



& The College of
Arts & Sciences

the Graduate Student Newsletter

November Newsletter

Congratulations on your presentations!



We want to congratulate our graduate students presenting at state, regional, and national professional conferences.

Congratulations to **Alicia Pascoe**, **Katrice Cain**, and **Bridget Lind-Stahl** who presented at the All Ohio Counseling Conference in Columbus, Ohio on November 3rd-5th. We congratulate Katrice Cain who also presented at the Midwestern Educational Research Association Annual

Meeting in Columbus, Ohio on October 13th-16th.

We will be highlighting both current graduate students and alumni's presentations and publications in a future spring newsletter edition.

If you have presented, or will be presenting in the spring, please contact Bridget Lind at blind11@jcu.edu with the conference information, topic, and dates, and we will highlight your hard work in the spring.

ISSUE 3, FALL 2010

Items of Interest:



JCU Student Wellness: Opportunities for Graduate Students

2



Spotlight On: Dr. Cecile Brennan, Education & Allied Studies

2

Highlights & Updates:



Graduate Student Spotlight, Program Highlights, Important Dates/Deadlines, Upcoming Events, & JCU Alert

3



Class Highlight on CO515, "A Note From," & JCU Highlights

7

Persons for Others, Leaders in Service

JCU Student Wellness: Opportunities for Graduate Students

As Benjamin Franklin stated, "an ounce of prevention is worth a pound of cure." Staying healthy through the fall & winter months requires graduate students to have a proactive approach. According to the CDC you need to take everyday preventive measures to stay healthy.

Take some time for yourself.

Take a breather. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night & stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing & restoring inner calmness. The JCU Health Center offers Massage Therapy;

e-mail Mandy or Cori at message@jcu.edu with your available times & dates.

Keep a healthy diet. Don't abandon healthy habits. Overindulgence only adds to your stress & guilt. Have a healthy snack before finals so that you don't go overboard on sweets, cheese or drinks. Karin Palmer, JCU nutritionist, will be available for 30 minute consults free of charge. Call 216-397-4349 for an appointment.

Take care of your physical health. We all know that exercise has positive effects on the brain. The JCU Recreation Center offers a list of amenities all free of

[Continued on page 4](#)



"According to the CDC you need to take everyday preventive measures to stay healthy."

Faculty Spotlight: Dr. Cecile Brennan, Education & Allied Studies



"Civility is alive and well with both the undergraduate and graduate student populations at JCU"

Dr. Cecile Brennan began working at John Carroll University in 2009 as an assistant professor and coordinator of the school counseling program. Currently, Dr. Brennan is the coordinator of the counselor education program which houses both clinical mental health counseling and school counseling. Dr. Brennan holds a psychoanalytic theoretical orientation and her research interests include ethics and counselor education. She has an interest in diagnosis and the effects of labeling of individuals.

Dr. Brennan finds working at John Carroll "very inspiring" as the "Jesuit tradition of service for others is very congruent with that of counseling, so it's a great fit for me." She went on further to say that

[Continued on page 5](#)



Graduate Student Spotlight:

Every month the Graduate Student Newsletter will be highlighting one graduate student who, through their actions both on and off campus, encompasses the John Carroll ideals of scholarship, service, and loyalty.

Our graduate student spotlight for this month is on Mike Piero in the English Department. Mike is enrolled in the Master of Arts in English program with a concentration in composition and rhetoric. Since Mike began his graduate work at JCU, he has been involved with *The John Carroll Review*, serving on both the short fiction and visual arts staffs. Mike was also recently chosen to be inducted into *Alpha Sigma Nu*, the National Jesuit Honor Society.

Mike is currently working at JCU as a graduate assistant in the English Department and is

teaching two sections of EN111, Composition and Rhetoric I. Mike also tutors at the JCU Writing Center and works on the English Department website. When Mike isn't working at John Carroll, he also writes short 'how-to' and informational articles on technology for BrightHub.com.

Originally from Medina, OH, Mike went to Medina High School and graduated in 2005. While attending high school, Mike received his Associate of Arts degree from Cuyahoga Community College in 2005. Mike received his Bachelors of Arts from The University of Akron in 2008, in Secondary Education: AYA Language Arts with a teaching license from the state of Ohio.

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Graduate Student Spotlight (Continued)

Mike plans to use the Masters of Arts in English degree to teach as a full-time faculty member at a local community college. Also, at some point, Mike would like to pursue a Ph.D. in English Literature and Critical Theory.



For about the past year, Mike has been spending a lot of time researching and working on three articles he plans to publish. Mike will also have a chapter in the upcoming *Dexter and Philosophy*, tentatively titled "Decoding Dexter's Code: Living Beyond Mere Survival."

When he's not writing for scholarly publishing, Mike is writing literary criticism, short fiction, poetry, etc. After graduation, Mike also plans to learn the C and Objective C computer programming languages in order to be able to develop iPad and iPhone apps for fun. Mike currently lives in Medina with his wife, Lisa.

We will be highlighting a graduate student in each newsletter edition. If you have any recommendations please contact blind11@jcu.edu.

Wellness: Grad Students Opps (Continued)

charge. Immediate family of students, faculty & staff are also admitted free. Be sure to call 216-397-1610 for the latest schedule.

Meet with a counselor. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable & hopeless, & unable to face routine chores. JCU's Counseling Center also offers students individual counseling free of charge; call (216) 397-4283 to schedule an appointment.

Take everyday preventive actions to stop illness.

Remember to wash your hands frequently with soap & water or use alcohol-based hand rub. If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone. The Flu Clinic is available at the JCU Health Center Monday thru Friday, 11am-5pm; flu vaccinations are available.

Get plenty of sleep. Many of us know what it is like to go without sleep & how it can affect our mood & stress level. Adequate sleep is crucial to proper brain functioning. Six to eight hours per night is the suggested amount of optimal sleep for most adults, & too much or too little can have adverse effects on your health & mental performance.

PROGRAM HIGHLIGHTS



Woodrow Wilson Teaching Fellowship Applications

Applications for the Woodrow Wilson Teaching Fellowships are now being accepted. For more information contact Dr. Mark Waner (mwaner@jcu.edu) or visit the website by following the link located on the JCU homepage.

Congratulations to CMSETT Director, Linda Gojak!

CMSETT Director, Linda Gojak has been elected the next president of The National Council of Teachers of Mathematics (NCTM), beginning April 2011. This is a great honor for Linda and JCU. Congratulations to Linda on this important role.

Spotlight On (Continued)

"civility is alive and well with both the undergraduate and graduate students." Dr. Brennan "really loves teaching because the graduate students are real in the sense of their working during the day and they want a life but they also want to go to school... so they're juggling similar things that I am, and as such there is empathy in all directions, which is good."

In her professional career, Dr. Brennan has spoken at more than fifty professional conferences and community events, and has been published in both professional publications and newsletters. Dr. Brennan is the past president of the Ohio Association for Specialists in Group Work, and currently holds professional memberships and division memberships with a number of counseling organizations. Dr. Brennan also is a member of the Westshore Regional Community Emergency Response Team (WSC) and is a trained American Red Cross Disaster Mental Health Worker (DMHW). Dr. Brennan has recently been trained to work with sex offenders. In the past, Dr. Brennan has been a counselor at the Westside Catholic Homeless Shelter and has been a past member of the Lakewood Citizen Advisory Committee.

Born and raised in Cleveland, Dr. Brennan received a Bachelors degree in Anthropology with a minor in Religion; a Masters in English; a Masters in Education in Community Agency Counseling; as well a PhD in Urban Education with an emphasis in Counseling all from Cleveland State University. Dr. Brennan is currently living in Lakewood, Ohio, with her husband Edward, a retired CSU Religious Studies Professor. They will be celebrating their 33rd anniversary this March with their son, 31, a political fundraiser in Cleveland, and daughter, 30, a PhD student at the University of Chicago in Asian Religion & Philosophy.

When she is not working at JCU, Dr. Brennan is seeing clients at her own small practice in Rocky River and Westlake, Ohio. She works with adults, children, and adolescents with a range of issues (primarily mood disorders). Her hobbies include reading anything and everything, traveling, gardening, and cooking (which includes baking things she shouldn't eat). Dr. Brennan has also been an avid television watcher since her youth, and enjoys shows such as The Mentalist, Rubicon, NCIS LA, Bones, and she stated she "could go on and on."

We will be highlighting graduate faculty in each newsletter edition, If you have any recommendations please contact blind11@jcu.edu.

Important Dates

Fall 2010

Nov 15	Last day for presentation of essay or thesis to the Graduate Studies Office (CAS) for master's degree to be conferred in Winter 2010
Nov 22	LAST DAY TO FILE FORMAL APPLICATION FOR DEGREES TO BE CONFERRED MAY 2011 Last day for submission of comprehensive examination results for master's degrees to be conferred in Winter 2010
Nov 23	Friday classes meet Thanksgiving break begins Deadline for course withdrawal
Nov 29	Classes resume
Dec 11	Last day of classes
Dec 13-17	Final examinations Christmas holidays begin after last examination

Spring 2011

Jan 14	Final in-person registration
Jan 17	Martin Luther King, Jr. Day. No classes.
Jan 18	Classes begin
Jan 18-24	Course changes and late registration

Important Deadlines

- **Winter 2010 graduation-** please submit the following materials to the Office of Graduate Studies:
 - **Thesis, essay, or project:** Nov. 15, 2010
 - **Comprehensive Exam:** Nov. 22, 2010.
- **Spring 2011 graduation** - the following information needs to be provided to the Office of Graduate Studies
 - **Application:** November 22, 2010
 - **Thesis, essay, or project:** April 11, 2011
 - **Comprehensive Exam:** April 18, 2011
 THESE DEADLINES ARE FIRM.
- **Fall 2010 course withdrawal:** the last day for course withdrawal is Tuesday, November 23rd. You will receive a 0% refund for the course.
- **Spring 2011 Registration** for graduate students began on Friday, October 22. Look for the course schedule and register today!

Upcoming Events

- Humanities Lecture Series:**
"Industrialization in Japan and the Pacific War: Inevitable Outcome?" with Roy Hanashiro. The lecture will be held on November 15th at 7:00 p.m. in the LSC Conference Room. Also on November 22nd *"The 'Rape of Nanking': History and Memory in Japan, China, and America"* with Takashi Yoshida. The series fee is \$85 for individuals or \$150 for two. To register or for more information call 216-397-4657.
- The Dr. Shirly Seaton Cultural Awareness Series presents a lecture by Law and Order's B.D. Wong on Wednesday, November 17th, 7:00 p.m. in the Dolan Auditorium: "All the World's a Stage: From Exclusion to Inclusion."
- The Community Counseling Comprehensive Exam** is scheduled on November 23rd. The fee is \$45.00 and the exam will take place from 6:00 - 10:00 p.m. Any questions regarding the exam, please call 216-397-3001.
- The Beeghly College of Education at Youngstown State University is sponsoring the 8th Annual Educational Research Exchange (ERE) to be held on Friday March 4, 2011. If interested in presenting a research paper or poster, students can visit http://web.ysu.edu/gen/coe/Educational_Research_Exchange_p172.html. Proposals are due by **December 10th, 2010**.



John Carroll University and its educational departments offer many events and opportunities for graduate students to enhance their higher education experience. Make sure to take part!

JCU Alert System: Information to Note



The e2Campus system can contact students via SMS or e-mail.

John Carroll University has recently augmented its Emergency Notification System with a text messaging service that will instantly and simultaneously distribute brief messages in situations posing imminent physical threats to the university community. By using Short Messaging System (SMS) technology, the system, e2Campus, can convey messages to registered mobile phones, even in times when traditional phone and e-mail networks are congested due to increased volume.

The new mass notification system complements the existing JCU Emergency Notification System, which includes e-mails, phone mail announcements, and indoor fire alarms. You can go to the following link on our website to register for the service:
<http://www.jcu.edu/e2campus/e2campusinfo.html>

Class Highlight: Media Strategy & Planning

The Communications Management master's degree program assists students in attaining the knowledge and analytical skills appropriate either for roles of leadership in the profession or for further graduate study. Students are required to take eighteen credit hours in communication coursework, nine credit hours in MBA coursework, plus two courses in one of three specializations (public relations, television, or theater). As part of the Public Relations specialization curriculum, graduate students are required to take CO 515, Media Strategy and Planning.

The Media Strategy and Planning course is described as a critical assessment of the scholarly research for a campaign to influence or change public opinion or behavior, including an analysis of research methods (visual, written or oral), technology (multimedia, Internet, etc.), and the measurement and evaluation of results.

Visiting Professor Sara E. Stashower has taken a unique approach to the structure of this class. Rather than having a traditionally-structured class, Professor Stashower uses an interactive structure where the students are working directly with a real-life client. Every semester her students are required to write a Strategic Communication Plan, including developing a brand position and media strategies to address their client's need. As part of this plan her students set goals and objectives, research target audiences, and recommend strategies and tactics resulting in an all-inclusive plan for their clients.

The ten students enrolled this semester are acting as consultants with Drs. Jackie Schmidt and Beth Martin (JCU Departments of Communication and Psychology) acting as clients. The students are writing a plan as it



Professor Stashower uses a hands-on approach to apply useful PR knowledge.

relates to the two new interdisciplinary minors: Entrepreneurship and Leadership.

In the past, students have worked on communications plan and media strategies for The Fatima Center with Dr. Peggy Finucane, Playhouse Square with Art Falco, (President & CEO as client), and FutureHeights (and the Heights Observer) with Deanna Bremer Fisher (Executive Director) and Bob Rosenbaum (Trustee).

This class will be offered again in the fall of 2011. If you're interested in learning more about this class, please contact Sara Stashower at 216-397-4240 or stashower@jcu.edu. If you're interested in learning more about the communications management masters program, please contact program coordinator Dr. Alan R. Stephenson at 216-397-4679 or alstevsonj@aol.com, or graduate admissions counselor Vivienne Porter in the Office of Graduate Studies at 216-397-4284 or vporter@jcu.edu.

A Note from the GSA President: Bridget Lind-Stahl

Greetings from the GSA!

We're very happy to report that our Graduate Student Networking events have been growing in participation rates. Our final two networking events will be on **November 23rd** and **December 7th** at Claddagh Irish Pub in Legacy Village after Tuesday night class.

Also, looking forward to next semester, the GSA is planning monthly networking events along with a Spring Fundraiser, a Graduate Student Retreat, a Graduate Student Service

Project, and a Professional Development event. We are looking for committee members to assist in the development and execution of these events. If you are interested, please contact the GSA at carroll.gsa@gmail.com.

Finally, don't forget to check out our website (jcu.edu/graduate/current/gsa) and become a fan of our Facebook page to learn more information about these upcoming events! Thank you, once again, for your support of the GSA!

~Bridget



The GSA is a great organization to get involved with, as we are here for you, the JCU graduate students.

Please contact the Office of Graduate Studies with any comments, concerns, or questions that you may have.

Graduate Student Networking

The Graduate Student Association (GSA) is holding networking events every month throughout the 2010-2011 academic year. The final two events for the fall will be on November 23rd and December 7th. They will be meeting at Claddagh Irish Pub in Legacy Village just after Tuesday night classes. Food is 20% off with your student I.D. & Tuesday's are Pint Night which means \$2.50/Domestic and \$3.50/Import! Please look for members of the GSA wearing a t-shirt with our logo on it.

Christian Life Communities

Campus Ministry wants to remind graduate students of Christian Life Communities (CLCs) that are specifically for graduate students this semester. The Graduate CLC meets on Sundays at 9:00pm in the Multicultural Lounge. For more information contact Angela Weimer (391-4397 or aweimer13@jcu.edu) or to register for the group go to the following website and select 'Grad Student' when completing the form: <https://johncarrolluniversity.wufoo.com/forms/clc-sign-ups/>

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