

BOSTON COLLEGE
OFFICE OF THE
DEAN FOR STUDENT
DEVELOPMENT
GRADUATE
STUDENT LIFE

SPECIAL
POINTS OF
INTEREST:

- Sign up for Grads Give Back Day today!
- Don't miss your chance to nominate an outstanding graduate student for a GSA Award!
- The deadline for the Spring MGC Photo Show is this Friday!

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Grad Student Life

VOLUME 6, NUMBER 14

MARCH 28, 2007

Grads Give Back Day

JOIN YOUR FELLOW STUDENTS FOR A DAY OF COMMUNITY SERVICE

When: Friday, April 13, placements throughout the morning and afternoon

Where: Boston and surrounding communities

Who: Graduate and Law School students

What: Day of service, fun, food, fellowship, and memories

How: Sign up online at <http://bclsa.org/gradsgiveback>

Volunteer placements:

Animal shelter/zoo

Environmental clean-up

Homeless shelters

Food Banks

Illness/Addiction &
Rehabilitation Centers

Schools/Youth

Elderly



Don't forget...

You will pick up your Volunteer Packets and free t-shirt at the *Murray Graduate Student Center*, 292 Hammond Street, and then make sure to come back for food, drinks, and socializing throughout the day.

After your service, relax and have fun with other graduate students at the *Pour House*, 907 Boylston Street, right by the Prudential or Hynes T stop, from 7-10pm. Come celebrate the start of Patriot's Day weekend!

If you have any questions about this event please contact JK Park at parkim@bc.edu or Andriy Tsintsiruk at tsintsir@bc.edu

UPCOMING DEADLINES!

- GSA Awards
Nominate a fellow graduate student for an award! Information available at www.bc.edu/gsa.
- Spring MGC Photo Show
Submit your photos for our portraiture show! Complete details available in the March 14th
GSL newsletter at www.bc.edu/gsc.

HURRY! THE DEADLINE FOR THESE GREAT OPPORTUNITIES IS MARCH 30TH!

Beatriz's Guide to Healthy Living...

Revisiting your New Year's Resolutions

The weather is warming up. The birds are finally chirping. Spring is in the air! It's also about that time of year when people begin to break their resolutions. On average, only about 20% of us keep our New Year's resolutions. So, what's the secret to successful resolutions?

Here are some tips on how to fall into the successful 20% group:

- 1. Be realistic.** Strive for a goal that is attainable.
- 2. Talk about it.** Share your resolutions with your friends and family who will be supportive of your goal to change for the better.
- 3. Be kind to yourself.** Occasional slips happen. Do the best you can one day at a time.
- 4. Track your progress.** Keep track of each small success as you move toward your goal.
- 5. Stick to it.** Experts say it takes about 21 days for a new activity to become a habit and 6 months for it to become part of your personality.
- 6. Keep trying.** If you run out of steam, you can always start over again.
- 7. Reward yourself.** Celebrate your success by treating yourself to something you enjoy.
- 8. Avoid choosing a goal that has been unsuccessful year after year.** This will only set you up for disappointment and frustration. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.
- 9. Start your resolutions this season.** Sometimes the best way to accomplish a New Year's resolution is to make it at a time of year of your choosing, rather than the one dictated by the calendar. May 1 is a good alternate date, since the change of season will neatly coincide with the change you're hoping to accomplish in yourself.



Beatriz Cantada, BC graduate student and Center Assistant at the Murray Graduate Student Center

Sources: <http://libdcrohns.about.com/cs/mentalhealth/a/newyearresolve.htm>

http://www.sideroad.com/Setting_and_Achieving_Goals/keep-new-years-resolution.html



Susan Recommends...

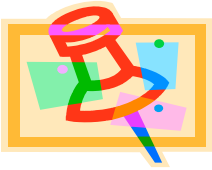
...Fire + Ice

Fire and Ice is a fun and different restaurant that is designed to cater to your individual tastes. I visited the Boston location, just a short walk away from the Arlington T stop but there is also a Cambridge location not far from Harvard Square. Fire + Ice has a ton of food on its menu, ranging from beef and seafood to all types of vegetables and noodles. Just grab a bowl, choose your food combination, and pick a sauce. The grill masters then prepare your food right in front of you, interjecting some fancy cooking moves along the way. If you've ever been to a Japanese steakhouse with a performing chef at your table, the feeling is similar. Once you've enjoyed your first course, you can try another combination of meat or seafood, veggies and sauce and visit the grill masters again (and again, and again...)

The atmosphere at Fire + Ice is trendy and fast-paced. As a newcomer to the process, I appreciated how well our server explained the process to us. At times the music seemed pretty loud, so it might not work as well for a large group of people. As the meal went on, though, I was able to experiment more with my choices. I would recommend trying as many sauces as possible, as there is a great selection ranging from mild to extremely spicy.

Overall, the key to a successful Fire + Ice experience is patience. If you're the type of person who likes to have your whole meal all at once, this may not be for you. In addition, I would strongly caution anyone to avoid the dinner rush and go at a time when the grill won't be busy. For my first few trips up, the food prep only took a couple minutes. As more people filtered in, however, the wait time increased to close to ten minutes. (Which can seem like a long time when you're watching your tasty selections cook!) If you've never been to Fire + Ice, it's a unique place to try, and the prices aren't too outrageous. Plus, if you can't make up your mind the first time, you have a chance to try everything!

For menu information and directions, visit <http://www.fire-ice.com>



The Notice Board

Indoor Rock Climbing Class This Weekend!

Saturday, March 31, 12 - 1:30pm

MetroRock, Everett

www.metrorock.com

Sponsored by the Graduate Student Association

If you have ever wanted to try, this is the PERFECT opportunity.

Tickets must be purchased at the Murray Grad Student Center:

Tuesday 3/27- Thursday 3/29

\$15 each, Two per BC ID.

There are 20 spots available for the class and a few additional spots for experienced climbers to join in.

Contact Jayme Flynn, flynnak@bc.edu for more information

Carpooling to be arranged

No experience (or skill) necessary

Campus Ministry News for Grad Students

Twilight Lenten retreat is scheduled for grad/professional/doctoral students on Thursday evening, March 29, 6-9pm at Haley House, two doors down from Murray House. We'll begin with supper. Time for input, quiet, and sharing. Interested? Email Sister Mary at mary.sweeney.4@bc.edu

Growing through Grief is a program for those who have lost a loved one. We meet on Mondays at 5pm in Cushing Chapel, next to Room 326 in the School of Nursing.

The Grad Student Short Story Discussion Group continues to meet. If you're interested, email Sister Mary to get a copy of the stories we'll be discussing.

"Body Image, Self-Esteem, and Relationships in Today's Society"

Saturday, March 31, 4pm

Come see **FAT PIG** by controversial playwright Neil LaBute! A young man is forced to stand up and defend the plus-size woman he loves when friends call into question his new relationship. This is the New England Premiere of an off-Broadway hit at the SpeakEasy Stage Company in the Boston Center for the Arts.

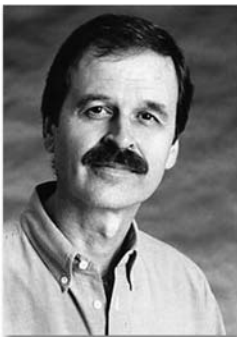
Immediately following:

Body Image, Self-Esteem, and Relationships in Today's Society- A panel discussion featuring Sharlene Hesse-Biber from the Sociology faculty and the actors and director from the play.

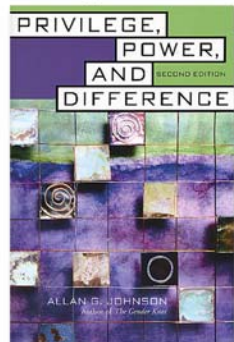
A bus can take students to and from the Boston Center for the Arts. It leaves Conte at 2:45 and returns around 7:15pm

Discount tickets are \$15 for students and \$35 for faculty/staff/and alumni. Tickets are available at the Robsham Theater Box Office. For more info visit: www.bc.edu/speakeasyevent

Graduate Education Association Presents: Unraveling the Knot of Race with Dr. Allan G. Johnson



www.agjohnson.us



**April 2 2007
7:00PM
at Mc Guinn 121**

Co-Sponsored by: Graduate Student Association; Graduate International Student Association; Graduate Student Life; Sociology Dept; Theology Dept; Women's Resource Center; Political Science; Counseling, Developmental, and Educational Psychology Dept; Educational Research, Measurement, and Evaluation Dept; and Many More.

Paying for Graduate School

Worried about money for graduate school? Learn about...

Fellowships
Grants
Assistantships
Fulbright Fellowship
Ford Fellowships
and many more...

Thursday, April 12, 4 - 5pm

McGuinn 5th Floor Lounge
Questions? Email LTL@bc.edu

Sponsored by Learning to Learn and
AHANA Student Programs

Mark Your Calendar...



- 3/28 **Bearing Witness: African Slavery in the Nile Valley** 4:30-6pm, Devlin 101
Featuring a lecture by Professor Eve Troutt Powell
- 3/28 **Gaelic Roots Music, Song, Dance, Workshop and Lecture Series Concert** 7pm, Connolly House
Jerry O'Sullivan performs the Irish uilleann pipes
- 3/28 **Jesus Week: Living Stations of the Cross** 7-8:30pm, St. Joe's Chapel
Partake in the ritual of the washing of the feet followed by a live presentation of the Passion
- 3/29 **Missing the Forest for the Trees?** 4:30-6pm, Fulton 511
The Centrality of the Paschal Mystery and the 'Liturgy Wars,' presented by Visiting Fellow Dr. Martin Stuflesser
- 3/29 **Cassandra's Curse, Pandora's Box: The Lessons and Legacy of Iraq** 4:30-6pm, Devlin 008
Presented by Ambassador Barbara Bodine
- 3/29 **Lecture by Marya Hornbacher** 7:30pm, Higgins 300
Ms. Hornbacher is the author of "Wasted: A Memoir of Anorexia and Bulimia"
- 3/30 **Deadline for GSA Awards and MGC Photo Show Submissions** 5pm, Murray Graduate Student Center
See page 1 for more details!
- 3/30 **Fifth Annual APAHM Opening Ceremony** 5pm, Gasson 100
Translation beyond words, featuring Phoebe Eng
- 3/30 **The 2007 Baldwin Awards** 7:30pm, Heights Room, Corcoran Commons
The Baldwin Awards celebrate excellence in student filmmaking at Boston College
- 3/30 **Siesta Fashion Show** 7:30pm, O'Connell House
A fashion show and auction with clothes donated from stores around Boston— Proceeds benefit a local shelter for battered women
- 3/31 **GSA Indoor Rock Climbing Trip** 12-1:30pm, MetroRock, Everett, MA
See page 3 for complete details!
- 3/31 **Third Annual BC Idol** 7:30-10pm, Gasson 100
Talent competition in which the best of BC will perform and be judged! \$5 admission to benefit charity
- 4/1 **Boston College Flute Choir** 3pm, Gasson 100
Directed by Judy Grant
- 4/2 **Unraveling the Knot of Race with Dr. Allan Johnson** 7pm, McGuinn 121
For more information, visit www.agjohnson.us
- 4/3 **Symphonic Band Concert** 8pm, Gasson 100
An evening of great music celebrating diverse cultures and traditions from around the world
- 4/3 **Agape Latte** 8:30pm, Hillside Cafe
Discuss issues of faith over refreshments at Hillside
- 4/5-4/9 **Easter Weekend** No classes; except those beginning at 4pm or later on 4/9
- 4/11 **Graduate and CASU Registration for Summer 2007 and Fall 2007 begins**
- 4/11 **The Clough Colloquium** 4pm, Robsham Theater
Featuring Under Secretary of State R. Nicholas Burns, '78
- 4/11 **Comparative Theology "Contemplation and Social Engagement: Christians and Buddhists in Dialogue"**
7pm, McGuinn 121. Featuring speaker Ruben L.F. Habito, a Professor of World Religions and Spirituality
- 4/11 **Hawthorne String Quartet** 8pm, Gasson 100
Featuring Boston College Artists-in-Residence and special guests