

ARF NOTES

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California State University, Northridge



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PRESIDENT'S MESSAGE: RON McINTYRE

Welcome to what all of us hope will be our first post-pandemic year of **ARF** activities! Our last three Presidents – Pamela Bourgeois, Tim Fox, and John Clendenning – did a remarkable job of keeping our ship afloat through an extremely challenging period. We offer them our deepest gratitude and appreciation.

Hats off to our outgoing **ARF** Board members, and welcome to next year's Board. Cheryl Spector, Virginia Lussier, and Joel Zeitlin will be leaving the Board; Patricia Miller, Cynthia Rawitch, Karen Robinette, and Diane Schwartz will be joining, with Cynthia as our new Vice-President/President Elect. **ARF** is fortunate to be continually led by such smart, hard-working, and caring individuals. (The members of the new Board and their email addresses are included on the back page of *ARF Notes*.)

There have been, and will continue to be, significant changes in **ARF**'s usual routines, due both to the pandemic and to the closure of our long-time meeting place, the Orange Grove Bistro. Sharon Klein, our Program Committee Chair, masterfully organized the Speakers Series and arranged for it to continue via Zoom. Although in-person contact was missed, non-local **ARF** members were provided an opportunity to participate; our plan for this year is to meet in person on campus with simultaneous Zoom access. On campus

arrangements are not quite finalized, but our main meeting venue will be the Orchard Conference Center (in the Bookstore complex) with meetings likely moved to Friday afternoons. We'll keep you informed.

Our annual post-holidays winter banquet had to be cancelled due to the campus pandemic closure, but we enjoyed a quite successful field trip in late April including luncheon at the Orchard, a tour of the Soraya, and a viewing of the dress rehearsal for the anniversary show *Broadway Celebrates the Soraya*. The annual spring picnic returned to campus, much to the delight of the many **ARF** attendees. We hope for a return to all of our usual events this year. You'll find the entire program schedule for 2022/2023 in the September issue of the newsletter.

Not surprisingly, there was some fall off in **ARF** membership during the pandemic, and Membership Committee Chair Tim Fox will spearhead renewed efforts on recruitment. All of you can help by telling your retired colleagues about **ARF** and perhaps bringing them with you to an **ARF** speaker presentation. And don't forget to renew your own membership!

I hope you'll enjoy the opportunities **ARF** provides, including participation in one or more of the interest groups. Please give us your ideas for new interest groups (including any that you could help organize), future programs, and any ways that **ARF** can be made better. *ARF Notes* would also like to hear about your own interesting activities; please send items for inclusion to the Editor, Ann Perkins, at ann.perkins@csun.edu.

I look forward to working with the new **ARF** Board and with all of you!

Ron McIntyre

ARF President, 2022-23

PROGRAM COMMITTEE NOTES

Well, July is upon us, and we're entering a new **ARF** year. We've completed this one on some wonderfully positive notes, very upbeat, we might say.



April saw our first in-person event, when we gathered at the Orchard Conference Center (OCC) for a buffet lunch. Together! Our first plunge back into social gathering! (although rumor has it that a handful of spirited SCAARF devotees had met once or twice...). The 32 attendees found

the buffet's offerings delicious, a favorite in the day's Mediterranean fare being the baklava. But the highlight was sharing all this, sitting together, chatting over the spread. It felt wonderful. But the afternoon just kept getting better. Cameron O'Hanlon, The Soraya's General Manager, led us on a detailed guided tour of one of CSUN's justifiably major sources of pride. His insights and general background narrative led to engaged conversation, and for me, discovery of the extent that "climate awareness" is reflected in both the building's design and construction, and the artwork that graces its walls. Information about the Soraya's designing architect, Kara Hill, was another was of great interest. One highlight, of course, is the group photo you see, above, with Cameron leading us. Both lunch and the tour provided a wonderful overture to our presence at the dress rehearsal for Saturday's event, "Broadway Celebrates The Soraya," including some of the featured performers rehearsing their numbers! As it happens, Saturday's event itself would represent a milestone; The Soraya would be continuing the celebration of its 10th anniversary, as the pandemic had wreaked havoc with the scheduled "Broadway Celebrates The Soraya" concert in 2021.

Then, even more of us succeeded in gathering at the Arbor Grill on June 4th for the annual **ARF** Picnic, relishing the burgers, barbecued chicken, salads, and brownies that defined the picnic feast. Weather cooperated, too; the bit of gray that shaded the morning kept things cool, and couldn't even touch our collective enthusiasm, which I'm convinced triggered the sunlight that did grace us all. Thanks to the Ruggiero tech support team, we successfully held **ARF**'s annual meeting (able to hear all speakers), which included a fully fraud-free election of **ARF**'s 2022-2023 officers and board. Importantly, we also celebrated the **ARF** COVID era presidents, Pam Bourgeois, Tim Fox, and John Clendenning, who, along with the steadfast chairs of the **ARF** interest groups, kept us together, involved, and engaged. Tim Fox also chaired the Memorial Graduate Project Awards Committee, whose

work culminated in the selection of this year's awardees, about whose projects we can read in this special *ARF Notes* issue.

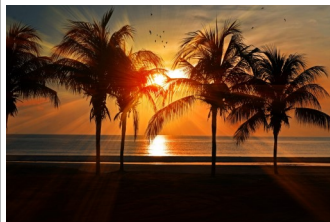
And of course, once again, the picnic afforded us another chance to see one another, exchange news, and share hugs.

ARF member are pursuing all sorts of projects and adventures. One member, Art Shulman (Marketing), having secured a [CSU-ERFSA grants](#) (available to us all) reported the cost-free *YouTube* presence of the reading performance of his play, [BIAS](#), which sounds intriguing and provocative.

It was particularly helpful for me to talk with members about thoughts for our 2022-2023 program; I hope we can continue talking, so even if I've written to you since our conversation, please email me again; reminders and tweaking are always welcome—and necessary.

We look forward to having CSUN Vice-President Colin Donahue as our speaker for the September 23 program, 2:00 at the Orchard Conference Center (OCC). A complete schedule of **ARF** programs and events for 2022-2023 will be published in the September *ARF Notes*.

Please take good care—have a safe and fulfilling summer! *Sharon Klein*



IN MEMORIAM

Harvey Rich (Sociology) died on March 11, 2022, at age 78. He taught at the University from 1972 to 2010. His remarkably wide-ranging intellect continually crossed conventional disciplinary boundaries.

Born in Philadelphia, Harvey grew up on New York's Lower East Side. Starting out as a doctoral candidate in Physics at Purdue, his focus shifted as a result of the multifold issues raised by the Vietnam War. Purdue next accepted him as a Ph.D. candidate in Sociology. (He had never taken a course in the subject.) He finished a Master's in Physics in 1968, followed in 1972 by a Ph.D. in Sociology. Then, environmental concerns increasingly preoccupied him, to the point that in 1982 he began work on a doctorate in Environmental Science and Engineering at UCLA. He completed the program except for the dissertation.

Harvey served as chair of the Sociology Department for six and a half years. Younger colleagues found him a solid mentor. They appreciated his sense of compassion



and his dry wit. He was also president of the California Sociological Association and sat on the board of the Pacific Sociological Association. His monographs, reports, and articles spanned the range of his interests, probing everything from the political attitudes of college students to air quality standards.

Harvey's personal interests were as broad as his professional ones. He was a committed cyclist. He maintained a large wine collection, for which he kept meticulous records in an indecipherable hand. Environmentalism drew him passionately toward clean energy, including a Tesla that he particularly enjoyed. He relished travel with his wife, the CSUN Professor Emerita of Mathematics Magnhild Lien, and their daughter, Jessica. Their travels together spanned much of the globe. *John Broesamle*

Aurelio de la Vega (Music), the world-renowned composer who taught in the Department of Music for more than three decades, during which he was Distinguished Professor of Music and Director of the Electronic Music Studio, died February 12, 2022 of congestive heart failure. He was 96.



"Aurelio was not only a composer and a teacher of composition," retired CAMC Dean William Toutant said. "He was also an artist, a poet, a musicologist, an author and a patriot. Whether he was teaching elementary undergraduate or advanced graduate classes, he personified what it is to be an artist. In his composition classes, he did not insist that students write like he did. He encouraged them to find their own voices. He taught that compositional technique is merely a means to an end. If one has nothing to say, then all the technique in the world is useless."

Born, raised and educated in Cuba, Prof. de la Vega permanently moved to Los Angeles in 1959, continuing to compose contemporary music as he taught at then-San Fernando Valley State College. In 1971, he was given the Outstanding Professor Award for the entire CSU system. Former students and music professionals are united in citing his mentorship and inspirational support.

Because of his strong condemnation of the Castro regime, Prof. de la Vega's work was consistently banned in Cuba, for most of his life. It was not until 2009 that any of his music was performed there, when "Intrata" (1972), an orchestral piece commissioned by Zubin Mehta and the Los Angeles Philharmonic, was performed in Havana by the Cuban National Orchestra.

De la Vega's standing in Los Angeles' classical music scene was well-celebrated; his awards and recognitions too numerous to list. A 90-minute documentary about his life and work—*Aurelio: Rebel with a Cause*—was released in 2014 and two recent biographies are available.

For many years after his retirement, the Department of Music held a concert marking each milestone birthday--65-70-75-80 etc. through his 90th. He was a long-time member of the CAMC Dean's Council after his retirement and was a member of **ARF** until his death.

Prof. de la Vega's first wife, Sara Lequerica, died in 2009. He is survived by his second wife, soprano Anne-Marie Ketchum, artistic director of the Verdi Chorus.

Again, from Bill Toutant, "I think the final stanza of 'The Silver Swan,' a madrigal by Orlando Gibbons, encapsulates

how many of Aurelio's friends and colleagues feel about his passing: 'Farewell, all joys; Oh death, come close mine eyes; More geese than swans now live, more fools than wise.'" *Cynthia Rawich*

James Elias (Sociology), died at the age of eighty-nine on January 25, 2022. He had taught at Northridge from 1972 until his retirement in 2015.



Jim took a Bachelor's degree in Psychology (1962) and a Master's in Sociology (1965) at Southern Illinois University. In 1978, he completed a doctorate at the Institute for Advanced Study of Human Sexuality in San Francisco. At CSUN, he directed the Center for Sex Research. His teaching and scholarship involved an ongoing collaboration with his wife and Sociology Department colleague,

the late Veronica (Ronnie) Elias. Jim wrote prolifically. In the late 1990s, he collaborated with Veronica, their English Department colleague Gwen Brewer, and CSUN's pioneering historian of sexuality, Vern Bullough, in coediting two books: *Prostitution: On Whores, Hustlers, and Johns* and *Porn 101 and Eroticism, Pornography, and the First Amendment* (both published by Prometheus).

Few may recall what prominence CSUN had during Jim's career in the study of human sexuality. Pioneered by the Kinseys, as a research field this was still a relatively new academic frontier. The Eliases explored it with the sense of dedication that others brought to, say, astronomy or political science.

Within the University, at least at first, there was a certain amount of pushback, to which Jim and others associated with the Center for Sex Research responded with jacket-and-tie professionalism. Then too, as the *Los Angeles Times* put it in 1997, although the Center had "an international reputation for research on sexuality," it made a point of maintaining "a low profile."

James Elias combined professionalism with a warm, even effusive cordiality. He was irresistibly likeable—a teddy bear, in the words of a colleague. He was a familiar presence at the University Club, which he helped to keep afloat as president. Active in United Professors of California, the statewide faculty union, he served in the faculty senate. Jim garnered the warm appreciation of his students, one of whom has called him "generous to a fault." Among his many honors was CSUN's Distinguished Teaching Award—high recognition from a predominantly teaching institution. In retirement, he maintained his ties to the University as a member of the Association of Retired Faculty. *John Broesamle*

Warren Akira Furumoto (Biology) passed away on January 5th, 2021 of COVID-19 at the age of 86.

Warren was born in December 1934 in Honolulu, Hawai'i. He was seven years old when the Empire of Japan bombed Pearl Harbor and lived in Hawai'i during WWII. During high school, he worked in the Dole pineapple cannery factory in the summers. He received his BS in Biological Sciences at CalTech in 1957, and earned his Ph.D. in Botanical Sciences in 1960 at UCLA.

After graduate school, Warren taught for a year at the University of Chicago. In 1962 he accepted a position at



San Fernando Valley State College, now known as CSUN. Over his forty-five-year career at CSUN he was a professor and chair of Biology, Associate Vice President of Academic Services, and also served as Director of the CSUN College of Science and Mathematics Center for Academic Preparedness.

Warren was deeply committed to social justice and racial equity, During the 1960's and 1970's he was active in the anti-Vietnam War Movement, serving as faculty advisor to the CSUN chapter of Students for a Democratic Society. During the "War on Poverty" era he founded and served as Director of the first Head Start Program in the San Fernando Valley. Warren was one of the founders of the CSUN Educational Opportunity Program (EOP) and advocated for the establishment of the Chicana/o Studies and Asian American Studies Departments at CSUN.

The people, music and culture of Hawai'i were always close to Warren's heart as well. He went surfing regularly until he was well into his seventies. In 1973 Warren married Rosa Rivera, whom he had met through community-based work in the San Fernando Valley. Many family members remember Warren fondly and deeply. *Joel Zeitlin*

Alan C. Harris (Communication Studies) whose 25-year career in the Department of Communication Studies was marked by his love of language and wordplay, and by the key role he played in the creation of two courses on language, semantics and symbolism, died October 14, 2021. He was 81.

Prof. Harris is described by his former colleagues as "quirky" and "a real character" who loved the department and always advocated on behalf of his students. A linguist by training, he taught classes in language behavior and use. He was an early adopter of computer technology and was very interested in how people form relationships online.. Alan was an ardent supporter of faculty governance, serving on Faculty Senate, and was very active in CFA, both on campus and statewide. He was president of the CSUN chapter of Phi Kappa Phi honor society and was faculty advisor to Golden Key.

Prof. Harris was born and grew up in Dayton, Ohio. He earned his B.A. in history at Columbia University in 1962, where he also studied Hebrew and Near Eastern Languages and Civilizations. He earned his master's (1972) and PhD in linguistics (1981) at UCLA. He began his time at CSUN in Spring 1977 as part-time faculty in the then-named Department of Speech, moving to the tenure track in Fall 1978. He retired emeritus in August 2003, after two years as FERP faculty.

Prof. Harris served in the Peace Corps in Turkey and was somewhat fluent in Turkic languages, perhaps the genesis of his lifelong love for collecting all things camel. He also lived in Israel for a time. He was married three times and had six children. *Cynthia Rawich*

Editor's Note: Full remembrance articles for the following retired faculty will be published in the September issue of *ARF Notes*: Jeffrey Lanham (Jan. 2022), Ichiro Hashimoto (March 2022), and Gwen Brewer (April 2022). Interest Group Reports will also be published in the September issue.

2022 ARF CSUN Graduate Awards

ARF's Memorial Awards recognize excellent scholarship and provide financial support for graduate student creative activities that are required as part of a master's degree program. This year, applications were received from six departments across campus. Four awards of \$2500 each were granted. Funds are provided by **ARF** Member donations, the list of donors appears below. Normally, awardees are required to present their work at our annual Spring Memorial Brunch in May. In the absence of this year's Brunch, due to COVID-19, we are presenting here the project abstracts of our four awardees, a short biographical sketch of each, and their answers to a couple of questions commonly asked by the audience at the Brunch. *Tim Fox, Chair, ARF Awards Committee.*

ARF Memorial Awardees in alphabetical order:



Caitlin Cook (Mass Communication). Advisor – Dr. Melissa Wall

Bio: Caitlin Cook, who goes by "Cooklin" when she draws comics, is a graduate of CSUN's Mass Communication MA program and a lifelong storyteller. Before coming to CSUN, she got her Bachelor of Fine Arts in Filmmaking at the University of North Carolina School of the Arts in 2019. Cook was born in Omaha, Nebraska, raised in the village of New Concord, Ohio, and spent some time in North Carolina and South Dakota before coming to California. Cook would describe her style of storytelling to be a series of candid representations of the wacky, dark, and absurd aspects of life. She hopes to use her skills to reduce not only mental health stigma, but also to improve sex education in this country. When she's not drawing, Cook loves to play with her cat, work on crafts, and listen to true crime

podcasts.

Abstract – "... Treat Depression through Comic Art ..."

Over the past 15 years, a niche field known as "graphic medicine" has been surfacing, helping researchers understand how comics can be used in the medical field. So far, research has determined that the immersive nature of comics, an art form that combines

images and text, may make it an excellent resource for patient care, with a few limitations. With many graphic medicine works being longform and autobiographical, Anhecomics is a graphic medicine project that aims to improve research in the field by taking a different approach to the form. Anhecomics is a series of short graphic narratives that come from ethnographic interviews with people who suffer from clinical depression. To protect the anonymity of subjects, unify the narratives, and promote reader participation in the stories, each narrator is represented using a very simply drawn character called the Blue Person. The latter of these functions is directly influenced by cartoonist Scott McCloud's theory of "amplification through simplification" in cartooning. Through the creation of this comic, the role McCloud's theory plays in graphic medicine narratives, particularly those involving clinical depression, can be analyzed. Through the creation of Anhecomics, it was found that incorporating McCloud's theory is particularly useful in depression narratives due to the way it visually highlights certain aspects of the experience of the clinically depressed person, complementing and strengthening these narratives.

Answers to Questions:

What significant thing(s) have you learned while doing this project that might guide you in conducting future research in your field, or about your field in general?

I think the most important information this project has allowed me to grasp is that comics are so much more than drawings that complement text, or vice versa. Comics is an art form where drawings and text work together to tell a story. In every comic I've completed, the text and drawings cannot stand by themselves and still tell a story as effective. Every artistic choice I make, whether it be phrasing, organization of thoughts, facial expressions on my characters, overall composition of a drawing, etc., can contribute so much to the overall narrative, and each of these things work together like a system. It's truly a remarkable and engaging storytelling form that, sadly, is often seen as childish.

Do you have any significant personal takeaways from undertaking this project that will influence your future work in your area, or in general?

This project has honestly changed me forever. I've always known that my passion for storytelling has given me something to offer this world, but in these past few years, what that something is has been very hard to figure out. It has not helped that I, myself, suffer from clinical depression and wrestle with self-doubt. Anhecomics, and just entering the Mass Communication program in general, was a result of me giving myself a chance, which felt like a gamble. The overwhelmingly positive response from my peers and superiors alike as I've pursued this project is something I will never forget, truly. I'm coming out of CSUN with a newfound confidence in myself, my skills, and my future, and I believe that is the very thing that will give me the momentum to succeed.



Melissa Hiatt (Kinesiology). Advisor—Dr. Terri Todd

Bio: I was born in Santa Clarita but raised in Simi Valley from the age of 5. I enjoy horseback riding, volunteering with therapeutic horseback riding, photography, baking, and playing with my dog in my free time. In the future, I would like to attend a doctorate program to continue working with the research on equine-assisted activities and therapies.

Abstract – "... Horseback Riding to aid Children's Sleep ...":

Children with neurodevelopmental disorders (NDD) typically suffer from difficulties with sleep which can result in increased behavior problems. Studies have shown that therapeutic horseback riding (THR) can improve individuals' quality of sleep and offers physical, cognitive, and psychosocial benefits for those with an NDD. This study will be conducted with 10-12 parents of children with NDD between the ages of 4-12 who participate in THR. Baseline sleep habits will be measured with the Children's Sleep Habits Questionnaire to establish whether children are good sleepers or poor sleepers overall. Morning and evening reports will then be collected for 3 nights using the Consensus Sleep Diary-Core. A secondary outcome of interest is behavior which will be evaluated with a few additional questions based on the NICHQ Vanderbilt Assessment Scale. These measures will be analyzed using paired t-tests to see if there is a change from before THR to after THR. We expect to see children have better sleep quality/ quantity and thus better behavior on days following participation in THR.

Answers to Questions:

What significant thing(s) have you learned while doing this project that might guide you in conducting future research in your field, or about your field in general?

I have learned about the lack of research on equine-assisted activities and therapies (EAAT) through doing this project. I have seen firsthand the benefits they have, and it amazes me that more research hasn't been done. I really do hope to continue doing research in this field because horses have significantly touched my life and I know they could help so many others.

Do you have any significant personal takeaways from undertaking this project that will influence your future work in your area, or in general?

One of my biggest takeaways from this is believing in myself and what I can achieve. This project has been no easy task and it has shown me what I am capable of when I put my heart into something. This project meant a lot to me since I have been volunteering with EAAT since I was in high school. Being able to do a project that could help the EAAT community gain more credibility has been amazing. This project has given me the courage to apply to Ph.D. programs.



Cathrine Jacobsen (Sociology). Advisor – Dr. Daniel Olms

Bio: I am a first-generation sole immigrant from Denmark and grew up as the second child out of six. However, due to turbulence in my family, I moved out of my home when I was 14 years old. Consequently, I lived in foster care and numerous group homes. I won the Green Card Lottery 12 years ago and arrived in this country with two suitcases and the determination to make something meaningful out of my life. Now as an adult and as a mother of two, I am happy to have overcome the challenges I experienced as a youth. I have spent the last two and a half years as a single parent, a graduate student, and a graduate research assistant in the Criminology and Justice department. Before becoming a mother, I ran marathons and practiced Kung Fu. I have always been a busy body who values being sociable, physically active, and creative in my day-to-day life.

Abstract – “... Youth Solitary Confinement is an Abusive Practice ...”

Prior research indicates that solitary confinement amounts to abuse resulting in trauma and developmental harm in youth, and that racial disparities inform this practice. Further, state-sanctioned violence is legal, structural, and is documented the most lethal type of violence. Despite solitary confinement’s systemic application and the violence informed harm it inflicts on youths, the conceptualization of solitary confinement as acts of state-sanctioned violence against youth, is understudied. The evidence presented in this thesis, largely suggests that systemic racial discrimination informs incarcerated youths’ level of exposure to solitary confinement, and that solitary confinement is perceived as violence with subsequent trauma placing youths at risk for long-term adverse impacts. I use qualitative interview data to explore survivors’ experiences with solitary confinement as youth. A combined grounded theory and narrative methodological framework is employed in collecting and analyzing data, with an analytical design capturing the processes of solitary confinement for youth through a lens of a state-sanctioned violence paradigm. This thesis contributes to the discipline by illustrating how solitary confinement effectively debilitates youths in their journey to desistance and indeed suggests that solitary confinement for youth can be conceptualized as acts of state-sanctioned violence against youth, particularly pervading youth of color. Based on my findings, I discuss recommendations informing policy improvement aiming at abolishing or minimizing the practice of solitary confinement for youth, and avenues for future research to further evaluate youthful prisoners’ rights for equal protection from excessive harm while incarcerated.



Alena Rogojina (Psychology). Advisor—Dr. Justin Kanter

Bio: The first seven years of my life were split between Russia and Ukraine. Then, when my mom completed her PhD in Chemistry, an opportunity arose and the two of us moved to the United States. I continued my formative years in Illinois, Texas, Minnesota, and California (Bay Area). I have a background in design and worked with children for five years before pursuing my master’s degree in psychology. Like my mom, I am on track to complete a PhD, though mine will be in Psychology and Human-Computer Interaction. In the future, I would like to teach, mentor students, and conduct research at a comprehensive university. In my spare time, I enjoy playing guitar and painting, listening to podcasts while taking long walks, playing video and board games, and building complex model kits with my husband.

Abstract – “... Media Multi-tasking and Stress Management ...”:

Although media multitasking (MMT - using several forms of media at once or using media while performing a non-media activity) is a process that occurs constantly in daily life, research on its antecedents and effects is still in early stages. The purpose of this project is to 1) investigate the role of effortful control (self-regulation) and time perspective in media multitasking behavior, 2) Examine MMT as both a stressor and a way of coping with stress. CSUN students (ages 18-29) and MTurk participants (ages 30-64) completed the following scales online using Qualtrics: Media Multitasking Index, Effortful Control subscale of the Adult Temperament Questionnaire, Five Facet Mindfulness Questionnaire, Considerations of Future Consequences Scale, and the Perceived Stress Scale. They also completed Time Production and Stop Signal tasks online using E-Prime Go. The bulk of analysis will take

place in R, using structural equation modeling. Less effortful control and a present-focused time perspective are expected to lead to more MMT. MMT is expected to be used for (disengaged) stress coping more often than being regarded as a source of stress, with age and work hours acting as moderators. This is a largely exploratory study meant to extend existing knowledge by combining self-report survey measures with objective behavioral tasks and investigating MMT in a diverse sample.

Answers to Questions:

What significant thing(s) have you learned while doing this project that might guide you in conducting future research in your field, or about your field in general?

Something I have struggled with when forming research questions and hypotheses, particularly in a relatively new sub-field, is the balance between breadth and depth. We study people in psychology, and people are complex, so any and every individual tendency and trait could be relevant. It would be a disservice to leave anything out. At the same time, it is logistically impossible to account for absolutely everything. Through this project, I learned to spend more time on literature review, to let existing theories and findings help focus my research plan. I am certain I still have a lot to learn and will improve with every subsequent project.

Do you have any significant personal takeaways from undertaking this project that will influence your future work in your area, or in general?

What sparked my interest in media multitasking in the first place was a situation that occurred in an online course I assisted with: a student kept tabbing away to check email while taking an online exam through Canvas, and Canvas understandably registered this as suspicious activity. The course instructor was shocked that the student did not wait until after the exam to check notifications and, being a cognitive psychologist, knew the student's exam score must have suffered as a result of the split attention and loss of focus. The instructor was doubly shocked when the TAs admitted they have done the same thing. Since then, and particularly since I began this project in earnest, I have noticed these kinds of behaviors arise in myself and others constantly. Studying the phenomenon has been a good reminder to practice mindfulness and check in with myself more frequently, especially in times of high stress. I have also reminded others to do the same.

CSUN ARF 2022 Awards Committee – Patrick Nicholson (Religious Studies), Alyce Akers (Family and Consumer Sciences), Sandra Jewett (Chemistry), Justine Su (Educational Leadership), and Timothy Fox (Mechanical Engineering).

*We gratefully acknowledge the ARF membership donors for 2021-22
These donations sustain the Memorial Graduate Project Program Awards*

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ARF NOTES

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