



UNIVERSITY
OF WYOMING

Graduate Education

A Note to Students

Written by Dr. James Ahern, Vice Provost of Graduate Education

Happy End of the Spring Semester! It has been a long year, and I know many of you have faced some real challenges. The graduation celebrations, including the huge graduate commencement ceremony, reminded me of the joy of making it through challenges. No matter where you are with your graduate education or with your career, you should be proud of your successes, look to the future, and, crucially, know that there are people everywhere who are glad to help you through your challenges.

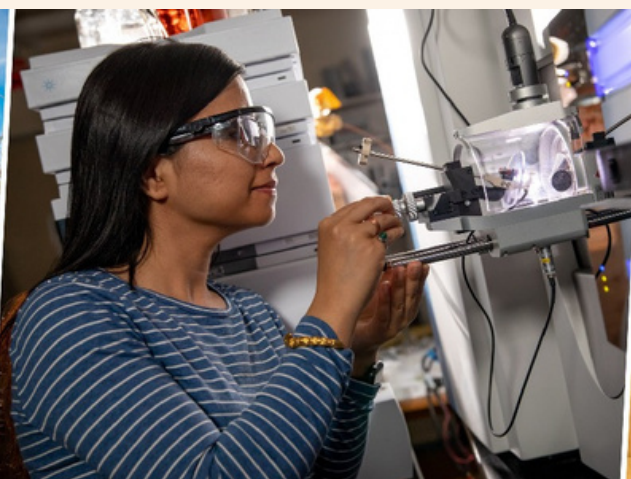
I am thrilled that, in May, the Board of Trustees authorized the establishment of the School of Graduate Education. UW last had a graduate school -- the academic and visible home for our amazing graduate students, faculty, and programs -- in 2009. Despite well-intentioned efforts to continue to support graduate education through other administrative structures, it quickly became apparent that UW needed a proper graduate school. In 2015, Graduate Council and Faculty Senate recommended the re-establishment of a graduate school. In response, Academic Affairs began rebuilding centralized administrative support for graduate education, and in 2018 the Office of Graduate Education was formed.

I thank President Seidel, Provost Carman, Graduate Council, Academic Planning Committee, Faculty Senate, Deans' Council, ASUW, the Board of Trustees, and everyone else for their support of re-establishing a graduate school. As it develops over the next year, the School of Graduate Education will elevate the visibility of UW's advanced degrees and will better support its broad portfolio of graduate programs and the university's research mission.

To give the new graduate school a visible and accessible presence on campus, renovation of a space for the school is currently underway on the second floor of Knight Hall. I look forward to celebrating with all of you the establishment of the School of Graduate Education in its new home in Knight Hall this coming September!



DR. JAMES AHERN
VICE PROVOST, GRADUATE
EDUCATION



University Resources

Mental Health

University Counseling Center (UCC)

Located in Knight Hall, the UCC is open Monday-Friday from 8 am- 5 pm. They offer short-term, **free** support for full-time students. Telehealth and in-person services are available. Visit the [UCC](#) for more!

WellSpring

Available to most in the university and the broader community. Services are **free**, and a variety of times are offered during the week. Visit the [WellSpring](#) website for more.

Psychology Center

Offering affordable services to the university and surrounding areas. Services include psychotherapy, assessment, and diagnostic clarification. Review the [Psychology Center's](#) page for more information.

UW Food Share Pantry

The [UW Food Share](#) is open to anyone associated with the university. University of Wyoming, Knight Hall, Room 106.

Hours of Operation:

Monday and Thursday | 4:00 pm – 7:00 pm
Saturday | 4:00 pm - 6:00 pm

Social and Professional Development

Graduate Student Network (GSN)

This Registered Student Organization is focused on improving the professional and social aspects of being a graduate student. GSN activities include:

- Research-specific seminars and speakers
- Focus-group discussions,
- Conference presentation feedback
- Social hours

For more information, visit their [Facebook page](#).



Wellness

Wellness Center

Found in Half Acre, The Wellness Center offers many opportunities to destress and feel better including:

- Puppy or kitten play dates
- Wellness and stress management groups
- Massage chairs
- Personal training

Half Acre

Offering something for everyone, Half Acre promotes physical wellness. **Bonus: Even brief exercise can improve mood, concentration, and sleep!**

Student Health Center

The Student health center offers a variety of services including a full-service pharmacy, treatment and support for a variety of illnesses and injuries and preventative care. To review more information view [Student Health's website](#).



Safe Project

SAFE Project offers free and confidential advocacy to students, staff, faculty, and the University of Wyoming survivors of domestic violence, sexual assault, stalking, and family violence. They can help with safety planning, campus and community referrals, academic support, support reporting to law enforcement and Title IX, protection orders, and more. The campus advocate, Dakota Metzger, can be found at Knight Hall 103 and can be reached either at campus@safeproject.org or 307-766-3434. Visit them on their [webpage](#).

Student Ombudsperson

The office serves as a place where students can be heard and supported when they encounter challenges during their university experience. **Cont. page 4**

Coe Student Innovation Center

A 2,500-square-foot maker-space that provides access to technology for creative, collaborative, innovative and entrepreneurial projects. The space is open to students, faculty, staff, and the community.

The available equipment supports:

- 3D printing & Scanning
- Sewing
- Embroidery
- E-Textiles
- Vinyl Cutting
- Large Format Printing
- Scrapbooking
- Machine Learning w/ Circuit Board Creation
- Electronic Analysis Equipment
- CNC Milling
- Laser Cutting
- Virtual Reality Exploration
- Laptops w/ CAD & Modeling Software
- Laminating

For more information visit the [Innovation Center](#).



Innovation WYrkshop

The Innovation WYrkshop is the largest maker-space at the UW, and one of the largest and best-equipped maker-spaces in the Mountain West! **Open, free, and accessible** to UW students, staff, and faculty to community members. Built for you to collaborate, create, innovate, build, invent, tinker, share, make, and learn without limits. The space provides you with the technology, tools, and training to get started. They offer workshops for various materials, programming, and interests. Whether you are creating for fun or building tools for research, they have something for you!

- 3D Printing and Scanning
- Crafting
- Extended Reality
- Woodworking
- Metalwork

Review more of the workshops and tools they provide at [Innovation WYrkshop](#).

Student Ombudsperson Office

Written by
Dilnoza Khasilova &
the Student Ombudsperson Office

The UW Office of the Student Ombudsperson was launched this spring. This initiative was developed in partnership with the Office of Diversity, Equity and Inclusion, Academic Affairs, Student Affairs, and the Associated Students of UW (ASUW).

The mission of the Office of the Student Ombudsperson at the UW is to empower students to overcome disputes, conflicts, and barriers that stand in the way of reaching their goals. The UW Office of the Student Ombudsperson is an independent resource. The office serves as a place where students can be heard and supported when they encounter challenges or inappropriate situations in their university experience. The office serves all students (undergraduate, graduate, and professional students) by providing student-oriented services for preventing, managing, navigating, and resolving conflict at the university. Through active participation in the problem-solving process, the goal of the office is to assist the students and develop the ability to prevent, manage, and resolve future conflicts. The office also assists faculty and staff members regarding student-related issues.



Our four cornerstone principles: The UW Student Ombudsperson Office provides confidential, neutral/ impartial, informal, and independent assistance to individuals and groups who are encountering challenges and who are experiencing conflicts.



The primary functions of the office: The word ombudsperson is derived and borrowed from the Swedish language which means “representative of the people.” The ombudsperson remains neutral or impartial and confidential, independent, and informal conflict resolution practitioner. Some duties of the ombudsperson include:

- Listens to the concerns of students
- Helps identify issues and offers options to resolve
- Supports students in solving conflicts and addressing concerns
- Recommends mediation and helps start the process
- Informs all parties of rules and regulations applicable at the university

The ombudsperson serves as a mediator between a student and faculty member and/or a department or administrator if the parties agree to mediation to resolve disputed facts and/or explore alternatives for resolution (International Ombudsperson Association, 2020).

Note: The Student Ombudsperson Office neither supersedes nor circumvents the official complaint or grievance processes, but the office serves to protect the interests, rights, and privileges of University of Wyoming undergraduate, graduate, and professional students at all levels of university operations and programs. The Office of the Ombudsperson will not: **1.** Advocate for either party in the complaint; **2.** Declare a winner in any conflict; **3.** Provide legal advice.

For more information about the University of Wyoming Office of the Student Ombudsperson and the services we provide, or if you have any questions or concerns, please email us at stombuds@uwyo.edu or visit the [Student Ombudsperson Facebook](#).

Graduate Student Wellness Profiles

Sonah Kho, Counselor Education

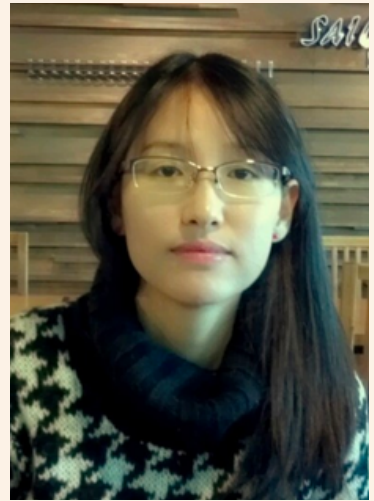
I'm from South Korea, married, and have three children. My family and I came to the U.S. in 2019 and I'm a first-year master's student.

As a graduate student, I take four classes for 12 credit hours and an additional 5.5 hours for clinical training at school in a week. At home, my husband and I help each other with parenting, preparing meals, housekeeping, etc. After school, I usually check out the school schedules of my children for the next day and complete the readings and assignments of my own. Being an international student who is not a native English speaker, I have to spend more time reading articles and writing papers than my peers. So, I can say the night sometimes becomes longer than I expected. On weekends, I stay with my children no matter what. I play in the snow with them in the backyard, bring them to the park, go to Denver to get Asian groceries, etc. Family means the most to me, so I try to be with them as much as I can on weekends.

I go swimming at the Half Acre Recreation Center twice a week around noon before classes begin. I prefer to swim at lunchtime after taking an early lunch when the pool is least busy, which is wise in the Covid-19 situation. I also do yoga with my children at home. When I see them mimicking some postures of yoga with giggles and laughs on their faces, I feel recharged.

In addition, I appreciate green therapy on weekends, which helps my family get out of the house and experience nature. Especially, the large plain of Laramie makes me feel like I have more space for myself here. I would say that Laramie itself is healing for me. Besides, I'm also trying not to feel isolated but connected to the community by joining support programs of UW such as the mentorship program, leadership program, global buddies, multicultural Advisory Committee, etc. Lastly, the clinical supervision and several small cohort groups that the counseling program have at the master's level provides me with huge personal and professional support and opportunity for self-growth, which is important to me.

The basics of health for body and mind lie in sleeping and eating. Once the two main support systems of life have met your needs, it is time for you to try to listen to what your body and mind say to you. If you are feeling something is changing or happening within/around you in a negative direction, take time to navigate what resources UW and Laramie offers to support people. You will be surprised to know how many there are. What we, the graduate students, need for now is giving more time and self-compassionate. Use the resources and take benefits!



Braiden Denny, Atmospheric Science

I'm a first-year master's student for the Department of Atmospheric Science. My research entails precipitation and how different particles are formed in clouds. I really enjoy reading philosophy, playing chess, and learning about electronics outside of class.

My day-to-day life has some variability in it. On Tuesdays and Thursdays, I have a lab section in the morning followed by an afternoon class. On Monday, Wednesday and Friday, I have one class in the late morning. Afterward, on those days, I'll devote some time to research and homework. After my classwork is finished, I'll walk home and devote the rest of my time to hobbies and reading. I make a point out of getting at least eight hours of sleep to retain some semblance of being a functional adult during the day. It requires some level of planning on your busiest weeks, but if you stick with it - which can be a challenge, believe me - then you'll feel ready to tackle the next day.



It's not particularly difficult to imagine opportunities to incorporate wellness into our everyday lives if we're willing to be flexible. For instance, walking to the University serves as a means of getting to where I need to go whilst also satiating the need for physical exercise. It only requires that I wake up a bit earlier in the morning. Another example might be socializing. I'm a shy, introverted guy and sometimes struggle connecting with people. Lunch with a classmate or working on assignments in a group is a great way of getting out there and mingling with people while also being productive. Thankfully, I'm not so busy as to not have any time to enjoy something else for a bit. Time management is key here, and you often don't need much time to attend to your health. It helps to take a step back from class and work anyway.

I'm far from the ideal of wellness. I struggle to connect with people on a meaningful level, I don't exercise as much as I should, and I've been known to skip a meal or two when things get busy. It's important to realize that wellness is a process and that we will make mistakes on our journey to becoming healthy individuals. The first piece of advice I would give is, to be honest with what you are lacking. As graduate students, we're often so busy with work that we ignore other aspects of our lives. It's important to realize that your well-being comes first, and you should do everything in your power to attend to it. Talk to your professors if your life is hectic. They can probably help you. After all, they were in our shoes at one point.

Diverse Graduate Student Mentoring Program

Written by Morgan Huiwen Lu

The Diverse Graduate Student Mentoring Program is an initiative hosted by the Office of Graduate Education. **It is designed to create an environment where diverse graduate students feel supported, encouraged, connected, and empowered by faculty/staff here at the University of Wyoming.** The goal of the Diverse Graduate Student Mentoring Program is to help all graduate students, particularly those of underrepresented backgrounds, feel supported so that they may thrive here on UW's campus. All faculty, staff, and degree-seeking graduate students are welcome to join. Our faculty/staff members serve as the mentors, while the graduate/Ph.D. students serve as the mentees. Participants of this program are required to meet once a month in an online group format and individually with their respective mentor/mentee. This program is an excellent way for students to network with others, develop strong relationships with their mentors, and grow personally and professionally.



OGE Team Member Highlight

Sarah Wolverton, Office Associate for Graduate Education

Sarah is the first point of contact for the Office of Graduate Education. She greets students and visitors to the office, manages the graded@uwyo.edu email and is the friendly voice when you call the office.

In her role as the Office Associate for Graduate Education, she:

- Responds to prospective/enrolled student inquiries
- Processes committee forms
- Schedules meetings
- Coordinates calendars
- Performs a variety of daily tasks around the office

Two of her favorite things are animals and the mountains. You'll likely find her doing a puzzle and spending time with her husband and cat in her spare time.

The best way for students to reach her is by email at swolver1@uwyo.edu or by calling the office number, (307) 766-6478.



COWBOYS CAN DO THEIR PART

Simple steps you can do to keep our campus healthy and safe.

APRIL 13, 2022 – THE UNIVERSITY OF WYOMING BOARD OF TRUSTEES HAS ADOPTED A COVID-19 PLAN FOR THE SUMMER, INCLUDING AN END TO THE UNIVERSITY'S RANDOM-SAMPLE TESTING PROGRAM.

THROUGHOUT THIS ACADEMIC YEAR, 3 PERCENT OF ON-CAMPUS EMPLOYEES AND STUDENTS HAVE BEEN TESTED EACH WEEK TO MONITOR THE PREVALENCE OF THE VIRUS AT UW, WITH SAMPLES COLLECTED BY UW EMPLOYEES AND PROCESSED AT THE WYOMING STATE VETERINARY LABORATORY. THAT PROGRAM WILL END MAY 6, WITH VOLUNTARY TESTING AVAILABLE MAY 9-11 DURING FINALS WEEK.

DIAGNOSTIC TESTING WILL CONTINUE TO BE AVAILABLE TO STUDENTS THROUGH UW'S STUDENT HEALTH SERVICE. EMPLOYEES CAN PROCURE DIAGNOSTIC TESTING AND HOME TEST KITS AT LOCAL RETAIL STORES, PHARMACIES AND HEALTH CARE PROVIDERS.

IN ADDITION TO ENDING ITS TESTING PROGRAM, UW WILL SUNSET ITS PUBLIC COVID DASHBOARD AND WILL NO LONGER PROVIDE CONTRACT TRACING EFFORTS AFTER THE SPRING SEMESTER. QUARANTINE AND ISOLATION HOUSING STILL WILL BE AVAILABLE FOR STUDENTS IN THE RESIDENCE HALLS, BUT NOT IN OTHER UW-OWNED APARTMENTS OR PROPERTIES.

AS HAS BEEN THE CASE SINCE FEB. 21, MASKS ARE NOT REQUIRED IN UW FACILITIES, EXCEPT HEALTH CARE SETTINGS. AND THEY'LL ONLY BE RECOMMENDED IF ALBANY COUNTY RETURNS TO A HIGH COVID TRANSMISSION LEVEL. MASKS CONTINUE TO BE REQUIRED ON UW TRANSIT SERVICE BUSES, IN ACCORDANCE WITH FEDERAL RULES THAT CURRENTLY ARE SET TO EXPIRE MAY 3.

UW CONTINUES TO STRONGLY RECOMMEND COVID-19 VACCINATION AND BOOSTERS, WHICH HAVE BEEN PROVEN TO BE HIGHLY EFFECTIVE AND SAFE -- AND EFFECTIVE IN PREVENTING SEVERE ILLNESS AND HOSPITALIZATION, EVEN WITH OMICRON AND ITS HIGHLY TRANSMISSIBLE BA.2 SUBVARIANT.

UW'S ONLY VACCINATION REQUIREMENT -- IN ACCORDANCE WITH A FEDERAL RULE -- IS FOR EMPLOYEES OF HEALTH CARE UNITS, WITH RELIGIOUS AND MEDICAL EXEMPTIONS AVAILABLE.

Please visit [UW's Better Days Are Here](#) for more information about UW's covid rules and policies.

Crisis Support

University Counseling Center- 307-766-2187
AFTER-HOURS CRISIS, call 307-766-8989

Laramie Suicide Prevention Hotline
Call or Text: 307-977-7777

National Suicide Prevention Lifeline
Call: 1-800-273-TALK

Crisis Text Line
Free 24/7 line: Text HELLO to 741-741

Important Dates

August 18 - Graduate Teaching Symposium

August 22 - Fall Semester Begins

September 1 - Graduate Student Picnic

For other important dates and deadlines, please refer to the [Registrar's Office calendar/deadlines](#).

