“Gratitude is not only the greatest of virtues, but the parent of all others.” — Cicero

**Harvard Horizons**

SUPPORTING RESEARCH BREAKTHROUGHS AND PROFESSIONAL DEVELOPMENT AT THE PHD LEVEL

PhD students, apply to become a Horizon Scholar and gain essential professional skills as you learn effective techniques to share your best ideas with a broad audience. You’ll receive targeted mentoring to bolster your work, enhance your communication skills, and prepare for a University-wide symposium in Sanders Theatre next April. Your five-minute talk will be filmed and shared, showcasing your work!

**Apply to become a 2014 Horizon Scholar!**


**GET READY TO APPLY:**

Beyond the Horizon: Communication Essentials for PhD Students

Derek Bok Center for Teaching and Learning Science Center 318

Thursday, November 7, 4–6 p.m. or Friday, November 15, 4–6 p.m.

Attend either session to get an overview of essential skills for communicating your research and connecting with your audience. Get a taste of the professional development support available at the Bok Center.

Open Studios at the Bok Center

December 9 and 10, 1–4 p.m

Get help preparing your Harvard Horizons application video!

Save the Date

Harvard Horizons Symposium

April 22, 2014, Sanders Theatre

Learn more: www.gsas.harvard.edu/harvardhorizons

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**Making Your Mark**

DEFINING YOUR “SIGNIFICANT CONTRIBUTION” TO KNOWLEDGE—AND CHARTING A PATH TO GET THERE

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IN THE PURSUIT OF A PHD THERE ARE MANY VARIABLES, and many paths, but there is one end goal: to make an original and significant contribution to knowledge. But what is “original,” and what is “significant”? And when you think you’ve found a topic that fits both criteria, how do you describe it that way to others? How do you fund it, and how do you pursue it as voraciously as you can? Finally, how do you communicate your idea to a wider audience — one that might consist of hiring-committee members, policymakers, or the interested public?

Charting and navigating your research path is one of the most important professional journeys you’ll make as a scholar. The following pieces, written by Director of Fellowships Cynthia Verba and based on notes from recent events held to facilitate the Fulbright application, show how the fellowships process can help you on that journey.

Writing a fellowship proposal or a grant application — in other words, making a strong statement of research goals — can give scholars a clear sense of what kinds of projects are deemed original and worthy of support. That’s an essential aspect of a PhD student’s professional development.

**VIEW FROM THE BRIDGE:**

FULBRIGHT APPLICANTS GETTING TO “READY”

During this fall’s roundtable discussions on their proposed Fulbright projects, GSAS applicants revealed the fruits of their hard labor in preparing the applications, nearly all in the humanities and social sciences. Their assigned task for these discussions, which serve as a form of Fulbright interview, was briefly to describe the nature of their project, its importance, and how they would carry out the research in the country. Presenters were also commentators, because they were invited to exchange ideas with one another on their presentations.

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**HARVARD HORIZONS**

Tell Us Your Story!

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**STUDENT LIFE**

January @ GSAS

Stay tuned for winter activities for grad students.

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**COMMUNITY**

Tea and Company

It’s a Gato life for Tara Dankel.

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**DON’T MISS**

November at Dudley

The Dudley Orchestra in concert, and your prose in print!

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**SCHOLARLY LIFE**

Postdoc Paths

How a postdoc can work for you.
Tune into January@GSAS — seminars and workshops to help you build research and professional skills, prepare for your career, and master new interests. There isn’t much of a break in the daily graduate school grind, but January is one time of year when things slow down, making it a good time to focus on your professional and personal development.

You can learn to write a fellowship proposal. Craft a powerful CV. Prepare for a job talk. Go deep into the latest analytical tools. Or learn something entirely unrelated to your academic program, alongside peers from across the GSAS disciplines.

See a sampling of past January events, and check in for updates: www.gsas.harvard.edu/january

GSC Mini-Courses: By You, For You
One highlight of January@GSAS: The Graduate Student Council sponsors mini-courses on a variety of intriguing topics. These noncredit courses, taught by GSAS students for GSAS students, span the disciplines; they’re stimulating and smart, designed for a diverse audience of non-specialists.

Propose a mini-course! The GSC is accepting course proposals through November 15. Visit www.gsas.harvard.edu/january to find out how to submit your idea.

Mini-Courses
A SAMPLER FROM YEARS PAST

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Consider a Harvard Leadership Position
Interested in leadership roles at Harvard — and in the community-building and professional development benefits they bring?

Attend an informational meeting about becoming a freshman proctor in the dorms, a resident tutor in the Houses, a resident advisor in the GSAS residential hall, or a Dudley fellow.

Monday, December 9, 4 p.m., Dudley House Common Room
The meeting will feature a student-led discussion about opportunities for community leadership next year. Students currently holding these positions will discuss their experiences and share application tips.

For information, contact Ellen Fox (efox@fas.harvard.edu; 617-495-5005), GSAS director of student services.

Stressed? Worried? Help Is at Hand
As the term progresses, so too does anxiety over workload, deadlines, and obligations. If you find yourself preoccupied with worry or struggling to manage the demands on your time, you’re not alone. Please read on for sources of assistance.

Getting Help at GSAS: Where to Start

The Dean for GSAS Student Affairs
Garth McCavana has general responsibility for the welfare of graduate students, and he assists students who are experiencing issues that affect their academic progress. He is a good sounding board on matters both academic and personal, and he is an experienced guide to Harvard’s mental health resources.
Hollis Center, 3rd floor; 617-495-1814
Dudley House, 3rd Floor; 617-496-3362
mccavana@fas.harvard.edu

Director of GSAS Student Services
Ellen Fox provides ongoing, confidential support to students with any academic or personal problem, big or small. She serves in an advisory role and can connect students to information about counseling and other services at Harvard.
Dudley House B-2; 617-495-5005
efox@fas.harvard.edu

University Health Services: Mental Health Services
HUHS Mental Health Services has a staff of psychiatrists, psychologists, social workers, and clinical nurse specialists experienced in helping students resolve personal problems. Appointments can be made by phone or by coming in person to the fourth floor of HUHS.
Hollis Center, 75 Mt. Auburn St., 4th Floor; 617-495-2042
Insurance issues: hushp.harvard.edu/mental-health-benefits

The Bureau of Study Counsel
The Bureau of Study Counsel is a resource center for students’ academic and personal development. The BSC offers academic/personal counseling and an extensive series of workshops and discussion groups.
5 Linden Street
617-495-268; bsc@harvard.edu

Manage Your Stress — Right Now

According to HUHS, one strategy for managing stress in the moment, and for setting yourself on a positive long-term course for stress reduction, is the Stop-Breathe-Reflect-Choose technique. Try it the next time you encounter a stressful situation.

Stop. For a few seconds, stop what you’re doing, and stop the flow of negative thoughts about the situation.
Breathe. Take in a deep breath, release tension in your body as you exhale.
Reflect. Consider what is really going on. Is the situation a crisis? Will this matter to you in two weeks? What action will serve you in this particular situation?
Choose. You can make a choice about how you are going to react in a positive manner. Through this process you can begin to realize that you have the power to choose your actions in the face of stress.
LULU LIU

a coffee shop across the street. “We’d take our newfound
community theater in Allentown, Pennsylvania, with
there anymore.”

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I start to think ‘I really like it here, I should see if they’re
studies in cafés, she laughed. “If I study in a coffee shop,
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Harvard is almost certainly Tara Dankel.
the most well known graduate student at

CAFFEINATED AND OTHERWISE
THE GATO ROJO AND ITS INDUSTRIOUS MANAGER HELP FUEL CONNECTIONS —
CAFFEINATED AND OTHERWISE BY NICHOLAS NARDINI

THE MOST WELL KNOWN GRADUATE STUDENT AT
Harvard is almost certainly Tara Dankel.
Fellow students who don’t know her by name know her
by sight, as the dark-haired barista presiding with effi-
ciency over the friendly din of the Café Gato Rojo, nestled
into the basement on the Yard side of Dudley House. In
the absence of a student union, the Gato might be the clos-
est thing GSAS has to a communal meeting place, and this
year is Dankel’s third as its manager. Finding a convenient
time to interview her was easy: she emailed to say that she
could be found in the café “basically all day, everyday.”

When I asked if she had always been the type who
studies in cafés, she laughed. “If I study in a coffee shop,
I start to think ‘I really like it here, I should see if they’re
hiring!’ And then I end up working there and I can’t study
there anymore.”

It began, she says, when she was twelve and acting at
in them.” When she was sixteen, she joined the payroll.
In college, she worked at the Georgetown student coffee
shop, Uncommon Grounds. “The nice thing about a coffee
shop is that it’s an instant community. UG was my com-
munity in college.”

So when she arrived at Harvard to begin a PhD in
religion, one of the first things she did was to ask for a job
at the Gato. Since she wasn’t work-study eligible, she was
turned down and had to remain content as a customer —
until the start of her third year, when Dudley House
advertised for a new café manager. “Problem solved,” she
thought.

Most of the Gato’s previous managers — being
graduate students, after all — had little or no experience
running a business. When Dankel took over in the fall of
2009, she drew on her years at Uncommon Grounds to
make important changes, implementing systems for
accounting, ordering, and training, creating a clear hierar-
chy among employees, and creating strong relationships
with high-quality local producers like MEM tea, the Dan-
ish Pastry House, and Taza Chocolate. The coffee itself,
while not local in a literal sense, is the next best thing: It
comes from Square One, a boutique roaster in Dankel’s
home state of Pennsylvania. Their custom Gato Blend is
a mix of Guatemalan and Mexican beans, tailored to the
palette of students in search of a well-balanced, uncom-
plicated coffee. This year, Dankel changed milk suppliers
from the behemoth distributor Hood to the family-run
Mapleline Farm, in Hadley, Massachusetts.

Despite her years in coffee, Dankel herself is more of a
tea person. She likes a pu-erh in the morning and an herbal
or green tea in the afternoon. She especially recommends
the café’s new hojicha twig tea, for its woody flavor. Despite
Dankel’s improvements, the Gato’s prices haven’t changed
much in recent years, and all the tea available in its cross-
hatch counter display remain a dollar a pot.

“It’s one of the benefits of not having to pay rent,”
Dankel says, before looking around the crowded café and
noting the corresponding downside: not being able to
change much about the space. She’s given the room a neu-
tral paint job and removed a bizarre decorative plank from
the ceiling, but still wishes she could do something about
the sail-shaped panels dividing the tables along the walls.

The real, evident distress these constraints cause her
manifests in her investment in the café, where she considers
her 24 undergraduate employees her family, and where
the breakdown of a milk fridge can put a halt to her plans
for an entire week. It hasn’t been easy balancing those
responsibilities with her work as a PhD student, and two
years ago she tried to retire from the Gato. “But I found I
was still spending all my time here anyway.”

So she’s back for one last year, as she finishes a dis-
sertation on the constitution of the ethical subject in the
late-lectures, interviews, and essays of Michel Foucault.
She’s going on the job market, applying to appointments
in religion departments and emphasizing her interests
in environmental ethics, food issues, and the apocalyptic
imaginary. She’s contemplating her next academic project,
on walking as a conscientious mode of transportation.
And she’s readying the café she has steered for three years
for her approaching, final departure.

“My mom always says, if this whole PhD thing doesn’t
work out, I should just open a café. Who knows...?”

“The nice thing about a coffee shop is that it’s an
INSTANT COMMUNITY.”

HOLIDAY TOY DRIVE
JOINING FORCES TO SUPPORT LOCAL FAMILIES IN NEED THIS SEASON

The Dudley House community — led by the
undergraduate program and the GSAS Public
Service Fellows — is collecting toys and other
gifts on behalf of ABCD (Action for Boston
Community Development), a human services agency
aimed at helping people overcome poverty.

The Graduate School is partnering with this
student-led initiative! We invite the entire
GSAS community — students and staff on
both campuses — to join the effort.

Donate unwrapped gifts for kids up to the
age of 16, or gift cards to retail stores like Target
or Best Buy. Suggested cap on individual gifts is
$20; suggested gift ideas here: www.bostonab-
cd.org/suggested-toys.aspx.

The Dudley House Office (third floor)
The GSAS offices, Holyoke Center 350
The DMS offices at Longwood (TMEC 435)

Toys must be dropped off by 5 p.m. on
Wednesday, December 4.

In this year of government shutdown and
continued fiscal challenge, we can make an
impact — together.

Questions?
dudleypublicservice@gmail.com

NOVEMBER 2013 | GSAS BULLETIN
Collectively they revealed a remarkable range of original ideas or vital pursuits, which is one of the most impressive aspects of GSAS scholarship. Among their topics: exploring issues of poverty in agricultural India, shining light on a neglected form of topical opera in late Weimar Germany, examining issues of race in Spain’s policy of immigrant incorporation, assessing how the two Germans in the postwar era were similarly motivated by space exploration, and considering the pedagogical virtues of the popular e-sports in China.

Throughout our conversations, two common themes emerged on the challenges of formulating a viable research project that could be accomplished within a fellowship year.

One common challenge is how to deal with a project that has not been done before without completely starting from scratch. A resourceful answer, presented by one applicant, was to draw upon existing scholarship in a closely related field and extrapolate from that (for example, existing film theory could help to illuminate aspects of modern opera of the same era).

A second common challenge was how to limit the scope of the project in a realistic and practical manner without shortchanging the topic’s broader significance. And here we saw that students had put immense thought and effort into making choices that would do justice to their topic, selecting cases that would effectively illustrate the most critical issues at stake, but also showing a readiness to abandon the dream that the student could do it all.

Standing on this bridge, the students also realize that there is more on the other side than just waiting for results. It was time to roll up their sleeves and start getting ready for the next traveling fellowship competition, and the next. But next time around, it would be easier, as much of the hard work had already been done!

The Voice of Experience: Returning Fulbrighters Share Advice

Among the questions addressed during a GSAS-sponsored IF Fulbright panel in early September, some were conventional — What are your favorite ideas for a winning proposal? How do you proceed with your work if archives are unexpectedly closed? — and others decidedly less so. How do you deal with angry protests outside your window each day? How do you find outlets to express your thoughts when living in a politically sensitive environment? How do you find ways of giving back to your host country for the very rich rewards you gain by being there?

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Don’t Miss!

OUR DUDLEY HOUSE PICKS OF THE MONTH. FOR MORE EVENTS, OUTINGS, AND GATHERINGS, GO TO WWW.GSAS.HARVARD.EDU/DUDLEYTHISMONTH.

Introduction to Pastels
MONDAYS, NOVEMBER 18–DECEMBER 16, 7:30–9:30 P.M., Private Dining Room. With instructor Cyrus Whittier, explore the brilliance and vibrancy of pastels. Work with a variety of objects and textures (ie: fruit, vegetables, wood, and metal) and find ways to express your personal style!

Arts Outing to “The Moth” Story Slam at the Oberon
TUESDAY, NOVEMBER 19, 7:30 P.M. The Moth is an acclaimed nonprofit dedicated to the art and craft of storytelling, with a popular podcast and radio series, The Moth Radio Hour. Ten $8 tickets will be sold to Dudley House members and their guests starting on November 13.
◆ E-mail dudleyhouse.arts@gmail.com to pre-register.

Dudley House Orchestra Fall Concert: Ravel and Dvorak
SUNDAY, NOVEMBER 24, 7 P.M., John Knowles Paine Hall. Program: Ravel’s “Pavane pour une infante defunte,” “Rapsodie Espagnole,” and “La Valse”; Dvorak’s Symphony No. 9 in e Minor, From the New World. Tickets at the Harvard Box Office or at the door: $5 students/$10 general. Reception to follow in Dudley House.

Dudley House Winter Formal
SATURDAY, DECEMBER 7, DANCE LESSONS 8:30–9:30 P.M.; DANCE 9:30 P.M.–12:30 A.M. Dress to impress and join your friends for an elegant evening of dancing, with live music provided by the Dudley House Orchestra. Tickets ($10) include hors d’oeuvres, desserts, and drinks. On sale at the House Office starting November 18, and outside the dining hall from 6 to 7:30 p.m. starting December 2. Remaining tickets $15 at the door. ◆ Questions? dudley.social@gmail.com

Dudley Review: Call for Submissions
Summoning creatively-inclined graduate students: whether you scribble poems on napkins, compose plays, perambulate through personal essays, snap photos, sculpt, paint, or compose music, The Dudley Review wants to share your work. Work in all media and genres is welcome. Email questions or your submissions to dudleyhouse.literary@gmail.com, or submit hard copies on the third floor of Dudley House by Friday, December 13.

Dudley House Your Graduate Student Center since 1991
Lehman Hall, Harvard Yard ◆ www.dudley.harvard.edu ◆ 617-495-2255
HOUSE MASTERS James M. Hogle and Doreen M. Hogle ◆ HOUSE ADMINISTRATOR Susan Zawalich
A Du Bois Society Welcome:
The W.E.B. Du Bois Graduate Society held its annual kick-off dinner in September, welcoming new minority students to the GSAS community. Every second Friday of the month, from 5–7 p.m., you can join Du Bois members at the Queen’s Head for the Friday Wind Down. Follow the Du Bois Society on Facebook for details.

Oh, the Drama
DUDLEY STUDENTS TO DIRECT, STAR IN GRAD STUDENT PLAY
Inherit the Wind
Dates: December 5 and 6, 2013
Time: 7:30 pm
Location: Dudley House

Faith versus freedom, religion versus science: Lots of big issues on display as PhD students combine their passion for intellectual thought with their (heretofore hidden) theatrical gifts. Inherit the Wind, a dramatic production directed and performed entirely by graduate students, is based on the (in)famous Scopes Monkey trial of 1925, capturing the riveting political debate over the teaching on evolution. Starring Andrew Bellisari (History), Kevin Tian (MCB), Directed by Trisha Urm Beranerjee (English) and Urania Delboung (History of Science).

Tickets $5, Harvard Box Office

Traveling Abroad?
BEFORE YOU GO, VISIT:
www.traveltools.harvard.edu

The emergency assistance program for international travelers is now called Harvard Travel Assist.

In an emergency abroad:
1) call local emergency responders, if appropriate
2) call Harvard Travel Assist +1 617 998 0000

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**Harvard to Host Ivy Plus Symposium**

**IVY-WIDE EFFORT TO BOOST DIVERSITY IN HIGHER EDUCATION**

**MARCH 13-15, 2014**

The Graduate School of Arts and Sciences will cohost, with the Massachusetts Institute of Technology, the second annual Ivy Plus Symposium, a conference that will bring talented undergraduates, many from underrepresented backgrounds, to Cambridge to explore their options for graduate school and future paths in research.

The undergraduates will present their work, interact with faculty and graduate students from Harvard and other top-tier research universities, and explore their future academic opportunities.

Visit the website to learn more.

[www.ivyplussymposium.com](http://www.ivyplussymposium.com)

**Questions?**

[info@ivyplussymposium.com](mailto:info@ivyplussymposium.com)

Interested in judging poster sessions or leading tours? Contact Sheila Thomas.

[sthomas@fas.harvard.edu](mailto:sthomas@fas.harvard.edu)

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**Student-Run Biotech Career Fair a Model of Success**

The career fair run by the Harvard Biotechnology Club, a GSAS student organization, has become a well-established annual event with strong participation from local and national biotechnology, pharmaceutical, consulting, and intellectual property firms. At the 2013 Career Fair, held on September 30 with partnership from the Office of Career Services, more than 360 Harvard students and affiliates met with representatives from 19 companies and the Massachusetts chapter of the Association of Women in Science (MASS AWIS.)

According to fair director and PhD student Andrew Ayoob, the fair has grown to become a success thanks to the connections the club has fostered with the business community — and the access to highly qualified candidates that it provides those businesses. “We have a very diverse group of researchers in the medical sciences,” Ayoob says. “The Biotechnology Career Fair attracts companies because of the caliber of students we have here at Harvard.”

Learn more:

[www.thebiotechclub.org](http://www.thebiotechclub.org)
Get Out
EXPLORATIONS AND ADVENTURES ON AND OFF CAMPUS

Bundle Up

This is the first year GSAS students or families will have a chance to purchase a hearty Patagonia fleece vest or jacket with custom GSAS embroidery. Order by November 15. Visit the HBS Student Association for details: sa.hbs.edu/sa-products/fleeces-non-hbs.html. Questions? hbssa@hbs.edu — or come try one on in HBS Spangler #007 (closed 11/11).

SURVIVING GRADUATE SCHOOL:
THE CONTEST

Welcome to the Bulletin’s monthly contest!
We ask readers to answer a question or share a trick of the trade — a survival skill you’ve picked up during your Harvard years, or a shortcut that makes the burdens of grad school a little less heavy. We pick the best answer(s) and print the winner in the next edition, and you win a GSAS totebag!

THE NOVEMBER CONTEST
How do you relax?
Name the recreation/hobby that helps you survive grad school.

The best or most descriptive answer will be printed here next month — and will earn its author a totebag.

E-mail your answer to bulletin@fas.harvard.edu.
The contest is open only to students at the Graduate School of Arts and Sciences. When submitting, include your full name and your department/program. We allow only one submission per person per contest.

>> www.gsas.harvard.edu/contest

OUR OCTOBER WINNER:
We asked you to tell us your favorite cheap, close lunch destination. Our winning entry:
“...There are the classic and generally satisfying suggestions: a steaming hot bowl of pho at Le’s, a healthy vegetarian entree at Veggie Planet, or a greasy-wok lunch special at Yenching. But my special spot is the often overlooked Dado Tea, where options like the organic pesto tofu salad or multigrain bi-bim-bop offer a satisfying lunch in a clean, quiet and friendly space.”
— Justin Stern, PhD candidate, urban planning