroom teacher and broaden my lens in terms of programming and advocacy, but it was also a chance to gain the perspective, experience and toolkit that may in turn aid in maximizing the capacity of others. Having served in teacher leadership roles in the past, I saw this as a wonderful opportunity to better equip myself to serve my building and district, to grow our programming, and in turn cast a greater impact upon our students.

What professional organizations are you a member of?
I am presently a member of the Iowa Council of Teachers of Mathematics, the Dubuque Education Association, the Iowa State Education Association, and the National Education Association.

You were named the 2019 Iowa Teacher of the Year. What responsibilities/duties are involved with this recognition?
As the 2019 Iowa Teacher of the Year, I have the privilege of serving as an ambassador for educators across the state of Iowa. Whether through the request of individuals, institutions and programs, or through my own outreach I have the opportunity to engage with stakeholders from river to river. Many of my speaking engagements take place at schools of higher education as I am able to engage with preservice teachers and the faculty of various education departments. Highlighting this work with preservice teachers is the 5th Annual Emerging Educators Academy. Held on January 30 at Simpson College, a network of Iowa Teachers of the Year, Teacher of the Year Finalists, and the Presidential Awardees for Excellence in Mathematics and Science Teaching, plan and deliver a one-day academy designed by teachers for teachers. This academy welcomes preservice teachers as well as 1st and 3rd year teachers and their mentors. This year I am honored to support 2018 Iowa Teacher of the Year, Aileen Sullivan, as she heads the planning for this endeavor. I have delivered a number of professional learning experiences throughout various schools, served on education panels, and joined Director Ryan Wise, Iowa Department of Education, on site visits in eastern Iowa. At the national level, I am part of a family of State Teachers of the Year with whom I network and travel. National conferences and professional learning experiences bring us together as we share the resources, programming, and practices that best serve our students with the intention to bring new learning back to our states, our districts, our buildings, to more effectively influence changes.

What are some of your leisure interests?
Outside of teaching I enjoy running, collecting records, board gaming, listening to podcasts, and spending time with my two year old son, Maxwell and my wife, Betsy.
American Educational Studies Association (AESA)
Shehreen Iqtadar, EdD. Curriculum & Instruction ISA Special Education, had the opportunity to present her research works: Intersectional Disablism: A Qualitative Research Synthesis of Disability Research and Identity Work at the Intersections of Power: A Qualitative Research Synthesis (QRS) of Dis/ability Research at the American Educational Studies Association (AESA) Conference in Baltimore, MD on November 1st and 2nd, 2019. Shehreen’s work on Identity Work at the Intersections of Power: A Qualitative Research Synthesis (QRS) of Dis/ability Research is about theory development in which she extends the psycho-emotional model of disability by Carol Thomas (1999) to what she termed “intersectional disablism” within the field of Disability Studies in Education (DSE). This paper is part of her dissertation literature review in which she critically synthesized twelve years of primary qualitative data (2006-2018) about the educational experiences of students of color with disabilities. It has been accepted to the Journal of Disability Studies Quarterly to be published on June 1, 2020.

Spring 2020 Symposium Preparation Schedule
Prepare for the Graduate Student Symposium which takes place April 7, 2020, by attending the educational workshops on presenting at professional conferences.

Giving Oral Presentations at a Professional Conference
Tuesday, January 21st from 3:30-4:20 p.m. at Rod Library, ScholarSpace, Room 301.
Come to this workshop and learn about abstract preparation, types of abstracts, and best practices for preparing for a professional conference. Dr. Gabriela Olivares, Associate Dean of the Graduate College, is the workshop presenter.

Preparing and Presenting Poster Presentations at a Professional Conference
Wednesday, January 29th from 1:00 to 1:50 p.m. at the ITTC, Room 134.
Attend this workshop to learn how to adjust content for your poster layout, discover best practices to format your poster and gain tips for poster printing. Dr. Jennifer Waldron, Dean of the Graduate College, is the presenter for this workshop at the Innovative Teaching and Technology Center (ITTC).

Iowa Speech Language Hearing Association (ISHA)
The Iowa Speech-Language-Hearing Association met October 17th and 18th in West Des Moines for networking, continuing education, and collaboration. Current and future speech-language pathologists and audiologists attended the convention and were able to attend a variety of presentations. Topics discussed at ISHA included ethical issues in the field, tinnitus, advocacy in the state legislature, dysphagia management and language therapy among many other topics related to the field.

Several UNI graduate students and professors within the Department of Communication Sciences and Disorders traveled to West Des Moines for the conference. First-semester graduate student, Jaden Rausch, was one UNI graduate student present. Jaden had a positive experience connecting with different professionals in the field. She commented on the experience stating, ”I would highly recommend this event to other students [in my field] because you are able to get resources you may not get in the classroom. The highlight of the experience for me was collecting all the new resources and information!”

The Way-Up Conference
The Way-Up Conference was held on November 7th and 8th in West Des Moines, Iowa. Carol Rocklin Kay Memorial Scholarship Winner, Sydney Cindrich who is a graduate student in the UNI Department of Kinesiology, delivered a speech “Cultivating a Culture of Women Empowering Women in Higher Education.” In her speech, Sydney stated, “when women empower other women by helping them crush their fears and doubts, we can create unstoppable and profound leaders and truly make a difference in higher education.”

Sydney describes the experience as an unforgettable and valuable one. “The essence of the whole conference was about embracing the journey and being grateful for all the trials and tribulations that come with it. This is something that is hard to remember to do in graduate school, so I am grateful for the reminder to slow down and enjoy it.”
For more information, visit https://www.wayup-iowa.org/.
**NASPA Conference**

On October 10th and 11th, as well as November 3rd through November 5th, students from the Postsecondary Education: Student Affairs program participated and presented in two conferences. The first conference, the Iowa Student Personnel Association Conference (ISPA), was held in Iowa City. Six UNI students attended and two UNI students, Annie Wilson and Ben Knaack, presented. Great statewide connections were made in addition to attendance at excellent learning sessions and opportunities to recruit for future cohorts.

The second conference consisted of a delegation of 16 students and their advisor. The group traveled to the the NASPA IV-East Conference in Des Moines. Channing Lawson, Lindsey Wischnefski, Annie Wilson, Ben Knaack, and Dr. David Schmid presented at various educational sessions. Ben Knaack, Lindsey Wischnefski, and Annie Wilson also placed first in the Case Study Competition. In addition to making great contacts across a seven state region, the participants attended ten different informational sessions and also recruited future students.

**Thesis and Dissertation Writing Workshops**

Kathryn Wohlpart, Thesis and Dissertation Reviewer and Digital Publication Coordinator, extended her expertise to graduate students at the Thesis and Dissertation Formatting Workshops held in October. The workshops were open to all graduate students and covered thesis and dissertation formatting guidelines. Students were able to ask specific questions related to their individual documents as well as learn the general formatting requirements.

**Need assistance in writing your thesis or dissertation?**

Kathryn Wohlpart, Thesis and Dissertation Reviewer and Digital Publication Coordinator, can assist you in one-on-one meetings specifically catered to your needs. Additionally, Kathryn can help connect you with on-campus resources and support for scholarly and creative writing. Schedule an appointment with Kathryn at https://uni.libcal.com/appointments/meetwithkat

**Thinking About Graduate School (TAGS)**

On September 23rd, the Graduate College hosted the annual Thinking About Graduate School (TAGS) for UNI undergraduate students. Dr. Jennifer Waldron, Dean of the Graduate College, and Associate Dean, Dr. Gabriela Olivares, presented on how to prepare for and apply to graduate school. A panel consisting of second-year graduate students and UNI professors answered student questions moderated by Dr. Waldron. Overall, undergraduates walked away with greater perspectives and excellent advice from the graduate students and professors. The event was rated positively and was well-attended.

**James Hearst in Prose**

On November 7, the exhibit "James Hearst in Prose" opened with a public discussion and reception. UNI graduate students collaborated with the Hearst Center for the Arts providing the most comprehensive viewing to date of James Hearst's fiction and nonfiction works. During research for the exhibit, an unknown early example of his prose was discovered and ultimately presented. "The discovery of new items along with what we already knew about him helps us understand James Hearst even more," said Emily Drennan, curator and registrar at the Hearst Center for the Arts. She added, "Everyone enjoyed the different displays." James Hearst, former UNI instructor of creative writing, was best known as Iowa's farmer-poet. Yet with over 600 poems to his name, his prose work was relatively unknown and has received less criticism. Visit the Hearst Center at https://www.thehearst.org/

**Using Rod Library as a Graduate Student**

Hours upon hours are spent during graduate school in the library preparing for exams, researching, and writing. Rod Library has a wealth of resources and services to meet students’ needs. In order to introduce students to the resources available, Dr. Leila Rod-Welch, Outreach Services Librarian and Associate Professor of Library Services, presented on research skills and utilizing specialized databases at the Using Rod Library as a Graduate Student Workshop on October 9th. Missed the workshop? No problem. Follow the link to discover the many resources available to students at Rod Library.
Impostor Syndrome Panel
On September 25th, graduate students gathered to discuss the Impostor Syndrome. A panel consisting of graduate students and UNI faculty alike responded to student questions related to impostor syndrome. The panel included: Dr. Fernando Calderon, Associate Professor in the Department of History; Jamie Butler-Chidozie, Director of Diversity, Inclusion & Social Justice; Omar Martinez, graduate student in Kinesiology and Sport Performance; and Natalie Ita, graduate student in Speech-Language Pathology. The Impostor Syndrome is experienced by those who believe their achievements are not due to their own merit. This type of thought process can lead to feelings of self-doubt, unworthiness, dissatisfaction, and unrealistic views of oneself. The Impostor Syndrome is commonly seen in the academic world and was relevant to students in attendance of the panel. For more educational, professional development opportunities, stay tuned with the Graduate College and be sure to join the UNI Grad Chat.

The Clothesline Project
On October 25, the Women's and Gender Studies Program brought The Clothesline Project to UNI in honor of Relationship Violence Awareness Month. The Clothesline Project is meant to expose the injustice and prevalence of violence, most especially to marginalized populations including women and the LGBTQ+ community among others.

UNI students and faculty were invited to share their experiences with violence by decorating a t-shirt with their thoughts, feelings, and supportive messages for survivors of relationship violence and/or sexual assault. The t-shirts were hung on a clothesline for display in the Maucker Union Courtyard. This powerful testament to the widespread prevalence of violence and sexual assault is called “bearing witness” to the issue.

Conquering the Cover Letter
On October 21st, Director of Graduate Student Life, Susie Schwieger, gave a presentation on effective cover letter writing strategies at the Rod Library ScholarSpace. Skills taught during the workshop included how to format a cover letter, how to effectively present one’s skills and experiences, and how to demonstrate one’s writing skills.

If you need assistance writing or reviewing your cover letter, set up an appointment with Susie via email: susan.schwieger@uni.edu.

WLDAAG Conference
On October 24-26, the 2019 West Lakes Division (WLD) of the American Association of Geographers (AAG) Annual Conference was successfully hosted by the Department of Geography at UNI. A total of 129 participants affiliated with 31 institutions (e.g., Illinois, Iowa, Minnesota, Missouri, and Wisconsin) presented at the conference. The conference was led by Dr. Bingqing Liang as the Chair of WLD and other eleven Geography faculty as the main organizers. The conference featured one keynote address by the current AAG President, eleven oral sessions, one poster session, one panel session, two workshops, and three field trips. Three UNI Geography students, Grant Burke, Petr Grin, and Paula Carvalho De Castro, won the top five places at the “Geography Bowl” tournament. Three UNI students, Natalie G. Nunez, Paula Carvalho De Castro, and Yiyi Zhang, won the top three places at the “Graduate Poster Competition”. One UNI student, Katelyn Miner, won the third place at the “Master’s Oral Paper Competition”. 

THE UNI GRADUATE COLLEGE PRESENTS
THE 13TH ANNUAL GRADUATE STUDENT SYMPOSIUM
TUESDAY, APRIL 7, 2020
11 AM - 4PM
MAUCKER UNION
As we enter a major holiday season, it is easy to get caught up in the chaos of all the festivities. What is supposed to be the “most wonderful time of the year” can quickly spiral into the most stressful time of the year. This Take Care Tip from the Graduate College focuses on maintaining healthy spiritual balance amid the hustle and bustle of the holiday season.

1. Identify between one and three priorities for the holidays
Determine what you want most out of the holidays. When choosing your priorities, be sure to remember what makes you flourish and what drains your energy.

2. Make time for your priorities
Distractions fight for your attention. Be sure to unplug from unproductive time suckers (e.g., TV, web surfing). Make time for what is especially important to you.

3. Seek support
Speak your goals aloud to loved ones and listen to their goals. Be supportive of one another in working towards these goals.

4. Wise gift giving decisions
Instead of focusing on giving “things”, try giving experiences, dining opportunities, or beverages. Experiences provide opportunities for bonding and new memory making and are kinder to the planet.

5. Donate your time and talents
Keep a healthy, larger community perspective by volunteering your time and talents. This could be as simple as paying for the next person in line or contributing to a food drive.

6. Practice Gratitude
Each night before bed, make a list of things you are grateful for. Research has shown those who regularly practice gratitude experience a whole host of benefits including more joy, optimism, positive emotions, lowered blood pressure, and strengthened immunity.

7. Keep realistic expectations for yourself and others
Leave the perfectionist in you behind. For you, this practically may look like preparing one or two less dishes, taking it easy on decor, or buying less gifts.

8. Make decisions based on who you aspire to be
Remember your ultimate goals in life and live each day according to those aspirations. As motivational speaker Matthew Kelly says, “Our lives change when our habits change.”

Reference:

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**Brain Teasers**

1. What do these three, special words have in common? Job, Polish, Herb

2. A man pushes his car to a hotel and tells the owner he’s bankrupt. Why?

Submit your brain teaser answers to gradlife@uni.edu for a chance to win a door prize. The first correct respondent will receive a door prize!

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**Graduate School Word Search**

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  S L L A F R A D E C W A T Y S
  T C O N C L U S I O N R E J
  C M X H V N R X J A E Y E S L
  E C V M S O Z N W S Z W B I A
  J D X U W D L I Y D T L N
  B H N K T R S F G H S H R O
  U Q T R A A H F E O C W C E I
  S H O S C T J F W L R U N P S
  J D A T A R Y K P Q A M N X S
  F S B L P E I G N D E Q W E E
  I Y A T V N E H O B Y J V F
  A K O R F S A O Y H E R I O
  Y Z U N F I K H T T R R I F R
  J S C K Z D R S R E H T N A P
  B R B S Z B K E L M N I O
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**Appreciate where you are in your journey, even if it’s not where you want to be.**

Every season serves a purpose.

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**Graduate Student Studies Abroad - Aubri Keesee**

**Where did you study?**
I studied abroad in Australia. The group spent the first couple days in Melbourne (where they have the world’s best coffee!) then we spent a majority of our trip in the Gold Coast and ended with a couple days in Cairns.

**How long were you abroad?**
The total trip was approximately three weeks long.

**What did you do while abroad?**
The course was an introductory Sport Psychology course, so when we weren’t in the classroom setting, we were exploring. In Melbourne, we adventured around the city into different alleyways filled with artwork, visited various little coffee shops, saw a comedy show and the Victorian Market. While we were in the Gold Coast, we met with different sport psychologists, interacted with the Gold Coast Titans (National Rugby League), watched rugby and an Australian rules football game, learned how to surf, and made our way into different areas in the city. To end our exploration, we spent a couple days in Cairns where we interacted with some of Australia’s most popular animals, snorkeled in the Great Barrier Reef and hiked Fitzroy’s Island.

**What did you learn that could apply to your future career?**
While this was an undergraduate course, I was able to take away more than I thought possible. The Australian culture is very carefree and adaptable; this helped me realize that adaptability is necessary in any profession. I was able to hear different theories and application from my cohort. This allowed me to gain new perspectives in the field.

**What advice would you give someone who was interested in studying abroad?**
It is so easy to stay within our comfort zones, but there is a whole world out there that has much to offer. Just go - you will learn so much.

If you are interested in studying abroad, visit the UNI Study Abroad webpage at [https://uni.edu/studyabroad/](https://uni.edu/studyabroad/).
Explore a new topic each month in GRAD SOURCE

The Grad College’s monthly student e-blast!

Video Clips
Deadlines
Upcoming Events
Professional Development
Writing & Research Tips

Graduate Student Handbook

Be sure to check out the Handbook for information about on-campus and off-campus resources!

UNI ScholarWorks

UNI ScholarWorks is a digital archive designed to capture, preserve and make available research, creative works, and the administrative output of the UNI community.

How do authors benefit?
Where you publish makes a difference! Studies have shown that open access articles have more views and downloads than non-open access articles.

Visit https://scholarworks.uni.edu/ to view the UNI collections.

Your digital professional development services are powered by DoctoralNet and MastersNet — providing services across 10 topics tags as shown above.

Visit https://uni.pd.education today to get started.
What is the UNI Grad Student News?
UNI Grad Student News is a quarterly newsletter featuring news and updates concerning graduate education at the University of Northern Iowa. Each issue features profile stories on graduate students, faculty, staff, and notable alumni. UNI Grad Student News is unique in that it publishes news submitted directly from graduate students and faculty.

How and What Can I Submit as News?
Complete the Submission Form at https://grad.uni.edu/online-submission-form. Submissions can include information about recent conferences you have attended, academic accomplishments, or upcoming departmental events.

We Welcome Your News!
Submission Deadlines for Spring 2020 Issues:
January 24, 2020 for February Issue
April 11, 2020 for May Issue

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Who Receives the Newsletter?
All graduate students, faculty, and staff receive the newsletter via email. You can always view previous and current issues of UNI Grad Student News at https://www.grad.uni.edu/uni-grad-student-news.
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