

# Goucher DIGEST

May 2, 2011

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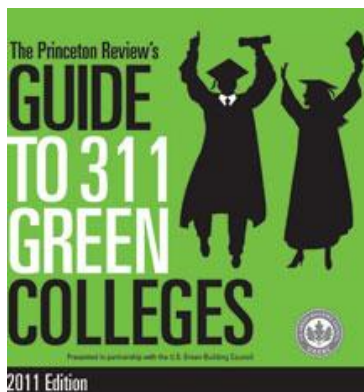
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## New at Goucher

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### Goucher College Named in "The Princeton Review's Guide to 311 Green Colleges"



Goucher College was included in *The Princeton Review's Guide to 311 Green Colleges* for "ushering in a new era on campus, one that could be called 'green.'"

The college was praised for its policy requiring that all new buildings and renovations of existing ones be certified at least at the Silver level under the Leadership in Energy and Environmental Design (LEED) Green-Building Rating System. Goucher's Athenaeum is the campus's first LEED Gold-certified building.

The Goucher Environmental Sustainability Advisory Council's efforts in helping the college fulfill its requirements under the American College and University Presidents' Climate Commitment were also mentioned. The group advises the president and administration on environmental issues and policies raised by members of the Goucher community.

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To see Goucher's profile in the *The Princeton Review's Guide to 311 Green Colleges*, please click [here](#). For more information, click [here](#).

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## **Introducing the Goucher Professional Network (GPN) on LinkedIn**

Like many institutions, Goucher is tapping into social media outlets to connect community members via virtual resources. The college has launched the institution-wide Goucher Professional Network (GPN) on LinkedIn.

The GPN is an online networking group that includes alumnae/i, students, faculty/staff, trustees, parents, and friends of Goucher. By facilitating professional connections among constituencies, the GPN brings together all those who understand how the Goucher experience can lead to fulfilling and meaningful opportunities on and off campus.

You are invited to join the Goucher Professional Network on LinkedIn. Remember, the power of any network lies in the strength of its membership. The network is brought to you by the Alumnae and Alumni of Goucher College and the Career Development Office.

For a limited time, all Goucher community members who request to join the GPN will be entered into a drawing to receive an iPad 2, courtesy of the Alumnae and Alumni of Goucher College (AAGC). The winner will be chosen on May 6 after Alumnae/i Weekend.

Have questions about the Goucher Professional Network? Please e-mail [gpn@goucher.edu](mailto:gpn@goucher.edu).

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## **Goucher Senior Receives Fulbright Scholar Award**

Most people stuck on a 17-hour layover in Bangalore, India, might use the time to go sightseeing or read a book, but not Kelly Ann Graves '11. Graves used the time to conceive of a contemplative cognitive neuroscience research project in Sri Lanka, which has earned her a Fulbright Scholar Award.

Graves, a psychology major with a minor in cognitive science, was returning home from her summer research project investigating the neural underpinnings of embodied cognition in movement meditation at a traditional Indian gurukula, a residential school in which students learn from gurus.

On her layover she visited Dharamsala, India,



the home of the Dalai Lama, whom she was able to meet.

"I was really moved by (meeting the Dalai Lama), and I was really grappling with this idea of compassion and how important it is to world peace. It's a big thing that the Dalai Lama talks about," Graves said. "I was thinking about my experience there and my desire to further my research in the field of contemplative cognitive neuroscience."

Graves' fascination with both the Buddhist tradition and the mind began when she was 16. She had earned a scholarship from Rotary International and flew from her hometown in Colorado to south India to study Buddhism. The curriculum emphasized the psychological advantages of meditation and yogic science and the importance of peaceful action.

The project she began to develop during her layover is a cognitive approach to conflict resolution. It examines the Buddhist principle in the Theravada tradition, known as compassion mediation, and how that can alter the function of the brain. Graves hopes her study will show that compassion meditation increases a person's capacity for just resolution in social conflict.

Compassion meditation involves sitting in a meditative pose and focusing on the breath. Practitioners employ a two-fold breathing technique: They seek to inhale suffering as a means of empathizing with others, and they exhale aversion as a means of habituating compassion. In the Buddhist tradition, compassion is the natural state of the human mind, whereas aversion is a learned construct that can be dismantled by meditation.

During her Fulbright scholarship, Graves will travel to Sri Lanka to conduct a study she hopes will show that compassion mediation can be used to rid negotiators of their unconscious bias toward one another. Sri Lanka's history is steeped in Buddhism traditions in beliefs and the country is home to a large population of monks who practice Theravada. It is also plagued by civil war. Though it is currently at peace, a deep hatred still exists between the Sinhalese and Tamil communities, Grave said.

The study will be composed of a series of cognitive tests on Buddhist monks (before and after meditation) and students from the University of Peradeniya in Sri Lanka. The tests will involve showing the test subjects pictures of Sri Lankan faces, half of which will have a subliminal tag with aversive stimuli (evocative images of violence, disgust, and pain), and half with no subliminal tag. It is well-proven in cognitive neuroscience that an image flashed below conscious recognition can greatly influence participants.

After viewing 20 images, participants will be asked to:

1. Rate if they like, dislike, or are neutral toward the people in the photographs.
2. "Mentalize" about the person in the image, such as "What do you think this person is feeling?"
3. Make judgments about hypothetical conflicts between two of the people presented in the experiment (one face that has no aversive tag and one face that has an aversive tag).

The first question will ensure that the aversive tagging is effective and provide insight into the participants' willingness to judge people they do not know. This subliminal tag would

simulate the unconscious aversion people may have toward others, even if they have no direct experience with them. Graves predicts that the monks who practice compassion meditation will be less receptive to the emotional influence of aversive tags and be less likely to indicate they dislike the person.

The second question examines the participants' ability to understand the mental state of another human being, otherwise known as theory of mind. It has been shown that people who are better at resolving interpersonal conflict are better at mentalization. Graves believes the monks will not only show a higher capacity for mentalization, but they also will be more empathetic, even toward the people with aversive tags.

The last question acts as a culmination of the two previous tasks, asking participants to solve social disputes between the "characters" of the study. It will determine if there is an unconscious bias toward the aversively tagged subjects. Graves predicts the monks will resolve the conflict more fairly than those who do not practice compassion meditation, delineating a fundamental difference in the capacity for interpersonal perception.

Graves says she hopes the results of her study will be able to be used to support and facilitate conflict resolution so Sri Lankan mediators are more likely to make just decisions in social disputes and conflict.

She said the study is derived from her work with Assistant Professor of Psychology Jennifer McCabe and Psychology Lecturer Charles Seltzer.

Graves is hoping to publish the results after her nine-month study is completed. Then she will apply to graduate school.

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## **Accepted Applicants Day Recap**

Goucher's offices of Admissions, Financial Aid, and the Vice President for Enrollment Management extend their great thanks to the Goucher community for an extraordinary effort in making this year's Accepted Applicants' Day a huge success. The Goucher community rolled out the red carpet for 301 admitted students and their guests on Monday, April 11.

Admitted students who attended represented 26 states (among them Alabama, Arizona, Minnesota, Oklahoma, Oregon, and Washington), the District of Columbia, and Costa Rica. Involvement from faculty, current students, staff, alumni, and parents of current students resulted in an informative and positive experience for our guests.

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## Upcoming Events

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### Goucher Hillel 2011 Annual Meeting

Monday, May 2, 2011

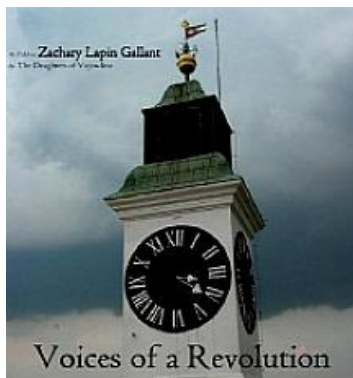
7 p.m.

Hyman Forum, the Athenaeum

Goucher community members are invited to attend Goucher Hillel's annual meeting, which will honor student leaders and install a new student board. The meeting will feature the presentation of the first Goucher Hillel Award to President Sanford J. Ungar. The award will be presented by Dr. Christopher M. Leighton, executive director of the Institute for Christian and Jewish Studies.

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### "Voices of a Revolution"



Goucher College is presenting "Voices of a Revolution," a discussion of an autonomist Eastern European women's movement, on Tuesday, May 3, at 7 p.m. in Kelley Lecture Hall. The event will feature Zachary Gallant, a Fulbright scholar in the former Yugoslavia and author of *Voices of a Revolution*, and Goucher Professor of Women's Studies Marianne Githens.

This event is free and open to the public. For more information, click [here](#) or contact Gabe Stuart-Sikowitz '13 at [gastu001@mail.goucher.edu](mailto:gastu001@mail.goucher.edu) or 301-801-0647.

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### Goucher's Musical Theatre Workshop Presents *RENT*

Goucher College's Musical Theatre Workshop will present two performances of the Pulitzer Prize-winning musical *RENT* on Wednesday, May 4, and Thursday, May 5, at 8 p.m. in Merrick Lecture Hall.

The performances are free and open to the public. The show contains adult content and language and is not recommended for children. For more information, click [here](#) or contact Richard Hartzell at 410-337-6149 or [richard.hartzell@goucher.edu](mailto:richard.hartzell@goucher.edu).



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## Essential Entities: Senior Independent Dance Concert



The Goucher College Dance Department presents "Essential Entities," the Senior Independent Dance Concert, on Friday, May 6, at 7:30 p.m. in the Todd Dance Studio.

The event is free and open to the public. For more information, click [here](#) or contact Lizbie Harbison '11 at [elhar002@mail.goucher.edu](mailto:elhar002@mail.goucher.edu).

"Essential Entities" features the work of three Goucher seniors – Courtney Colarik, Lizbie Harbison, and Arlynn Zachary.

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## Convocation – Goucher Celebrates Academic and Artistic Achievement

Thursday, May 5  
4:30 p.m.  
Kraushaar Auditorium

The Goucher community is invited to celebrate the academic and artistic achievements of its students at the annual Convocation celebration. Convocation not only recognizes students who have earned academic honors, it also celebrates artistic and civic achievements. A variety of honors and awards will be bestowed, and student performances will be featured.

All undergraduate classes will be canceled Thursday, May 5, from 3:30 p.m. to 6:30 p.m., so the community can attend Convocation. A community supper in the Dorsey Center Courtyard will follow.

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## Color Pending

Goucher College's Theatre Department presents *Color Pending*, a play about race and power, at 8 p.m. on Friday, May 6, and Saturday, May 7, in the Mildred Dunnock Theatre in the Meyerhoff Arts Building.

The play is the senior theatre independent project of Danielle Faulkner, and it is directed by Charles Cohen '11.

This event is free and open to the public, but tickets must be reserved at [www.goucher.edu/theatretix](http://www.goucher.edu/theatretix) or by calling the Mildred Dunnock Box Office at 410-337-6512.



For more information, click [here](#) or contact Danielle Faulkner at [Danielle.faulkner@mail.goucher.edu](mailto:Danielle.faulkner@mail.goucher.edu).

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## Kudos

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**Sina Copeland '11** was awarded a U.S. Department of State Critical Language Scholarship (CLS) to study Turkish in Turkey this summer 2011. Recipients will spend seven to 10 weeks in intensive language institutes this summer in 14 countries where these languages are spoken. The CLS Program, which is part of a wider U.S. government effort to expand the number of Americans studying and mastering critical languages, provides fully funded, group-based intensive language instruction and structured cultural enrichment experiences. The program participants are expected to continue their language study beyond the scholarship and apply their critical language skills in their future professional careers.

**Elli Westmoreland '11** was named the second runner-up in the Arts Club of Washington's 2011 Scholarship Competition for Student Poets for her poem "Diwali." The poem was written during Professor Elizabeth Spires' English 315 Advanced Poetry Workshop. The competition is open to college students on the undergraduate and graduate levels in the District of Columbia, Maryland, and Virginia. She will receive a prize of \$750 for her winning poem.

Professor **Madison Smartt Bell** will discuss his latest novel, *The Color of Night*, at the Cyclops Bookstore at 30 W. North Ave. in Baltimore on May 1 at 7 p.m. The evening will also feature a semi-unplugged music show by Ned Sublette.

The *Baltimore Sun* published a letter to the editor by alumna **Jessica Fugate '10** titled "[Regardless of party, we are all Marylanders](#)" on April 19.

The *Baltimore Sun* published a [letter](#) on April 20 by alumna **Marilyn Dahl '70** about her time working with the late Governor William Donald Schaefer.

*Glamour* magazine featured a Q-and-A [article](#) with **Pamela Haag '08** about her new [book](#), *Marriage Confidential*. The book will also be profiled in *Redbook's* June issue and in *Marie Claire* magazine. The book is set to be released in June by HarperCollins. Click [here](#) to learn more. Haag's essay "Impolite Things about the Elite College Mystique that Graduates Won't Tell You" will be run by *The Washington Post* as a guest blog while Jay Mathews, the education reporter, is on vacation. Haag will present a paper for scholars on a feminist theory of consent at the Berkshire Conference on the History of Women on June 10.

**Neena Schwartz '48** published an autobiography titled [A Lab of My Own](#). The book describes her early years in Baltimore and subsequent career in science and work with the woman's movement within the scientific community. Review articles about the book [here](#) and [here](#).

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**Digest Deadline:** The deadline for submissions for the semester's final issue of the Goucher Digest is Wednesday, May 11. The final issue will run on May 16. Send all submissions to [digesteditor@goucher.edu](mailto:digesteditor@goucher.edu).

The *Goucher Digest* is published regularly by the Goucher College [Office of Communications](#).

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