

EUNOMIA

Goddess of good order

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THE UNIVERSITY of NORTH CAROLINA
GREENSBORO

The Graduate School

241 Mossman Building
1202 Spring Garden St.
Greensboro NC 27412
336-334-5596
grs.uncg.edu

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Editor's Note

At the most basic level, one purpose of a state university is to strengthen both the immediate community in which it is found and the state as a whole. The Graduate School has an important role in helping UNCG achieve this purpose for North Carolina, thus the theme for this edition of *Eunomia*: "Strengthening North Carolina." In some cases, such as the Project Effort program operated by Dr. Tom Martinek in the Department of Exercise and Sport Science, there is literal strengthening of children in Guilford County. In other instances, the value added to the community is of a more abstract nature. The presence of graduate students like Jonathan Salter, whose research explores the intersection of chaos theory and music, contributes to the intellectual richness of Greensboro in ways that cannot be measured easily.

All of the research and projects visited in this edition of *Eunomia* provide something positive for the state of North Carolina, and some of them will continue to have an impact far into the future. Take, for example, the disaster preparedness kits organized by Alicia Blater, a May graduate who received her M.S. degree in gerontology. This kit will help many seniors in the state to be ready in the event of an emergency.

Writing about the broad range of research being undertaken at UNCG was truly a pleasure. We are already looking toward the next edition. If you have a lead for a story or would like to write an article, please send an e-mail to jsparke2@uncg.edu.

We sincerely hope that this issue of *Eunomia* finds you in high spirits and good health.

J. Scott Parker
Managing Editor

Health and Homelessness



Ph.D. student Frankie Ballard's research explores health practices of the homeless.

Nearly every day we see stories about how obesity and other fitness related illnesses are growing at an alarming rate in our country. While information on exercise and proper nutrition is abundant, it is largely aimed at a middle-class audience. The question of what homeless people can do to

stay healthy concerns Ph.D. nursing student Frankie Ballard.

Ballard, a full-time clinical nursing specialist at Central Regional Hospital-Raleigh Campus (historically Dorothea Dix Hospital), brought a strong healthcare background with her to UNCG. From this experience, she developed a desire to improve her advanced practice nursing skills. She chose to pursue her Ph.D. at UNCG in order to have "more career mobility and to improve nursing practice through research."

Ballard developed a strong relationship with her advisor Dr. Carolyn Blue. "She is my guide and mentor," says Ballard.

She also appreciates receiving a grant from the Gamma Zeta Chapter of Sigma Theta Tau International and the Southern Nursing Research Society's Dissertation Award that funded her research.

Ballard became interested in the health of homeless women after volunteering at the Healing Place of Wake County shelter. To date, her research has been exploratory in nature, because "there are few studies documenting the health promotion needs and behaviors of homeless women for us to know what programs we need to develop." She has collected and analyzed survey data on what homeless women do to keep themselves healthy. The questions dealt with issues like exercise, eating habits, and mental health. Her findings suggest that one of the greatest challenges for homeless individuals is finding nutritious food options. On the other hand, those surveyed displayed a high degree of spiritual growth, defined as attaining self-actualization and fulfillment. The majority of the women strongly agreed with statements such as "I feel I am growing and changing in a positive way," and "My life has a purpose." What the women lacked in material resources, they made up for in their belief that they could improve their lives. Ballard hopes her research will aid in developing programs that help homeless women stay healthy until they are able to transition into a more secure lifestyle.

In Brief—Students host, attend conferences

English hosts writing conference

The English Graduate Student Association (EGSA) hosted its third successful conference September 27. The theme for the conference was "Writing into the Profession: Exploring and Enacting Roles of the English Scholar." The conference, which was funded entirely by the EGSA, attracted graduate students and scholars from approximately 20 schools. Some came from within the state, but other groups traveled from as far as California. Speakers presented 30 papers, and two plenary sessions focused on the job search and specializing within the field. The conference gave graduate scholars an opportunity to present their research in an open environment.

ERM attends ETS conference

This past summer, seven students from the Department of Educational Research Methodology attended an invitation only conference organized by the Educational Testing Service, the same organization that creates the GRE and SAT tests. The conference addressed the issue of evaluating the effectiveness of standardized testing for minority groups. UNCG graduate students made up a fourth of all the minority students in attendance at the conference, and ETS fully funded the participation of all seven students. ETS's willingness to fund the participation of so many UNCG students is a reflection of the high regard they have for the ERM program.

Dr.P.H. student presents paper before members of Congress

Louis Graham, a Dr.P.H. student in the Department of Public Health Education, presented his paper "Empowering the Public Health Service" before members of Congress as part of the Roosevelt Rx conference sponsored by the Roosevelt Institute, a network of over 70 campus-based think tanks. The conference, held on September 17 in the United States Senate Hart Building, fostered dialogue on issues of public health. Graham's presentation was on the need to make the head of the Public Health Service an appointment with a lifetime term and to establish criteria for PHS leadership to have formal training in population health research and practice. Graham's research is an excellent example of how research can address real world concerns.



My Sisters' House: A Home for Teen Mothers Who Have None

The basic premise for constructing most buildings is fairly simple: put up walls and set a roof on top. But sometimes this process can come to represent something greater than the simple construction of a building. My Sisters' House, a project in the Department of Interior Architecture, is an excellent example. The project, part of the Urban Studio 02 course for undergraduates, will help to provide shelter for homeless teen mothers in Guilford County. Assistant Professor Robert Charest is responsible for the architecture of the house, while M.S. student Adrian Boggs contributed the interior and product design for the house to meet his program's requirement for studio hours. My Sisters' House also gives Boggs an opportunity to carry a project from conception to final product installation, providing a practical application of classroom theory. According to Charest, one of the benefits of this project is that it will allow students to "go out and make a difference by doing what they have chosen professionally anyway." My Sisters' House will be a 5,000 square foot home that can house five teen mothers and their children. Undergraduates will provide the labor for basic construction under the guidance of Charest and Boggs. Boggs sees the directing and instructing of undergraduates as an important skill-building opportunity for himself. He is able to help students see the relationship between creative designs and clients' needs.

On any given night in Greensboro, there is a need for housing for approximately 35 teen mothers. This disadvantaged group faces unique problems because the mothers themselves are still children. My Sisters' House will provide more than just shelter; it will be a system designed to help teen mothers learn to take care of their children in a nurturing way. To this end, UNCG faculty and graduate students from departments of Social Work, Nutrition, and Communication Sciences and Disorders will work to create an educational program on effective parenting.

Charest has been developing My Sisters' House since April 2007. Slowly all of the ingredients have come together to make the project grow from an idea to an impending reality. The North Carolina Housing Finance Agency is providing \$525,000 to cover the basic building expenses. Charest has worked closely with Boggs from the inception of the plans. "He is more than a research assistant; he is a partner in this project," says Charest.

Boggs, who is focusing on interior product design, has utilized knowledge gleaned in his research courses and principles of environmental sustainability in creating designs for the interior elements of the building. For example, he has cleverly used wood that was once considered waste from furniture factories to produce interior furnishings that are functional and aesthetically pleasing. Boggs will pre-manufacture the kitchen galleys and the furniture for the common areas in his studio.

Susan Cupito of the YWCA of Greensboro contributed to the building design by suggesting that the building itself should foster a sense of community and connectedness while also promoting maternal bonding. As a result of her observation of the need for a mother to have one-on-one time with her child, each mother will have a family living space, including a private bathroom, which Charest refers to as a "bonding with baby suite" where the mother and her child or children can share intimate moments. However, the design of the building also encourages social interaction by providing a communal cooking and living area. In the design of the interior, Boggs sought to create products that felt less institutional and more like the furnishings of a real home.

The involvement in this project from other community agencies and local businesses is immense. A house mother, employed by Youth Focus (a United Way Agency), will provide professional guidance to the resident teen mothers. The carpentry program at Greensboro Technical and Community College will provide skilled labor for the framing of the wood structure in the house.

Matt Takacs, AIA, of Efird, Sutphin, Pearce, and Associates, will be the architect of record and will provide design oversight. Rick Boedicker of Boedicker Construction Inc. will contribute professional expertise to ensure that the building meets codes and safety standards. Peter Marsh of Workplace Strategies and Chair of the Department of Interior Architecture Advisory Board, will provide LEED oversight and support.

My Sisters' House is much more than a large building. It will be a testament to community caring and collaboration among educational, business and service sectors. It is also a prime example of the collaborative nature of graduate study.



(Top) The groundbreaking for the house was on October 28, 2008. (Bottom) Graduate student Adrian Boggs, left, and Assistant Professor Robert Charest inspect a set of model cabinets for My Sisters' House.

Strong Bodies, Strong Minds



Project Effort students enjoy a game of amoeba tag. The after-school program fosters personal and social responsibility through sports.

Normally, the sounds of college students playing basketball fill the auxiliary gymnasium in the Health and Human Performance building on UNCG's campus. On Tuesday afternoons, though, the echoes you hear come from slightly smaller feet. From 3:30 to 5:00 the gym becomes the domain of an after-school program called Project Effort. Twenty middle school students from Guilford County come to participate in the program that helps to foster personal and social responsibility through sports.

The program also provides two doctoral students in the Department of Exercise and Sport Science with the opportunity to apply theory in a practical setting. Jared Androzzi, a former elementary school teacher from Pennsylvania, has developed a program of study whose focus is primarily on the pedagogy of exercise and sport science. He helps plan the schedule of activities for children in Project Effort. Anthony Melendez, a native of Puerto Rico, specializes in community youth sport

development, and his role is to work closely with the children on skill building.

In its sixteenth year, the program is the creation of Dr. Tom Martinek in the Department of Exercise and Sport Science. Project Effort originated from a collaboration between Martinek and Dr. Deborah Jones, the principal at Hampton Elementary School in Greensboro. Jones wanted some of their students who struggle socially and academically to have a chance to be part of an after-school program that would help them to channel negative energy in a positive way. While the ostensible focus of the program is on sports, the underlying message to the kids is that they are in control of their own future.

To be effective, you have to work together.

On a typical Tuesday afternoon, younger participants in Project Effort go through a routine of goal setting, warm-ups and skill building. The goals for the first week of the program were teamwork and effort. The students were asked to try to apply these concepts throughout their sports practice. When passing a basketball, both throwing and receiving the ball are important. Leaders stress to the students again and again that "to be effective, you have to work together."

Students can continue in the program from middle school through high school. At its highest level, the program involves high school students, most of whom have been in the program for several years, who develop activities and lead a values-based sports club comprised of younger students from various parts of the community. In this way,

they eventually progress from participants in the program to leaders who help other students to learn important life skills. This group of older students is known as the Youth Leader Corps.

Both Androzzi and Melendez express great pride in seeing students who were once participants become leaders in their own right. "We try to empower students to make a positive contribution to society," says Melendez, who dreams of beginning a similar program in his hometown: San Juan, Puerto Rico.

Androzzi sees this research and intervention program as an important part of his preparation for a future faculty position at the college level.

Guilford County Schools and the Boys and Girls Clubs of Guilford County provide transportation for students to participate in the program, and the Center for New North Carolinians also has played a vital role in identifying students who would benefit from the opportunity. The long-term success of Project Effort clearly has depended on not only the dedication of Martinek, Androzzi, Melendez, and other graduate students in previous years, but also the support of the greater community of Guilford County.



Dr. Tom Martinek discusses self-respect with students.



In Living Memory

Students record senior stories

History comes in many forms. Sometimes it's in a large leather-bound tome recounting battles and great leaders, but other times it comes in a voice, warm with nostalgia, recalling the way things were in a single person's life. During the 2007–2008 academic year, a group of eight UNCG graduate students in history and interior architecture undertook a project to make audio recordings of the memories of some Greensboro senior citizens. The project was part of a course on public history taught by Dr. Benjamin Filene. The material the students produced became an exhibit, "Hear's My Story: Senior Voices in Greensboro," that was on display at the Greensboro Historical Museum from May 5 to August 31 last year.

During fall 2007, the students applied for and received grants from North Carolina

Humanities Council and UNCG's Office of Leadership and Service Learning.

Filene coordinated this project with Renee Griffin, Assistant Director of Senior Resources of Guilford, the organization that runs the Greensboro Senior Center where the students conducted their interviews. Gwen McKinney, one of the students from the interior architecture side, was surprised at just who they interviewed. Among those people were Montagnards, a minority ethnic group that supported the United States during the Vietnam War. McKinney had a special respect for Bhung Hmok. "He was very genuine in his appreciation for what he has here in America."

To give visitors a better connection with the seniors, the exhibit included an audio station that allowed visitors to hear excerpts



History student Katherine Steiner visits with Maggie Townsend at the Greensboro Senior Center.

from the interviews. This feature added to the success of the exhibit in achieving Filene's goal for the graduate students: "to present history in ways that make it personal and meaningful to public audiences."

Seniors: Ready for Anything

In North Carolina, ice storms and hurricanes can strike with surprising speed. All of us should be prepared for 72 hours without access to supermarkets, electricity, or running water, but few of us actually are. For seniors in particular, this can be a devastating problem. Alicia Blater, who earned the M.S. in gerontology in May 2008, used her required internship experience to help reduce the gap in senior preparedness. When asked why this was important, Blater said, "Preparedness helps us withstand and recover better from an emergency or disaster." She worked with the Triangle J Council of Governments. It was her responsibility to develop, write, and design a toolkit called 6 Simple Steps to Individual Disaster Preparedness—Starting your Personal Disaster and Emergency Preparedness.

The toolkit provides a detailed plan for caregivers and other professionals who work with the elderly. The primary goal of the project is to condense the vast quantity of information on disaster preparedness into a plan that is simple to follow. Each step of the program brings participants closer to the goal

of being ready for 72 hours without normal access to food and utilities. It starts with the concrete (getting a bag) and ends with the abstract (knowing who to call and where to go in the event of an emergency).

Blater and her coworkers wanted to find the best way of reaching seniors. "We realized that senior citizen centers were a great area to be able to provide information for individuals to be prepared," she said.

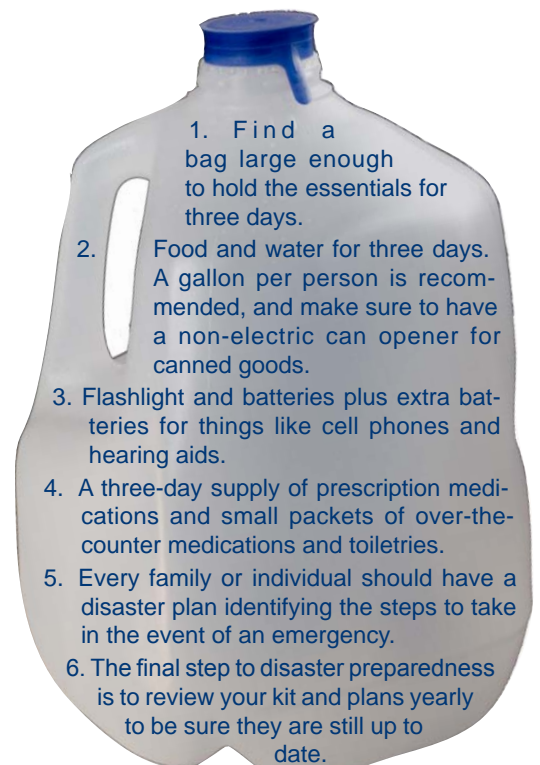
Staff members at these centers are able to take the toolkit and use it as programming in the center's activity schedule. The kit is still available online at www.tjaaa.org/providers/links.

Blater's internship experience equipped her well for her first post-graduation position. She went straight into manag-

ing a grant for the elderly when the former manager had to go on medical leave. As a temporary staff member for the N.C. DEEM (Disability and Elderly Emergency Management) Initiative, Blater continued the work she had begun with the disaster toolkit. The initiative was created to reduce the risk involved in disasters for the state's older population.

Preparedness helps us withstand and recover better from an emergency or disaster.

Your Own Disaster Preparedness Kit



1. Find a bag large enough to hold the essentials for three days.
2. Food and water for three days. A gallon per person is recommended, and make sure to have a non-electric can opener for canned goods.
3. Flashlight and batteries plus extra batteries for things like cell phones and hearing aids.
4. A three-day supply of prescription medications and small packets of over-the-counter medications and toiletries.
5. Every family or individual should have a disaster plan identifying the steps to take in the event of an emergency.
6. The final step to disaster preparedness is to review your kit and plans yearly to be sure they are still up to date.

Testing for Knowledge

The classroom has long dominated the methodology of learning, but with the rise of computer usage, new avenues of knowledge acquisition are rapidly opening. Simin Hall, who graduated from UNCG with her Ph.D. in higher education in August 2007, has a few notions as to how computing can help students to learn in ways that just aren't available via traditional classroom instruction. In her dissertation, entitled "Improving Self-Efficacy in Problem Solving: Learning from Errors and Feedback," she decided to look for ways of making the learning process more interactive.

Previous research in the field suggests that the process of solving a problem is a powerful tool for the acquisition of knowledge. Hall found this idea fascinating and wanted to know how to apply it to enhance learning for adult students. With guidance of Dr. Dale Schunk, the Dean of the School of Education, Hall decided to create a computer-based test that allowed students to learn information that has traditionally been taught through repetition and memorization from the process of taking the test.

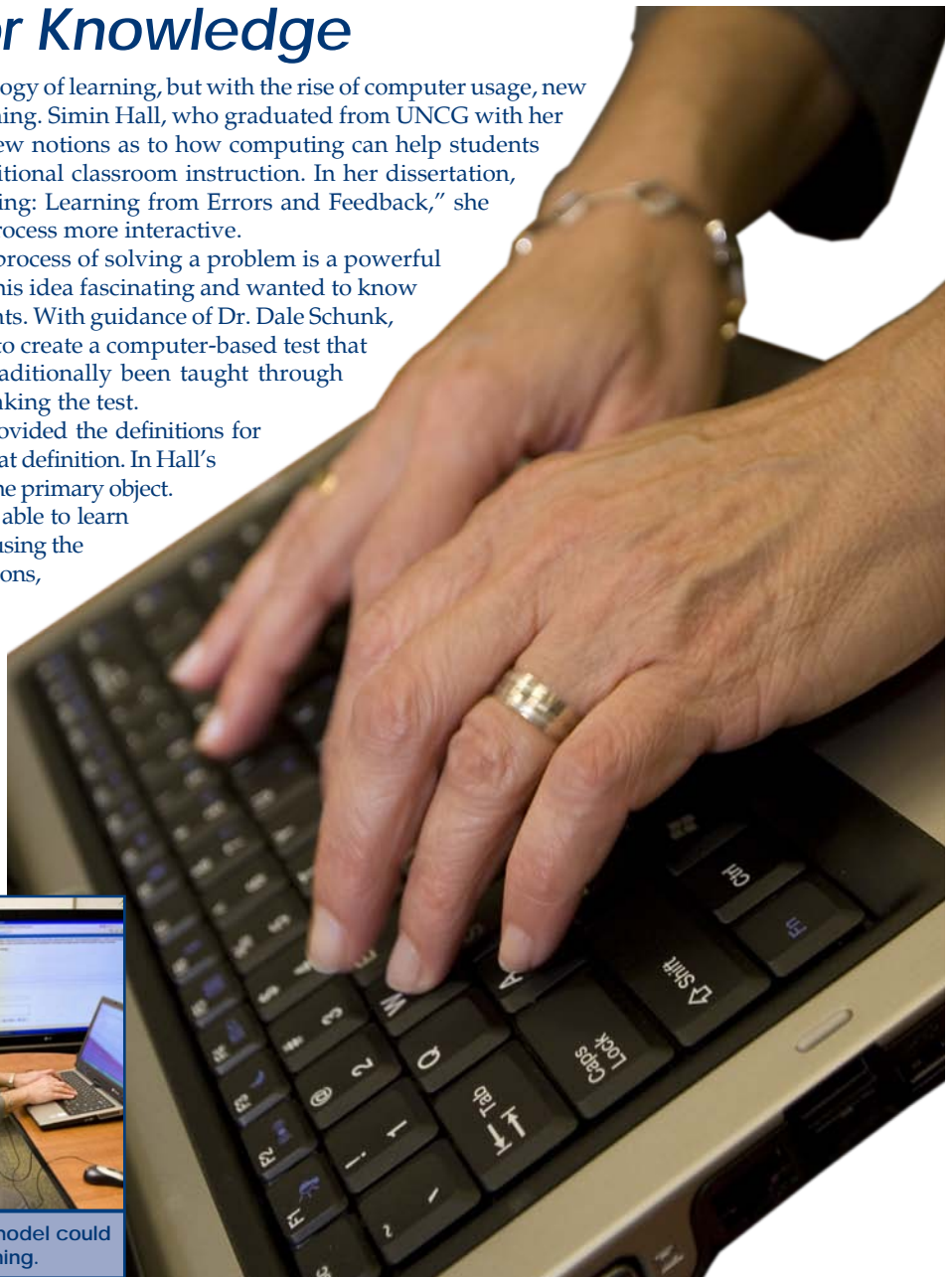
On a traditional test, the lecturer would have provided the definitions for each kind of variable, and the student would recall that definition. In Hall's experiment, recollection of correct answers was not the primary object. Instead, the desired objective was for students to be able to learn the correct answer through the taking of the test. By using the narrative of the question as a way of teaching definitions, the test seeks to integrate theory with context. Students also were allowed to change their answers based on anonymous feedback from fellow students. Through this interaction, students had the opportunity to see multiple points of view on how to solve the question at hand.

Hall has presented her research at several major conferences including that of the American Educational Research Association and the Joint Statistical Meeting held in Denver, Colorado, this past August. Her model has a plethora of potential uses in higher education institutions as more and more courses are offered online to students who might not have the ability to travel to campus for traditional classroom-based courses.

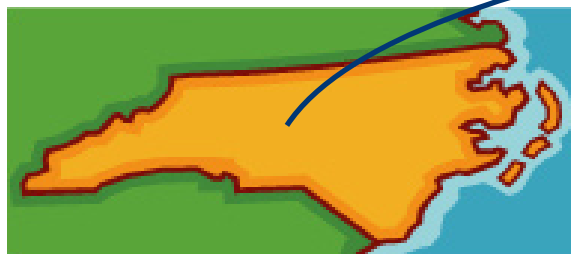
Currently, Hall is employed at Virginia Tech as a research associate in the Engineering Education Department.



Simin Hall's testing model could improve online learning.



One Transcontinental Flight—One We



Sixteen graduate students from the Bryan School of Business and Economics had the opportunity to travel to Curitiba, Brazil, for a one-week, intensive study abroad from October 12–19. Into that week, they packed a series of lectures and visits to companies that helped them learn more about how business operates in Brazil. According to Tuisha Fernandes, Associate Director of the MBA

Program and administrator for the exchange, "this program supports the mission of the Bryan School by giving students a global perspective." The students, who might not otherwise get a chance to study abroad, traveled to Brazil during the Bryan School's modular break. The program strives to give the students as many of the same opportunities as students participating in a semester-long exchange program would have.

From their initial arrival in Curitiba, located in the southeastern part of Brazil, the students were constantly on the go. Anelise Hofmann, the in-country coordinator, and a group of students from the FAE Centro Universitário, the partner university for the exchange, met the students at the airport and guided them to the bus that would carry them around Curitiba for the week. Hofmann was Director for International Student and Scholar Affairs at UNCG for more than three years before returning to her homeland. Her dedication and commitment were integral in making this exchange possible. She was the one who coordinated the corporate

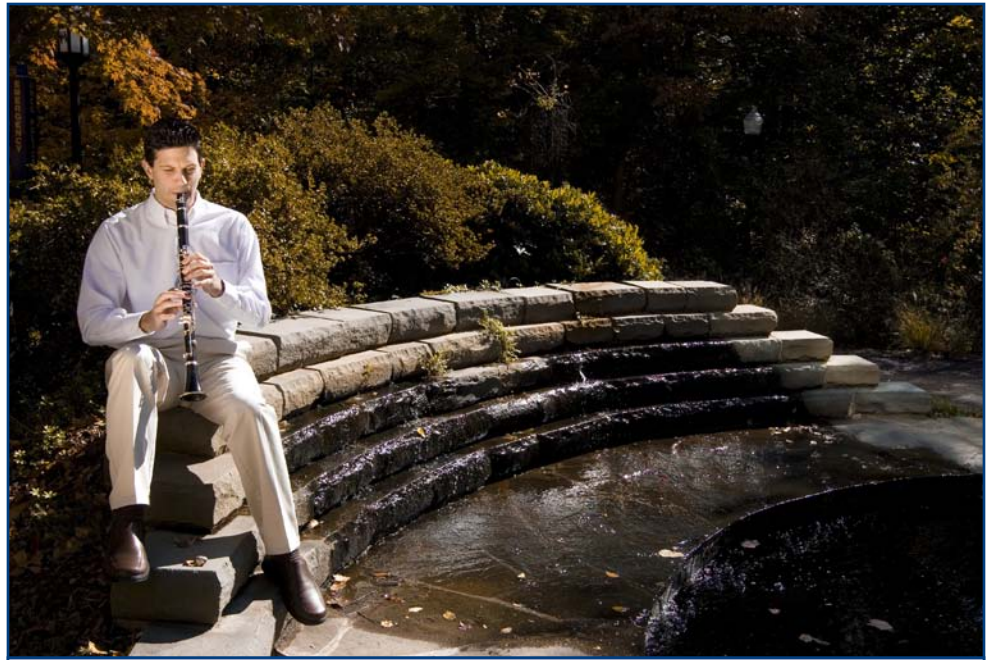
PREDICTION IMPOSSIBLE:

Chaos Theory and Music

Sir Isaac Newton liked to keep things simple: what goes up must come down. But in the twentieth century mathematical theorists started to explore the complexity of the rules governing the natural world. Not everything can be predicted, “and chaos theory is one way of coping with that situation,” says third year Doctor of Musical Arts student Jonathan Salter.

Music performance has been a part of Salter’s life since he first picked up an instrument at the ripe old age of two. He became serious about music in high school where he “did the usual honor band circuit.” His music eventually led him to Williams College, a small liberal arts college in western Massachusetts. Rather than focus exclusively on music, Salter chose to simultaneously major in math. He followed his undergraduate career with a Master of Music degree at Indiana University. Salter chose UNCG so that he could study under clarinetist Kelly Burke. “She has an outstanding reputation as a clarinetist, a teacher, and a mentor,” says Salter.

Beyond the opportunity to improve as a clarinetist, Salter also liked the flexibility of UNCG’s program. “Math has always been interesting to me as the path not taken, so this was a school that would allow me to explore interactions of math and music as part of my doctoral research. Other schools might be a little more restrictive about that



Doctoral student Jonathan Salter is a performer and a theorist.

or not interested in that as much as this one.” Salter’s primary research interest is how to apply chaos theory to the analysis and composition of music.

Chaos theory, a commonly known example of which is the butterfly effect, is the idea that small, seemingly insignificant changes in a system can totally change the system as a whole later on. “What it means is, essentially, prediction is impossible,” says Salter. We can know the rules of how a system works whether it be physical or musical, but we cannot predict the final outcome of the system. Composers such as Schoenberg, Berg, and Webern used the idea of chaos to tear down tonality. According to Salter, “all of those people in the early twentieth century were basically saying, ‘We are going to reinvent the [musical] system and allow things to be more complex.’”

Salter is just beginning his own experimentation, but the initial test has produced encouraging results. He began by creating a very simple chaos system using three pitches: do, re and mi. Once one of these pitches is played, the computer begins to keep track of a list to which the other two pitches are added. The list is a simple score that the computer plays. To avoid having the system quickly repeat itself, Salter included an offset. “So just that little tiny bit of adding, or offset, was enough to create a chaotic system,” says Salter. This particular piece of chaos sounds a bit like a jewelry box that occasionally diverges from its own tune. Salter considers this a modest success, “but hopefully you’re seeing the germ of an idea for a different kind of approach to making computer music, which has some unpredictability to it, but still has some aesthetic qualities.”

ek—One Semester’s Worth of Experiences

visits and lectures that gave students a better insight into Brazilian business practices. Dr. Moses Acquaaah from the Department of Business Administration accompanied the students as the instructor responsible for the coursework for which the students received UNCG credit.

During the week, professors from Universidade Federal do Paraná gave lectures on the Brazilian economy, marketing in Brazil, and doing business in Brazil as well as sustainability and social responsibility. Interspersed with the lectures were visits to Volvo, AMIL Assistencia Medica (a medical provider), O Boticario (a perfume and cosmetics producer), and IPPUC (the transportation and planning commission for Curitiba). For Mike Coutts, an evening MBA student who works at Bright Plastics, Inc., in Greensboro, these visits provided interesting insights into how Brazilian business customs differ from those of the U.S. business environment. “Family is important in business...it’s common for a young person to go to work but to keep living at home ‘til 30.” This custom results in more people working close to their family throughout their careers.

The exchange with Brazil was the first for the Bryan School, but its success means that a future exchange group will likely return. The MBA program has arranged successful trips to London-Brussels and Romania-Hungary. The program’s continued popularity is due to the numerous students who want to add an international component to their curriculum but don’t have time for a full semester of study in another country. The study abroad experience for the spring semester is in Mannheim, Germany.





From the Dean

This issue of *Eunomia* provides a snapshot of just a few of the many ways in which UNCG is engaged with the community. Graduate students gain valuable experience through their participation in class projects that address community needs, through community-based research efforts, through internships with businesses and nonprofit organizations, and through other approaches. Students gain practical experience in the application of their knowledge and skill in addressing the needs of the homeless or in helping youth make healthy decisions. Students, the university, the immediate community, and the larger society all benefit from these forms of engagement.

Traditionally economic downturns have resulted in increased graduate school enrollments. The opportunity to pursue a graduate degree and enhance future employment possibilities has been attractive to those graduating with baccalaureate degrees during weak job markets and to those who have lost their jobs during organizational downsizing. While it is too early to see if this pattern will hold true in the current recession, there are already some signs of increasing interest in graduate education. Despite the current reductions in budgets for the public universities in North Carolina, The Graduate School at UNCG is maintaining our present level of funding for graduate assistants to make sure that those seeking a graduate education at UNCG have opportunities to help pay for that education through working as a graduate assistant, a teaching assistant, or a research assistant. If you are considering graduate school and would like more information about opportunities at UNCG, please telephone us at 336-334-5596 or visit our web site grs.uncg.edu.

The Graduate School

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DEAN:

Dr. James C. Petersen

ASSOCIATE DEAN:

Dr. Rebecca B. Saunders

MANAGING EDITOR:

J. Scott Parker

GRAPHIC DESIGNER:

Ginny Brewer

PHOTOGRAPHER:

John Read

COVER:

Department of Interior Architecture Assistant Professor Robert Charest (right) and Interior Product Design graduate student Adrian Boggs installing Styrofoam blocks at the My Sisters' House worksite. This project will provide housing to homeless teen mothers.

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THE UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

241 Mossman Building
1202 Spring Garden St.
Greensboro NC 27412

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