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GSU View

University Newsletters

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3-27-2018

## GSU View, March 27, 2018

Office of Marketing and Communications  
*Governors State University*

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March 27, 2018

Vol. 51, Issue 6

## News

### Sexual Assault Awareness Month (SAAM)



April is recognized nationally as Sexual Assault Awareness Month (SAAM). [Attend \(SAAM\) events throughout the month](#), and stop by the B-wing display case to learn more about sexual violence awareness and prevention.

Events are sponsored by GSU's [Advocating for Sexual Assault Prevention \(ASAP\) team](#), which is committed to creating a campus culture that promotes sexual and relationship health through education and training to prevent sexual violence.

### Mourning DuShon Monique Brown



Notable alumnae DuShon Monique Brown, famed for her role as Connie on NBC's *Chicago Fire*, died at the age of 49 last week. Brown earned her master's degree at GSU in school counseling. The GSU community extends heartfelt condolences to her family, colleagues, and friends, including those she made at Governors State.

## Celebrating GSU Graduates of 2018: Angel Sifuentes



GSU graduate student [Angel Sifuentes](#), who graduated cum laude in 2014 with a [Bachelor of Arts in Psychology](#), will receive his [Master of Social Work](#) degree in May. Read [Sifuentes's remarkable story](#) of resilience in the face of debilitating injury. He is overcoming by giving back.

## 2018 Admitted Student Day





GSU has already sent out acceptance letters to incoming freshman. On April 14, [Admitted Student Day](#) will be another chance for members of the incoming freshman class to meet each other.

Marina Ibrahim, a 2017 Presidential Scholar, recalls her experience attending Admitted Student Day last year.

Current members of the GSU community can use Admitted Student Day to welcome new Jaguars to campus.

## Civil Service Employee of the Month



Congratulations to Lorie Webster, Client Relations Representative III, March 2018 Civil Service Employee of the Month!

Is there a GSU employee who has gone out of their way for you, perhaps made your job easier, or your day more pleasant? Please take the time to [nominate someone who has made a difference](#).

## 18 Things to Do Before You Graduate



Last week, GSU's graduating class of 2018 attended [Salute to Grads](#) to pick up their regalia for the upcoming Commencement ceremony, now less than two months away.

View [18 Things to Do Before You Graduate](#) to inspire your final GSU memories.

## Children of GSU Employees Eligible for Scholarship

As a member of the Chicago Southland Chamber of Commerce, Governors State University employees' children are eligible to [apply](#) for its annual merit scholarship competition. The Chamber offers this [scholarship](#) annually to graduating high school seniors.

For more information, click [here](#).

## Student Short Film Submissions Now Being Accepted for Chicago Southland International Film Festival



[Governors State University](#) is launching a six-week film festival to showcase emerging talent as it continues its mission to support the visual and performing arts in Chicago's Southland.

The [Chicago Southland International Film Festival](#) (CSIFF) is now accepting film submissions for its inaugural event, which begins on Aug. 4 with a Feature Film Showcase. The showcase is a community-wide film screening and discussion event to provide filmmakers with a public performance and the opportunity to participate in facilitated post screening Q&A sessions with a diverse audience.

Learn more [about the festival](#).

## Illinois Governor's Mansion Association Accepting Logo Design Submissions



Student artists can now [submit a new logo design](#) to the Illinois Governor's Mansion Association for a chance to win a \$1,000 cash prize and recognition at a ceremony with the Governor and First Lady.

For information on entry guidelines, click [here](#) or contact [Lana Rogachevskaya](#).

## Apply Now for a 2018 GSU Foundation Scholarship

[Governors State University Foundation and Alumni Association scholarship funding](#) recognizes academic excellence with scholarships awarded to deserving students in pursuit of a GSU degree. More than 185 scholarships totaling more than \$200,000 are being offered for the fall 2018 semester to GSU students via this in-house program. Apply by Friday, April 13, for consideration.

View a full list of scholarships, as well as application guidelines [here](#).

## Dean of Students to Participate in Panel for AAC&U Webinar



Tune into an [AAC&U Webinar: "A Vision for Equity: Campus-Based Strategies for Committing to Equity and Inclusive Excellence"](#) on **Thursday, April 19**, at 2 p.m. to hear GSU Dean of Students Aurelio Valente participate on a panel of scholars sharing lessons learned about addressing equity gaps on college campuses.

Register and [learn](#) more here.

## Have Your Say - GSU Food Service Survey

Take the Annual GSU Food Service Survey



To take the survey visit

[www.arenafoodservice.com/gsudining](http://www.arenafoodservice.com/gsudining)

Have Your Say—provide feedback about the food service and vending program at Governors State University. [Take the annual GSU Food Service Survey](#) to let our dining partner, Arena Food Service, Inc., hear your thoughts.

The survey will be available through **March 30**.

## Announcements and Events

### Donate blood. Donate life. Donate hope.

Governors State University Student Occupational Therapy Association (SOTA) is pairing up with Heartland Blood Centers to host a **blood drive** at GSU for students, faculty, staff, and community members today from 3:30 to 7:30 p.m. in the Hall of Honors (Room D1490).

Please visit the [Heartland website](#), or contact [Lexi](#) to schedule your appointment.

### Panera Fundraiser Hosted by Students of Addictions Studies Club



## GOVERNORS STATE UNIVERSITY STUDENTS OF ADDICTIONS STUDIES CLUB

Help support the Students of Addictions Studies Club by dining at Panera in Matteson on **Wednesday, March 28**, from 4 – 8 p.m. [Show this flyer](#) or an electronic version to the cashier for a portion of proceeds to benefit the club.

Panera is located at 4864 211th St., Matteson, IL 60443.

## Registration Extended: S.H.E.R.O. Women's Leadership Symposium



*S.H.E.R.O. speakers, from left: Karen Evans, [Dr. Isaura Pulido](#), [Sharva Hampton-Campbell](#)*

The S.H.E.R.O. Women's Leadership Symposium (Sharing Her story of Empowerment Resilience & Opportunity) allows women to share stories and experiences that will empower them, increase resilience, and promote opportunities in their personal and professional development. This year's symposium will take place Friday, March 30, from 9 a.m. – 4 p.m. in Engbretson Hall. Speakers for this year's symposium represent empowerment, resilience, and opportunity.

For updates or more information, call x4551 or email [diversity@govst.edu](mailto:diversity@govst.edu).

## TAPS Program Adds Date to Sold Out Show



The Theatre and Performance Studies (T.A.P.S.) sold out presentation of [for colored girls who have considered suicide/when the rainbow is enuf](#) on **April 5, 6, and 7 has been extended**. A Sunday matinee on **April 8** at 3 p.m. gives audiences another opportunity to see this moving performance of stories confronting love, loss, sisterhood, and empowerment.

The 1976 Broadway production was nominated for the Tony Award for Best Play, and Tyler Perry's screen adaptation won an NAACP Image Award for Outstanding Motion Picture (2011) and BET Award for Best Movie (2011). At the time, the Huffington Post wrote, "*for colored girls* illustrates the universal sisterhood of struggle, strife, and survival that women find themselves in certain types relationships with men." Moreover, it has never been more relevant than today.

Join this celebration of women of color and what it means to be alive in this undeniably powerful work of spoken word, song, and dance." [Tickets are \\$15 and \\$10 for students.](#)

## Student IEA Conference

The Student Education Association (SEA) is part of the Illinois Education Association (IEA), which supports and promotes networking among individuals from the education community. The IEA hosts a conference each semester. [This semester's conference](#) is at the Hilton in Lisle, IL (Chicago Suburbs) from **Friday, April 6**, through **Saturday, April 7**.

On Friday, the IEA has planned a Legacy Project, which will begin in the early afternoon. Saturday, members will take part in a variety of professional development workshops led by current teachers, professors, district administrators, and professionals in the field. Pre-service teachers have the opportunity to attend numerous high quality information sessions on a variety of subjects pertaining to the teaching profession. Along with the sessions, SEA members will have opportunities to meet and socialize with fellow SEA members from universities across Illinois. Pre-service teachers may also walk away with materials and prizes.

This professional development opportunity is only open to members of SEA. The conference costs a small amount in comparison to the meals, knowledge, and materials that comes with it. Registration deadline is **April 2**. For more information, contact the SEA Student Vice-President, [Jessica Dunahoo](#).

[View the agenda and register here.](#)

## Alcohol Awareness Month Kickoff: AAM Resource & Vendor Fair



Each year, since 1987, Alcohol Awareness Month is observed in April to increase public awareness and understanding, reduce stigma, and encourage local communities to focus on alcoholism and alcohol-related issues.

On **Tuesday, April 3**, from noon to 4:30 p.m. in the Hall of Governors, SASC will be hosting an [Alcohol Awareness Month Kickoff event](#), featuring exhibits and activities geared toward increasing awareness on what responsible alcohol use is, the dangers of alcohol abuse, the disease of alcoholism, and available prevention, treatment, and recovery support resources.

[Learn more and RSVP.](#)

## Newly Added Library Workshops

The following library workshops have been newly added:

- **Comparing Generated Citations with APA Citations: Thursday April 5, 11 – 11:30 a.m. in D2401A or Friday, April 6, 1 – 1:30 p.m. in D2401A**  
Generated citations from the library catalog and databases are often incomplete or inaccurate. We will compare generated citations for books and articles with properly formatted APA reference citations. Contact [Linda Geller](#) with questions.
- **Google Drive for Beginners: Thursday, April 5, 1 – 2 p.m. in D2401B, or Friday, April 6, 11 a.m. – noon in D2401B.**

Learn the basics of Google Drive including Google Docs, Sheets, and Slides. In addition, use Google Drive for all your storage and research needs. Note – a Gmail account will be required for this hands-on workshop. Class size is limited to 15 persons. To register for this workshop please contact [Cari Didion](#).

- **Library Sources for Literature Reviews: Thursday April 12, 1 – 2 p.m., D2401A**  
We will demonstrate how to search library sources strategically for scholarly information needed for literature reviews. Contact [Linda Geller](#) with questions.
- **EndNote for Beginners: Thursday, April 12, 2:30 – 3:30 p.m., D2401A**  
Looking for a software tool to publish and manage your citations and references? Learn about EndNote, a citation management tool, and how it can help you stay focused on your research. Class size is limited to 15 persons. To register for this workshop please contact [Cari Didion](#).

View a complete list of April's library workshops [here](#).

## Financial Literacy 101



Join [Brian McKenna](#), Associate Professor of Accounting and Tax, for a workshop on Budgeting, Borrowing, Investing, and Insurance.

There are two opportunities to attend: **Monday, April 9**, from 4:30 – 7:30 p.m. in the Hall of Honors, or **Monday, April 23**, from 4:30 – 7:30 p.m. in Engbretson Hall.

[Registration](#) is free but required. The event is open to all GSU students and community members, and is brought to you by the GSU College of Business with support from a PNC Foundation Grant.

## Nursing Student Town Hall

Those interested in learning more about nursing can ask questions about the field, as well as meet professors and members of the department, at the Nursing Open House **Tuesday, April 10**, from 4:30 – 6:30 p.m. in Engbretson Hall.

This gathering also will allow current students from all Nursing programs (undergraduate, graduate, and doctoral) the opportunity to meet the director, clinical coordinators, and instructors.

## GSU Faculty: Call for Submissions for the 2018 Faculty Authors Reception

The annual Faculty Authors and Sponsored Program Grant Recipients Reception will take place on **Wednesday, April 11**, from 2:30 – 4 p.m. on the library balcony. All faculty are invited to submit their works by **Thursday, March 29**.

Each member of the faculty has received instructions for submitting works, along with the submission form. The Faculty Authors Reception is co-sponsored by the Governors State University Library, the Friends of the Governors State University Library, and the Office of Sponsored Programs and Research.

Email [Alexis Sarkisian](#) with questions.

## GSU Library to Host Microsoft Access Workshops in April

Attend a two-part workshop series offered by the GSU Library in April to learn the basics of Microsoft Access, a database management system.

“Access The Basics, Part 1” will be held **Tuesday, April 10**, from 1:30 – 3:30 p.m. and **Wednesday, April 11**, from 10 a.m. – noon, and will cover the very basics of Access and will focus on creating a table

and querying data. This is a hands-on workshop. Participants are encouraged to bring a USB drive to save their database for future, more advanced sessions. Class size is limited to 15 people. Please register by emailing [Cynthia Romanowski](mailto:Cynthia.Romanowski). The Access workshop is open to all in the GSU community.

“Access The Basics, Part 2” will take place **Tuesday, April 17**, from 1:30 – 3:30 p.m. and **Wednesday, April 18**, from 10 a.m. – noon, and will cover the very basics of Access and will focus on sorting, dates, and querying between two tables. This is a hands-on workshop. Participants need to bring the USB drive containing their Access the Basics Part 1 database. Class size is limited to 15 people. Please register by emailing [Cynthia Romanowski](mailto:Cynthia.Romanowski). **This Access workshop is open to only those GSU Community members who took Access the Basics Part 1.**

## Register for Safe Use of Social Media for Educators (and Others)

Mark your calendars for a workshop **Wednesday, April 18**, from 3 – 4:15 p.m. in D2401A in the library to attend a workshop conducted by lecturer Steve Hzyny, Cisco CCNA, CCAI, Microsoft MCSE, Novell MCNE, CNI Comptia A+, Network+ CTT+, Server+, Security+, Project+, Certified Advanced Security Practitioner CISSP.

The workshop will focus on the dangers of connecting; outcomes that can impact tenure; and a review of best practices for using social media to connect safely with parents and students. A Q&A will follow.

This workshop is open to all in the GSU Community and is presented by the GSU Library, Student Education Association, and Kappa Delta Pi International Honor Society. Please RSVP by **April 16**, to [Hannah Gruben](mailto:Hannah.Gruben). For information, please contact [Alexis H. Sarkisian](mailto:Alexis.H.Sarkisian).

## Spring Open Market

GSU's Civil Service Senate is sponsoring the Annual Spring Open Market on **Wednesday, April 18 – Thursday, April 19** from 10 a.m. – 7 p.m. in the Hall of Governors. Please join us as we welcome different vendors, crafters, and artisans to campus that will offer a variety of products for sale to the GSU community.

For more information or to become a vendor, email [civilservice@govst.edu](mailto:civilservice@govst.edu). This event is open to all GSU faculty, staff, and students, as well as the greater community.

## College of Business Information Session

Join the [College of Business](#) for its information session on **Saturday April 21**, at 10 a.m. in the F1622 lecture hall. During this session, you will have the opportunity to meet faculty members, current students in graduate programs, and staff and program coordinators.

This is a great opportunity to learn about business program and how business impacts your life. The AACSB-accredited College of Business programs are offered in online, on-campus, and hybrid formats to fit your academic needs.

[Registration](#) is required.

## Two-Day Comprehensive Suture Training Workshop

A Comprehensive Suture Training Workshop will be held on **April 21 – 22**, starting at 8 a.m., in the G-Wing Nursing Simulation Lab.

This two-day (16-hour) course is directed to nurse practitioners and physician's assistants. This course provides broad exposure to various types of procedural suturing. Learners at any level of experience will

gain knowledge using integrated lecture and hands-on training under the expert guidance of experienced suture training instructors using surgical-grade instruments.

The program cost is \$300 and includes the two-day course tuition, 16 CE contact hours, and training materials for home practice.

For more info or to register, click [here](#).

## Joliet Slammers Fundraiser



The Student Education Association (SEA) and Kappa Delta Pi Honor Society (KDP) are hosting a social and fundraiser at an upcoming [Joliet Slammers](#) game on **Wednesday, May 30**, at 7 p.m. on the Silver Cross Field in Joliet. The Slammers, a professional baseball team, will be battling the Washington Wild Things in one of the first games of the season. Their mascot, the Jailbird, dances with the crowd between innings and brings a lot of cheer to the game.

There was a great turnout at this event last year; SEA leaders, faculty, and staff from GSU brought their family and friends. Everyone is welcome to attend.

Tickets are \$10 per person; portions of proceeds of ticket purchases will go to both organizations. Contact any leader of the SEA to purchase tickets (tickets must be purchased for cash from a student leader). For more information, contact [Hannah Gruben](#).

## Content Marketing Fellowship Opportunity in Vienna

GSU students pursuing a career in marketing can now apply for a [two-month content marketing fellowship](#) in Vienna, Austria. The successful applicant will hone their skills under the leadership of marketing specialists, obtaining an invaluable international work experience that will set them apart from competitors in their field.

The applicant will be individually mentored by content writers, performance marketing analysts, and social media marketers. Housing for the duration of the fellowship and a stipend of \$1,200 (USD) per month is provided.

Apply [here](#) by May 25.

## GSU Summer STEAM Camp for Kids



GSU is once again sponsoring hands-on science, technology, art, and mathematics (STEAM) camp fun for summer 2018. Through a series of fun, highly interactive activities, students (ages 11 – 16) will learn basic concepts in the visual and performing arts, chemistry, engineering, physics, and robotics.

STEAM Camps are held on two different weeks and students may register for one or both sessions. Camp fees are \$200 per child, per week.

Week One: **July 16 – 20** from 9 a.m. to 3 p.m.

Week Two: **July 23 – 27** from 9 a.m. to 3 p.m.

**STEAM Camp Plus:** Activities are also available Monday to Thursday, 3 to 5 p.m. Additional fee of \$60 per session, per camper applies.

**Scholarship Opportunities:** A limited number of partial scholarships for Governors State University's Summer 2018 STEAM Camp are awarded on a first-come, first-served, need-basis.

For additional information, click [here](#) or call 708.534.4088.

## Highlights

**Ujvala Rajadhyaksha**



Finding balance between work and family life can be a tricky task. It's an issue that families around the globe deal with daily, and one that [Ujvala Rajadhyaksha](#), Assistant Professor in the [Governors State University College of Business](#), has been studying her entire career.

Her current research is part of a 10-country study titled "[The Work Family Interface in Global Context](#)" published in 2017. Read more about Dr. Rajadhyaksha's research [here](#).

## PLT Training Workshop

A Project Learning Tree (PLT) training workshop was held at Governors State University on February 19. This event was hosted by the Student Education Association and Kappa Delta Pi International Honor Society in Education.

Project Learning Tree is the environmental education program of the American Forest Foundation and is sponsored in Illinois by the Environmental Education Association of Illinois. Elementary & Early Childhood Educators & Teacher Candidates (undergraduate and graduate students) attended this hands-on workshop investigating environmental topics through indoor and outdoor activities. Educators learned to integrate environmental education, literature, math, and social sciences into an existing curriculum with nature as the medium. Participants took part in many activities with fascinating hands-on materials. One such group activity encouraged active engagement with the water cycle. A second activity incorporated all subjects into one lesson on the environment concerning trees and their byproducts.

The SEA would like to thank Dr. Colleen Sexton, Associate Provost, the trainer for this workshop. The workshop included materials, a wonderful activity guide textbook, training, certification, and boxes of donuts.

## Sandy's 411 and Birthday Party Invitation



Hi All!

So many of you want more intel about me. I always believe in being as open and transparent as possible – I learned that from Steve Hyzny who takes great care of me. Steve is a lecturer in IT here at #GovState, and he has a special interest in Cyber Security so he taught me to be open while still being careful.

Steve rescued me from PAWS Chicago in 2013, and I was so grateful. My official birthday is April 1, 2013! I have had a wonderful life since I was adopted. Steve enrolled me in a 10-week training session with the Masonic Association of Service & Therapy Dogs, so I am now a therapy dog!

Steve always talks about how much I love humans but needed to learn a bit more about how to be around other dogs. The training was great because I did learn to be around other dogs, and I learned to be around people who were in wheelchairs and crutches so that I can also visit hospitals and help people in wheelchairs to feel better by petting me, too!

“I wanted Sandy to become a therapy dog because she is so calm and relaxed. I knew with training she would be able to bring joy to others while also enjoying being petted,” Steve offered.

As Steve always shares, I do love when students get down to my level and talk to me and pet me—I can't think of anything more fun. So, all at GSU are invited to my birthday party on the GSU Library Balcony on **Monday, April 2** from 1 – 4 p.m. I will be so happy if you can make it!

Yours with Jaguar Love,  
Sandy, GSU Library Therapy Dog

Questions? Email [Alexis Sarkisian](#).

## Workshops & Trainings

A complete list of workshops for students, faculty, and staff can be found [here](#).

**Faculty:** If you have not already done so, it's time to have a new headshot photograph taken. Please refer to the [schedule](#) to find a convenient time.

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**Do you have a story or event you want to submit for the GSU View?**  
[Click here to learn about our submission guidelines.](#)



**Governors State University**

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University Park, IL, March 26, 2018

## Resilience in Action

Leading up GSU's 2018 commencement, the [GSU Newsroom](http://www.govst.edu/newsroom/) (<http://www.govst.edu/newsroom/>) is telling the stories of inspiring graduates. [Jerry Davis El](https://gsunews.govst.edu/unshackled-promise/) (<https://gsunews.govst.edu/unshackled-promise/>), soon to be a two-time GSU Social Work graduate, kicked off the series. This week, we are featuring Veteran Angel Sifuentes.

A broken back could have shattered the life of Governors State University (GSU) graduate student Angel Sifuentes.

The freak injury and a failed surgery led to permanent nerve damage and, ultimately, the loss of his thriving lighting business in 2009.

What Sifuentes has kept—a testament to his service in the U.S. Air Force—is remarkable resilience.

"I have to be," said Sifuentes, a staff Sergeant who retired in 1993 after nearly a decade of service, mostly in the Air National Guard. "There's a lot of good reasons to keep fighting besides my children and grandchildren and family—there's society."

Sifuentes, who graduated cum laude in 2014 with a [Bachelor of Arts in Psychology](http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Education/Academic_Programs/Undergraduate/Psychology,_Bachelor_of_Arts/) ([http://www.govst.edu/Academics/Colleges\\_and\\_Programs/College\\_of\\_Education/Academic\\_Programs/Undergraduate/Psychology,\\_Bachelor\\_of\\_Arts/](http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Education/Academic_Programs/Undergraduate/Psychology,_Bachelor_of_Arts/)), will receive his [Master of Social Work](http://www.govst.edu/MSWP/) (<http://www.govst.edu/MSWP/>) degree in May.

Now the president of the GSU Student Veterans Organization (SVO), Sifuentes is thankful for his time with the U.S. Air Force and the university's [Veterans Resource Center](http://www.govst.edu/veterans/) (<http://www.govst.edu/veterans/>) (VRC), which offers financial assistance and other critical support for the GSU's more than 375-military connected students.

Ironically, he didn't learn about GSU's national ranking (two years in a row) as the "[Best of the Best](http://www.govst.edu/GSU-Veteran-Friendly-School/#.WrKObujwaUk)" by [U.S. Veterans Magazine](http://www.govst.edu/GSU-Veteran-Friendly-School/#.WrKObujwaUk) (<http://www.govst.edu/GSU-Veteran-Friendly-School/#.WrKObujwaUk>) until well after he first enrolled. But it was a fellow soldier who told him about the Illinois Veterans Grant that he used to pay for classes, and asked him to lead the SVO, which he now counts as a passion.

"Veterans helping Veterans" is the GSU VRC motto silently playing in the background as Sifuentes talks about his dream to work with those who sacrificed for the nation. "The VRC offered me the opportunity to mobilize other student veterans and connect with veteran organizations ... and establish my career after graduation."

He's already started. As a social work intern on the behavioral health unit at Silver Cross Hospital, Sifuentes says he sees flashes of what could have been as he talks with patients.

"I see people dealing with depression, anxiety, suicidal ideation—substance abuse," he said. "It breaks my heart. I see where I could have been."



After Sifuentes returned from the service, he worked at a local grocer, and later started a business to add lighting to housing subdivisions that won regional beautification awards.

In 2007, Sifuentes' life changed when he twisted to reach for a 6-gallon case of water at work. He heard a crack in his back, and felt nothing in his right leg for about 20 minutes.

He forced himself to walk after a short while, but didn't seek medical attention until after a second incident in which his leg went totally numb.

Doctors recommended surgery but a reluctant Sifuentes opted for highly addictive opioids to calm the neuropathy. For nine months, he endured a drug haze, mood swings, and depression before making the difficult decision to stop taking the drugs. "I told my wife, 'I'd rather be clear headed than pain free.' "

In 2008, he agreed to a surgery that would fuse his vertebrae. The procedure involves scraping out damaged discs, replacing them with plastic spacers, screwing the new fixture in place with rods. Patients lose a little mobility in their back but also experience relief from the pain—in most cases.

An equipment miscalculation, however, left Sifuentes worse off with permanent nerve damage. "They killed my (lower) right leg. All I can feel is my big toe."

Then that resilient smile creeps across his face, though he admits it took some work to get it back.

It was two years at home struggling with depression before he enrolled in clinical psychology classes at GSU.

Sifuentes chuckles when he talks about the irony of returning home from active duty only to be injured at work, and the difficult years leading up to GSU in 2011. "You have to laugh, and I never got angry – even after the surgery. My attitude was "God, he went to work that day to help me."

Sifuentes adopted that same helping attitude and breezed through clinical psychology classes with the help and support of professors Crystal Harris Blount and Maristela Zell.

He was excited to move on with his life and plunged right into a master's program.



After graduation, Sifuentes is looking forward to working closely with soldiers in a counseling setting. "I want to work in behavioral health with veterans who struggle with PTSD and trauma. I want to give back."

In the meantime, he is connecting with more veterans through the SVO by collaborating with outside organizations that serve veterans. He's even enlisted his son who serves in the Army National Guard to support an Adopt a Soldier Ruck March on May 27.

Sifuentes said GSU changed his life.

"Governors State, for me, was a life raft. It gave me somewhere to come and find purpose again – a totally different direction that I never saw coming."

## GOVERNORS STATE UNIVERSITY

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College of Health and

Human Services

([http://www.govst.edu/Academics/Colleges\\_and\\_Programs/College\\_of\\_Health\\_and\\_Human\\_Services/](http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Health_and_Human_Services/))

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Dual Degree Program

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University Park, IL, March 26, 2018

## Ujvala Rajadhyaksha

Finding balance between work and family life can be a tricky task.

It's an issue that families around the globe deal with daily, and one that [Ujvala Rajadhyaksha](http://www.govst.edu/Site_Navigation/Contact/Directory/urajadhyaksha/) ([http://www.govst.edu/Site\\_Navigation/Contact/Directory/urajadhyaksha/](http://www.govst.edu/Site_Navigation/Contact/Directory/urajadhyaksha/)), Assistant Professor in the [Governors State University](http://www.govst.edu/) (<http://www.govst.edu/>) [College of Business](http://www.govst.edu/cob/) (<http://www.govst.edu/cob/>), has been studying her entire career.

Her current research is part of a 10-country study titled "[The Work Family Interface in Global Context](https://www.taylorfrancis.com/books/e/9781317553922)" (<https://www.taylorfrancis.com/books/e/9781317553922>), published in 2017.



Rajadhyaksha, born and raised in Mumbai, focused her research on working men and women in her native India, as well as those in the United States, Australia, Canada, Indonesia, China, Taiwan, Turkey, Israel, and Spain.

While researchers found that families in all countries struggle with balancing work and family, they discovered cultural expectations play a role, too, especially in collectivistic cultures where the needs and goals of the group are prioritized over the needs and desires of each individual. In collectivistic cultures, family demands and expectations such as caring for children and parents place more pressures on the working person relative to work

demands. Conversely, in cultures that stress more individualistic roles, people face more conflicts from demands at work.

"We haven't found any one culture that is perfect," said Rajadhyaksha, a Management professor who joined GSU in 2015. The next year, she received the College of Business Faculty Award for Excellence in Teaching.

"But you do find that if you fit in with the cultural norms of your country, to some extent, it may alleviate your work-family conflict."

The group of researchers will meet this year in Turkey to discuss a white paper they plan to publish with recommendations addressing work and family balance based on their research.

The research gave Rajadhyaksha a look at work and family balance as it plays out in families across the world, as well as a look into her own personal journey. Since starting with the research team in 2002, she moved from India to the United States, switched jobs twice and gave birth to her now 10-year-old son.

"My personal life has been an interesting journey," said Rajadhyaksha. "I have gained a lot from the research I have done on this. It has given me a peek into what my future might look like and equipped me with the kind of knowledge I need to make sure I don't slip through the cracks."

### **GSU Newsroom: How did you become interested in work and family roles?**

**Rajadhyaksha:** Just from my own personal experience, I had seen the challenges that working women face and that was always an area of interest for me.

My doctoral dissertation was on the work-family conflict of dual career couples. I started studying alumni couples from my own university. It was at one of the conferences where I was presenting that I was approached by another colleague that was looking for partners from different countries to pull together research for a study on work and family.

**GSU Newsroom: What are some of your other findings on family balance?**

**Rajadhyaksha:** We found that work-family conflict was always detrimental to working men and women. If working people had more job control, it increased positive spill over at work and home, and if employees were satisfied with family-friendly policies, they were less inclined to quit their jobs.

In Anglo and European countries, work overload was more likely to create work-family conflict, which subsequently increased the intention of employees to quit their job. In Asian countries, it was family overload that created conflict between family and work and that, in turn, tended to create a tendency for employees to quit their job.

So in Anglo and European countries, you want to reduce work stress to reduce work-family conflict. In the Asian context, you would want to find ways to reduce the kind of demands that the family places on the working person.

**GSU Newsroom: Any practical tips on balancing work and family life?**

**Rajadhyaksha:** I stick to my Google calendar and check off tasks and items on a daily or weekly basis. A lot can be done in conjunction with your spouse or partner. We always are coordinating our Google calendars and sharing them so that anytime I can know what are going to be busy days or phases.



I would say being organized, and seeing time as a resource helps. Setting priorities can make a big difference. And, to the extent that you can, choosing to work in places that understand family demands. Workplace flexibility can make a big difference.

**GSU Newsroom: You took a group of GSU students on a study abroad trip to India. What is the benefit of these types of trips?**

**Rajadhyaksha:** There's so much talk about the rapid growth that you are seeing in emerging market economies around the world. We are living in a globalized context. I keep reminding students about the fact that almost everything that surrounds us today is made by businesses and each of those businesses are in turn impacted by globalization.

No one is living on an island anymore and it's important to understand how the world functions.

Studying abroad is the best way to travel because not only are you seeing new places that are relevant but also getting to see them and understand them with the help of your faculty member who comes with you.

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