Second Career Graduate Students

Healthy Eating on a Budget

Eagle Ops Isn’t Your Only Tool
YOUR MONEY
08 The Truth and the Consequences
30 Frugal Tips for the Next Couple of Months

CAREERS
03 Eagle Ops Isn’t Your Only Tool
14 Internship Outlook
22 Part-Time with High Pay-Outs for the Entreprenuerially Minded

TECHNOLOGY
05 Keeping Your Financial Data Safe

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CONTENTS

Enrichment
11 What Not to Do When Traveling
12 Healthy Eating on a Budget
15 Making Memories in Atlanta

Campus Life
10 A Car When You Need One
18 Second Career Graduate Students: A New Beginning
23 Food on Your Plate, Cash in Your Pocket
24 Housing for Upper-Classmen
25 Spend Less Time on GERs

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Eagle Ops Isn’t Your Only Tool

Social media has become a major part of our lives in the twenty-first century. It now accounts for 22% of all time spent online. Facebook currently has over 1 billion users, Twitter has over 250 million, and LinkedIn has over 110 million.

Most of us have heard the warnings about how the things you put on the internet can hurt you in a job search. What many people don’t realize is that all three of these sites—not just LinkedIn—can be incredibly useful tools when looking for a job.

A referral from someone you know is always much more effective than just submitting your resume online. Because social media has expanded our social networks, we now have access to even more professional networking opportunities.

According to RecruitingBlogs.com, 91% of employers are using social networks to screen applicants—76% are using Facebook, 53% are using Twitter, and 48% are using LinkedIn—so it isn’t something job seekers can afford to overlook.

You have heard it over and over, never put anything on the Internet that you wouldn’t want a potential employer to see.

According to the same study on RecruitingBlogs.com, 69% of employers have rejected a candidate because of what they saw on a social networking site. So if you have a Twitter or a personal blog, be careful about what you post, because those things will pop up in a Google search—the starting point for most employers. As far as Facebook goes, make sure to adjust your privacy controls so that you can keep track of who can see what—or just be careful about what is on your Facebook.

It may seem like this is just a weed-out tool for employers, however you can use this to your advantage. When you are looking for a job, it helps if the employer sees more than just a resume. If they Google you, and they come across your Twitter, Facebook, LinkedIn, or blog, they can really get to know you as a person rather than just one in a sea of resumes. So try to be yourself with posts on these websites, and project a positive image. A picture is also important. Most people have a profile picture on Facebook, but the LinkedIn photo is often overlooked; this again allows the employer to make a more personal connection to the resume. So make sure to have a genuine, smart-looking photo of yourself on LinkedIn. Many sites recommend staying away from suit and tie, and opting for a casual, yet conservative photo.

Many people don’t realize it, but these websites aren’t just tools for employers. Facebook provides several job search applications that will allow you to leverage your social network.

Some of the more popular applications are BranchOut, BeKnown, InsideJob, and Jobster. These applications allow you to create a professional profile or link to your LinkedIn, track which companies your friends have worked with, showcase testimonials of your work, search for jobs, and find contacts at companies where you’re interested in working.

Facebook is primarily a social tool, but with these new applications it can also be a good supplement to your LinkedIn.
LinkedIn really is the pinnacle of professional networking. Most students are familiar with LinkedIn, but many people don’t realize how much you can do with it—it is more than just a brief career summary for people to see when they Google you. Your profile is what your contacts will see—it consists of your picture, your headline, your work experience and educational background, any groups you belong to, your status update, and any testimonials.

LinkedIn describes your headline as a brief summary of your professional identity. Try not to use something dull and boring. Use keywords and action words that jump out at employers.

LinkedIn is very effective because of the way it allows you to use your contacts. If, for example, you are looking for a contact at a specific company where you are interested in working, you can look through your connections and see which of your friends have connections there. Then, you can use the introduction feature to ask your friend to introduce you. This makes building professional connections easier than simply asking around.

Social media has become a huge part of our lives, with many applications and users all over the world. It plays a significant role in everyday life, and now it is a big factor in the job search. Make sure that it is working to your advantage.
Contrary to popular belief, the most popular username on the web is “username” and the most popular password is “password.” Sometimes people get really creative and choose “u$ername” and “passw0rd.” This rather funny yet sad occurrence will likely remain the case for many years to come. People are intelligent, but they tend to choose convenience when it comes to remembering username and password, thus ending up with simple login information. For example, when the Syrian Ministry of Presidential Affairs was hacked into in February of 2012, it was revealed that 33% of all officials used “12345” as their password. That is a pretty bad password even if you do not log into social network sites on a daily basis.

People normally choose a password based on the thoughts that run through their mind at the time of the password inquiry. Therefore, it is natural that the originality of the passwords and usernames has limits. Even if you think you have a very secure combination of phrases that may take millions of years to be randomly guessed by a computer cloud (in brute-force attacks), you will still face the risk of social engineering hacking. This is a problem that we cannot escape and that we will begin to face more frequently. Though there are numerous blogs, tutorials, and guides on “how to keep your financial data secure online,” most people are unaware of them because until someone actually steals their information, online security is not a priority. This article points out more creative and nontraditional ways that hackers steal your information, and some ways to avoid them.

In the summer of 2012, a hacker group by the name of “UGnazi” used social engineering to steal credit card information from a big credit card company. They gradually acquired information about employees working at the company through phishing emails. After they acquired the employee data, they were able to call into the corporate office and pose as one of the high-level employees, by giving all of the correct answers to the verifier over the phone. After “proving” that they worked at the company, they were able to take control of the company’s information-managing software. Everyone in the hacker group were all between the ages of 16-18. If a group of teenagers can steal 200,000 credit card accounts from a big corporation, what can we do to remain safe online? It is important to realize that this situation could have been worse. The hackers eventually revealed the exploits they used to penetrate other secure systems like Amazon, Google Mail, and even PayPal. As a result, several loopholes have been closed to avoid future exploitation. Users are now required to provide more data over the phone in order to change their bank account’s primary email or reset their passwords in the future.

Many years ago, the most common way that hackers obtained personal account information was by guessing passwords using a dictionary of words. Today, this is impractical because every website has “capchas”, two-step verifications, or limited number of access attempts. This has forced hackers to adopt more unconventional and creative methods to steal passwords. Today, the most common ways are phishing...
emails, keyloggers, website redirects, acquisition of hash-keys, and plain vanilla cookie stealing (not so tasty if it happens to you!).

Phishing emails work in a very simple way. The thief attempts to steal your password by having the email appear to be from a legitimate domain that redirects you to the fake domain and then asks for your login information. A recent study shows that close to 60% of people are at risk of falling victim to phishing emails because they fail to recognize that the emails are fake. It is important to check the email address even if the email appears to have 100% legitimate content. Never click on links in emails. Never input your username and password in emails because good and secure organizations should never ask you to do so.

Keyloggers are another common way that someone can steal your login information if they have direct or remote access to a computer. Note that remote access could also mean malware and trojan viruses. Hackers will upload a program or script which tracks each key stroke as you type in your username and password. A common way to mitigate this is to check all processes running on your machine and to make sure they are completely known to you. Also, make sure that an unknown process is not using too much CPU power (Press Ctrl-Alt-Del and then go to Task Manager on Windows or type “top” if you are using UNIX or Mac in Terminal).

As if these methods are not enough, there is a new, very creative method called acoustic cryptanalysis keyloggers. These acoustic keyloggers monitor the sounds of someone typing on a computer and then distinguish the keys pressed by dissecting the acoustic signatures of the keys that are struck. This means that the Hacker does not need login information or direct access to your computer, does not even need to log into any machine you use, and can do a remote recording of typing sounds from any physical machine with a microphone.

Cookie stealing is also a possibility if you forget to log out of the computers you use or if you use the “remember me” features of some websites. Cookies are temporary files that are used by websites in order to identify who you are and to make the browsing experience much smoother—meaning that you only have to log into a website once while you are on it. They are usually timed to expire at some time into the future (15 minutes) because the developers know that people forget to hit the sign out button. So, remember to always sign out of the website, sometimes just closing the browser may not clear the cookies.

The truth is that if someone really wanted to steal your information, there is always a way and there is always a risk. Hackers are just too creative and their methods are constantly evolving. There is a minimum checklist of
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continued from page 06

things we can do in order to make hacking harder to succeed. And if we do them, chances are that we will be protected most of the time we use the web.

As social engineering hackers showed in 2012, we are becoming more dependent on the security of the companies that actually store our data (in the cloud servers) and on their employees’ idea of web security. We always have to demand our total security and privacy from them. Anything else is just unacceptable. As Mr. Jeff Atwood, founder of StackExchange, says, “Computers are not the weak point anymore. People are.”

Checklist

1. Always choose password phrases (with words, numbers, and phrases) instead of traditional password (6-12 characters with numbers). Just having a space between the characters makes the password 20% more secure.

2. Always choose two-step verification. (Ex: text message code & regular password)

3. Never use public wifi networks to access your bank account information or email accounts.

4. Always check the email address of emails even if they look legitimate and make sure the link they redirect to is legitimate.

5. When visiting a website that asks for any valuable data from you, make sure the website is secure by checking the browser. (https encryption should always be on).

6. If your account says that there was an attempt to be accessed by another computer, check the logs to make sure the IP was not a hacker’s attempt to get into the account. If it was, then change the password.

7. Always sign out of your accounts manually.

8. Always log out of the public computer that you use.

9. Make sure information (like your address, your phone number, and date of birth) is not accessible to the online community. Hackers will use this information to take over one system in order to learn new information...and the process continues...until they have acquired enough to take over even the most secure accounts you have.

10. Understand the security risks and think about the weak points. The weak points are more important than your random algorithm-based password phrase.

11. Try using a password manager such as LastPass.com. Last Pass was created to make the online experience easier and safe for everyone.
Another holiday season has come and gone. The department stores are preparing for the spring season. With the anticipated lowering of prices, consumers with limited budgets can expect to get the most of their money. Moreover, for those consumers with limited funds, department store sales associates are trained to say, "Would you like to apply for our store credit card and receive an additional 10% off your entire purchase today?"

Although many consumers are already maxed out on credit cards and interests rates at all-time high, store credit cards continue to have some value and benefits. As the rule goes, there are pros and cons when applying for and using store credit cards. For many college students with no credit history and financially dependent on their parents, applying for a major bank issued credit card (i.e. Amex, Discover) can be challenging and the likely result would be, an automatic denial. The question then becomes, how students can make the most out of the limited options they have available.

To begin, we should compare store and bank issued credit cards. As mentioned, a college student is likely to be approved for a store credit card rather than a bank credit card, and most store accounts do not charge an annual fee. However, they tend to have much higher APR’s (Annual Percentage Rate) than bank issued accounts. In this case, you will only end up benefiting from store credit cards if you shop with that specific store all the time. In addition, many store issued credit cards offer some type of “rewards” program. Word to the wise, unless the store is your preferred place to shop, it will take many years to reach a certain rewards level to receive the “exclusive” benefits or even to redeem your rewards. For example, Bloomingdale’s offers two types of credit cards: a store-use only card and a credit card affiliated with American Express, which allows you to make purchases outside the store. After applying and upon approval, you are given 10% off on all purchases made until the next day. Thereafter, you earn two points per dollar spent in and outside of Bloomingdale’s. As the points accumulate, you can redeem a $25 rewards card when you earn 5,000 points, meaning you have to spend approximately $2,500 to receive a $25 gift card. Ultimately equaling to 1% cash back.

Bank issued credit cards, such as Bank of America's 123 Rewards Card, gives 1% cash back on every purchase, 2% for groceries purchases, and 3% for gas transactions. In comparison to the Bloomingdale’s card, this appears to be a better offer. The Chase Freedom credit card offers 5% cash back on bonus categories, which changes each quarter, and 1% cash back on all other purchases. In addition, for new qualifying applicants, Chase is offering $100 cash back for those who spend $500 in the first 3 months. In comparison to a
store credit where you only receive $25 for spending $2,500, this rewards program is more beneficial. Yet another option is the American Express Blue Cash Everyday card. It offers 3% cash back on groceries, 2% on gas, 2% at select department stores, and 1% on all other purchases. As a bonus reward for new members, Amex offers $100 with $1000 spending within the first 3 months. It still outweighs the store credit card reward. Unless you are a devout and loyal shopper at a certain store, it is far better to use a bank issued credit card. Many non-store credit cards have greater rewards than most retailers and often offer lower interest rates. Those who essentially receive any type of perks from store credit cards are those who frequently shop at one store and pay their balances in full each month. It’s important to know that paying off your balance every month keeps interest from accumulating. Otherwise, even if you are a frequent shopper, with the high interest rates of the store credit cards you will, in a sense, be paying to use the store credit cards and to receive the so called “perks.” Credit is an important factor in our society and we all want to make sure that we start-off strong and maintain a strong credit history. A good credit history will be the best reward you can receive while using credit cards. Do not make the mistake of falling into the temptations of going outside of your budget. Always be aware of what is in your pocket, and remember that it is best to keep your utilization percentage of your credit limit below thirty-percent (30%). If you abide by all the rules you will, in no time, gain the keys to open the door to privileged credit cards and save substantially when making those major purchases later in life.
A Car When You Need One

Without a vehicle, running errands off campus can be very difficult for students. CVS and the Emory bookstore have a lot to offer, but they only go so far. The Next option is approximately three miles from Emory’s campus. Most students prefer to stock snacks or groceries in their rooms. Therefore, visits to Kroger and Publix are frequent. In addition to the real necessities, breaking or losing a cell phone can be a real nightmare, requiring more than one visit to the nearest cell phone carrier store. For many students, the only thing possibly worse than cell phone issues is losing a wallet. Each card needing to be replaced can possibly mean another trip. In general, many students say, “You have to get off campus to really enjoy Atlanta.” Buckhead, Midtown, Little 5 Points, and the Highlands all have a lot to offer, but you have to get there first.

Some students have tried the public transportation system, however, that can often be very difficult to navigate. Cabs are another means of transportation, but they can become very expensive if travelling more than a few miles. Even if you are sharing a cab with other people, the fares can still be very high.

A great transportation option few students are aware of is the Zipcar. Many students are not familiar with this service, but it is very convenient and reasonably priced. Zipcar is a membership-based car sharing company where members reserve vehicles and are billed hourly or daily. To open a membership, you are asked to fill out the online form and pay an annual fee in addition to an application fee. The approval process is minimal, but will require a good driving record. Currently, Zipcar is offering a promotion for Emory University students, $15 (1st Year Annual Fee) and $25 in driving credits – while applying online use promotion code “emory25”.

Zipcar’s rental price range from $7.50 to $12 per hour, or $69 per day, all of their vehicles will accommodate up to about four passengers. Gas and insurance, are also included in the price. A word of caution – there is a 180 miles per day driving restriction. After that, there is a small fee for each additional mile. Another thing to be careful of, if you are running late, it is wise to always call and reserve an extra 30 minutes or you could be hit with a $50 late fee.

Once your “Zipcard” arrives in the mail, you are set. You just go online, sign into your account, and reserve an available car for the time that you need it. Zipcar has several cars located on Emory’s campus. When you find the location of your reserved vehicle, simply place your Zipcard over the transponder on the windshield to unlock and lock the vehicle, the keys are inside. You can then drive the car wherever you need to go.

Once you get a few friends together to make a trip, it becomes very affordable since everyone should be contributing financially. Having to deal with the cost of cabs and a limited public transportation system, students (particularly freshmen) are often discouraged from exploring Atlanta. Zipcar has really opened up transportation options. For more information or to join Zipcar, visit http://transportation.emory.edu/transportation/other/zipcar.html.
What Not to Do When Traveling

Joo Y. K.

As the semester seems to be flying by, students are trying hard to focus in class as their minds wander to summer break. Sleeping in late, visiting family and friends, or partying on the beach are just a few of the many excitements that come along with the warm weather. Whether students live on the east coast or the west coast, north or south, they all have one goal in mind and that’s to have a lot a fun. No homework or late night studying, just plain old fun. Having fun can mean shopping, traveling, volunteering or maybe all three; but it’s important to keep these tips in mind to keep your smile from turning into a frown.

1. **Don’t forget your budget.** If you are going on a trip, it is very likely that money will be spent a lot quicker than you may think between transportation, food and lodging. Remember to watch your spending to avoid traveler’s remorse.

2. **Don’t forget to check the credentials.** Knowing the organization or program you are participating in will help you avoid ending up in an unknown city or country by yourself.

3. **Don’t travel alone.** Stay in a group at all times, especially if you are in an unfamiliar town with a lot of people. Remember there is strength in numbers.

4. **Don’t let your phone die.** Remember to keep your charger with you. It’s important to always have a way of contacting someone in case of an emergency.

5. **Don’t leave your drinks unattended.** If you go out, don’t drink anything you haven’t seen a bartender/friend pour. Remember to keep track of your drinks and how many you have had.

6. **Don’t forget your passport.** If you are traveling abroad, remember to pack your passport in a secure yet easily accessible place so that as you enter the airport or customs you can retrieve it and be able to enter or exit without delay.

7. **Don’t forget the sunscreen.** Getting a tan is great if that’s the look you are going for, however, getting sunburn is not something you want to come back to campus with.

8. **Don’t post everything.** Sharing comments and photos of your vacation is always great, but be sure to choose them wisely. Remember that future employers have access to social media too.

9. **Don’t pack impractical items.** Remember to pack things you know you’ll be able to use. Having 10 pairs of shoes or all of your electronics (i.e. iPod, iPad, iPhone) on a week-long trip are not usually necessary.

10. **Don’t get arrested.** Traveling is all about having fun, but don’t get so carried away that it involves the law coming down on you.
Healthy Eating on a Budget

Joo Y. Kim

Anyone who has frequented a college dining hall knows the Freshman 15 is real. Between the pasta line, grill, stir-fry station, and hot meal bar, it’s easy to want to try everything—every single time. And if the dining hall isn’t your downfall, then late night “brain breaks,” early morning pregame “kegs and eggs,” and anytime partying probably are.

Because freshmen have an unlimited dining plan, the best advice to help them avoid the Freshman 15 would be to choose a salad as your main dish, and add on a few other plates as your side dishes. On the other hand, upperclassmen and graduate students who opt not to have an unlimited dining plan will have to do some major grocery shopping. Although most people generally have the idea that healthy eating is expensive, it does not have to be. You just have to know a few tips here and there.

Purchasing organic produce lessens the toxic burden in our bodies, on the environment, and on farm workers. As for meat, choosing to eat meat from animals that are ethically treated, raised in natural settings, and free from synthetic chemicals protects animal welfare and provides us with more nutritious, less toxic food. Making such choices can seem rather pricey, but here are some ways to eat healthier and still manage to stay within your budget.

Make a grocery list before going out to shop and stick to it. You will save money by buying only what you need. Don’t shop when you’re hungry because you may be tempted to buy snack foods. Fresh vegetables and fruits of the season have more flavor and are usually less expensive. Try your local farmer’s market because they tend to be a great source of seasonal produce. Otherwise, store brands often equal savings and you can find similar products for a lower price. Also, if the grocery store has a membership card, sign up so you can save even more.

Though this rule isn’t always true, buying in bulk when items are on sale can also mean savings. Remember to buy only products that you consume frequently to avoid having to throw any of it away. Fresh vegetables and fruits don’t last long, but buying them as a canned or frozen item will give you more time to consume them.

Keeping the vegetables and fruits in their simplest form can also save you money. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic form.

Preparing a large batch of your favorite recipes on a day off and freezing them in individual containers can save you time and money.

Spice up your leftovers. Leftover chicken can be used in a garden salad or to make chicken chili.
Overripe fruit is great for smoothies or baking. Remember, throwing away food is throwing away your money!

Good low-cost items available all year include:

**Protein** – beans (garbanzo, black, cannellini)

**Vegetables** – carrots, greens, potatoes

**Fruit** – apples, bananas

Balance your diet to include less meat. Most Americans eat more meat than they need to, so the good news is that by cutting down on meat consumption, you’ll not only be saving money, but helping your body as well.

Grains and legumes are inexpensive and high in nutrition. They also add heaviness to your meal so this can be a trade-off for your meats.

This is a list of fruits and vegetables found to contain the highest levels and amount of pesticides, so opt to purchase them organic if available: Peaches, Apples, Sweet bell peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes, Imported spinach, Lettuce, and Potatoes

When washing non-organic produce, try mixing water and white vinegar because water is not always enough to get the chemicals off.

Going on a diet after realizing that you have gained more than just a couple of pounds can not only be difficult, but unhealthy as well, especially if you are skipping meals or doing the one-food diets. Jana M., now an upper-classman, testified that she has done her part in proving the Freshman 15 rule is true. “I look back at the pictures and think, wow how could I not have realized the severity of my weight gain!” She shares her experiences of trying out several different diet plans, starting with detox, and moving on to one-food diets such as eating just bananas for breakfast and dinner for two entire weeks, and when that didn’t work out, she switched to a protein diet which consisted of week-long planned meals involving eggs, chicken breast, and steak. “I’m not going to lie, it was expensive, and more so because my diets backfired and added on more weight. You really can’t expect to lose weight in such a short period of time. Maintaining a healthy physique requires adaptation and incorporation into your lifestyle. It has to become your habit.”

Therefore, You don’t have to go all organic, nor do you have to refrain from eating meats. Keeping habitual thoughts on what goes in your mouth will help you keep a well-balanced diet.
Internship Outlook

Springtime is the best time to start planning how to have a productive summer. As several companies have already begun to send out notifications about the internships positions they have available, now is the time to get your resume together and apply for internships if you have not already done so. Doing an internship is one of the best ways to spend your summer as a college student. As an intern you will learn more about the industry you’re interested in, gain real-world experience, and increase your chances of getting a full-time job after graduation. There are many different types of internships across the country and abroad. So, no matter what you are looking for, you will likely find something that is appealing to you.

Many students have an idea of what career they want, but the best way to know for sure is to experience it firsthand. Students often get their hearts set on a particular job because of money and prestige without considering whether or not it is something they really want to do. During an internship you can see what goes on from day-to-day in the office and determine if that is something you would enjoy doing. Nothing tops having a personal experience because there is only so much you can learn about a job by reading about it and talking to those already in the industry.

When employers are looking to hire new college graduates, internships are one of the main things they look for on a resume. Students who have completed an internship appear to be more serious about their desire to be in a particular industry and have a better chance of being hired. Many employers hire most of their full-time recent graduates right out of their internship pool. So if you work hard and do a good job, you may be able to graduate with a job already lined up.

Internships vary in many ways. On one end of the spectrum, you have the very structured, intense internships. On the other, you have more laid-back internships. More intense internships are often very competitive to get, and may be limited to rising seniors. In this type of position, interns often resemble full-time employees, often working over 40 hours a week. In many cases, they are compensated quite well. In addition, the programs are based in major cities where interns will live for the summer, which makes this position even more appealing.

Good interns are often given full-time offers at the end of the summer. The more laid-back in
High Museum of Art (www.high.org)

**Friday Jazz** - an evening of art & music every third Friday of the month with extended hours with full gallery access including special exhibitions. Free with Museum admission ($16.50 for students) and free to members.

Museums on Us, Bank of America - Bank of America and Merrill Lynch cardholders receive free admission on the first full Saturday and Sunday of each month. Discount offered for cardholders only.

**Half-Price Thursday Evenings** - enjoy half-price admission every Thursday from 4 to 8pm.

Callanwolde Fine Arts Center (www.callanwolde.org)

**Tango Night** (Apr 12, 8pm, $10-15) - Learn about the rhythm and movement of authentic Argentine Tango! Focus on connecting with the music and your partner and how two bodies can move as one. Dancers of all skill levels are welcome and no partner is necessary. The evening begins at 8pm with an introductory lesson from the expert instructors of Tango Rio. After the introductory lesson, you will be ready to try out your new moves with an open tango dance party beginning at 9:15pm.

Centennial Olympic Park (www.centennialpark.com)

**Fiesta Atlanta 2013** (May 5, 10am-7pm) - Fiesta Atlanta is Atlanta's premier Hispanic outdoor festival and the largest Cinco de Mayo celebration in the southeast. Fiesta Atlanta features a daylong celebration of Latino culture and heritage, featuring continuous live musical performances on 2 stages by international and national recording artists. Mariachi music, Mexican folk dancing, a 5K race, youth soccer clinics and sponsor displays with free product samples, arts and crafts and authentic foods make Fiesta Atlanta a true multicultural celebration.

Atlanta Jazz Festival (www.atlantafestivals.com)

The Atlanta Jazz Festival is regarded as one of the Country’s largest FREE jazz festivals. It is an annual musical showcase, celebrates jazz legends and up-and-coming jazz greats in venues throughout metropolitan Atlanta during the entire month of May. Culminating during each Memorial Day weekend, the festival features show-stopping performances at Piedmont Park. The Festival is produced by the City of Atlanta Office of Cultural Affairs.
• The Shed at Glenwood (www.theshedglenwood.com)
  Sunday Supper - 3 Courses of comfort Food. $20.
  475 Bill Kennedy Way
  Atlanta, GA 30315

• Ri Ra Irish Pub (www.rira.com/atlanta)
  Check out their website for the most updated weekly events. Ri Ra often offers Happy Hours during the weekdays from 4-7pm and on the weekends, $2-5 drinks all day long.
  Ri Ra Irish Pub
  1080 Peachtree St. NE
  Atlanta, GA 30309

• Pizza Happy Hour at Elbow Room (www.elbowroomatlanta.com)
  50 cents each pizza slices between 5-7pm. Excludes Saturday and Sunday.
  Elbow Room
  248 Pharr Rd. NE
  Atlanta, GA 30305

More Information

• Downtown Atlanta Events Calendar - www.atlantadowntown.com/events
• www.atlantabuzz.com
• Atlanta Events and Things to Do. Metromix Atlanta - atlanta.metromix.com/events
• www.atlantaplanit.com
• www.emorybubble.com
• www.atlanta.com
• www.the411atl.com
• www.activediner.com

Photo by: Charlie Watts
Internships may or may not be paid positions, and they could be located in more remote areas. At more relaxed, unpaid internships, interns may only be required to come in a couple of days per week, or for only half of the workday. Therefore, even if you think that you will be too busy for an internship, try to find something flexible and fit it into your schedule. Some experience is better than no experience. Whether you are looking for a really serious, full-time internship, or just to get a small taste of the industry, you may be able to find what you are looking for through various sources like Eagle-Ops or summerinternships.com. For federal internships, usajobs.gov is highly recommended.

You can also find internships by simply talking to friends and family or through social media. Even if you come across a few internships that you are not sure whether or not you would like it, it never hurts to apply and have an interview. It may just turn out to be something you find yourself interested in.

To learn more about using social media, check out the article “Social Media and the Job Search” in this issue of MINT.
Second Career Graduate Students: A New Beginning
Meet Emory students who are balancing academic pursuits and family responsibilities

Joo Y. Kim

Alisha L. Gordon
Age: 30
Candler School of Theology Student and mother of one daughter

3. It must be tough to be a student and a single mom.
Yes, it is very tough. Because you have additional expenditures for your child such as daycare and after school care, you have to manage your time and money very wisely. You need to know how to make your schedule work around many external factors and also watch where and how money is spent. The trials second career graduate students are facing are truly a unique experience, especially for the divorced families, single moms and dads. The commitment comes from doing what you believe in.

4. Do you have any student loans?
I've taken out loans to fund my education -- probably too many! I was one of the first to attend college in my family and, like many middle class families, utilized loans to fund my education. I can't begin to tell you how much money I owe in student loans (although I wrote a blog about it for the Huffington Post October 2011; here's the link http://www.huffingtonpost.com/alisha-l-gordon-med/occupy-wall-street-student-debt_b_1017344.html) but it's been the only way to fund my educational goals. I received a partial

1. So why come to graduate school?
I'm a seminary student at Candler School of Theology so my decision to attend is based more on the spiritual, religious calling.

2. Did family planning come before or after deciding to attend graduate school?
My daughter is 8 years old so she was here before I made the decision to attend graduate school. I was working in Corporate America and taught high school English for 4 years before I made the decision to come to graduate school.
scholarship at Candler and I’m in the process of applying for more so I can limit how much I take out next year; once you know better, you have to begin to do better! I would advise anyone (especially those entering undergraduate studies) to limit the amount of money they borrow for school. There are TONS of grants and scholarships out there; utilize them!

5. How do you manage the amount of writing that you do (between blogging, publishing books, and freelance writing) beyond your graduate school studies?
My blog, findthepieces.com, is an outlet and a platform to explore the fusion of faith and culture. I write for Huffington Post and make extra money by freelancing for small businesses doing copywriting and copyediting. My book Pieces: Finding the Missing Piece is Easier than You Think! was self-published in 2010 and I’m working on another book! The great thing about being a freelance writer is that you can do most of the work at home, which is an essential freedom I need as a mother and a student. Great time management is the only way someone can do it all!

6. How do you find the freelance jobs you have?
I’ve been in the industry for years now, and have established a reputation to an extent. Hence, I do get some of the jobs from recommendations. Social networking is another big source, especially when it comes to connecting with people around me. My blog has given me a platform and a place for people to go to and get an instant view of my writing. Social media has done wonders for the opportunities for my writing career.

7. What do you think is the biggest difference between a traditional graduate student and a second career graduate student with a family?
The biggest difference would be the amount of time available on your hands. Students have to study, participate in study groups and complete assignments; however, those who have children have to consider the time (late night study sessions), and a number of other factors that people without children don’t have to consider. Anyone planning on attending graduate school and have a family will have to sacrifice something – whether that’s leisure time, sleep, or something else. I’ve sacrificed sleep! I get an average of 4-5 hours of sleep a night; coffee and B-12 vitamins compensate for the deprivation.

8. How do you manage in the time of emergencies?
You have to establish a support system, with friends, families, and other classmates. There are many students who have children, and we look out for each other. If one person has a study session to attend, other classmates will watch the children in the meantime and vice versa. Graduate school is hard; doubly hard if you have children. You honestly can’t do it by yourself so having people to support you is essential to success.

9. It must have been a huge decision for you to come to graduate school as it is, but would you have come if your child was younger?
Yes, it was a huge decision especially because I came to a traditional university versus an online school, a decision that many people with families make. Because you can spend a full day on campus, I had to make major adjustments, giving up my full time job in exchange for on-campus work-study jobs. Currently, I have two work-study jobs in addition to my freelance gigs. If my daughter was younger, I don’t think I would have come to graduate school. Toddlers need a greater amount of hands on attention that may prove to be difficult for someone attending graduate school as a single parent.

10. How does your daughter respond to your life as a graduate student?
She thinks it’s exciting that mom has homework too! I’m lucky to have a child who is in tune to real life. She gets really involved in my school life (she loves to visit campus) and keeps me on track by asking if I did my homework today. It’s really cute!

11. Any last words for the other graduate students with children?
Your kids are proud of you. You may think that things you do are going unnoticed, but they are noticing and paying attention to how hard you are working. It’s probably the greatest satisfaction to see your success and being able to share part of it with your children. Your children really think that you are awesome -- and that’s a really good feeling to have.
1. So why come to graduate school?
I’m a seminary student. I just felt a spiritual calling from God. I am studying towards a career in pastoral counseling. In this respect, coming to theology graduate school was the only option to get what I needed. I worked at the University of Kentucky as an administrative assistant for the Laboratory for Advanced Networking in the Computer Science Department before moving to Georgia to attend graduate school.

2. Did family planning come before or after deciding to attend graduate school?
I had children before I attended graduate school. I have generational kids, one is 30, the other 27, and the youngest one is 14. Once my daughter graduated and went into the workforce, I had the time to devote to my studies. In 2007, I started as an undergraduate and graduated in May 2012. Now, I’m a Candler first year student.

3. It must be tough to be a student and a single mom.
It is double-sided. I can’t say that it’s not tough but in a way, it’s not too hard. My son is in high school. During my undergraduate years, I would get off from work and go to class while my son came to my office and went to classes with me. If I had to study in the library, he would come with me and do his homework while I’m studied. He understands when I need to study and rolls with it. We make it work. We also try to have some family time by going out to restaurants to have dinner once or twice a month.

4. Do you have any student loans?
Yes and I have scholarships as well. I would have needed the loan even if I was single and without children. My living expenses are actually cheaper than that of most traditional graduate students. I think the difference results mainly from housing. The dorms are quite expensive. Otherwise, I don’t see too many differences compared to a traditional graduate student in terms of financing my education.

5. How do you manage your finances?
I’m on a tight budget. I pay my rent at the beginning of every semester upfront. I have x amount of dollars for groceries and gas. Car repairs and other irregular spending are not included in the budget. At the beginning of each semester my son needs clothes and my family helps out by sending him stuff. He is growing so quick! He grew 8 inches and his feet grew from size 9 to 14. I’ll be looking for a part time job soon. You just have to make it work.

6. How do you manage your time?
By the time I get home from school, I’m tired and brain dead. So I’ll just review and look over the day’s lecture notes. On the days when I don’t have classes, I’ll go to the library and do most of my homework. I also don’t watch TV, which helps with time management. I’ll watch the morning and evening news, but otherwise, I don’t. I go to church on Sundays and cook a nice Sunday dinner.

7. What do you think is the biggest difference between a traditional graduate student and a second career graduate student with family?
The biggest difference would be that my classmates have the ability to study all night long; such as having marathon study sessions before tests. I can’t stay up late. I need to be home when my son gets out of school. I may be able to do study groups but I have to sleep after about 11 o’clock; I need to sleep. I’ll get up early to study instead of pulling an all-nighter. Another difference is that the traditional graduate students have parents who may sometimes support them. I don’t have parents who support me. I’m the parent.

8. How do you manage in the time of emergencies?
If he has a cold, I’ll let him know what medicine to take and when. Then, I’ll come straight home after class and tend to his needs. If I have to leave the
class, then I’ll let my professors know and go. They understand. If I need to talk to my son’s teachers, then I email and give phone numbers to my supervisor so that I can be reached. I work in the social settings at the women’s prison as part of the curriculum on days when I don’t have a class.

9. It must have been a huge decision for you to come to graduate school as it is, but would you have come if your child were younger?

Maybe. Depending on if I would be able to provide childcare for him. Raising him up, the childcare he was provided was excellent. But this is the ideal time for me to study because he is relatively self-sufficient. He can fix his own food when I’m busy. I don’t have to do hands on things for him. He picks out and washes his own clothes. If I had to do everything, it would definitely have been more difficult. Now he wants to drive and that’s another problem I’ll have to deal with.

10. How does your son respond to your life as a graduate student?

When asked about mom, he responds ‘oh she’s great! She’s doing what she wants to do.’ So I really appreciate his support. One positive thing is the fact that through middle and high school, he has been exposed to college life a lot. He’s used to the higher education, college campus, and things to do and not do in college. It’s not a mystery to him. When he goes to college, I think he’ll take it seriously and I hope that such familiarity will be a plus for him. Thinking ahead, going to study abroad and stuff. But of course, on the other side, he’s a teenager so he has his mind elsewhere too.

11. Any last words for the other graduate students with children?

If attending college is your dream, then go ahead and do it. Your life as a graduate student and as a member of a family is not so easy to balance. But it’s possible. If it’s your dream then you can make it work. Don’t be stuck by how people define traditional family. The traditional family will be how you make it and how you define it. Don’t forget to take some time for yourself. Sometimes, I can only get an hour for myself, but hey I’ll take that hour. It’s about maintaining the balance; don’t wear yourself out by pushing too hard. Take some time off and then go back to reality. It really helps. Something you can do for yourself supports you throughout the difficult journey. Also, try to find other people in the graduate program who have children. There are several at Emory who have kids so it’s like a community. Know that you are not alone.
Network marketing is a great opportunity for college students looking for extra spending money. Most people have heard of network marketing, or some of the companies that practice it, such as Cutco, Mary Kay, Tupperware, and Vemma. Some people are skeptical about these strategies, because there have been scams with similar organizations, but there definitely are many legitimate companies out there presenting a great opportunity for college students. Essentially these companies allow people to become “brand partners” where they use their social network to identify potential buyers and get leads on other people who may be interested in joining the company. Brand partners make money when they sell the company’s product, recruit new “brand partners” into their network, and when their recruits make money. For example, if Partner A recruits Partner B, and Partner B recruits Partner C, Partner A receives commissions every time B or C makes money, and these commissions continue as C recruits more people.

One of the main reasons stopping students from getting part-time jobs is that all of their free time is during odd hours. With network marketing, you can set your own hours and choose to work as much or little as you please—but obviously more work is correlated with higher success rates and income. Because most potential buyers and partners in your network would be college students, you would likely have similar schedules.

This is a great opportunity for students who are involved in many activities, not only because the hours are flexible, but also because they tend to have a larger social network. College is a much more social environment than the real world; it is easier for a student at Emory to approach another student about their product than it is for a working adult in Atlanta to do the same in a grocery store or mall—any person on campus could be a potential buyer or recruit. Emory students tend to be very enterprising and entrepreneurial—perhaps because of Emory’s top ranked B-school—so there should be many students eager to join your network and earn some profits for themselves. Because there is another class coming in every year, you never have to worry about running out of prospective buyers and partners. Even after you leave Emory and enter the real world, your recruits can continue to recruit others, earning you more money. All of this sales experience will also be beneficial once you graduate and enter the work force.

Students could potentially earn a substantial income, but it takes lots of hard work. Many companies even reward top performers with company cars. However, there is also the potential of not making money, so students need to know what they are getting into, and whether or not they are willing to invest their time and leverage their social network. In network marketing, you should also put a lot of consideration into which product you decide to sell. Some students may be better suited to sell certain products, and some products may be more or less marketable to the Emory campus. Also, if there is not much information available about the company, it may be best to steer clear of it in case it is some sort of a scam. Many network marketing products are centered on health and nutrition. Since Emory is a very health conscious campus, those products could be good choices. At the end of the day, it will take some work to make good money with network marketing. But like anything else, you will get out of it what you put into it.

Michael B. Conway

Part-Time with High Pay-Outs for the Entrepreneurially Minded
Students trying to reduce their spending don’t have to examine their bank statements for very long to see that a significant amount of their money is going toward food purchases. Because freshman and sophomores are required to have a Emory Dining meal plan, the following tips will help you make the most of your meal plan to cut down on your food purchases.

Most freshmen are required to have the meal plan that consists of unlimited DUC swipes, and 150 Dooley Dollars per semester. Although this meal plan is the most expensive, if used correctly, it can also give you the most bang for your buck. People sometimes complain about the DUC, but the variety is really great, and it improves every year. No matter what kind of diet you are trying to follow, they have a lot of different options for you—especially once you start to get more creative and get to know the people who prepare your food. There are also other ways you can use your swipes. For example, at Eagle Fly By you can use one of your unlimited swipes, and get your choice of food to go. If you don’t want to go out and buy snacks for your room, you can also stop by Eagle Fly By after lunch and get some food for your refrigerator. You can also use your swipes through “Meal Exchange” at the WoodRec, Clairmont, and Canon Chapel; all of these are good if you need a change of pace from the DUC.

Between the DUC’s breakfast, lunch, and dinner, Eagle Fly By, Late Night at the DUC, and the three meal exchange options, you can really make the most of these swipes. If you find that you can’t eat anything at the DUC, you can get a doctor’s note to switch to the Medical Meal Plan, Plan H, which consists of just over 1000 Dooley Dollars, and is about $1400 less than Plan A.

Sophomores are in a slightly different situation. Unless you are on a meal plan for your fraternity or sorority, you are required to have some combination of DUC swipes and Dooley Dollars. Sophomores have to be a bit more careful about their DUC swipes as they are limited—if you consistently use four swipes a day by going to breakfast, lunch, dinner, and the WoodRec, you will run very low before April.

On the other hand, you should also beware that these swipes do not roll over from semester to semester like Dooley Dollars do. So, don’t use them too sparingly. Keep in mind that each DUC swipe is costing you between $10 and $12 depending on the plan you have, so you may want to save the DUC for when you are really hungry, because you can often get the same thing at Cox with your Dooley Dollars, or off campus, for a lot less. Also take a look at the DUC’s menu calendar to see what they are going to have. When your swipes are limited, you want to make sure to go when there is something you really want. Most people agree that the DUC is best on weekends when you can get breakfast all afternoon, but there are also other things you might not want to miss, like Wednesday night omelets every week, or Southern Night every other week.

If you find yourself spending a lot of cash on late night food and carryout, opt for Domino’s. You can pay with Dooley Dollars, and they’re open until 3p.m.
Spring is the time for students to figure out their housing plans for next year. This is pretty easy for the current freshmen, because freshmen and sophomores are required to live on campus and are guaranteed housing, but the current sophomores and juniors have a different situation.

Apart from Greek and Themed housing, the Clairmont Campus is the major university-sponsored housing option for juniors and seniors. It is apartment-style living, so students have their own kitchens and much more space than they would have in a dorm. The Clairmont has its own pool and athletic center, and the entire campus is well maintained. Many students, however, complain about the lack of social vibrancy and distance from the main campus. Also, by junior and senior year, many students are looking for a greater sense of independence and as a result, they seek housing off-campus.

Off-campus housing has its pros and cons. Most students who live off-campus do so with a few friends, to make living off-campus more affordable. Being so close to Atlanta, there are many options for students close to campus. Gables Montclair, Highland Square, Gables Rock Springs, and the new Emory Point are all very popular. Aside from being more affordable, renting a house with friends can be a lot of fun and provide a lot of living space.

Off-campus housing definitely gives students freedom and a good value, however, there are some drawbacks. On campus, students often take for granted that they don’t have to set up their own internet, and deal with monthly bills like utilities, cable or lawn care; but when renting an apartment or house, it becomes the student’s responsibility. Between classes and extracurricular activities, some students may feel that they don’t have the time or resources to deal with these things. Like Clairmont, there is the same problem of living farther away from the main campus, therefore, finding the best way to get class on time becomes very important. It is no longer an easy five minute walk; students will have to get up significantly earlier. If they have a car, then getting to class shouldn’t be too much of a problem, but there is still the Atlanta traffic to consider. Without a car, students may have to rely on the Emory Cliff Shuttles or Marta, which may be a hassle.

When it comes to trying to find housing, there is no single best option. Each has its benefits and drawbacks, which may be more appealing or off-putting to each individual. So keep these things in mind when determining where to live next year.
Spend Less Time on GERs

Domestic Transient Study is a great program that Emory offers to freshmen and any students with less than 68 credits. Students are allowed to take classes at other academic institutions and transfer the credits back to Emory. This can be a huge benefit for students academically and financially.

Many students like to do internships or academic research during the summer to make themselves more marketable for employment and graduate school. However, the summer after freshman year, and even sophomore year, is very difficult to get these positions. Many companies and universities prefer juniors since they will be graduating sooner. Taking classes over the summer is a great alternative, and a way to get ahead academically.

Many people come to college knowing exactly what they want to study, and prefer to take classes for their intended major. At Emory, many students are focused on the business school or the pre-med track. These students often see General Education Requirements (Gen Eds) as a distraction from the classes they really want to take. By taking Gen Eds over the summer, at a local community college for example, students can free up their schedules during the fall and spring semesters at Emory—allowing them to take classes that really peak their interest. This is also very helpful for students interested in double majoring. If they have two sets of major requirements to fulfill, fulfilling the Gen Ed requirements during the summer months might be more appealing.

Depending on the class and school, summer courses at a community college, for instance, are often less demanding than those taken at Emory. This may leave you with spare time if you are also looking for a summer job. Another benefit of this program is that only the credits transfer, not the grades— so as long as you get a C or better, you will get credit for the courses, and your Emory GPA remains unaffected.

This can also be very beneficial financially. Taking classes at a local community college can cost as little as $100 or less per credit hour. When you do the math, it makes more sense. By finishing your credits early at a community college, you could potentially have to take as few as eight credits per semester your senior year, allowing you to pay significantly less than the normal tuition rate. If you are inclined, you can also use this as a way to graduate early.

Although Domestic Transient Study is a great program for underclassmen who are really trying to get ahead, there are a couple of things to beware of. First, be sure to turn your Domestic Transient Study application in by April 15th. This insures that the Office of Undergraduate Education lets you know by May 6th whether or not your summer courses match up well enough with the Emory equivalent. If you wait too long, you might not be able to enroll on time. There is also a limit on how many credits you may complete. Your credits from high school classes such as AP, IB, etc. combined with your Domestic Transient Study credits cannot exceed 24. So if you are looking for a way to earn some credits and get those hard classes out of the way, this program may be a good option for you.
Brandi J. Gunn
Age: 34
School of Medicine Student and mother of two daughters

My husband works as a mechanical engineer now. This is my fourth year in medical school. My clinical preceptors have been absolutely wonderful. With the CDC and Rollins all within reach, Emory provides incredible experience as well as a like-minded community. In retrospect, I could not be more pleased with our choice.

2. In a position of such responsibility, how did your decision to take the risk into going to medical school come about?

Very gradually. Initially I decided to see how it went from stage to stage. Working in the emergency department to studying physics followed by MCAT, if any of these things stopped me, then I was going to try the PA or NP track. I was really shocked that all the things went well. I had a lot of motivation because of the raised stakes of having a family depending on me. I worked hard to achieve my goal. At the same time, I was motivated by the opportunity to do something that I really enjoy. Being a stay-at-home mom had been emotionally challenging for me, but I grew to love and cherish the role. I really enjoy being around people and needed the interaction a career provides. Without the contact, I felt too isolated. I needed to work.

3. What are some of the difficulties you had to face going into graduate school?

The role shift from primary caretaker to primary student was incredibly difficult for me. Becoming a mom was in itself a big shift, and then when I started medical school, I had another huge shift to becoming a med student. My day-to-day experience transitioned from knowing everything about the children, having a direct role, to being much less directly responsible for their daily activities. As I was doing school-related activities 50-60 hours a week, my husband took on the cooking, cleaning, organizing, herding cats, that I had...
typically done. The transition of roles was difficult for both of us. Looking back, I don’t think our kids suffered at all.

The deans of the medical school were unbelievably supportive and kind. From the very first day, they welcomed my family into the fold of Emory Med. They have been unbelievably helpful. I have always felt valued as a family unit here, both by the schools administration and by fellow students, and have never felt like an anachronism. However, I am 8 years older, on average, than my class of 2013 colleagues. The fact is that I am in a different stage of life than many of my med school peers. Nonetheless, I have found some of my dearest friends among my classmates here. I have met amazing people, and I absolutely cannot wait to see what they do and where they go from here.

4. Do you have any student loans?
I do. My husband and I had paid off all our student debts together before coming in. We’re aggressive when it comes to paying off debt. Besides the student loans, I did receive additional help with tuition. So, each year, I didn’t take out the full amount awarded, but only the amount I needed each semester. We live as cheaply as possible because we know how onerous student loans become, and keeping them as low as possible is a mutual goal of ours.

5. How do you manage your time?
In medical school, your time commitment varies depending on the rotation you are on. For instance, during the didactic phase, I would have class from 8am-12pm, and then small group activities in the afternoon on most days. Therefore, I would be in school from 8am-5pm on average. I started med school thinking that I’d be able to keep my schoolwork at school if I made the most of my at-school time. I invariably ended up working in the evenings as well. Even now, I don’t have time to read books, watch TV, or go shopping for anything besides groceries. Being a parent when you are in medical school forces you to prioritize only what is important. Either I’m with my family, totally engaged, or I’m at school. Family time gives me a breather from clinical and didactic stuff, so that when I return to school I’m refreshed. Conversely, since I’m away from my family frequently, the time I’m with them feels much more precious. I just come back from school or the hospital with a lot of energy for them. Finally, and most importantly, my husband gives me all the time he possibly can to do school when school requires all my time. During medicine and surgery rotations, each lasting two months, he had to basically take care of everything. This off-again, on-again parenting is very challenging. When I tried to join the routine again after a period of absence, it had caused conflicts between us. With time, we’ve matured somewhat in our abilities to step in or step out depending on what’s necessary.

6. How do you manage your finances?
I bring in no money. My husband jokes when I buy ice cream, “You’re going to have to get a job one of these days to support your habit.” He makes almost enough for us to live on, but we do supplement his income with medical school loans. We plan our budget together. There’s a great online budgeting program: www.pearbudget.com. It allows you to enter your receipts and spending. Being low on money is stressful. Sticking to a budget requires discipline. We’re not always the best at it, but we really try to keep our expenses as low as possible. Honestly, we’ve never had extra money, so med school is simply a continuation of our frugality except for one detail. Neither of us has time to do the things we used to do to make up for having so little money.

Here are some examples of compromises we make: We don’t really eat out. We eat a lot of beans and rice, which are easy to cook and feed an army. We don’t spend much on rent. But we’ve been delighted with the culture of where we live. It is very international. Our kids make friends with people from all over the world: Azerbaijan, West Africa, Russia, China, Korea, and India. My kids go to Fernbank Elementary, a public school. I’m very thankful that Druid Hills supports public education extremely well. It makes things much easier with one less thing to worry about. I feel that we’re very well supported overall.

What do I wish we had done better? Interview season was very expensive – a cost I couldn’t avoid. Sometimes we have a celebration dinner. Sometimes we’re just tired and hungry and we eat cheap pizza. It’s not glamorous, but it works. Compromise is the norm. Without the ability to remain flexible, we couldn’t do this stage of life.

7. How do you manage in the time of emergencies?
After I started medical school, my aunt and my grandmothers passed away at different times. I learned an important life lesson when my aunt died. The funeral was a 12-hour drive, which seemed impossible within the time frame I had. I
couldn’t afford the flight. I wasn’t able to make it. I didn’t realize that when a family member dies, no matter what, I needed to be there. I regret not finding a way to take out more student loans to be able to attend her funeral. Besides those major events, little things come up frequently. For example, our old cars break down on occasion, so we’ve opted to live close enough to school for me to ride the bus on a daily basis. My daughters have each had to have different minor surgeries, which I have always been available for. My husband’s job is flexible enough that he can leave work for minor things that come up. However, if my presence has been required and I needed to be there, I have notified the administration. They have accommodated my few requests for time.

8. What do you think is the biggest difference between a traditional graduate student and a second career graduate student with a family?
I think that the only major difference is our respective stages of life. The traditional graduate students who are in my class will eventually get to the stage of life I am in right now. I have perhaps more experience with the vulnerability of mothering a sick kid. But everyone deals with difficulty in life as it arises. Speaking only in terms of my own work ethic as a recent undergrad versus now, I work harder now than I did when I was in college. I can delay gratification longer now than I could as a 22 year old. I have a greater sense of responsibility now than before I had a family to take care of. I’m also much less self-conscious. On one hand, I’ve lost a good decade of career as a physician…but I used that decade doing other important things.
I want to be clear that the people in my class are wonderful. I don’t think there is one big difference between returning and traditional graduate students. I’ve found some of my best friends in the world here. We are in essence going through the same thing; the traditional graduate students just have other things to juggle: life direction, marriage decisions...some are even juggling new parenthood, which is much harder than managing my highly independent children.

9. How does your children respond to your life as a graduate student?
They thought it was the coolest thing in the universe when I brought home box laden with bones and a human skull during anatomy. I’m forbidden to talk about anything medical at dinner. Their dad has passed out in the doctor’s office on more than one occasion, so both my fearlessness and his squeamishness run in the family. At this point, I have an aspiring filmmaker and an aspiring veterinarian; no aspiring physicians.

10. Any last words for the other graduate students with children?
Number one, if you have a partner, it’s essential to be on the same page with your partner. If you are without a partner, you need someone – family or friends who are as close as family – to rely on. Sometimes it feels impossible to carry on. If you just put one foot ahead of another, the process will carry you through. You’ll find strength in yourself that you didn’t know that you had. I can’t overstate how much other people have helped me. I have received immense support from my husband, from my family of origin, from my church, and from others who have helped immeasurably. Another key to success is that I love this profession. If I didn’t have the passion or belief in it, the process would have been unbearable. A lesson I have learned is that my kids really do grow up...slowly and quickly all at the same time. Nonetheless, the maternal guilt monster stalks around behind me, threatening me with anguish over my loss of control of my kids’ everyday routine, loss of time with them, loss of hearing and seeing them. But the truth is that although my children are precious to me, they thrive on love and attention from my husband, their teachers, my friends, and their grandparents – not just me. Meanwhile, I also have a mission to be of use to other people. I can say with certainty that my husband and I have been challenged far beyond our comfort zones through my graduate school experience.
Frugal Tips For the Next Couple of Months

Michael B. Conway

If you’re flying home for Breaks, know your airline’s policy on checked bags.

Plan ahead for travel to the airport—cabs can become pretty inexpensive when you share it with enough people; and there’s always MARTA!

Take advantage of the different free food study breaks the university offers around finals week.

If you are planning on taking a lot of things home over Spring or Summer Break, investigate whether shipping would be cheaper.

Don’t sell your textbooks back until the beginning of next semester—the bookstore will offer more if the books are in higher demand.

If you plan on shopping, keep your eyes open for both on and off-line sales.

If you’re making a road trip, know where gas is cheaper and fill up your tank there—some states have higher gas prices, and major cities like Atlanta always cost more.
Peer Financial Counselors, Julia Wang and Kara Maynard, work to empower students to take control and build effective financial management skills.

Contact them for more info on how you can benefit from a counseling session!
kamayna@emory.edu or jwan233@emory.edu
Dr. Sweet's
CAKE EMPIRION

- SALTED CARAMEL CRINKLE COOKIES
- STRAWBERRY CAROS CUPCAKES
- BANANA PUDDING
- VANILLA-BOUN GUM SUGAR CAKE
- GINGER COOKIES
- SALTED CHOCOLATE CHIP COOKIES
- APPLE-CINNAMON MUFFINS