Drivers of Change at UC

Every year Utica College announces a theme that will set the tone for the coming academic year. The 2013-2014 theme is Drivers of Change. According to Miriam-webster.com a driver is "one that provides impulse or motivation" or "a piece for imparting motion to another piece". Grad Connect met with Dr. Ahmed Radwan, the chair of the campus theme committee, to find out more about Drivers of Change. Dr. Radwan explains that in many ways UC and college in general is a driver of change in a person's life, as well as life events, and people themselves. The hope is that students, faculty, and staff will all strive to become drivers of change and will work towards making a better tomorrow. It is encouraging us to be good citizens and members of society, to be the driving force to make changes happen that we want to see. The campus theme website states that Drivers of Change "lends itself to all academic disciplines and all aspects of life, and as such, provides us with an opportunity for truly creative programming."

The campus theme committee will work throughout the year to support the theme and distribute funds available for events that are in alignment with Drivers of Change. In order to request funds simply go to the campus theme website and click on the suggestion box. The committee is also taking suggestions for future campus themes which can also be submitted here. Dr. Radwan noted that distance students are also welcome to submit suggestions and should not be
deterred due to geographical location. Whether you are on-campus, online, local, or distance, everyone can participate in Drivers of Change and we hope to see this extended to your lives outside of UC.

Everyone is welcome and encouraged to make suggestions and the committee wants to hear them, so get thinking!

The Write Idea: Perfectionism and Procrastination

It is probably safe to say that we have all procrastinated at least once. Whether it was putting off a person you did not want to talk to, a task you did not want to do, or an assignment that you were not excited about, we have all done it. Usually procrastination is due to the fact that what we are avoiding is unpleasant or not of interest to us, but did you know that procrastination can be due to perfectionism?

When it comes to procrastination and writing, the need to make the work perfect can discourage a person from continuing or completing the process. While it is possible for this to occur when writing a smaller paper for class, it is more likely to occur when writing a thesis or capstone project. It may seem like there is always more research to be considered or more editing to be done, or the fear that the work will be "intellectually lacking" to the point that a person is hesitant to submit their work.

Perfectionism is not always a bad thing, it can push a person to do their best, but it can have its downsides as well. Perfectionism can bring on "self-inflicted misery, lower productivity, and fewer publications", with these negative associations perfectionism can lead to procrastination. Procrastination can be especially dangerous when there are no immediate consequences or accountability for not writing. Luckily in the case of a thesis/capstone project there are advisers to help you stay on track and guide you along the way. Inside Higher Ed offers some helpful tips on how to move past perfectionism so you can stop procrastinating and move towards a finished product. First they said that it is important to be realistic about your work process as opposed to a romanticized version, this will allow you to set realistic expectations and be more consistent. Inside Higher Ed also stated a "surefire way to break the procrastination-perfection link" is to "write every day for 30 minutes".

Be careful not to get stuck in this vicious cycle. If you are experiencing difficulty always consult your instructor (who is a great resource). To find out more about perfectionism and procrastination visit Inside Higher Ed.

Did You Know?

Matriculated students must obtain approval before taking courses at another institution for UC credit. Students should first discuss this with their program chair or adviser. In order to obtain official approval, students need to fill out the permission to study form which can be found on the registrars website. Approval will not be granted for the same or equivalent course which is offered at UC. Also in order to transfer in a course the student must have earned a "B" or better. For more information please see the graduate catalog.
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