

spig news

Summer 2016: The official newsletter of the AEJMC Small Programs Interest Group

Matthew Paulson photo used by permission



Take a big bite of the Mini Apple

AEJMC site boasts many cultural, entertainment and athletic amenities

By Brian Steffen
Simpson College

One of America's most livable cities, Minneapolis will offer AEJMC conference-goers a range of places to go and attractions to see during the Aug. 4-7 convention.

Even though its population of 400,000 makes it one of the smaller cities AEJMC visits, Minneapolis boasts the cultural, athletic and entertainment amenities of a city many times its size.

Here's just a sampling of what you'll find in the city that locals call The Mini Apple:

Minneapolis Institute of Art: The fine art museum in the city's Whittier neighborhood is one of the nation's largest art museums. Its collection is encyclopedic, covering nearly 5,000 years of human



history and including 80,000 objects. The collection is particularly strong in Asian art. 2440 Third Ave. S., 612-870-3000.

Target Field: The Minnesota Twins MLB team won't be playing in town during AEJMC, but the stadium is open for public tours that give a behind-the-scenes view of what it takes to run a professional-sports franchise. 1 Twins Way, 612-659-3878.

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Pam Parry

head notes

Superhero is our minimum requirement

By Pam Parry
Eastern Kentucky University

I confess I enjoy the superhero genre - I read the comic books as a kid, and even now, I will enjoy a good Spiderman, Batman or Superman movie. The rub is that the plethora of superhero movies today has diminished the genre. The good ones really are fewer and farther in between.

As I was contemplating why I spent hard-earned money on *Batman v. Superman: Dawn of Justice*, I thought the superhero was the perfect metaphor for SPIG (please forgive me if I am the only person who thinks this makes sense). In my 15 years as a member of SPIG, I have never met anyone who does not have to perform like a superhero as a survival technique in the academy. SPIG members teach in programs that lack resources, so in this economy, they are constantly asked to do more with less.

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SPIG online: aejmc.us/spig/

SPIG's TJMC journal: aejmc.us/spig/journal/

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SPIG workshop is all about helping superheroes fly high

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Teach, research, serve, advise and do more of it than you did last year.

And tomorrow, academe will ask you for more than it did today.

Teachers who are committed to their students are being asked to produce more scholarship and provide more service than ever before, while maintaining their classrooms.

Sometimes, as a teacher in a small program, I feel like I need to wear a cape just to do my job. As the demands escalate, I worry that my effectiveness as a teacher and scholar are endangered.

Will my performance (particularly my effectiveness as a teacher) suddenly start to mirror the influx of bad movies simply because I am spread too thin? Will quantity destroy quality?

With this question looming, I have organized a four-hour Pre-conference Workshop on Wednesday, August 3, focusing on these pressing issues. It will be broken

into three parts. The topics and times are set, but sometimes panelists change prior to the meeting. This is a list of panelists at deadline.

Here is the Preconference Workshop (From 1 p.m. to 5 p.m.):

Part 1: The Superhero Syndrome: Pedagogical Techniques for Preventing Burnout (From 1 p.m. to 2 p.m.) Moderated by Pam Parry, Eastern Kentucky University. Panelists include Sonya Di-Palma, North Carolina, Asheville; Karie Hollerbach, Southeast Missouri State; Michael Longinow, Biola; and John McClelland, Roosevelt.

Part 2: Helping Undergrads Get Their Hands Dirty as Researchers (From 2:15 p.m. to 3:30 p.m.). Moderated by Doug Mendenhall, Abilene Christian. Panelists include: Carrie Buchanan, John Carroll; Mary Jean Land, Georgia College & State; and Cathy Yungmann, Cabrini College.

Part 3: Much Ado About Something: Getting Your Small Program Noticed (From 3:45 p.m. to 5 p.m.)

Moderated by James Simon, New York Institute of Technology. Panelists include Adam Maksl, Indiana Southeast; Lisa Carponelli, Simpson; Cindy Simoneau, Southern Connecticut State; and Kelly Bruhn, Drake.

The first hour of the workshop addresses burnout directly, but the other two components talk about how best to conduct research with students and how to promote a small program – two of the many tasks SPIG members are asked to perform in addition to teaching, serving and advising.

You need to preregister for the workshop, which costs \$10.

Although I worry sometimes about whether the demands of higher education will diminish my effectiveness, I am confident SPIG and workshops like these can help – even Superheroes need side-kicks to keep them grounded.

I'm glad that you all play that role for me.

Hope to see you at the workshop on August 3!!!

Hot Topics tackling free speech

We're not giving Donald Trump any more media-related attention in this year's Hot Topics panel.

From the University of Missouri to Mount St. Mary's, the hottest media-education topics this year have concerned the limits of free speech on campus and the role of, and threats to, student media. Campuses throughout the nation and beyond have felt the

reverberations of incidents at Mizzou, the Mount and elsewhere.

So, our panel co-sponsored by the Media Ethics Division on Friday, Aug. 5, at 5 p.m., is: "Safe spaces, drowned bunnies, and prior review: Facing an academic environment that just doesn't get it * The First Amendment."

"We all face similar issues. It's the most common informal discussion topic of every conference I at-

tend," said Jack Zibluk, Hot Topics organizer and department head of communications at the University of Tennessee-Chattanooga.

Zibluk said the panel will give educators the opportunity to address the issues we face in an organized fashion. "We all have stories. We need to do something," he said.

Zibluk said he hopes the session

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Plenty to do in Minneapolis

APPLE: Continued from page 1

Guthrie Theatre: The Guthrie is a leading regional theater and has three performance spaces for lovers of music and plays. Productions on offer during AEJMC include Rodgers and Hammerstein's "South Pacific" and Ayad Akhtar's "Disgraced." 818 South Second St., 612-225-6000.

Mall of America: Academics aren't supposed to like grand monuments to consumer capi-

talism, but if you haven't been to the largest shopping mall in the United States, you might at least want to see what you hate. 60 East Broadway in suburban Bloomington, 952-883-8800.

Basilica of St. Mary: The first basilica established in the United States is designed in the classical/Baroque style and dominates the city skyline southwest of downtown. 1600 Hennepin Ave., 612-333-1281.

Walker Art Center: The mul-

tidisciplinary center has 700,000 visitors each year and features 13,000 works of modern and contemporary art. 1750 Hennepin Ave., 612-375-7600.

Music Venues: Minneapolis is home to several nationally known music clubs:

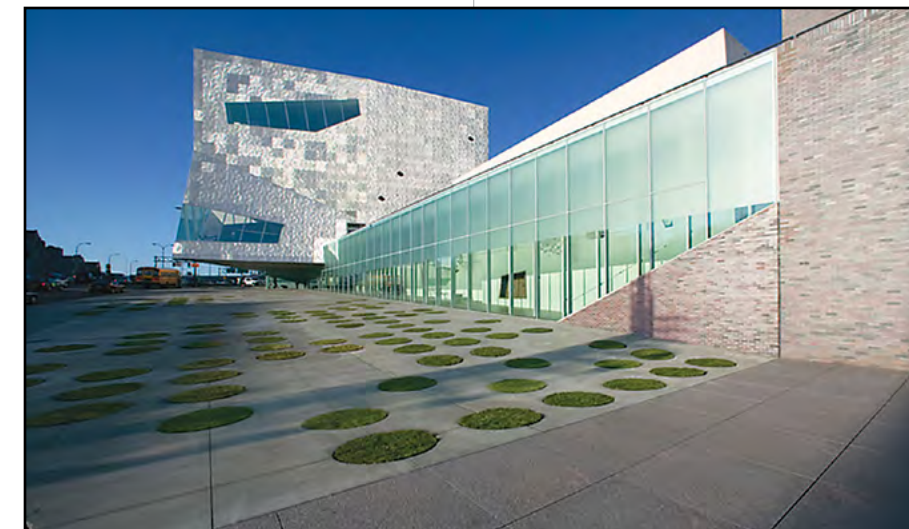
■ **First Avenue**, made famous in Prince's Purple Rain, hosts touring acts from around the world nightly. 701 First Ave. N., 612-332-1775.

■ **Cedar Cultural Center** offers singer-songwriter and folk music. 416 Cedar St., 612-338-2674.

■ **Dakota Jazz Club** presents jazz, folk and pop in an intimate cabaret environment with a full dinner menu. 1010 Nicollet Mall, 612-332-1010.

St. Anthony Main: The historic Mississippi riverfront in Minneapolis features small shops, boutiques and independent films.

U.S. Bank Stadium: The newest NFL stadium will begin its run as the home of the Minnesota Vikings this fall. No games are scheduled during AEJMC, but stadium tours are available. 900 S. Fifth St., 612-777-8776.



Courtesy of Meet Minneapolis

A exterior view of the Walker Art Center on Hennepin Avenue.

in an academic environment

SPEECH: Continued from page 2

will lead to action as well as discussion. "I hope to come out of this with a working group to draft a statement from AEJMC on free-speech issues on campus and the protection of faculty who stand up against prior review and other issues. We might establish a committee or advisory panel to face ongoing issues, or something like that," he said.

Panelists include:

Ernest Perry, associate professor of journalism studies and associate dean of graduate students at the University of Missouri School of Journalism.

Bob Bergland, professor, Missouri Western State, College Media Association and board of directors at the College Media Association.

Frank LoMonte, executive director, Student Press Law Center.

Peter Bonilla, Foundation for Individual Rights in Education (FIRE).

The idea is to have Ernest and Bob set the stage, and then have Frank and Peter help us figure out ways to move forward, Zibluk explained.

"I don't want this to become a complaint session. Catharsis is good and healthy and I would welcome individual stories, but I want the focus to be more proactive than reactive," Zibluk said.

research & reviews

Journal invites submissions, help with editing next issue

By **Brian Steffen**
Simpson College

Teaching Journalism & Mass Communication, the official research and comment journal of the Small Programs Interest Group within the Association for Education in Journalism & Mass Communication, seeks original research and other articles to be considered for publication in the Fall 2016 edition of the online journal. Deadline for submission: July 1, 2016.

We will also need volunteers who are able to serve as reviewers in July and/or copyeditors in August, as we prepare the journal for publication.

Contact [TJMC editor Brian Steffen](#) with possible ideas or to submit works for consideration, or to volunteer as a reviewer or copyeditor. Please include the subject line "TJMC Submission" in your queries and submissions. TJMC publishes a number of types of articles that serve the members of SPIG and our field as a whole. Also, please indicate in the first paragraph of your email which of the following sections for which you would like your submission to be considered:

Research

Papers should present research on practical teaching and learning issues within journalism and mass communication. All methods (quantitative, qualitative, interpretive, participatory and theoretical) are welcome. All papers undergo double-blind review. Papers shall be no more than 8,000 words in length, including tables and references, with an ab-

stract of no more than 150 words. Keywords should be included at the end of the abstract. Identifying and contact information should be on a separate page from the abstract and article. APA style should be followed. Send papers to Brian Steffen.

Scholarship of Application

Essays that explore a lesson or course, with some detailed attention to course outline, strategies, challenges and outcomes. When possible, writers are encouraged to utilize the web to illustrate the experience through links and/or multimedia. These articles are reviewed and accepted by the editor-in-chief and do not undergo double-blind review. Send papers to [Brian Steffen](#).

Teaching+ & Industry

Pieces of 800-1,000 words are reviewed and accepted by the editor-in-chief and do not undergo double-blind review.

Columns are published on two topics:

■ **Teaching+:** Issues affecting the professoriate in and out of the classroom.

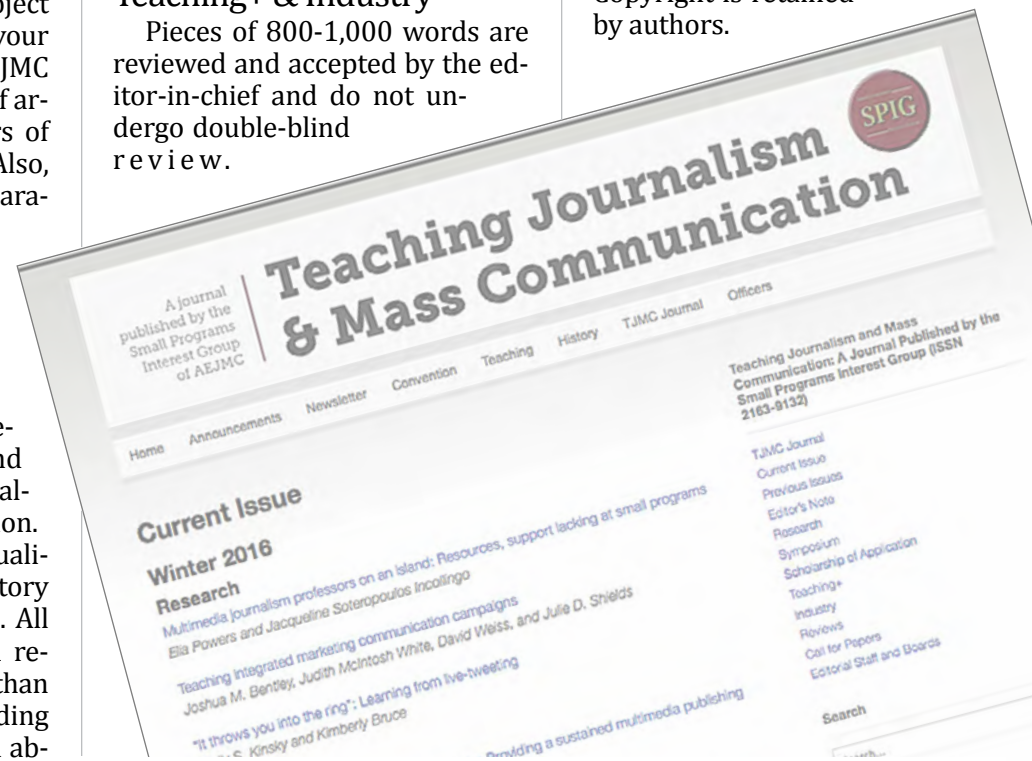
■ **Industry:** Commentary on issues in journalism, public relations and other JMC fields of interest to academia.

Send papers to [Brian Steffen](#).

Reviews

Pieces of varying lengths that review books, software, film, apps and web resources are reviewed and accepted by the reviews editor and do not undergo double-blind review. Contact [Reviews Editor Jim Sernoe](#).

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teacher of the year

Cindy Simoneau an inspiration for writing students of all ages

By **Carrie Buchanan**
John Carroll University

Cindy Simoneau, whose dedication to mentoring, inspiring and teaching young journalists extends well beyond the walls of her university, has been named the 2016 Ginger Rudeseal Carter Miller Teacher of the Year by the Small Programs Interest Group.

From high-schoolers to college students to graduates making career moves and adult women with a passion for writing, Simoneau has reached out to people interested in journalism, both within and outside of Southern Connecticut State University in New Haven, where she is an associate professor and chair of the journalism department.

Her classes at SCSU are reported to be rigorous, encouraging mastery of the writing skills, reporting practices, ethical principles and technologies journalists need today. She also helps to advise the student newspaper at SCSU and nearby Fairfield University, and runs a program for high-school students interested in the field from throughout the state of Connecticut. She has also coordinated "Wordy Women," a blog for women writers.

"More than any professor, Professor Simoneau has inspired, challenged and guided me both inside and outside of the classroom," wrote student Makayla Silva in her letter supporting Simoneau's nomination as SPIG's teacher of the year.

"For two years, I assisted Professor Simoneau with a high-school journalism program that she spearheaded and ran nearly

singlehandedly for 15 years at The Connecticut Post," Silva added. Recently, Simoneau started another program for high-schoolers, based at SCSU, reported assistant professor Jodie Mozdzier Gil, who also wrote a letter of support.

"I've seen Cindy's work in three distinct capacities," Gil noted in her letter. "I was her student while I attended Southern Connecticut State University as an undergrad. Then I worked alongside her on the board of directors for the Connecticut pro chapter of the Society of Professional Journalists. Now I'm a junior faculty member in the Journalism Department at Southern. In each setting I've felt grateful to work with someone of Cindy's integrity and determination."

Simoneau has also made keeping up with technological change a priority. "Since my full-time employment began at SCSU, I have dedicated my teaching efforts to incorporating technology into the curriculum," she said in her teach-



Cindy Simoneau

ing statement.

"I obtained a tuition grant to attend Poynter Institute in Tampa, Fla., a professional journalism training center, to supplement my own background on the subject. I volunteered throughout the past summers at the Connecticut Post online department to learn skills our stu-

dents must know for future internships and jobs, and completed SCSU's Summer Tech program. As a result, my students are now filing online, web versions of all stories, as well as the traditional, long-form style of writing."

Simoneau won out over a strong field of contenders for this year's TOY award, Teaching Co-Chair Liz Atwood said in her May 3 announcement. One of the judges summarized the reasons for the decision thus:

"Cindy Simoneau's work shows what journalism education will need to be in the 21st century. Leading and teaching in a program that stays abreast of current developments in the field, she is a teacher and mentor well beyond the undergraduate world," the judge said. "Her work as an ongoing mentor for her early-career students is among the best I've ever seen, and her leadership in reaching out to talented high school students has helped SCSU build a vibrant, destination program that serves the industry well. To read her support letters from colleagues and alumni shows what an inspirational teacher and leader she has been for many years."

Lunch with the TOY

SPIGsters will be honoring Simoneau on Friday, Aug. 5, from noon to 1:30 p.m. at The News Room restaurant in Minneapolis, an easy walk from the AEJMC conference. Here's a link to the [restaurant's website](#). Those interested in attending don't need to sign up. SPIG Head Pam Parry said in an email that she made a reservation for 30 and warned the restaurant to expect individual checks.

Minnesota conference features panels, posters, top teacher

Compiled by **Doug Mendenhall**
Abilene Christian University
and **Pam Parry**
Eastern Kentucky University

Pedagogy, research, Hot Topics, GIFT, photojournalism and technology tips are a few of the subjects to be explored as part of the SPIG-sponsored programs at AEJMC's Aug. 3-7 meeting in Minneapolis.

SPIG has been participating in the AEJMC annual meeting for 21 years and will continue to emphasize teaching while also discussing research and technological advances that are of interest to teachers in small programs.

The following is a schedule of events for the upcoming annual meeting. The workshops are set in terms of subjects and times, but sometimes panelists may change at the last minute. This list represents the panelists we had at deadline.

Wednesday, Aug. 3

Preconference workshop, 1-5 p.m. A four-hour, preconference workshop will feature three components on burnout, research and program promotion. You must register for the preconference, which costs \$10. [Details about the workshop are available in the Head Notes column on Page 1.](#)

Thursday, Aug. 4

10-11:30 a.m. Great Ideas for Teachers (GIFT). Moderated by Lori Dann, Eastfield, and John Ker-ezy, Cuyahoga Community College, with CCJA as lead co-sponsor.

This program, in its 17th year, recognizes excellent standards



in teaching journalism and mass communication courses and provides colleagues with fresh ideas for creating or updating their lessons.

11:45 a.m.-1:15 p.m. Slow Journalism and Why It Matters in an Age of Instant Information. Moderated by Michael Longinow, Biola, with the Magazine Division as co-sponsor. Panelists include Don Belt, Virginia Commonwealth; Ann Donohue, Boston; Jeff South, Virginia Commonwealth; Susan Currie Sivek, Linfield

This panel will unpack how long-form journalism still works in print and in broadcast venues such as public radio, but will point out the drawbacks (including expense) and whether, how and why educators should be taking students back to the old-fashioned shoe leather that makes for in-depth visual stories, audio stories and writing that makes readers put down their coffee to read with both hands.

5-6:30 p.m. Long-Form Journalism and the Conceptual Conundrum. Moderated by David Abrahamson, Northwestern, with

MAGD as lead co-sponsor. Panelists include David Abrahamson, Northwestern; John Hanc, New York Institute of Technology; Mitzi Lewis, Midwestern State; Elizabeth Myers Hendrickson, Ohio; Leara Rhodes, Georgia; and Carol Schwalbe, Arizona.

Twitter aside, a vibrant market exists for thoughtful, long-form journalism. Teaching students to conceptualize such stories requires subject knowledge, market savvy, critical thinking skills and acts of imagination rarely taught in other classes. This panel will explore pedagogical approaches and techniques.

Friday, Aug. 5

11:45 a.m.-1:30 p.m. 2016 Ginger Rudeseal Carter Miller Teacher of the Year Luncheon. Located at the News Room Restaurant. (<http://www.thenewsroommpls.com/event.aspx>). Moderated by Pam Parry and Liz Atwood of Hood.

Cindy Simoneau, Southern Connecticut State, is this year's recipient. For those of you who want to do so, we will gather in the convention hotel lobby at 11:45 a.m. and walk to the restaurant together. Our reservation is from noon to 1:30 p.m. [See a separate story on the TOY on Page 5.](#)

5-6:30 p.m. HOT Topics. Moderated by Jack Zibluk, Tennessee-Chattanooga, with the Media Ethics Division as co-sponsor. [More information about Hot Topics can be found in a separate story on Page 2.](#)

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SPIG events aim at practicality

FEATURES: Continued from page 6

6:45-8:15 p.m. Business/Members Meeting. Pam Parry and Doug Mendenhall presiding.

We will conduct our annual business. Additionally, Vivian Martin of Central Connecticut State will present information about her recent trip to Cuba.

Afterward, we will go out for dinner together as a group for those who want to do so.

Saturday, Aug. 6

12:15-1:30 p.m. Scholar-to-Scholar Refereed Paper Research Session. Discussant Jackie Incollingo, Rider.

First Place

"Taking the J out of the J-school: Motivations and processes of program name changes," Matthew Haight, University of Memphis (Presenter); Erin Willis, University of Colorado Boulder (Non-Presenter).

Second Place

"What is taught about diversity and how is it taught? A 2015 update of diversity teaching at U.S.

journalism and mass communication programs," Masudul Biswas, Loyola University Maryland (Presenter); Ralph Izard, Louisiana State (Presenter); and Sepi Roshan, Astute Radio (Non-Presenter).

Third Place

"What trauma? Social invention and a pedagogy of compassion for teaching reporting and writing about the pain of others," Michael Longinow, Biola (Presenter).

Additional Paper

"Journalism as/is memory: The role of journalism textbooks in maintaining deep collective memory," Nicholas Gilewicz, Annenberg School for Communication, University of Pennsylvania.

1:45-3:15 p.m. 10 Tech Tools in 10 Minutes.

Moderated by Toni Albertson, Mt. San Antonio, with CCJA as lead co-sponsor. Panelists include Nicole Kraft, Ohio State; Crystal McMorris, Delta; Jeremy Shermak, Moraine Valley; and Pam Parry, Eastern Kentucky University.

A bounty of innovative free

tools are available that can be used to add visuals, video and audio to student media to report news and tell stories. In this session, each panelist will present his or her favorite apps that students can be taught to use in 10 minutes or less.

Sunday, Aug. 7

9:15-10:45 a.m. Engaging Students with Community-Sourced Photojournalism. Moderated by Alan Hantz, UNC Asheville, with the Visual Communication Division as co-sponsor. Panelists include Alan Hantz, UNC Asheville; Gabriel Tait, Arkansas State; David P. Burns, Salisbury; and Joshua Azriel, Kennesaw State.

This panel will explore ways to engage students in reporting on local activities and events through community photojournalism blogs, through service-learning projects and through other engagement practices.

More information about the conference is available at <http://aejmc.org/events/mpls16/>.

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member milestones

Tenure, promotions & books

John McClelland, retired associate professor of journalism at Chicago's Roosevelt University, has been busy since late 2011 as volunteer editor of *The Masthead*, the (non-juiced) journal of the Association of Opinion Journalists, formerly National Conference of Editorial Writers. McClelland was honored in 2014 with life membership in AOJ, and he is one of the trustees managing AOJ's pending merger into the American Society of News Editors, where *The Masthead* will endure.



McClelland

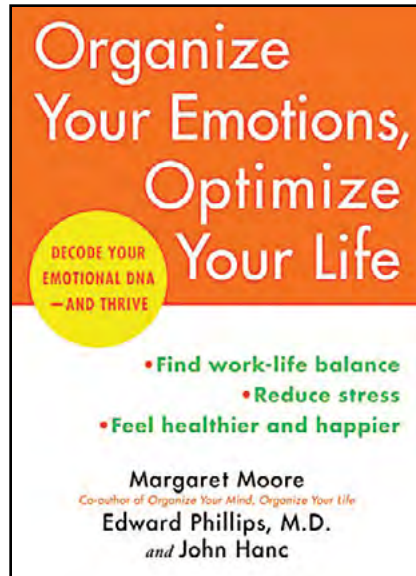
"These tasks, other volunteer gigs, and my family are my alibis for not being very active recently in AEJMC-SPIG," McClelland says.

Rachele Kanigel, associate professor of journalism at San Francisco State University, has launched *The Diversity Style Guide* (<http://diversitystyleguide.com>), an online style guide that aims to help journalists and other media professionals write with accuracy and authority about a complex, multicultural society. The guide offers definitions and guidance on more than 700 terms related to race and ethnicity, disability, religion, gender and sexuality, mental health, age and drugs and alcohol – from "A.D." and "abaya" to "Yonsei" and "Zionist." The *Diversity Style Guide* draws from more than 20 ethnic-themed and topic-specific style guides, bringing this information together in one handy place.



Kanigel

John Hanc, associate professor of communication arts, New York Institute of Technology, will have his 14th book published on Labor Day weekend: "Organize Your Emotions, Optimize Your Life: Decode your Emotional DNA and Thrive." This is Hanc's second collaboration with health and wellness coach Margaret



This forthcoming book will be the 14th by SPIG member John Hanc.

Moore and Edward Phillips, a physician, of Harvard University Medical School. It's described as a "self development" book – about how to use some of the latest findings in neuroscience to help improve your life. Hanc also continues to write regularly for publications including the *New York Times* and *Smithsonian*.



Hanc

Former SPIG head **Jack Zibluk** has accepted the position of department head and Luther Masin-gill Professor of Communication at the University of Tennessee-Chattanooga. He will oversee a department, accredited by the Association of Schools of Journalism and Mass Communication, of 10 full-time faculty and several part-time faculty and staff. Zibluk is the current coordinator of the AEJMC Hot Topics panel. He



Zibluk

was most recently a professor at Southeast Missouri State University.

The first book in the series **Pam Parry** is co-editing on women in American politics was a finalist for a prestigious national book award presented by college honorary society Kappa Tau Alpha for the best book in journalism/mass communication. The author is Teri Finneman; her book is titled "Press Portrayals of Women Politicians, 1870s-2000s: From 'Lunatic' Woodhull to 'Polarizing Palin.'" Parry, SPIG head and associate professor of public relations at Eastern Kentucky University, is co-editing the series with David R. Davies of the University of Southern Mississippi. Finneman's book was published in December 2015.



Parry

"Dr. Finneman's book is wonderfully researched and written," Parry said. "This is her award, but I am proud that it was the first book in our series. Working with her has been one of the highlights of my 30-year career. I loved the book and, as her editor, I read it from cover to cover multiple times. Each time a joy!"

Lona D. Cobb of Winston-Salem State University had a book review published in the Spring 2016 edition of AEJMC's "Journalism & Mass Communication Educator." Her review was of Richard T. Craig's book, "African Americans and Mass Media: A Case for Diversity in Media Ownership."



Cobb

This column was compiled by Dave Madsen, assistant professor & chair of the Department of Mass Communication at Morningside College in Sioux City, Iowa.

member adventure

A Connecticut-Cuba connection

In March, 19 students and two faculty members from Central Connecticut State University spent Spring Break in Cuba. It wasn't a beach party, though. They went to practice journalism, and these photos are some of hundreds they shared on Instagram.

Led by former SPIG president Vivian Martin, professor and journalism chair at CCSU, and colleague Darren Sweeney, an assistant professor, the students had to move out of Havana for three days because President Obama visited at the same time. But the president's visit also provided advantages. They were invited to the Cuba-U.S. baseball game and snagged tickets to the Rolling Stones concert.

Stories and more photography were collected in a magazine designed by professional designer Vada Crosby. [It can be viewed at this link](#), which is to a Dropbox.



A group of CCSU students is ready to leave on a flight to Cuba from the Miami International Airport.

"The world renowned Tropicana."



Photo by Darren Sweeney

"We traveled safely from Havana to Cienfuegos today. We are seeing a lot of this country."



Photo by Analisa Novak

A man with a cigar: "Even when they have nothing they will still offer you everything."



Photo by Analisa Novak

"Her beauty was transcendent. Her eyes burned into me ..."

career advice

Do's and don'ts of sabbatical

By **Michael A. Longinow**

Biola University

Sabbaticals are work. They're paid, after all, so they should be. But it's different work than what most teaching faculty live with. And that requires some adjustment. The sabbatical is an entry into another realm.

Sabbaticals aren't easy to come by at some institutions. They're usually granted only after a set number of years as full-time faculty. Some are granted by competitive application based on measurable research goals.



Michael A. Longinow

At some institutions, they're rationed: there's no guarantee at such schools that a faculty member will get one, great research proposal notwithstanding. There's often an expectation of outcomes from the sabbatical: a completed book, a published journal article (or two), makeover of a curriculum, things that are a kind of "bang for the buck" for the institution.

The life of a faculty member at a teaching institution is a juggling act: lesson prep, grading, academic advising, department meetings, committee meetings (some with committee homework) – and grading. (Did I mention grading?)

So the sabbatical, for such faculty – a ceasing of all that to pursue life of the mind – is a kind of leap out of the airplane. Or maybe it's more a step through a doorway into the dark (or into the light). Having just completed my second sabbatical in 26 years of teaching, I can speak to what worked and what didn't. Here's a top 10 list.

DON'T DO THIS

■ Don't do your sabbatical on campus. There's too much temptation to check in on the department, get waylaid by student problems or be otherwise distracted from sabbatical mode. You're being paid to stay away. Stay away.

■ Don't check university email as often as you did when you weren't on sabbatical. But don't totally stay away from it, either. Some crises will require your help. The hard part is discerning what's a crisis. (Allow yourself to be expendable.)

■ Don't put off planning for the sabbatical until after final exams of the semester before. The best projects, particularly if collaborative or involving a publisher or publication, require advance work. Front-load the minutiae.

■ Don't keep entirely to yourself. The life of the mind is social. Share your research, writing and ideas with colleagues who share your passions. If you can, travel someplace interesting to do that.

■ Short and long. Start with small projects: newsletter articles, commentary for a trade journal, even blog posts. It breeds confidence for the big project(s). Interspersing little victories helps your slog through the more in-depth work.

DO DO THIS

■ Rest, read and reflect. This takes discipline. You've been acculturated to multi-tasking, making deadlines, averting disaster. Set time every day to just pause and think (maybe pray). Read novels. Listen to good music. Cook new things. Take naps.

■ Eat right and exercise. Okay, this might seem off-list, but there's good science suggesting a healthy diet and exercise enhance brain function. So linger longer in the produce section; get out on the trail, track or pool. And make it fun.

■ Plan your work and set your own deadlines. Most sabbaticals are one semester. It goes fast. Write or research every day on a routine. Aim at paper calls or journal deadlines.

■ Let the work mushroom. Some of what you start will explode. Let it. The great thing about a sabbatical is how projects you began can trickle into crevices of ensuing semesters.

■ Plan and begin your re-entry early. A thorough sabbatical shuts down crisis-mode brain cells; you'll need a re-tooling to the flywheel of your university. Plan a month or two ahead for getting back into your routines. But think of ways to carry over some sabbatical disciplines into a new normal for you.

The sabbatical is a kind of leap out of the airplane ... or maybe a step through the doorway into the dark.