Announcements:

Graduate Student Association (GSA) – The Graduate College GSA will meet October 3rd at 12-noon in BMSB 324. Students from all MS- and PhD-seeking programs are welcome and encouraged to attend! Lunch will be served. Visit our website https://graduate.ouhsc.edu/Current-Students/Graduate-Student-Association for more information!

Postdoc Association (PDA) – The OUHSC PDA first meeting will be October 7, 2019 from 12:00 – 1:00PM in the Bird Library Atrium. PDA will be voting on new 2019-2020 officers. All Postdocs are welcome and encouraged to attend.

Professional & Career Development Seminar – Charlene Wilson and Nathan Bednar from Berkshire Hathaway Home Services Anderson Properties – will discuss financial planning tips for future home ownership, Friday, October 18, 2019 from 12-1:00PM in the Bird Library Atrium. Lunch will be served.

National Institutes of Health (NIH): Have you thought about applying for an NIH Loan Repayment Program award? Awardees can receive up to $100,000 of qualified educational debt repayment with a two-year contract. Opened to US citizens/permanent residents only. The LRP application cycle closes on November 15th. Go to www.lrp.nih.gov to learn more about eligibility requirements, application dates, and many more benefits of the program.
Announcements Continued:

Nature Masterclasses – Nature Masterclasses provides training in scientific writing and publishing. The training is delivered by Nature Research journal editors and aims to help institutions support their researchers with writing research papers. Visit the Nature Masterclasses for more info. Nature Masterclasses has a new website and users need to register again on the new site, new users are welcome. Please visit https://masterclasses.nature.com/register to register.

Journal of Visualized Experiments (JoVE) upgrade – The Bird Library recently upgraded to JoVE Unlimited which includes all current content and new content that will be added in the future. This valuable resource will be very useful for Graduate Students and Faculty. JoVE can be found from the Library's home page by going to Databases A-Z in the left pane and then clicking on the letter J. Check out JoVE at https://webproxy2.ouhsc.edu/login?url=http://www.jove.com/

The University of Texas MD Anderson Cancer Center - is currently accepting applications for the CPRIT TRIUMPH Postdoctoral Fellowship in Translational Cancer Research. This three-year fellowship provides basic, translational, and clinical training and aims to further develop talented PhD or MD/PhDs into successful clinical/translational research scientists. Applications are reviewed quarterly with the next cycle due dates of September 30, 2019 and December 31, 2019. Additional information regarding eligibility, application process, and current trainees and program alumni profiles are found at www.mdanderson.org/CPRITTRIUMPH. Please contact Dr. Kari Brewer Savannah, Program Manager, with any questions at ksavannah@mdanderson.org.

Call for PDA Officer Nominations - Join the OUHSC Postdoc Association (PDA) and be involved as an officer where you will have the opportunity to interact with all postdocs on campus, decide what events to host, and decide what next year’s Postdoc Appreciation Week events will look like. You may self-nominate or nominate others with their permission. Send nominations to Carla Shackelford (carla-shackelford@ouhsc.edu) before Wednesday, October 2nd. Please include the desired officer position (President, Vice President, Secretary/Treasurer, and Social Chair), postdoc name and email address. Elections will occur at the first PDA meeting of the New Year, 10/7/419 at noon in the Bird Library Atrium.

Graduate College Spotlight:

Lance Ford
Hometown: Elkhart, KS
Undergraduate Degree/Institution: BS Mathematics – University of Central Oklahoma, Edmond, OK.
Favorite Quote: “Sometimes you gotta work a little so you can ball a lot” – Tom Haverford, Parks and Recreation
Favorite Food: Tofu Banh Mi
Favorite Book: The Alchemist by Paulo Coelho

What motivated you to apply to grad school, and why OUHSC? My research experiences as an undergraduate student inspired me to keep learning and pursuing research. I wanted to work in a health-related field and apply the skills I learned from my mathematics/statistics/programming background – that’s how I came to biostatistics. OUHSC has the only biostatistics program in Oklahoma and it’s a really good one! I toured other universities and considered other graduate programs, but ultimately, OUHSC provided the most opportunities for me to be successful in my field.

What are your career goals after Graduate School? After graduate school I want to be a research professor. I want to work on my research while also giving back by teaching and mentoring students. (I also want a career that provides a big yard for my future dogs… that’s the ultimate goal!)

What would you tell someone who is interested in pursuing graduate education? Know why you’re here. Know what drive’s you. Know what you’re passionate about. Graduate school can be challenging… it’s a place of growth which can be really uncomfortable sometimes. If you don’t have a clear idea of what your values are and what drive’s you, then graduate school is going to be extra difficult.

What have you enjoyed most about your time as a Graduate College student at OUHSC? I love getting to interact with students from all the different programs from around campus. My fellow MS/PhD colleagues have become my closest friends. I’ve also been fortunate to have the best advisors! The Graduate College makes every effort to make sure I succeed as a student.

How will you use your experience in Leadership at HSC to promote graduate education? At this stage of my graduate career, I think it’s important to promote a healthy environment in which graduate students can thrive. This means promoting good mental health practices, finding a work-life balance that works for you, and talking to other students for solidarity.
Announcements Continued:

Interdisciplinary/Interprofessional opportunity for the HSC community – Mindfulness & Interdisciplinary/Interprofessional Wellness: Strategies for Navigating stress and relationships in and out of the workplace.

This brownbag seminar series will explore the principles and practices of mindfulness as they relate to social and emotional intelligence, mind-body awareness, and interpersonal and interdisciplinary/interprofessional relationships.

Participants will examine how mindfulness can reduce personal and interpersonal stress, and learn skills and strategies for navigating health workforce settings more effectively.


Resources
Graduate College forms/policies & more http://graduate.ouhsc.edu

Student Health and Wellness Clinic- https://students.ouhsc.edu/SHWC
Contact Casey Carter, Senior Clinic Manager, with questions: Office 405-271-9675 x30605; Cell: 405-625-9042; Email: Casey-Carter@ouhsc.edu

Student Counseling Services
David L. Boren Student Union, Suite 300
Phone: (405) 271-7336
Toll-Free: (877) 577-5655
Email: Counselors@ouhsc.edu

OUHSC Writing Center
https://students.ouhsc.edu/Student-Services/WritingCenter

OUHSC Student Guide
https://students.ouhsc.edu/StudentGuide

Interdisciplinary Programs – Graduate Student Opportunities

Interdisciplinary/Interprofessional Wellness
Strategies for Navigating stress and relationships in and out of the workplace.
Fall 2019-Spring 2020 Brown Bag Seminar Series

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<tr>
<th>Seminar Title</th>
<th>Date</th>
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<tbody>
<tr>
<td>1. Self-Awareness / Know Yourself</td>
<td>8/23/19</td>
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<tr>
<td>2. Self-Regulation / Understanding Yourself</td>
<td>9/13/19</td>
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<tr>
<td>3. Interpersonal Awareness / Knowing How We Affect Others</td>
<td>10/4/19</td>
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<td>4. Mindfulness in Interpersonal Relationships</td>
<td>11/8/19</td>
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<td>5. Role Awareness: Know your Discipline/Profession</td>
<td>1/24/20</td>
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<td>6. Roles / Responsibilities Limitations</td>
<td>2/14/20</td>
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<tr>
<td>7. Recognize Other Disciplines/Professions</td>
<td>3/14/20</td>
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Description
This seminar series will explore the principles and practices of mindfulness as they relate to social and emotional intelligence, mind-body awareness, and interpersonal and interprofessional relationships. Participants will examine how mindfulness can reduce personal and interpersonal stress, and learn skills and strategies for navigating health workforce settings more effectively. Concepts will be applied to interprofessional teams.

Enrollment
https://studenthandbook.ouhsc.edu/OUHSC-Campus-Community

Meeting
12:00-1:00 pm
Principles & Practices
Embodied Practice
OUHSC Library
Virtual Access Available

Questions
Oviluino.oup.com
(405) 271-9600 ext. 3005

OUHSC Career Development
https://graduate.ouhsc.edu/Current-Students/Career-Development

OUHSC Forms and Guidelines
https://graduate.ouhsc.edu/Current-Students/Forms-and-Guidelines

OUHSC Academic Calendars
https://admissions.ouhsc.edu/Academic-Calendar

OUHSC Student Handbook
https://studenthandbook.ouhsc.edu/

OUHSC Graduate College Brochure
Announcements Continued:

The Graduate College congratulates the following Doctor of Philosophy, Master’s Thesis and Non-Thesis Students:

James Quinn
Microbiology and Immunology | Characterizing and Assessing the Role of Follicular T Helper Cells and BCL6 in Th17-EAE Disease Progression
Committee in Charge: Robert C. Axtell, PhD; Daniel J. Carr, PhD; Mark L. Lang, PhD; Lauren A. Zenewicz, PhD; Christopher J. Lessard, PhD

Upcoming Events

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Student and Postdoc Contributors – The Graduate College welcomes graduate student and postdoc contributions of ideas and stories for the monthly newsletter. Please contact us at gradcollege@ouhsc.edu to see how you can help out!