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THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

Indiana University Bloomington

The GMC Newsletter

February 2020

Self reflection, self love

Dear Graduate Mentoring Center Community,

love is a place
by e. e. cummings

love is a place
& through this place of
love move
(with brightness of peace)
all places

yes is a world
& in this world of
yes live
(skilfully curled)
all worlds

The poet in me offers you this. February. Three words come to mind:
Listlessness. Light. Love. How is it that the shortest month of the year is the most
unpredictable, makes you want to stay home and eat pasta and ice cream,
reminds you that spring is coming, and makes you believe that Love is still
possible?

Just for a moment, stop and ask yourself:

- What is the “place of love” for you?
- Who and what do you say yes to first? Last?
- How do your communities help you find this place?
- In your lab, at your desk, in your classroom, who or what makes you want to say yes?
- Where in your research is the love and the yes?
- What new ideas make you shout yes?
- When was the last time you explored your research just because it could be “this place of /love” where all places move?

It may seem odd that I would write about love, joy, and yes within an institutional context. However, most of us are here because we love what we research and study. We love the idea of ideas. We love that those ideas can be made into things that can change lives.

As February moves forward, struggling to decide if it will rain, snow, sleet – or do everything at once – and seeking seconds more of light, stop, breathe, bring your attention to the reason you keep returning to what is before you to complete.

When you say yes, what “worlds are skilfully [sic] curled” in that yes? Do you dare enter them?

LET’S TALK ABOUT MENTORING. Would you like to learn more about how The Graduate Mentoring Center approaches mentoring? The alumni webinars and workshops with Dr. Buffy Smith are part of a new mentoring training initiative that The GMC will launch soon. To learn more about our mentoring practices, we invite you to view Dr. Abegunde’s webinar, “[Mentoring as a Contemplative Practice in the Academy](#)” and to attend our March and April events.

We appreciate hearing from you.

Maria Hamilton Abegunde, PhD
Director

Upcoming Events

FEBRUARY 2020

- February 21 - [Diversity Mixer](#) - 4-6 pm, Dimension Mill. A GMC and COAS tradition. A little food, games, music, and lots of laughter. [RSVP here](#)
- February 24 - [Tales from the Field 2](#), 1-3 pm, Wells Library, Room 174, [RSVP here](#), [Zoom link](#)
 - Colton Ames | Doctoral student | Curriculum and Instruction
 - Gloria Colom | Doctoral candidate | Folklore
 - Tiffany Quash | Doctoral candidate | Recreation, Park and Tourism Studies
 - Douglas Peach | Doctoral Candidate | Folklore/Ethnomusicology and AAADS
 - Sydney-Paige Patterson | Doctoral student | History

MARCH 2020 - ALUMNI WEBINARS, 2 PM

- How can great mentoring change your life and research? How can great mentoring challenge you to become a better mentor? Join three GMC alumni to hear their answers and to learn about their current career paths and research. Registration information will be available in early March.
 - March 23 - [M. Nicole Horsley](#), Ph.D. - Ithaca College
 - March 24 - [Katrina Overby](#), Ph.D. - Rochester Institute of Technology
 - March 26 - [Maurisa Li-A-Ping](#) - M.S. Ed, Brown University

APRIL 2020 - SAVE THE DATES!!

- Dr. Buffy Smith – Mentoring with and for Underrepresented and Marginalized Students
 - April 2 - Faculty Workshop and Graduate Student Workshop (separate)
 - April 3 - A deep dialogue on mentoring (faculty and graduate student lunch)

April 13-17, 2020

Doing Work That Matters: An Activist in the Academy

Trailblazers and Innovators Annual Speaker Series

Welcome back to one of the first GMC cohort mentors!

[Mintzi Martinez-Rivera](#), Ph.D. - Providence College

Other Events that May Interest You

- March 4th - [Dr. Diana Azurdia](#) - IUPUI Trailblazers & Innovators Scholar: [RSVP here](#)
- [Apply for It's On Us Facilitator](#): Calling all Undergraduate and Graduate IU students to Take A Stand Against Sexual Assault

Self Reflection by Jennifer Park

Self-reflection is an essential part of learning and development. Self-reflection helps us learn from our mistakes and accomplishments. It helps us to become better mentors, mentees, researchers, friends, and family members – a better community. Self-reflection can be done in various forms: meditating, writing, or having discussions with others. As we approach mid-February, I would like to invite you to take a step back and reflect on the first half of the semester.

I would also like to reflect on what I have learned and noticed while working at The Graduate Mentoring Center as a graduate assistant. The more I talk to graduate students, regardless of their background and discipline, I realize that students experience similar difficulties. Whenever I talk to friends and graduate students who participate in The GMC programs – surprisingly, they all have struggles and experience frustration, whether it be with professional relationships, family issues, financial situations, or emotional stress. The struggles that graduate students go through are so similar that I have started to think, “if students go through the same difficulties, why can’t we resolve this?”

I want to stress that, “you are not alone.” Perhaps you’ve thought about dropping out of your program, changing advisor, and experience frustrations with academic writing – even as an advanced doctoral student. This struggle seems to be part of the graduate school journey. If we can’t avoid it, how can we face it wisely? Self-reflect, assess and re-assess where you are, acknowledge and identify your needs, and seek help when needed.

Whether or not we are new to graduate school, we can often be fragile. When we think of success in graduate school, we tend to put more emphasis on scholarship. However, we may want to think about the importance of physical and mental health: they are pivotal to our success in graduate school and our careers.

The Graduate Mentoring Center is always open for you. We are happy to assist you and provide you with the resources that may help you on your journey to completion. Feel free to contact us at iugmc@iu.edu

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