

UNIVERSITY
OF WYOMING

Graduate Education



DR. JAMES AHERN
VICE PROVOST &
DEAN OF GRADUATE
EDUCATION

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A Note to Students

Dr. James Ahern, Vice Provost and Dean of the School of Graduate Education

Happy spring, and congratulations to the entire UW graduate education community for making it through another academic year!

Earlier this semester, UW achieve Carnegie R1 status, which puts us in the company of the most prestigious universities in the country. The two primary criteria used in the Carnegie classification, are research expenditures and research doctorate degrees awarded. Thus, Carnegie R1 status reflects the amazing work that UW graduate students and faculty have been doing. Congratulations!

In more great news, kudos to this year's recipients of UW Graduate Awards (see p. 4)! The Graduate Awards Luncheon is my favorite event of the year, as we get to celebrate excellence in graduate student scholarship and teaching and faculty mentoring of graduate students.

This edition of the newsletter highlights the School of Graduate Education's Professional Development Initiative, which was launched earlier this semester. One aspect of this initiative that is off to a great start in the Three-Minute Thesis (3MT) Competition. Graduate students participating in the 3MT competition, are given three minutes and only one slide to present their research to a lay audience. College -level 3MT competitions were held this semester to determine finalists, who will compete in the university-level competition on September 23rd. Mark your calendars for the university competition, as you will not want to miss incredible 3MT presentations by UW graduate students!

Finally, I would like to extend my and the graduate school's support to all those affected by recent Federal changes that have impacted higher education. I feel for our international students as Federal immigration policy, interpretation and enforcement have shifted dramatically. Thanks to the UW International Students & Scholars Office for everything they are doing to stay abreast of the changing landscape and support our international students.

Have a great summer!

University Resources

University of Wyoming Violence Prevention Center

The Violence Prevention Center (VPC) at the University of Wyoming is dedicated to fostering a safe and inclusive campus environment by addressing violence through education, support, and empowerment.

They provide various resources and programs aimed at preventing interpersonal violence, such as workshops, events, and initiatives that involve the campus community in raising awareness and developing intervention skills. VPC at the University of Wyoming utilizes prevention education; comprehensive education that is focused on addressing the root causes of interpersonal violence. At VPC, we have a number of prevention programs for all of your needs, including Green Dot, Sex Bingo, Pizza and Pleasure, The Dating Handbook. The Violence Prevention Center has a huge menu of workshops and presentations that you can choose from to bring programming to your department or organization.

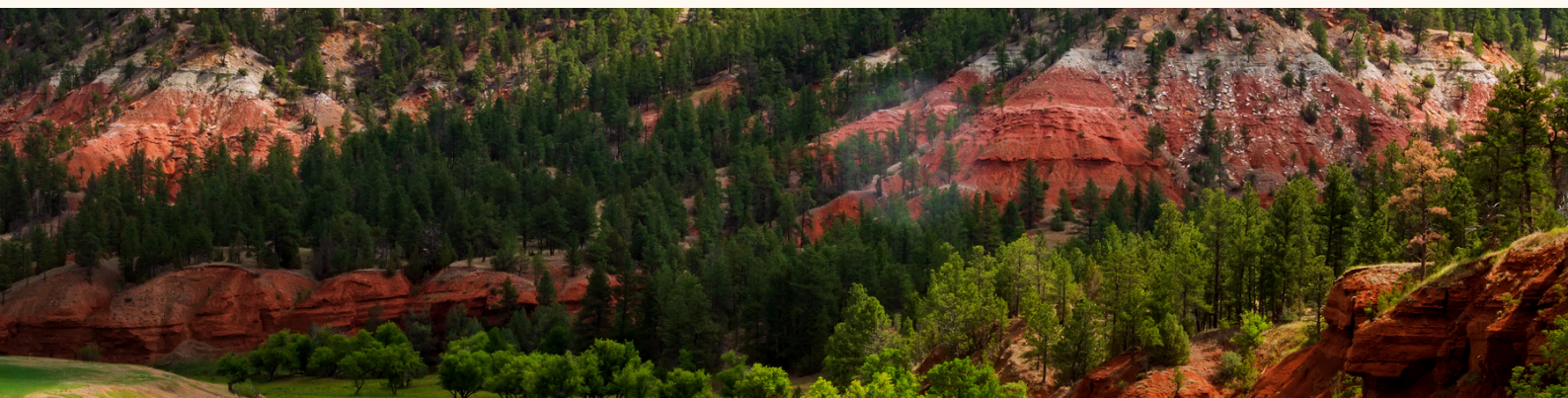
The VPC collaborates closely with campus and community partners to ensure individuals receive the services they require. Our primary focus is on culture change, emphasizing proactive measures to prevent issues before they arise through primary prevention.



Our team includes Violence Prevention Coordinator Bob Vines, VPC Graduate Assistant Jordyn Reed, and a group of peer educators: Rhiannon, Zoe, Harrison, Dylan, and Kaylin. We focus on providing education throughout campus. Individuals and organizations reach out to us, and we tailor our programs to meet their specific needs, whether for student organizations, classrooms, events, and more.

You can find us conveniently located across from Poke's Pub. Stop by and chat; the team is eager to connect! To get violence prevention programming into your spaces, reach out to violenceprevention@uwyo.edu or visit their **[Program Menu](#)** to get started.

Visit [Graduate Student Resources](#) for additional student services.



University Resources

Graduate Student Degree Timeline

It's important to be aware of the various forms and tasks that must be completed as you navigate your graduate degree. Review the graduate degree timeline often to ensure you are on the right track!

Visit the [Graduate Student Degree Timeline](#) webpage for more information.

Mental Health

University Counseling Center (UCC)

Located in Knight Hall room 341, 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.

Semester Hours: Tuesday & Thursday from 2-5 pm & Friday from 10 am-2 pm

Summer Hours: Tuesday from 11 am-2 pm and Thursday from 1-4 pm.

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 various services, including a full-service pharmacy, treatment, support for multiple illnesses and injuries, and preventative care.

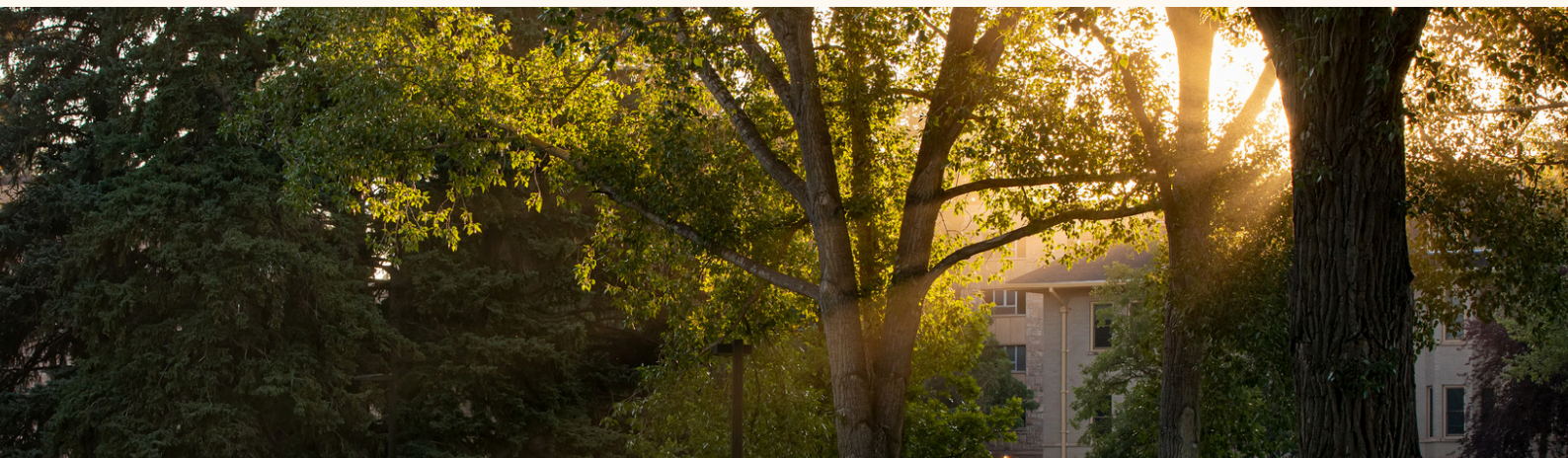
To review more information, view [Student Health's website](#).

Visit [Graduate Student Resources](#) for additional student services.



Professional Development Updates

In the Spring 2025 Semester, the School of Graduate Education introduced its professional development initiative. This initiative is focused on promoting the success of graduate students by providing a variety of resources tailored to support their academic and professional growth. These offerings are crafted to equip students with the essential tools and skills needed to excel in their education and future career. The initiative includes a broad spectrum of services, such as networking events, the establishment of a campus wide Three-Minute Thesis Competition, and a [webpage](#) meant to advertise Professional Development Initiatives camps-wide! These offerings aim to enhance both academic and non-academic skills, preparing students for success across multiple career paths, including academia and industry. For more detailed information on these opportunities and updates, please visit the University of Wyoming's Graduate Education [Professional Development](#) webpage.



2025 | Graduate Awards |

The University of Wyoming's School of Graduate Education congratulates all graduate award winners and spring graduates for their hard work and contributions to the institution and their fields. They encourage everyone to celebrate their achievements and wish them success in their future endeavors. Additionally, the School has announced the 2025 award winners for outstanding teaching and research.

The **Distinguished Graduate Faculty Mentor Award** recognizes outstanding faculty commitment to graduate student mentoring.

The **John P. Ellbogen Outstanding Graduate Assistant Teaching Awards** go to graduate teaching assistants to honor their excellence in teaching.

The **Outstanding Master's Thesis Award** recognizes a graduate student for an exemplary master's thesis.

The **Outstanding Dissertation Award** is granted to a graduate student for an outstanding doctoral dissertation.

The **Distinguished Service Award** recognizes exceptional service to graduate students by a UW administrator or staff.

The **Early-Career Graduate Faculty Mentor Award** and the **Mid-Career Graduate Faculty Mentor Award** are given to faculty members for their commitment to mentoring graduate students.

The **Early-Career Graduate Faculty Mentor Award** is presented to a faculty member with less than six years of an academic career at UW.

The **Mid-Career Graduate Faculty Mentor Award** is given to a faculty member with six to 10 years of academic career at the university.

2025 | Outstanding Dissertation | Jeffrey Baldock, Ecology & Evolution

“BIOCOMPLEXITY OF YELLOWSTONE
CUTTHROAT TROUT: FROM
INDIVIDUALS TO METAPOPULATIONS.”



2025 | Outstanding Master's Thesis | David Riedel, English

THE RIEDEL CHRONICLES:
ADVENTURES IN AN ANOMALOUS
ARCHIVE



2025 | Outstanding Graduate Assistant Teaching Award |

Spencer Holtz, Botany



**2025 | Outstanding Graduate
Assistant Teaching Award |**

Robert Kaya, Psychology



**2025 | Outstanding Graduate
Assistant Teaching Award |**

Makayla Kocher, English



**2025 | Outstanding Graduate
Assistant Teaching Award |**

Fox Nelson, Anthropology



2025 | UW Early-Career Graduate Faculty Mentor |

Lavinia Salama, Pharmacy



2025 | UW Mid-Career Graduate Faculty Mentor |

Nancy Small, English



Staying Well

Graduate school is a journey filled with challenges, and some of the most stressful moments come during major milestones like comprehensive exams, thesis or dissertation defenses, and crucial deadlines. While these periods can feel overwhelming, prioritizing your well-being is essential for both academic success and long-term health. Here are some strategies to help you manage stress and stay well during these high-pressure times.



1. Maintain a Balanced Routine

When facing intense deadlines, it's tempting to neglect sleep, proper nutrition, and exercise. However, maintaining a balanced routine is key to sustaining your energy and focus.

- **Sleep:** Aim for 7–9 hours of rest per night. Sleep deprivation can impair memory and cognitive function, making studying less effective.
- **Nutrition:** Fuel your body with nutritious meals. Avoid excessive caffeine and sugar, which can lead to energy crashes.
- **Exercise:** Even short walks or stretching breaks can improve mood and relieve tension.

2. Manage Time Effectively

Time management can reduce feelings of being overwhelmed. Consider using:

- **Set a Study Schedule**
- **Pomodoro Technique:** Study in focused intervals (e.g., 25 minutes on, 5 minutes off) to maintain concentration and prevent burnout.
- **Prioritization Tools:** Use to-do lists or digital planners to track progress and stay organized.

3. Practice Stress-Relief Techniques

Incorporate relaxation techniques into your routine to manage stress effectively:

- **Deep Breathing & Meditation**
- **Journaling**

Engage in Creative Outlets

4. Seek Support

You don't have to navigate stress alone. Build a support system:

- **Connect with Peers**
- **Faculty & Mentors:** Don't hesitate to reach out to advisors for guidance and reassurance.
- **Campus Resources:** Many universities offer counseling services, wellness workshops, and support groups.

5. Reframe Negative Thinking

Stress often brings self-doubt, but shifting your mindset can make a difference:

- **Practice Self-Compassion**
- **Focus on Progress**
- **Positive Affirmations**

High-stress periods in graduate school are inevitable, but they don't have to be debilitating. By maintaining balance, managing time effectively, seeking support, and practicing stress-relief techniques, you can navigate these challenges while safeguarding your well-being. Remember, your academic success is important, but your health and happiness matter just as much!

Congratulations Graduates!

Congratulations, Spring 2025 graduates on reaching a significant moment in your lives! Take a moment to soak in and reflect on all the hard work, dedication, and perseverance that have brought you to this occasion. Your achievements are a testament to the cowfolk spirit.

As you embark on the next phase of your life, embrace the opportunities that come your way. Where ever you are off to next, keep nurturing your passion, exploring new horizons, and challenging yourself to grow.

As you move forward, carry with you the knowledge and wisdom you have gained during your time at UW. Remember the lessons learned, the friendships made, and the experiences that have brought you here.

The world is waiting for you to make your mark. Embrace it with courage, passion, and a sense of adventure. Congratulations!



Crisis Support

University Counseling Center- 307-766-2187

AFTER-HOURS CRISIS- 307-766-8989

WellSpring Counseling- (307) 766-6820

National Suicide Prevention Lifeline

Call or Text: **988**

Crisis Text Line

Free 24/7 line: Text HELLO to **741-741**

Important Dates

May 2025

- | | |
|--------------|---------------------------------------|
| 7 | Last Day to Defend |
| 9 | Last Day to Submit Graduate Paperwork |
| 9 | Last Day of Spring Semester Classes |
| 12-16 | Finals Week |
| 17 | Commencement |

Please refer to the Registrar's Office calendar/deadlines for other important dates and deadlines.

