



## A NOTE FROM OUR ASSOCIATE VICE CHANCELLOR

**W**hat a year it has been at the University of Wisconsin-Green Bay! While we could not have foreseen all the ups and downs of these past two semesters, we feel fortunate to be part of this amazing community and excited to continue to share the activities of our graduate students, staff, and programs as members of the Phoenix family. As new programs have launched this past year, we've had a chance to see how adaptable everyone has been, as well as deepen our connection with community partners to meet our region's needs. In this edition, we continue with some highlights from a few of our programs, see the backgrounds and highlights from some more students across our graduate programs, as well as some of the support and specific award winners we've been able to provide students in the past year. Furthermore, we are excited to introduce you to a new member of our growing team, as well as provide a list of some upcoming events to learn more about our graduate programs and opportunities. In this issue you'll see some more facts and figures about our graduate programs and certificates, and ways to contact our office. Lastly, throughout this year

behind the scenes and beyond this newsletter, we have been collecting video accounts of our current students and highlighting these through our social media channels. We plan to continue this effort to document stories from an increasing number of graduate students over time, with some touchpoints throughout their time in our programs (and beyond!) so we can hear first-hand from them on their inspirations, insights, and trajectories. Click on over to our page from the link provided in this newsletter to view our current collection of stories! With that, I'll leave you with a reminder that our doors are open for you, and we want to support the good work of this university to help us all succeed together. In the meantime, we wish you an amazing and strong finish to this wild academic year- Go Phoenix!

Very Respectfully,



Dr. Pieter deHart

## NEW STAFF MEMBER



### Morgan Theobald (*she/her*)

#### Graduate Admissions Recruiter

My position as the Graduate Admissions Recruiter at UW-Green Bay is the first ever at our institution! My job is to connect with prospective students, answer any questions they have about UW-Green Bay and our programs, and help them complete their applications. I also help create content for our social media and collaborate with faculty and staff about new ways to reach students. As an alumna of UW-Green Bay, I love sharing my experiences with prospective students and helping them along the best path to reach their goals.

✉ theobalm@uwgb.edu | ☎ 920.465.2865

## MEET OUR STUDENTS

### Matt Adamczyk (*he/him*)

#### Program: Executive Impact MBA

Matt currently works for Microsoft at Titledown Tech here in Green Bay and is a student in the Executive Impact MBA program! Matt chose the Executive Impact MBA program at UW-Green Bay because of its proximity to his work in the community, as well as its reputation for being innovative – going beyond the traditional MBA in that the program itself is flexible and geared towards working professionals! Students are encouraged to bring their real-life experiences to the classroom, emphasizing the importance of diversity among the professionals and professors in the room, so that the Impact MBA students receive a well-rounded education!



### Amy Ruh (*she/her*)

#### Program: MSN Leadership and Management

Amy is currently in our online MSN Leadership and Management graduate program. In searching for a graduate program, Amy was looking for a program that aligned with her career goals, something with an emphasis in leadership and management in healthcare. Amy's research focuses on the clinic setting and what a nurse leader can do in this setting to influence change, versus a non-nurse leader. This research asks the question, "Does a nurse approach these challenges differently than someone in a leadership role who might not be a nurse?"

**Check out our student testimonials here:** [UW-Green Bay Grad Studies YouTube](#)



# PROGRAM HIGHLIGHTS



## M.S. in Nutrition & Integrated Health

In our last newsletter, we announced this in-person program will be starting **Fall 2021**. We are excited to share that the applications are now open! Check out the website for more information: [uwgb.edu/nutrition-and-integrated-health/](http://uwgb.edu/nutrition-and-integrated-health/).

NOW OPEN



## M.S. in Sport, Exercise, and Performance Psychology

In the Sport, Exercise, and Performance Psychology program, students learn how to help athletes and other performers like musicians, actors, and business professionals enhance their performances by harnessing the power of psychological skills. The program's 39 credit curriculum includes courses in psychology, sport sciences, research methods, and sport psychology. The first year of the program is cohort-based, with students all taking the same courses. For year two, students choose between the Thesis and Applied tracks based on their career goals. The Thesis Track prepares students to apply advanced research methods and data analysis to prepare for a Ph.D. path. The applied track includes internships to prepare for work in performance enhancement and health improvement fields.



## M.S. in Management

Our Management program is designed to prepare effective leaders and decision makers for the region's businesses, nonprofit organizations and government agencies. Convenient scheduling is one of the program's key advantages. Courses are offered to accommodate full-time workers and address their real-world needs. The program can be completed in 18 months and has a core set of courses that provides students with a strong foundation for effective decision-making. After completing their core courses, students choose between two tracks: Analytics for Accountants or General Management. Analytics for Accountants is an accelerated program for UWGB undergraduate Accounting students. This track saves students time and money because they take nine graduate-level credits at the undergraduate tuition rate while they are completing their bachelor's degree. The General Management track is well-suited for students desiring a well-rounded management education but does not require a prior business degree.



15 Programs



6 Certificates Starting  
Fall 2021



500+ Students Enrolled

# GRADUATE STUDIES GRANTS

**Total Research Grants Awarded**

**\$7,284**

The Office of Graduate Studies is excited to recognize our ten **Spring 2021** Research Grant awardees so far:

**Valerie Hon** *Nursing Leadership and Management*

"Registered Nurse Continuing Education to Affect Knowledge about the Diabetes Self-Management Education and Support (DSMES) Services Synchronous Learning Session"

**Taylor Hrabak** *Environmental Science and Policy*

"Commercial Catch Composition: Quantifying and Assessing Harvest and Bycatch in Green Bay"

**Ashley Lyman** *Nursing Leadership and Management*

"Self-Assessment of Nurse Manager's Competencies and Onboarding Implications"

**Lee Werner** *Social Work*

"Developing Recommendations for Trans Persons' End of Life Expressions of Self: Maintaining One's Identity After Death"

**Norah Swenson** *Environmental Science and Policy*

"Pollen Load Analysis of Native Spring Bees to Determine Spring Pollen Resource Use"

**Amy Ruh** *Nursing Leadership and Management*

"Influencing Change in an Independent Clinic"

**Waqnahwew Benjamin Grignon**

*First Nations Education*

"Johan Baner, John Olaf Viking and C.C. Trowbridge Archives at the University of Michigan and University of Augustana Research Grant"

**Artley Skenadore** *First Nations Education*

"Renewing the Oneida Nation "Learning to be Journey"

**Marla Mahkimetas** *First Nations Education*

"UWGB Graduate Research Grant Proposal"

**Kathleen Ratteree** *First Nations Education*

"Pandemic Gardening with the Three Sisters: Growing Climate Resilient Education Through Traditional Ecological Knowledge and Western Science"





As of **April 15th**, **109** graduate students have applied to graduate after the spring semester, **26** for summer, and **38** graduated in **Fall 2020**.

## Jacob from AT featured in Commencement section

Originally from Milwaukee, Wisconsin, Jacob Boese will be our first graduate from the Master of Athletic Training program here at UW-Green Bay! Jacob completed his undergraduate at UW-Green Bay before continuing to graduate school at this same institution because of the powerful connections formed with faculty and staff during his time in undergrad. Congratulations, Jacob!



## RESOURCES

Graduate student's risk of anxiety and depression is more than six times higher than that of the general public. Among graduate students who reported suffering from depression or anxiety, more than 55 percent also reported an unhealthy work-life balance.

**Source:** [www.insidehighered.com](http://www.insidehighered.com)

## Recommendations for students

- ▶ Organize a zoom or virtual study hall. This provides students an opportunity to co-work and hold each other accountable.
- ▶ Set achievable goals and break them down into steps. Give yourself permission to take baby steps towards bigger accomplishments by adjusting your expectations for projects.
- ▶ Reach out to friends and family if you're in need of support or company. Let them know what's going on and create a plan of support going forward.
- ▶ If you're struggling to meet deadlines or academic expectations, contact your program advisor and UW-Green Bay's wellness center as well as the Dean of Student's, who specialize in student advocacy.
- ▶ For guided meditation and mental wellness – utilize apps like Headspace and Calm or SilverCloud
- ▶ Take time to rest and disconnect. Many graduate students are having to spend endless hours working and in front of a laptop. Utilize a blue screen filter or warmth filter to lessen the strain on your eyes while working and set alarms to disconnect from technology for a few hours.

Our students have professional support available.

Please reach out to the **UW-Green Bay Wellness Center:**

<https://www.uwgb.edu/wellness-center/> or (920) 465-2380

## UPCOMING EVENTS

### AUGUST 2021

19

THURSDAY

#### Soaring to the Next Level: Graduate Education as the Next Step to Success

3pm — 4pm | Virtual Free Phoenix Forum Virtual Speaker Series

(register online here: <https://www.uwgb.edu/alumni-relations/phoenix-forum/>)

26

THURSDAY

#### Fall 2021 New Graduate Student Orientation

11am — 12pm | Virtual

### SEPTEMBER 2021

14

TUESDAY

#### College of Health, Education and Social Welfare Information Session

12 noon | Virtual

15

WEDNESDAY

#### College of Health, Education and Social Welfare Information Session

5:30pm | Virtual

20

MONDAY

#### College of Arts Humanities and Social Sciences Information Session

5:30pm | Virtual

21

TUESDAY

#### College of Arts Humanities and Social Sciences Information Sessions

12 noon | Virtual

28

TUESDAY

#### Cofrin School of Business Graduate Studies Information Session

12 noon | Virtual

29

WEDNESDAY

#### Cofrin School of Business Graduate Studies Information Session

5:30pm | Virtual

### OCTOBER 2021

4

MONDAY

#### College of Science, Engineering and Technology Information Session

5:30pm | Virtual

5

TUESDAY

#### College of Science, Engineering and Technology Information Session

12 noon | Virtual

Follow along on Facebook for individual program information sessions at **UWGB Graduate Studies**, or email **Morgan** at [theobalm@uwgb.edu](mailto:theobalm@uwgb.edu) for the meeting links.

## CONTACT OUR OFFICE

### Office of Graduate Studies

Our office is available to serve you **Monday-Friday from 7:45am - 4:30pm**. We can assist you with questions on all our graduate programs, how to apply, and any other graduate inquiries. Reach out to us today to become part of the UW-Green Bay community. Appointments by request.

✉ [gradstu@uwgb.edu](mailto:gradstu@uwgb.edu) | ☎ 920.465.2123 | 🌐 [www.uwgb.edu/graduate/](http://www.uwgb.edu/graduate/)