

## Are you Interested in Presenting at the 5th Annual Graduate Research Achievement Day?

The Fifth Annual Graduate Research Achievement Day (GRAD) will be held **Thursday, April 16, 2015** from 9:00 am - 2:00 pm and will take place in Webb Center. GRAD serves as a wonderful chance for graduate students to share their research via oral and poster presentations.

Oral presentations lasting between 6-8 minutes will be scheduled between 9:00 a.m. - 12:00 p.m. Poster presentations will follow from 12:00 p.m. - 2:00 p.m.

Interested graduate students should submit their abstracts as a Microsoft Word file by **Friday, February 27, 2015** via email to Ms. Raleta C. Summers at [rsummers@odu.edu](mailto:rsummers@odu.edu). The subject line should read GRAD **ORAL** or **POSTER** Proposal. Abstracts should contain the following information:

1. Name
2. UIN
3. E-mail address and telephone number
4. College
5. Degree Program
6. Presentation Title
7. Presentation Abstract:
  - This abstract should be formatted and written as it will appear in the GRAD booklet if accepted.
  - 12 point font size.
  - Single spaced.
  - 500 words or less.



Office of Graduate Studies

## Graduate Student Spotlight

### Joseph Mota



Mr. Joseph Mota graduated in December 2014 with his master's degree in Engineering Management from the Frank Batten College of Engineering and Technology. There, Mr. Mota works full-time providing advising, academic, and office support for the Engineering Management & Systems Engineering department. Mr. Mota was born in New Jersey and is a United States Naval Veteran who served for eight years.

In addition to balancing a full-time job and academic load, Mr. Mota serves as a diligent advocate for non-traditional, military affiliated students via ODU's Military Connection Center. Mr. Mota is an avid member of the Student Veterans' Association, ODU's Military Advisory Council, and advisor to Kappa Delta Sorority.

Mr. Mota's extensive service to our country, commitment to volunteerism, civic engagement, and academic success earned him both the N.J. Distinguished Service Medal and the NJ Heart of a Hero Scholarship. Due to these honors, Mr. Mota was recognized by New Jersey's Governor Chris Christie and his wife, First Lady Mary Pat Christie.

Mr. Mota is a life-long-learner who immediately opted to begin pursuing another graduate degree, this time in the Humanities. Mr. Mota believes "engaged students become engaged alumni." He advises students to "stop thinking of school as a job." Instead he advocates for students to embrace flexibility in their academic journey by networking with peers and finding at least one ODU organization in which to actively participate. Mr. Mota prides himself in being approachable and always available to help all students across ODU!

## HEALTH INSURANCE

The enrollment period for the spring 2015 semester ends **February 16, 2015**. The spring plan provides coverage from January 1, 2015 through July 31, 2015. For more information,

[CLICK HERE.](#)

## Commencement Reminder

The deadline to register to participate in the May 2015 commencement ceremony is March 12, 2015. Please be sure to register before the deadline to ensure you receive the maximum allotment of guest tickets.

For complete Commencement information click on the link below.

[www.odu.edu/commencement](http://www.odu.edu/commencement)



## 2015 - 2016 Graduate STEM Research Fellowship Opportunity

NASA is seeking talented individuals majoring in STEM. The Virginia Space Grant Consortium provides Graduate Research Fellowships in the amount of \$6,000 to supplement and enhance basic graduate support. The Fellowships require students to participate in an active faculty-mentored research experience that aligns with NASA's mission. Awardees are required to use \$1,000 of the Fellowship to support travel to related conferences and for research-related supplies and materials. Awards are renewable for one year for students making satisfactory academic and research progress.

**Eligibility:** Must be a U.S. citizen, must be enrolled as a full-time graduate student at one of the Virginia Space Grant Consortium member institutions, must have a graduation date no sooner than May 2016, and must be in a program of study demonstrating an interest in STEM and supporting NASA's mission.

### To Apply:

The online application for the 2015 - 2016 Fellowship is located at:

<http://www.vsgc.odu.edu/sf/>

Applications must be received by **February 9, 2015**.

## Time Management

By: Kyle Danzey and Erica Guardino

Welcome to graduate school, a world filled with deadlines, presentations, study groups, research and stress. Many graduate students have felt the heavy load of trying to manage the many aspects of a graduate program. The key to successfully navigating the "graduate school jungle" is to understand time management and how it applies to your life. To help, we have gathered some tips to enhance your time management skills.

### Know Yourself, Know Your Schedule

As with most strategies the first step requires you to analyze what you are currently doing. Take a look at yourself and figure out how you best operate and deal with multiple tasks. For example, if you know you are a procrastinator, plan out your assignments ahead of time. As well, ask yourself the following questions:

"How much time am I allocating to class and my social life?"

"Do I have hours in-between class that could be used more efficiently?"

### Use Your Tools

The days of using a traditional planner to keep track of your life are over. While a planner is a great tool to use, there are some more tech savvy versions that can be used. For starters, your ODU Google Calendar can be beneficial in managing your schedule. Such features include mobile phone sync, reminder alerts, tasks, and event color-coding. Whether the planner or technology works for you, the key is to make sure you practice using it to keep track of your events

### Just Say No

You don't have to put your life on hold for graduate school. However, the intense nature of graduate coursework means that you'll have to budget your time judiciously. If accepting a friend's invitation or agreeing to help a coworker will interfere with your studies, don't feel bad when tactfully when. Not everyone can fully appreciate your situation, so it is up to you to tell people when you simply can't spare the time.

*Kyle Danzey* serves as the Public Relations Chair for the Graduate Student Organization. He is pursuing a master's in Educational Leadership and is an Internship and Co-op Coordinator for the Career Management Center.

*Erica Guardino* is Secretary for the Graduate Student Organization. She is pursuing a master's in Secondary Social Studies Education and is a GA and Academic Coach with the Student Success Center.