The Continuously Expanding Program

The Ph.D. Pathways has expanded to 69 protégés this semester, compared to 39 protégés from the 2015-2016 Academic Year. With new protégés came the need for new mentors. We want to thank all of our new mentors in the Ph.D. Pathways Program for volunteering to mentor our underrepresented students. So, thank you for your time and dedication. We hope that your mentoring relationships continue to thrive as they have been.

Save the Date!

**Adulting 101**
November 2
5:00pm
Whitinger Building, 151
Career Services will facilitate our workshop focused on professionalism.

**Volunteering with Animals**
November 19
11:00am
Muncie Animal Shelter
Destress before finals with cats and dogs at the Muncie Animal Shelter.

**Therapy Dogs**
November 30
1:00pm-3:00pm
Teacher's College, 1008
Have the dogs come to you! Therapy dogs will be available on campus for students.

**What’s Inside:**

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October Workshop Recaps

Sponsored Projects Administration: Finding Funding for Research

At the Research Funding Workshop, held on Tuesday October 18th, Jacqueline Davis and Jessie Roark from the Sponsored Projects Administration gave a presentation aimed at helping students understand how to go about finding funding opportunities for their research. Emphasis was placed on the process of finding grants you are eligible for, applying for those grants, and the options available once you have received the decision about whether you have received a grant. Students learned how to use the SPA databases to search for grants specific to their needs, how grant application writing can be used as a marketable skill, and that rejection is not the end of the line. Jacqueline Davis and Jessie Roark explained that applying for grants is a win-win situation. In the worst case scenario a student can build valuable grant application writing skills and use the feedback given to me upon rejection to improve upon their research/project and/or to apply for a different grant. In the best case scenario, your research is funded. Students were encouraged to approach grant applications with the question: There is money out there that needs to be given away to someone, why not me?

“Finding Your Voice Through Unanswered Questions” with Dr. Lisa Rubenstein

On Wednesday, October 26th, the Ph.D. Pathways was fortunate enough to have Dr. Lisa Rubenstein from Educational Psychology Department present to us about the importance of research and why as future scholars we need to find our voice in the research field. One of the main points emphasized was the necessity in asking questions. Dr. Rubenstein stressed that asking questions is what will lead us to new undiscovered territory. These questions can even become life long research that can even build a career, where we can choose the impact that we want to have on the world, through our research.

Another point that she reiterated was the fact that many times it is our passions that help us discover our research path. She shared techniques that we could use to help find our answers. For example, reaching out to our professors for advice, investigating an expert in the field we are interested in and contacting them would be very beneficial, especially for graduate school opportunities.

She encouraged us to take risks, explore, pursue and ask others and ourselves questions. It is through these questions and answers that you will find your voice and how you want to use it to affect the world. Keep that passion, creativity and curiosity alive.
Student Research Competition

The Aspire Student Research Program offers to support students in the process of study or discovery within their discipline or in society. We encourage our protégés and mentors to take advantage of this great opportunity to apply for the Student ASPIRE Grant. Applicants must be enrolled for the entire funding period at Ball State University, Burris Laboratory School or the Indiana Academy as one of the following: Graduate Student, Undergraduate Student, Burris High School Student (grades 11 & 12), and Indiana Academy High School Students (grades 11 & 12). The research project submitted to the research competition should involve a process of study or discover new insights, theories, or apply knowledge to problem-solving within the discipline or society. Results of the research should also be worthy of submission for publication in refereed journals and serve as the foundation for an external funding application.

Different types of funding are available for the research competition. There are two competition pools for this program, the Graduate and the Undergraduate. Proposals are offered at $500 for Graduate students or $300 for Undergraduate, Burris, and Indiana Academy students. Funds can be utilized for supplies, equipment, and travel costs that are associated with the research.

The submission deadline is noted for each grant on the Sponsored Projects Administration website; all materials are due by 11:59 PM of that day. Completed proposals MUST be submitted via email to aspire@bsu.edu and applications missing information or not adhering to the guidelines will be returned without review.

General information related to mentor/student involvement, requirements for proposals, Review Criteria, Review Process, and Award Decisions can be found on the following website:

Therapy Dogs Coming to BSU

Why did Ph.D. Pathways set up an event with therapy dogs? A connection between a human and a dog is related to many health benefits, both physical and mental. These relationships have been studied and evidence showing lower rates of stress, depression and anxiety has been found.

The first study of this kind was published about 30 years ago. Psychologist Alan Beck and psychiatrist Aaron Katcher found that when spending time with a friendly dog, blood pressure is lowered, heart rate is slowed, breathing becomes more regular, and muscle tension relaxed – all signs of reduced stress. More recently a study published in the Journal of Psychosomatic Medicine, further showed support for those claims as well as showing the chemistry of blood changing with reduced amounts of stress related hormones.

So stop by TC 1008 on November 30, between 1:00pm and 3:00pm for some stress relief with therapy dogs!
Where Are They Now?
Catching Up With Past Ph.D. Pathways Protégés

For this issue of *On The Pathway*, we talked to alumnus, Chris Moore.

“I recently earned my Master of Arts in Student Affairs Administration in Higher Education this past spring. I also earned my BA in Telecommunication, Film and Media Studies in 2014 from BSU. I currently work as Washington and Lee University as the Residence and Greek Life Coordinator in Student Affairs. It is a small private institution in Lexington, Virginia. Essentially in my role I advise all of the Fraternities on campus as well as supervising Residence Life Staff. I also work closely with our Office of Institutional Diversity primarily with creating and assessing our Inclusion Training that will be mandatory for freshman beginning in Fall 2017. The beautiful thing about my position as well as the campus is that innovation is encouraged. I am able to work with an innovative student population everyday in my role, and I never take that for granted. I am most thankful to PhD Pathways, because I would not have had the opportunity to attend graduate school without the necessary preparation and knowledge. I joined PhD Pathways my Junior year and my mentors Dr. Robin Phelps-Ward and Professor Dominic Caristi took time to explore my academic interests. They also were patient with me and also assisted me in researching multiple graduate programs in my fields of interest (media, social studies, higher education). There are many steps to prepare for graduate school that I was unaware of and the weekly conversations aided in keeping me informed as well as focused on being admitted to the program(s) that I desired. After being admitted into the Student Affairs Administration in Higher Education Master of Arts program within the Teachers College, I stayed involved with the PhD Pathways program as much as I could, attending workshops and events when I was not in class, working in my assistantship, or in my practicum. I also gained another mentor through the program in Dr. Gilbert Park. I appreciated this relationship because he was able to challenge my current mindset academically. He also shared strategy and wisdom on continuing my education after my MA. Overall, the Ph.D. Pathways program has provided guidance, information, and most importantly access for me to achieve my ultimate career goal, helping others.”
A new monthly column has begun for which we showcase one protégé per month that is excelling beyond our expectations either in the academic or extracurricular fields. Our first prominent protégé is Jalynn Madison, a sophomore, who has not only published a book, but is also a dancer.

Jalynn Madison grew up in West Carrollton, OH, and moved to Portage, IN for high school. Therefore, she considers both towns as her home. After graduating from Portage High School, she came to Ball State University.

Jalynn started writing her book, *Amethyst Rising*, in fall of 2013. After a few drafts and cycles of proofreading, the book was self-published through Amazon on Christmas Eve last year. *Amethyst Rising* is a young adult paranormal romance that focuses on the relationship between a werewolf and a witch. There are many elements that make their relationship difficult, such as the hatred between their species. Jalynn is currently working on a sequel.

Not only is Jalynn an author, but she is also an avid dancer, currently performing with a group on the Ball State University campus called Operation Black Out. Operation Black Out (OBO) was started last year, and approved in the spring. OBO performs a lot of different styles, which makes them different groups like Outlet or Code Red. While Code Red focuses on contemporary and some hip hop and Outlet strictly only performs hip-hop, OBO performs contemporary, modern, jazz, ballet, and hip-hop.

The group began performances this year, with a performance at Air Jam and a Halloween Show. This year was the first time that Jalynn had attended Air Jam, not only as a dancer but also as a spectator. Performing is nothing new to Jalynn though, as she has been performing for over ten years. Though OBO did not win the Air Jam competition, they will continue to work towards that goal.

Jalynn hope that OBO will continue to grow in visibility on campus, stating, “We just want people to know that we’re here. We exist.”

Support your fellow Ph.D. Pathways member! You can purchase Jalynn’s book *Amethyst Rising* on Amazon for $1.99.
We Want To Hear From You!

Do you know a prominent protégé? Have you heard about any of our amazing alumni? Have you recently presented at a conference? Are you doing anything exceptional yourself either academically or extracurricularly?

*Let us know!*

Please e-mail Paulina Wojtach, pwojtach@bsu.edu, with any stories that you think we should feature in our newsletter.

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