

THE CHRONICLES OF GRADUATE STUDIES

NOVEMBER 2020 | VOLUME THREE |

UNK
GRADUATE STUDIES



UNK STUDENT HEALTH

UNK Student Health is a health clinic centrally located on campus. We proudly collaborate with Platte Valley Medical Group, who provide us with two Physician's Assistants as our primary health care providers. The Physician's Assistants can prescribe medication to be taken to a local pharmacy. Due to COVID-19, we require students call for an appointment, however, telemedicine is available for students who would like a health visit online.

- The health clinic sees routine ailments such as colds, flu, fevers, abdominal pain, or infections.
- The clinic offers COVID-19 testing, flu immunizations, STI testing, pregnancy testing, lab work, sports physicals, and women's health exams.
- Psychiatric evaluations are available for students interested in psychiatric medications.
- There are no costs to routine appointments with the exception of some specialty services. Student Health accepts the university's health plan which covers most lab services.
- To schedule an appointment, call the Student Health Office at (308) 865-8218 or use the online appointment request [form](#).



Wendy Schardt
Director of Student
Health and
Counseling
Student Health

MASTERS OF GENERAL KINESIOLOGY AND SPORTS SCIENCES

Program Highlights:

- Newly Named Degree
- 3 Distinctive Pathways to pick from
 - *Coaching*- Offered Fully Online
 - *Sports Administrations*- Offered in a Blended Format
 - *Recreation and Leisure*- Offered in a Blended Format
- The KSS department has streamlined the program to make it appealing to students
- The department faculty has grown and recently added two new doctoral level faculty to the team.

GRADUATE STUDENT INFORMATION

Have you heard the exciting news about Graduation this year?

We are pleased to inform you that there will be a graduate degree hooding and graduation ceremony at 7 p.m. on Thursday, December 17th at the Health and Sports Center

Professional Development Workshop

December 2, 2020

5 Tips and Tricks Every College Student Should Know

Want a chance to hear what they never tell you about college? Come join us live at College Park or via Zoom to hear from college students about a few tips and tricks they have found along the way in their college career. The Office of Graduate Studies at UNK and College Park of Grand Island are pleased to invite you to the "Five Tips and Tricks Every College Student Should Know" workshop. The workshop will be hosted in-person at College Park in Grand Island and hosted interactively (via Zoom) at UNK. Join us from your house, work, school, or if you can't attend watch our recorded workshop on the UNK Professional Development Workshop Page found on the UNK website. [ZOOM](#)



UPCOMING EVENTS AND DEADLINES

- **November 16th**-General registration for Spring 2021 classes via MyBlue. Available to all interested persons admitted to UNK
- **November 25th**- Thanksgiving Break. All classes dismissed. UNK offices closed November 26th and 27th
- **November 30th**- Classes reconvene
- **December 1st**- Application for Spring graduation open through February 1. Apply via MyBlue

COVID-19 UPDATES

To stay up to date on current policies and regulations on campus we recommend checking the [UNK Coronavirus Information](#) and the [IRB](#) webpage for the most accurate and up-to-date information.

Let us all do our part to keep UNK Campus safe and healthy

- Wear a mask
- Use hand-sanitizer frequently
- Follow walking path direction signage around campus
- Wash your hands frequently
- Monitor your health and stay home if you feel ill



HAVE SOMETHING TO SHARE IN NEXT MONTHS NEWSLETTER?

Contact: Breanna Redl
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or
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Graduate Faculty Spotlight

What is your role at UNK and how long have you been with UNK?

Currently I serve as the GPC for the History MA program. I have been at UNK since the Fall of 2008.

What is your favorite thing about your program/department?

My favorite things about my department is that it is populated with excellent colleagues who are all active in their fields of research. They are also excellent teachers who care about their students and their students' success.

What is your favorite thing about UNK?

My favorite thing about UNK is that our administration is very flexible and allows us a great amount of room to experiment with things like team-teaching courses, offering new courses to test out ideas, and giving us support to build programs from nothing into nationally known degree programs that attract students from all 50 states and around the world.

What are your hobbies/interests (other than making UNK great)?

I do a lot of reading (medieval and military history mostly). I also enjoy travel, leading students abroad, and I do a lot of painting.

What advice would you give current graduate students?

Follow your dreams. Never let anyone tell you that you were foolish or silly to go to graduate school. The skills you get here and the people you meet here will help you succeed beyond your wildest dreams in the future.

Greatest Educational Achievement?

That I have helped a great many people achieve their educational goals so that they can go off and do great things with their lives. I have the good fortune to be connected to many of my former advisees and students via social media and am able to share in their many successes.



Doug Biggs

Professor of History

Favorite Quote: "Four things come back not: the spoken word, the loosed arrow, time passed, and opportunity."- Caliph Omar who was the last of the "inspired Caliphs" of the Arab Empire about 650.

Graduate Student Spotlight

What inspired you to pursue a graduate degree?

During my undergraduate studies, I was an Exercise Science Pre-Physical Therapy major. After applying to PT school, it was difficult to learn that I was not selected for admittance. At this point in my life, I was unsure of the next step I was going to take and was not actively thinking about pursuing a graduate degree outside of health care. Thankfully, Dr. Heelan reached out to see if I was interested in applying for the Research Assistant position in the Physical Activity and Wellness Lab. As I mentioned prior, my mind was elsewhere and did not seriously consider the offer at first; however, as time went along it became more appealing as I contemplated my professional aspirations more seriously. To answer the question, I was inspired because I feel like obtaining higher education will separate yourself from your peers no matter what your career path is, or professional goals are in life.

What is your favorite thing about your graduate program?

This might sound like a crazy answer, but my thesis option is the favorite part of my graduate program. I had very little research experience in my undergraduate program, so the thought of writing a thesis was not appealing. Although, throughout this process I have found enjoyment in reading many articles and writing the chapters of my project. My project is focused on describing the growth and maturity characteristics of midwestern Nebraska children. A close second would be experiencing the day-to-day work that goes into Dr. Heelan's CDC Grant project for her pediatric weight management intervention titled, Building Healthy Families.

What is your favorite thing about UNK?

Currently, my favorite thing about UNK is the wonderful department I am associated with. The Exercise Science Department up in the Physical Activity and Wellness Lab is full of faculty who are truly dedicated and committed to the success of their undergraduate and graduate students. I am very thankful to be surrounded by colleagues who personally care about me as a person and are willing to guide and support me through my professional development.

What are my hobbies and interests (outside of cramming for exams and papers)?

My interests and hobbies are playing golf, wakeboarding, fishing, or strength training. I recently picked up golf this past year and would say that is my favorite hobby.



John Masker

2nd Year KSS Graduate Student

Favorite Quote: "Contrary to the opinion of many people, leaders are not born. Leaders are made by effort and hard work." -Vince Lombardi

SEMESTER DATES AND DEADLINES:

Graduation Application Deadlines: Apply via your MyBlue account under the Academics Tab

- February 1- Spring 2021

December 2020 Graduation

- Rehearsal for both Events- December 17 at 3pm
- Graduate-Degree Hooding and Ceremony - December 17 at 7 p.m.
- Undergraduate Graduation Ceremony- December 18 at 10am

Spring 2021 Class Start Date

- January 4- Spring 2021 Three Week Session classes begin
- January 25- Spring 2021 Regular Academic Session classes begin

