

FALL 2019 GRAD STUDIES NEWSLETTER



**IMPORTANT DATES AND
DEADLINES - 02**
**FEATURED ADMINISTRATION-
03- 04**

STUDENT SPOTLIGHTS- 05-07
ALUMNI SPOTLIGHTS - 08-10
**MCCRONE PROMISING FACULTY
SCHOLARS AWARDS-11**

IMPORTANT DATES AND DEADLINES

Dec 19 Fall 2019 Thesis Submission Deadline (submit to Digital Commons one business day earlier)

Helpful Resources

-Academic & Career Advising Center
(707) 826-3341
<http://www2.humboldt.edu/acac/>
-College of eLearning & Extended Education
(707) 826-3731
<http://www2.humboldt.edu/extended/>
(707) 826-5165
-Institutional Animal Care & Use Committee
(707) 826-3256
<http://www2.humboldt.edu/iacuc/>
-Institutional Review Board
(707) 826-5165
<http://www2.humboldt.edu/irb/>
-Office of Graduate Studies
(707) 826-5194
<http://gradprograms.humboldt.edu/graduate-programs>
-Office of the Registrar
(707) 826-4101
<https://registrar.humboldt.edu/>

Other Resources

**Agricultural Research Institute
(ARI) Grants - Application**
Deadline: 12/11/2019
pmc.humboldt.edu/portal/agricultural-research-institute-ari-grants-agricultural-research-1819

**The CSU Student Research
Competition - Application**
Deadline: 1/31/2020





FEATURED ADMINISTRATION:

DR. MARY OLING-SISAY VICE PROVOST AND DEAN OF UNDERGRADUATE AND GRADUATE STUDIES

Can you tell me about your journey to where you are now?

"Well thank you very much. My journey is a little bit nuanced. So I started out being really interested in higher education because of my own experience. I am the oldest, and I grew up needing to make sure that my siblings were in the right place doing the right thing at the right time. Then I became really interested in 'what are the ingredients are for student success?' While I was merrily trying to figure out my way, my journey in a masters at Fordham University led me to conclude that there has to be a better way to academic advising. And as I was looking at academic advising based on my own experience, it became very clear to me that you cannot separate the in-classroom and outside-classroom experience; the entire student life cycle is important. It became important for me to be knowledgeable about the curriculum and student development. So I ended up in this bifurcated approach to a career, I'm a very plan-full person, so I went back to school to get my Doctorate and then when I was done with my doctorate I wanted to become a Vice President so I could impact policy, and in that regard I worked a lot on policy to improve the student experience. And then I went and did some professional development so that I could understand how to lead academic programs. So I've been back and forth between academic affairs and student affairs.

"I think this unique approach, it gives me a unique vantage point from which to look at students and to look at the student life cycle. And I believe that I have been successful in moving between the two aisles because I keep an open mind; I'm from the school of thought of 'you can always do better'. I'm always looking for the best way to do things and I think that has allowed me to take on interesting projects that have shaped my 'toolkit' if you will, in ways that I would have not otherwise been exposed to certain opportunities. Each door that opened provided me with a set of new competences that prepared me for the next level. Fast forward, I became the VP of student affairs, and then I became an Academic Dean, grew enrollment over 100 percent enrollment, started new academic programs both face to face and online, taught - I was an inaugural faculty member in a masters of liberal studies program, really enjoyed teaching, but I always got drawn back to academic administration because I feel like I have something to offer from a systems prospective. I am an organizational behavioral student so I like to solve things for now, but I also like to use a systems perspective to make sure we don't run into the same issues running forward."

What are your major goals for our educational system?

"So my major goals are to make sure that we are removing all bottlenecks for students and that we foster a success and graduation culture. Everything we do has to support students graduating on time. Also, really making sure that students have a great experience as they are graduating in time, both in and outside the classroom. And that at the end of their time with us at HSU, they have breadth and depth of both academic and personal development so that they can be successful in any environment that they find themselves in."



Why do you think grad programs are important?

I will confess I am a higher education news junkie. By 7 am I've read pretty much all of the high end news publications so I read the Chronicle of High Education, I read Inside High Education, I read University Business, and then a bunch of other online publications. to make sure that I am staying on top of changes in the higher education landscape. If you are looking at the trajectory, it used to be sufficient to have a bachelor's degree, but that is changing. Increasingly people are looking for the next level of education. I also think that in terms of institutional systems, graduate programs and undergraduate programs are like the yin and yang. Sometimes when students are looking for a college, they want to see what graduate programs are offered, and so there's an interrelationship between graduate programs and undergraduate programs where they support each other. For example here at HSU, there are a lot of programs that have a very direct relationship with their undergraduate programs and also provides students with opportunities to have some research opportunities with faculty and have some in-depth mentoring, not to say that that there's no mentoring in undergraduate, but there's that next level of what I call professional socialization. In the undergraduate you acquire breadth and depth, and then you go to graduate school to prepare yourself to enter the world as a professional and gain a lot of mentorship from faculty so that you are prepared in whatever discipline you are in.

I think that we have some really great graduate programs at HSU, and we have some amazing work being done by our graduate students. I'm really looking forward to the opportunity to showcase some of the work that our graduate students are doing. That's why we are undertaking all the work with the websites, fact sheets, and so forth. I think there are some very

impactful faculty-grad student partnerships that are doing original internships which is very important. Our undergraduate students also do a lot of projects, and the next stage of refinement is the graduate level.

Why did you choose Humboldt?

I chose Humboldt because I was really fascinated with the studies in Oceanography, Forestry, and Wildlife. And I thought here's an institution that is making use of the sense of place, the things that shape this area of the state, and they are making sure that students continue to refine and advance those avenues for the local population and really being the laboratory for those types of places. No other institution in the CSU is situated like HSU and I just saw some really interesting projects that students were doing. I saw some undergraduate and graduate projects and some really great awesome faculty. It just looked like a very interesting place. Also attention to equity and the diversity of all of the disciplines that are offered here was very attractive to me as well.

Dr. Mary Oling-Sisay interviewed by
Toni Maggi-Brown 11/14/2019





STUDENT SPOTLIGHT

COLLEGE OF
PROFESSIONAL
STUDIES



Jessie Kelly



Her Work, Study, and Research

I am in my third semester of the Psychology Academic Research program at HSU. My focus in research is Behavior Analysis, which is supervised by Dr. Chris Walmsley. I chose this program because of my work in the field of Applied Behavior Analysis (ABA). I became involved in ABA therapy in 2016, during my senior year at HSU. I worked part time as a behavior therapist and my love for the field grew out of those early experiences. My interest in perusing this research was fueled by Dr. Walmsley's undergraduate class on the topic. I currently work for a local ABA therapy provider and we serve individuals with Autism and other diagnoses.

What led her here?

My career goal is to work as a Board Certified Behavior Analyst (BCBA) with a small or non-profit agency within Humboldt County. BCBAs are case managers at therapy practices that work with clients to build important skills like communication and independent living while addressing challenging behaviors that may affect their quality of life. We may teach topics like vocational skills or navigating social

interactions, and other times we may concentrate on the fundamental skills like language or self-care. For example, my graduate research focuses on teaching individuals how to say "yes" when they want something and "no" when they don't want something. It seems like a simple skill, but some people cannot do this for one reason or another. Once someone can reliably say "yes" and "no" they are endowed with more control over their life than they've ever had. They become more independent and that is the goal of ABA.

Impact of Her Work

I call this area home after living here for almost six years and I love the resilient and lively culture. Above that, I have considered the impact that I could have by living and working behind the redwood curtain. Health services are limited, including mental health, while behavioral health options for families and individuals are even scarcer. I want to help make our community a more inclusive space for individuals with special needs by being present, well trained, and in love with the work I do.





STUDENT SPOTLIGHT

COLLEGE OF ARTS, HUMANITIES, AND SOCIAL SCIENCES

ANEIKA PEREZ

Her Work, Study, and Research

Using a social-psychological framework, my research explores the relationship between travel access and behavioral intention at Humboldt State University. In 2017, transportation represented 29% of total U.S greenhouse gas emissions (GHG). In 2014, the private automobile resulted in 5,000 metric tons of carbon dioxide at HSU. As HSU is located in a somewhat isolated geographic region, many people who travel to campus on a daily basis feel limited on their modes of transportation beyond the private automobile. I consider the challenges in providing access to campus, especially regarding the reliability, convenience, and accessibility of parking. This research provides insight for the HSU Sustainability Committee, Coalition for Responsible Transportation Priorities, City of Arcata, and to students/staff/faculty at the university. If Humboldt State is truly dedicated to reducing GHG emissions, then there needs to be stronger efforts in promoting more transportation choices and a priority of increasing the safety of roads for all community members. HSU Campus Involvement: 1. Spring 2019 – member in the HSU Solar Decathlon Team. The Team Humboldt design for the 2019 Solar Decathlon integrates net-zero energy building design into a multifamily housing complex designed for students attending Humboldt State University (HSU), which we call Alliance Village. The project responds directly to a housing shortage in this remote location of California, which leaves many students at HSU without a place to live. 2. Humboldt Energy Independence Fund – Student Research Assistant Work in writing proposals associated with energy efficiency or other sustainability projects at the HSU campus. This entails developing a scope of work for the project, estimating budget, evaluating outreach elements, and calculating energy or other natural resource impacts to the campus. Projects participated in: Large Scale Heat Pump Feasibility Study, E-Bike Feasibility Study. For my undergrad, I went to California State University, Long Beach and got my bachelor's in Geography and minored in Environmental Science & Policy and graduated in May 2018.



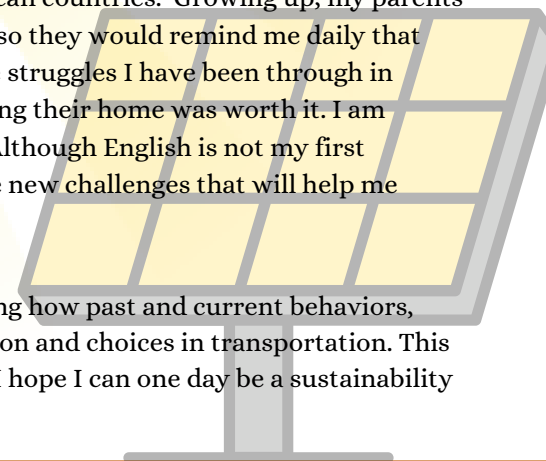
What Led Her Here?

I decided to apply to the Social Science – Environment and Community Program because I wanted to be in an interdisciplinary program that aims to understand the relationship between communities and the environment. I wanted to understand issues that many scientists do not think about, such as environmental justice, particularly in people of color communities.

I am a first-generation student, both of my parents are immigrants from Latin American countries. Growing up, my parents would tell me they didn't have the opportunity to go to school and get professional jobs so they would remind me daily that college is where I want to go when I grow up and do something good in my life. Of all the struggles I have been through in school and life, my motivation is to make my parents proud and to show them that leaving their home was worth it. I am currently applying to UCLA for their PhD. program in Environment and Sustainability. Although English is not my first language, I am a hardworking and dedicated student and am continually working to face new challenges that will help me attain my goals.

Impact of Her Work

My research will be beneficial for the HSU community and I hope to succeed in showing how past and current behaviors, accessibility, affordability, and sustainability play a role in individuals' behavioral intention and choices in transportation. This research contributes to my future goals by giving me experience in sustainability which I hope I can one day be a sustainability analyst.





STUDENT SPOTLIGHT

COLLEGE OF NATURAL RESOURCES & SCIENCES



THOMAS STARKEY-OWENS

His Work, Study, and Research



My research is in freshwater ecology and fishery management. After graduating from HSU with a BS in ecological restoration, I worked with researchers and biologists from Oregon State University and Green Diamond Resource Company to assess the impacts of riparian thinning on freshwater stream ecosystems in and around the redwood stands of northern California. I was able to work with a variety of organisms including anything from salmon and trout, salamanders and frogs, to aquatic insects, algae, and riparian vegetation. My time at HSU trained me to think critically and to evaluate the impact human actions have on ecosystems; skills I found to be valuable while working in stream ecology as a researcher.

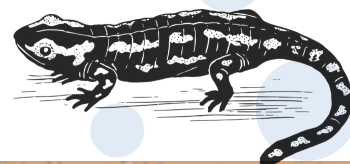
Now, as a graduate student at HSU I work with aquatic insects on the Trinity River and evaluate their importance to salmon as a food resource. I've been fortunate enough to work in partnership with the Yurok and Hoopa Valley Tribal Fishery Programs and learn from their biologists and field technicians of the history and importance of the Trinity River. Through my research, we hope to find ways fishery managers on the Trinity River can increase the availability of aquatic insects via experimental pulses of water released from Lewiston Dam. The hope is that juvenile salmon will find more to feed on and better prepare themselves for survival during the long journey they take to the Pacific Ocean.

What led him here?

I've known from a pretty young age that I wanted to work in the outdoors. My family has always been an adventurous one; I've grown up backpacking in some pretty amazing places including the Olympic National Park, Desolation Wilderness, and the Trinity Alps. I knew I wanted to work in Natural Resources coming into HSU, but the NR department helped me fine-tune my love for nature leading to my specialization in freshwater ecology. On top of that, I've always had a deep fascination with invertebrates. My mother worked as a grounds manager for my local school district so she came across a lot of insects as part of her job. She would collect the big ones and had a large insect collection at our house. I have fond memories of sneaking into her room just to rummage through her selection of pinned beetles and vials of fat spiders and caterpillars. My work with the Yurok and Hoopa Valley Fishery Programs has been a perfect combination of work with stream ecology and insects; two things I love!

Impact of His Work

Fisheries management on the Trinity River is a bit of a hot topic. Chinook and Coho salmon are incredibly important commercial, cultural and food resources for the Tribal nations living on the Trinity and Klamath basins including the Yurok, Hoopa Valley, Tolowa and Karuk people. Additionally, some Chinook and Coho salmon are listed species under the Endangered Species Act and therefore are protected under federal law. However, the Trinity River is a managed river, meaning there's a dam on it. Water is diverted from the Trinity River in order to irrigate crops in the central valley and give people drinking water, which is important as millions of people have come to rely on water from Northern California. This makes water allocation a delicate balance between protecting salmon, local interests and providing water to millions of people in the central valley. My research hopes to find ways to effectively allocate water to increase food availability (aquatic insects) for juvenile salmon, which may in turn, allow for improved habitat, higher success rates and increased salmon returns.



Their work, study, and research



**MA of English, emphasis
in Literary & Cultural Studies**

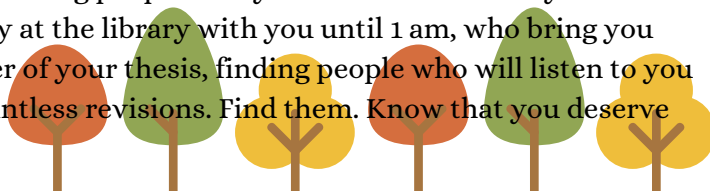
I am a Program Coordinator for a HSU's Developing Hispanic Serving Institutions grant awarded to the School of Education. I have been in the position since January of this year. The Promotoras Critical Scholars DHSI grant goals include (1) increase the academic success of HSU students; (2) increase the number of culturally responsive, diverse teaching credential candidates; and (3) build HSU's capacity to train, model, and produce educators who emphasize culturally sustainable pedagogies in and beyond the classroom. This job is fabulous because I get to work at the intersections of my passions. I am doing Equity work within higher education collaborating with both of my alumni departments, English and Critical Race, Gender, and Sexuality Studies. What's most exciting is I get to do work to better support and build up students who come from the same background as I did. Additionally, one of my pet projects in this program has been co-creating an embedded writing tutor model using an intersectional (HSI) perspective of writing studies.

How have you used the opportunities offered to you to advance?

My experience as a Graduate Teaching Associate and the work I did in my masters project prepared me for this position. The deeply theoretical and close textual analysis helped me prepare for the type of research this job demands and my qualitative work in my project helped develop the methods for the research of this grant. Further, my experience as a GTA and TA during grad school prepared me for the pedagogical development and best teaching practices research being done on this grant. Furthermore, my strong systems understanding and critical analysis skills developed in my CRGS BA prepared me to do equity work in Higher Education. The biggest piece of "my story" I'd want to share with students is the amount of failure it took to get here. I was on academic probation throughout my first 3 years in my undergrad, I had experiences that allowed for Title IX accommodations in my final semester of my undergrad. It took me 5 years to finish my BA and 5 semesters to finish my MA. I worked 40+ hours throughout both my undergrad and graduate programs. I did not follow the traditional path nor was I set up to. It was only because I had mentors in both of my programs and across campus that really believed in me, invested time and energy into me, and gave me second and third chances that I was able to even think this was possible. Asking for help (and getting it) was the best thing I ever did in college.

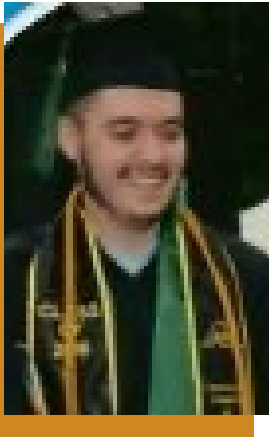
What piece of advice would you like to give to graduate students?

There are two pieces that I held onto during my orientation that still ring true. The first is knowing that grad school isn't going anywhere. Life happens and graduate school is a lonely and selfish endeavour that sometimes needs to be postponed. Trust yourself and know that you can always come back to the endeavour. It's not going anywhere. The second is to find your people. Finding people who you can vent to about your research, the intensity of stress, finding people who can stay at the library with you until 1 am, who bring you food or do your dishes when you're writing your last chapter of your thesis, finding people who will listen to you talk about the finest details of your project, who will do countless revisions. Find them. Know that you deserve them. And also, be one of those people.



Graduate Student Alumni Profiles

Jason Jones



His work, study, and research

I am currently running Leka CBD, a contemporary lifestyle CBD company delivering specific, purpose driven, CBD-infused products. We manufacture, sell, and distribute a variety of CBD and herbal infused products that are designed to provide the consumer with specific and targeted benefits. We are trying to contribute to our field by taking a different approach than other companies in the CBD space. While most of our competitors are focused strictly on CBD infused products, we're seeking to push the boundaries by infusing our products with other natural herbs that can create additional benefits in synergy with CBD. We're also looking to push the boundaries in terms of content creation and product design to create products that appeal to every consumer and take a professional approach to products within the CBD industry.

**Master of Business
Administration**

How have you used the opportunities offered to you to advance?

The opportunities offered to me by HSU and the school of business have been instrumental in my success. During my time as both an undergraduate and graduate student at HSU I had the opportunity to participate in two very hands on internships. One of those internships was focused on freight/shipping efficiency in Humboldt County and the other internship was focused on the financial health of local nonprofits. During both of these internships the school of business gave us a blank slate and trusted us to develop a strategy to efficiently tackle the project. The

cold calling, researching, and networking that I did during these internships helped me develop the skills that I needed to start and run my own small business. Running a small business can be extremely challenging but looking back I can honestly say that the trust we received from HSU's faculty during those internships really gave me the confidence and ability to do it.

What piece of advice would you like to give to graduate students?

Make it a point to network with your faculty, students in your program, community members, and students in the campus community at large. One of my mentors once told me, "your network is your net worth." And seeing how I've been able to leverage the connections from my time at HSU that statement really does ring true. As I've worked to get Leka off the ground I've been able to connect with former classmates for advice on content creation, bookkeeping, product manufacturing and a number of other key issues my business has faced. It has been amazing to connect with so many other former alumni and to see all of the amazing things that they're doing and how their experiences have helped shape my strategies.





Her work, study, and research

I graduated from Humboldt State in 2016 with a masters in exercise science and in 2013 with a BS in Biology. I have since gone on to obtain my doctorate in physical therapy from Regis University in Denver, CO in 2019. I now work at Integral Physical Therapy in Firestone, Colorado. I am also participating in an orthopedic residency program for physical therapists to obtain my clinical specialist license in orthopedics through Regis University. I am still affiliated with Regis University where I have conducted several research studies

MS in Kinesiology

alongside faculty and clinicians on running, injury, and clinical applications for running analysis. I would not have had the opportunity to participate in these research studies had it not been for my background on running related research that I obtained while at HSU. In addition to continuing with my running related research, I am now working on creating a resource network of health professionals and expanding resources to individuals in rural settings. This includes expanding collaboration with mental health professionals, physicians, and dietitians in my area among other healthcare professions. In my clinical practice, I work with a large diversity of patients. I continue to work with runners and enjoy working on running related impairments but now my clinical practice has grown to meet the demands of being a generalist in my field.

How have you used opportunities offered to you to advance?

(1) Biomechanics lab: my work in the biomechanics lab while at HSU helped me to be a competitive applicant for participation in research studies while at Regis University. I gained confidence in conducting research collection, analysis, and in collaboration with mentors and peers while at HSU. I still use these skills today when collaborating with professionals on clinical presentations or on research. **(2) Research presentations:** I had the opportunity to present my research at multiple conferences and research competitions while I was at HSU (including the American college of sports medicine, American society of biomechanics, and at the CSU research competition). These experiences refined my public speaking skills and increased my confidence. I take this confidence and apply it when speaking with patients, my community, my professional network, and with my legislators on public health issues. **(3) North coast concussion program to post concussion management:** My experience with the NCCP allowed me to be a competitive applicant when applying to clinical rotations in physical therapy school. From these experiences, I became a stronger candidate when applying for a rotation in outpatient neurological rehabilitation. This allowed me the opportunity to work at Harborview Hospital in Seattle, WA. Here I

learned valuable skills in working with complex patient populations including post-concussion management, whiplash associated disorders, and vestibular disorders among many others. Through this affiliation I also gained a larger and more diverse professional network that has allowed for collaboration across specialties in my field.

Additional experiences at HSU helped me succeed in physical therapy school and beyond include: **(1)** Working with native populations through the Oshier lifelong learning institute (OLLI) balance initiative and research studies alongside Dr. Justus Ortega. I now take these experiences and apply them when working in under-served areas and working with people experiencing homelessness in the Denver metro area through Regis University and Father Woody's haven of hope day shelter to provide physical therapy services and health screens. There are many subpopulations who lack resources in health care. As a physical therapist, I feel passionately about expanding resources to these underserved communities. **(2)** Working with HSU athletics as a former student athlete and as an assistant coach for the cross country and track and field programs during my time at HSU also provided me with numerous opportunities for success outside of sports. My affiliation with athletics at HSU provided me confidence in my ability to provide mentorship. I learned how to manage groups of people as well as now to navigate individual differences in response to training. I carry these skills into my clinical practice when I work with a variety of ages and athletic abilities in the clinical setting. I believe that all of my patients are athletes and that they need only to realize their potential.

What piece of advice would you like to give to graduate students?

All of my experiences at HSU helped guide me on my career path. Were it not for my diverse experiences and exposures at HSU, I would not have entered the medical field. As a Humboldt county native, I feel passionate about providing exceptional care in rural settings. At times, the resources at a smaller school or in a smaller community can feel limiting. While at HSU I learned that this construct is often imagined. The faculty and staff at HSU were always inspiring in their willingness to provide collaboration and share resources for my success and for the success of my peers alongside me. I would encourage students to take advantage of all the opportunities available while at HSU. You never know where they may take you, how it may open doors to other opportunities, and how you will become inspired to reach your own potential.



2019 MCCRONE PROMISING FACULTY SCHOLARS AWARDS



Kerry M. Bryne, Ph.D
Environmental Science & Management

"I'm so grateful for the support of the University, my colleagues within Environmental Science and Management and other Departments across campus, and my significant other, all of whom enable me to continue an active research program involving undergraduate and graduate students here at Humboldt State while also raising a young family. I am also grateful for the legacy that Dr. and Mrs. McCrone have created by supporting this award for newer faculty on campus. It was an honor to meet them and to be recognized along with the other two impressive Promising Faculty Scholars, John and Lucy!"



John W. Steele, Ph.D
Assistant Professor of Biology

"All three of the 2019 McCrone Promising Faculty Award recipients have exciting, innovative, and student-centered research programs that support the development of our young scientists on campus, while contributing ground-breaking and modern research discoveries in our fields. My research program seeks to understand the basic biology that underlies human neurodegenerative disease, using a combination of human cell culture models and genome editing tools. My students have proven, through regular presentations at national and international conferences and through receipt of multiple outstanding poster presentation awards, that we are able to conduct modern, ground-breaking research that shifts our understanding of human disease right here in Arcata. Kerry, Lucy, and I are dedicated teacher-scholars, but we are also dedicated to our families - we all have young children and rely on support from our college, colleagues, significant others, and childcare centers to make our research programs possible at HSU."



Lucy Kerhoulas, Ph.D
Assistant Professor of Forestry and Wildland Resources

"I feel so honored to be a 2019 recipient of the McCrone Promising Faculty Award, along with my inspiring colleagues Dr. Kerry Byrne and Dr. John Steele. Being an Assistant Professor at HSU is a really incredible job in the sense that this university values and supports teaching, research, and family life. It can be a challenging juggling act to balance teaching, research, and "normal life" stuff like family and personal well-being, so it is particularly validating to receive this recognition for the hard work and dedication that we invest in our job as faculty."