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RIGOR

Recently, during a discussion of a course instructor the term rigor came up. In this case it referred to how difficult or challenging a course is for a student. I think we will all agree that we often learn the most from those courses that are more difficult. They force us to work harder to learn the material, and hence we remember it far into the future.

Unfortunately, there is also a clear correlation between lack of rigor and higher student reviews. A fellow faculty member and I tested this many years ago. We taught similar topics back to back (Lipid and Nitrogen Metabolism), and alternated years where one of us would ask very difficult questions and the other very easy questions on the exam. As predicted our ratings and reviews zigzagged with the difficulty of our questions.

This puts faculty in an unusual conundrum. We should be teaching difficult courses that challenge students at every level to learn the most possible. However, we are constantly being reviewed and evaluated based on student assessment and opinion of us. To get the best student reviews courses must be overly simplified, contain a minimal number of objectives and facts per event and give students easy softball questions for exams. Worse yet, accrediting bodies put immense value in student feedback, and it is often not until years later that they truly appreciated the rigor of a course.

Students who do well from our graduate school are the ones that have been challenged. They have been asked those really penetrating questions at their seminar presentations. They have been forced to write the first manuscript draft, given sometimes brutal feedback, and sent to write the second draft. They are asked where the missing control is and challenged to decide what the next experiment is that they should perform. It is our duty as mentors, advisors and fellow students to continue to expect rigor in everything we do and from others around us. When we see it, we need to provide positive feedback, and when we don't we need to continue to provide strong constructive criticism.

 – Mark E. Schmitt, PhD
Dean, College of Graduate Studies schmittm@upstate.edu

publications

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presentations



OLESEA COJOHARI & MEGAN PEPPENELLI, PhD students in Microbiology & Immunology, attended the International Herpes Workshop held July 29th - August 1st in Ghent, Belgium. Olesea presented a talk and poster titled "Human Cytomegalovirus Uses miRNAs to Temporally Control Akt Activity and Mediate Monocyte to Macrophage Differentiation." Pictured above is Olesea and Megan with their Priniciple Investigator, DR. GARY CHAN.



JACQUALYN SCHULMAN, a PhD student in Pharmacology, and LAURA SZCZESNIAK, an MD/PhD Student in Pharmacology, attended the 12th Annual Cell Death Meeting held August 15th - 19th in Cold Spring Harbor, NY. Jacqualyn gave a talk and presented a poster titled: "The Bok-IP3R1 interaction protects Bok from proteasomal degradation." Laura is a second author on the talk and the poster.



REBECCA SAGER, an MD/PhD student in Biochemistry & Molecular Biology, attended the 8th International Congress on Stress Responses in Biology and Medicine held August 13th - 17th in Turku, Finland. Rebecca presented a poster titled "Crosstalk of phosphorylation and GlcNAcylation regulates FNIP1 co-chaperone function in cancer cells." MARK WOODFORD, now a PhD Student in Biochemistry & Molecular Biology, also presented a poster titled "The tumor suppressor protein Tsc1 is a potent inhibitor of Hsp90 ATPase activity." Also in attendance were their Principle Investigators,

MEHDI MOLLAPOUR, who gave a talk titled "Post-translational regulation of the protein phosphatase 5 (PP5) in kidney cancer" and DIMITRA BOURBOULIA, who gave a talk titled "The tissue inhibitor of metalloproteinase-2 (TIMP-2) is an extracellular co-chaperone of Hsp90."



MARISSA SMITH, ASHLEIGH JACKOBEL & KEVIN NAMITZ, PhD students in Biochemistry & Molecular Biology, presented at the Mechanisms of Eukaryotic Transcription Meeting held August 29th - September 2nd in Cold Spring Harbor, NY. The title of Ashleigh's presentation was "The role of yeast RNA polymerase I Core Factor subunit Rrn7 linker domain in open complex formation" and Kevin presented "A Novel 'Dual Substrate' Assay Suggests the Presence of Two Active Sites in the MLL1 Core Complex."

presentations



MEGAN GRIBBLE LLOYD, now a postdoc in Microbiology & Immunology, presented a poster at the ASM/ECSMID Conference on Drug Development to Meet the Challenge of Antimicrobial Resistance, held September 5th - 8th in Boston, MA. Megan's poster was titled: "Targeting the Alternative Sima Factor RpoN to Combat *Pseudomonas aeruginosa* Virulence."

ARIJITA CHAKRABORTY, a PhD student in Biochemistry & Molecular Biology, attended the Eukaryotic DNA Replication & Genome Maintenance Meeting held September 9th - 17th at Cold Spring Harbor, NY. Arijita presented "Fragile X mental retardation protein (FMRP) promotes genome stability through R-loop regulation."



ROSE PASQUALE, a PhD student in Neuroscience, presented a poster at the Emerging Vision Scientists (EVS) Day. The Alliance for Eye and Vision Research held the Third Annual EVS Day on Capitol Hill, September 13, 2017. During the program, 20 Emerging Vision Sciences (EVSs) displayed posters of their breakthrough research. The EVSs also met with their Congressional delegations to discuss the importance of funding continued NIH funding for vision research. The title of Rose's poster was "A Novel Behaviour Test to Assess Vision in Mouse Models of Disease."



ALEXANDER BAKER-WILLIAMS & JAVIER SANCHEZ POZO, PhD students in Biochemistry & Molecular Biology, presented at the 10th General Meeting of the International Proteolysis Society, held October 27th - November 1st in Banff, Canada. Alex presented "The co-chaperone TIMP-2 directly interacts with the molecular chaperone Hsp90a and promotes the disassembly of the Hsp90a:MMP-2 complex." Javier presented "TIMP-2 tyrosine phosphorylation by extracellular c-Src regulates proMMP-2:TIMP-2 complex formation and proMMP-2 activation." Both Alex and Javier were recipients of a \$350 travel award from the International Proteolysis Society.

presentations



SUBHRAJIT BANERJEE, a PhD student in Biochemistry & Molecular Biology, presented at the NYAS Conference: Mitochondria in Health & Diseases, held November 2nd in New York, NY. Subhra's poster was titled "Phosphoinositide 'Zip Codes' Govern Localization and Activity of Vacuolar H+-ATPase by Direct Interaction." Also in attendance was Jacqualyn Schulman, a PhD student in Pharmacology, and Liam Coyne, an MD/PhD student in Biochemistry & Molecular Biology.

GEOFFREY EILL & MD MAMUMUR RASHID, PhD students in Neuroscience, attended the Society for Neuroscience Meeting, held November 11th - 15th in Washington, DC. Geoff presented "Altered perineuronal net structure in Ptprz1 knockout mice." GOURAV CHOUDHARY, a PhD student in Biochemistry & Molecular Biology, and NICK HUANG, an MD/PhD student in Biochemistry & Molecular Biology, attended the American College of Rheumatology's Annual Meeting, held November 3rd - 5th in San Diego, CA. Pictured top right, is Nick and his Principal Investigator, DR. ANDRAS PERL, in front of his poster titled "Rab4a Control over Glycolytic Metabolism and T-Cell Lineage Specification Protects from Intra-Alveolar Hemorrhage in Mouse Model of SLE." Pictured bottom right is Gourav with his certificate of award. As previously noted, Gourav received the Rheumatology Research Foundation's Medical and Graduate Student Preceptorship Award. Gourav also presented a poster titled "RAB4A Protects from Antinuclear Antibody Production and Nephritis in the Pristane-Induced Model of SLE." While there the Perl lab had dinner with former lab member and alum DR. DAVID FERNANDEZ, a graduate of the MD/PhD Program in 2010.





SERGIO COUOH-CARDEL, a PhD student in Biochemistry & Molecular Biology, successfully defended his dissertation in August. Sergio's dissertation advisor is Dr. STEPHAN WILKENS, both pictured above. Sergio has accepted a postdoc position at Stanford University in Molecular & Cellular Physiology. Congratulations, Sergio!



MEGAN GRIBBLE LLOYD a PhD student in Microbiology & Immunology, successfully defended her dissertation in August. Megan's dissertation advisor is Dr. JENNIFER MOFFAT. Megan will be continuing as a postdoctoral associate in Microbiology & Immunology here at Upstate. Congratulations, Megan!



KEVIN KENDERES, a PhD student in Microbiology & Immunology, successfully defended his dissertation in August. Kevin's dissertation advisor is Dr. GARY WINSLOW. Congratulations, Kevin!



MATTHEW WELCHONS, an MS student in Anatomy, successfully defended his thesis in August. Matthew's advisors were Drs. JEAN & JOE SANGER. Matthew is now working as an Instructor in the Biology Department at Erie Community College. Congratulations, Matthew!



RENYAN LIU, a PhD student in Pharmacology, successfully defended his dissertation in September. Renyan's dissertation advisor was Dr. **YING HUANG**. Renyan has accepted a position as a postdoc in the Division of Endocrinology at Boston Children's Hospital/ Harvard Medical School. **Congratulations, Renyan!**



DIPMOY NATH, a PhD Student in Pharmacology, successfully defended his dissertation in September. Dipmoy's advisor was Dr. GOLAM MOHI. Dipmoy has accepted a postdoctoral position in Biochemistry & Molecular Genetics at the University of Virginia. Congratulations, Dipmoy!



SAPTARSHI BISWAS, a PhD Student in Physiology, successfully defended his dissertation in September. Rishi's advisor was Dr. WILLIAM BRUNKEN. Rishi has accepted a postdoctoral position in the Neurology Department at Columbia University Medical Center. Congratulations, Rishi!



ARIANNA LASZLO, an MS Student in Anatomy, successfully defended her thesis in August. Ari's advisor was Dr. DAVID PRUYNE. Congratulations, Ari!



OLESEA COJOHARI, a PhD student in Microbiology & Immunology, successfully defended her dissertation in October. Olesea accepted a postdoctoral associate position at the University of Massachusetts Medical School - Worcester. Olesea's dissertation advisor is DR. GARY CHAN. Congratulations, Olesea!



GREGORY GORECZNY, a PhD student in Anatomy & Cell Biology, successfully defended his dissertation in October. Greg has accepted a postdoctoral associate position at Brigham & Women's Hospital, a teaching affiliate of Harvard Medical School. Greg's dissertation advisor is DR. CHRISTOPHER TURNER. Congratulations, Greg!



MEGAN PEPPENELLI, a PhD student in Microbiology & Immunology, successfully defended her dissertation in October. Megan accepted a postdoctoral associate position at the University of Arizona. Megan's dissertation advisor is DR. GARY CHAN. Congratulations, Megan!



FORREST WRIGHT, a PhD student in Pharmacology, successfully defended his dissertation in October. Forrest will remain as a postdoctoral associate position in the Pharmacology Department. His dissertation advisor is DR. RICHARD WOJCIKIEWICZ. Congratulations, Forrest!



MANSI BABBAR, a Pharmacology PhD student, successfully defended her dissertation in November. Mansi's dissertation advisor is DR. M. SAEED SHEIKH. Congratulations, Mansi!

ASHLEY CANNING, a PhD student in Biochemistry & Molecular Biology, successfully passed her qualifying examination. Ashley's dissertation advisor is DR. MICHAEL COSGROVE. Congratulations, Ashley!

> RUI CHEN, a PhD student in Neuroscience, successfully passed his qualifying examination. Rui's dissertation advisor is DR. SIJUN ZHU. Congratulations, Rui!

> YING GUO, a PhD student in Neuroscience, successfully passed her qualifying examination. Ying's dissertation advisor is DR. EDUARDO SOLESSIO. Congratulations, Ying!

ASHLEIGH JACKOBEL, a PhD student in Biochemistry & Molecular Biology, successfully passed her qualifying examination. Ashleigh's dissertation advisor is DR. BRUCE KNUTSON. Congratulations, Ashleigh!

ANNA JOHN, a PhD student in Biochemistry & Molecular Biology, successfully passed her qualifying examination. Anna's dissertation advisor is DR. STEWART LOH. Congratulations, Anna! RUSSELL LEVACK, a PhD student in Microbiology & Immunology, successfully passed his qualifying examination. Russell's dissertation advisor is DR. GARY WINSLOW. Congratulations, Russell!

PEI-JU LIU, a PhD student in Anatomy & Cell Biology, successfully passed her qualifying examination. Pei-Ju's dissertation advisor is DR. MIRA KRENDEL. Congratulations, Pei-Ju!

YU LIU, a PhD student in Neuroscience, successfully passed his qualifying examination. Yu's dissertation advisor is DR. HUAIYU HU. Congratulations, Yu!

RONALD MILLER, a PhD student in Neuroscience, successfully passed his qualifying examination. Ronald's dissertation advisor is DR. DANIEL TSO. Congratulations, Ronald!

ERIC PLANTE, a PhD student in Anatomy & Cell Biology, successfully passed his qualifying examination. Eric's dissertation advisor is DR. MIRA KRENDEL. Congratulations, Eric!

LINDSAY RATHBUN, a PhD student in Anatomy & Cell Biology, successfully passed her qualifying examination. Lindsay's dissertation advisor is DR. HEIDI HEHNLY. Congratulations, Lindsay!

SUMANA SUNDARAMURTHY, a PhD student in Anatomy & Cell Biology, successfully passed her qualifying examination. Sumana's dissertation advisor is DR. DAVID PRUYNE. Congratulations, Sumana!

XIN WANG, a PhD student in Pharmacology, successfully passed her qualifying examination. Xin's dissertation advisor is DR. YING HUANG. Congratulations, Xin!

JARED WATTERS, a PhD student in Neuroscience, successfully passed his qualifying examination. Jared's dissertation advisor is DR. WILLIAM BRUNKEN. Congratulations, Jared!

CURTIS YINGLING, a PhD student in Anatomy & Cell Biology, successfully passed his qualifying examination. Curtis' dissertation advisor is DR. DAVID PRUYNE. Congratulations, Curtis!

from our md/phd students

CHRISTINE LY, an MD/PhD Student in Neuroscience, successfully passed her qualifying examination. Christine's dissertation advisor is DR. MICHAEL ZUBER. Congratulations, Christine!





We are excited to welcome four first year MD/PhD students to campus. Pictured above from left is ADAM WEGMAN, MARIA ORTIZ, SAM LAMAGNA, AND AKSHAY PATEL.



A group of our MD/PhD Students attend the American Physician Scientist Association (APSA) Northeast Regional Conference on October 7, 2017 at the University of Rochester. Top left is CHRISTINE LY presenting a poster to fellow Upstate MD/PhD student JENNY CHEUNG at the conference. Bottom left is REBECCA SAGER, who was selected to give an oral presentation. Bottom right, is a group of our MD/PhD students who were in attendance that day. Pictured from left to right, back row: LIAM COYNE, NICK HUANG, MICHAEL GARONE, DANA GIANNDREA, SAM LAMAGNA; Middle Row: SUNGSU LEE, JENNY CHEUNG, ERIC BARNETT, LAURA SCZCEZNIAK, CHRISTINE LY; Front Row: REBECCA SAGER, MARIA ORTIZ, AKSHAY PATEL, and ADAM WEGMAN.

from our alumni



CHRIS LUCCHESI, PHD (Pharmacology '16) was presented with the "Best Poster Award" for his presentation at the Cancer Biology Training Consortium's 2017 Cancer Biology Annual Retreat & CABTRAC Annual Meeting held October 29th - 31st in Stevenson, Washington. **Congratulations, Chris!**

ALUMNI, WE WANT TO BRAG ABOUT YOU! EMAIL (BRENNANJ@UPSTATE.EDU) AND LET US KNOW WHAT YOU'RE DOING. WE'LL INCLUDE IT IN THE NEXT ISSUE!



SHERRIE LAFRANCE-HALE, PHD (Anatomy & Cell Biology '94) has returned to her roots. She started as a Research Instructor at Upstate Medical University in June of this year. She is teaching Gross Anatomy and Neuroanatomy. After earning her PhD in the Anatomy & Cell Biology Program with DR. LARRY LEMANSKI here at Upstate, Sherrie completed a postdoc with Dr. Mark Fishman of Harvard. She then began teaching Anatomy and Physiology courses at various undergraduate institutions. Sherrie and her husband, Peter, have a son, Lucien, who is now in college. Congratulations, Sherrie, and welcome back!

welcome new students!













On Monday, August 28th, CGS Faculty, Students and Staff gathered to welcome the new incoming students:

Kachikwulu Ajulu		PhD
Brandon	Badillo	MS
Andrew	Brawner	PhD
Daniel	Fernee	PhD
Xiaokong	Gao	PhD
Fiza	Hashmi	PhD
Olha	lvashkiv	PhD
lshita	Joshi	PhD
Md Fazlul	Karim	PhD
Sam	LaMagna	MD/PhD
Xiang	Li	PhD
Michael J.	Miller	PhD
Connie	Mitra	PhD

Biomedical Sciences Anatomy Biomedical Sciences Biomedical Sciences Biomedical Sciences Biomedical Sciences Biomedical Sciences MD/PhD Program Biomedical Sciences Micro & Immunology Biomedical Sciences

Ryan	Mokhtari	PHD
Krista	Newell	PhD
Maria	Ortiz	MD/PhD
Akshay	Patel	MD/PhD
Andrew	Phillips	PhD
Baylee	Porter	PhD
Merin	Roy	PhD
Farzana T.	Tuli	PhD
Adam	Wegman	MD/PhD
Rebecca	Whitman	PhD
Mark	Woodford	PhD
Yunting	Zhu	PhD

Biomedical Sciences
Micro & Immunology
MD/PhD Program
MD/PhD Program
Biomedical Sciences
Biomedical Sciences
Biomedical Sciences
Biomedical Sciences
MD/PhD Program
Biomedical Sciences
Biochem & Mol Biology
Biomedical Sciences

surf 2017



The Summer Undergraduate Research Fellowship Program Monday, June 5th through Friday, August 11th. Nine undergraduate students spent the summer researching here: Sarah Boothman, Kaitlyn Clapp, Shannon Coyne, Analysa Frederick, Hunter Gowans, April Jules, Ashley Loeven, Cynthia Okoye and John Sfakis. Pictured above are the students presenting their scientific poster at the Undergraduate Research Symposium on Thursday, August 11th, hosted by the Department of Chemistry at Syracuse University and the final day of presentations with the graduates and Dr. Michael Cosgrove, SURF Director!

biomedical sciences retreat: 09.07.17













































































biomedical sciences retreat: 09.07.17































career development corner



CAREER DEVELOPMENT WORKSHOPS:

1) On Wednesday, September 27th, **DR. VLADIMIR SIRKOTKIN**, Assistant Professor of Cell & Developmental Biology, gave us an introduction to imaging and analysis using ImageJ.

2) On Wednesday, October 11th, Stephanie Wortel-London, Director of Education at the New York Academy of Sciences, was on campus to give students an overview on Developing Transferrable Skills During the PhD

3) On Thursday, October 26th, Dr. Josh Henkin, Career Counselor and Founder of STEM Career Services, was here to give two presentations: career opportunities and strategic career planning; and creating a powerful resume. The remainder of the day, Josh met with students and postdocs individually to coach them and answer any questions they had.









SIX STEPS TO SUCCESS:

1) On Friday, September 29th, **DR. GARY CHAN**, Assistant Pprofessor of Microbiology & Immunology, taught our first year graduate students a few study techniques and most importantly how to read papers critically. He then led a student panel discussion about rotations.

1) On Friday, September15th, **DR. FRANCESCA PIGNONI**, Associate Professor of Ophthalmology, gave an informal presentation on choosing a research topic and mentor, she also facilitated a discussion with student panelists on the same topic.

in other news



NICK HUANG, an MD/PhD student in Biochemistry and Molecular Biology, served as team captain of the College of Graduate Studies "Run for their Life" team, featuring students, faculty and staff. The Run, organized by the Carol M. Baldwin Breast Cancer Research Fund of CNY, raises funds for breast cancer research happening at Upstate. The CGS team consisted of 15 members and raised \$835 for the event. CGS Participants include: BRANDON BADILLO, ARIJITA CHAKRABORTY, LIAM COYNE, WENYI FENG, MICHAEL GARONE, NICK HUANG, MIRA KRENDEL, JING LI, HEATHER NELSON, KRISTA NEWELL, HARSH PATEL, ANDREW PHILLIPS, BAYLEE PORTER, SAEED SHEIKH, VLADIMIR SIROTKIN, LAURA SCZESNIAK, STEPHAN WILKENS, AND BRANDON WYMAN.



JACQUALYN SCHULMAN, a PhD student in Pharmacology, and Tyler Herrman married on November 4th, 2017 at Valenzano Winery in Shamong, NJ. Jacqualyn's dissertation advisor, Dr. Richard Wojcikiewicz, were there to celebrate with her on her special day. **Congratulations, Jacqualyn and Tyler!**



The International Student Association held a soccer tournament on Saturday, October 15th at Barry Park for all students. CGS participants include: **ARTURO BARBACHANO-GUERRERO, MADELINE CLARKE, MICHAEL GARONE, NICK HUANG, JING LI, PEI-JU LIU, CAMERON MACQUARRIE, HEATHER NELSON, JAVIER SANCHEZ-POZO, PEU SANTRA, CURTIS YINGLING** and **ERIC ZLUHAN.**

ERICA COLICINO, a PhD student in Anatomy and Cell Biology, participated in SUNY ESF's Fall BBQ Alumni Panel, a student and young alumni networking event, held on October 28th.

in memorium



ALLEN "AL" SILVERSTONE, PHD

Professor, Microbiology & Immunology Date of Death: November 19, 2017 Time of Service: 1985 - 2014 During his tenure here, Dr. Silverstone mentored several doctoral students in the College of Graduate Studies. Full Obituary available here.

upcoming events & save the dates!

YOUR NEXT NIH F30, 31 & 32 FELLOWSHIP DEADLINE IS:

April 8, 2018

August 8, 2018

8 December 8, 2018

Visit here for more information.



AFTERNOON TEA:

Every Wednesday at 3:00 First Wednesday of the month, tea is at the NRB 3708 (call 6-7753), all others in WH 3120.

NYS MENTORING PROGRAM - MENTORS NEEDED

Mentors needed to participate in the NYS Mentoring Program, which matches Upstate students with at-risk youth in the Syracuse City School District. Mentors commit one hour per week. More information available here: https://www.ny.gov/programs/ new-york-state-mentoring-program contact Linda Veit at veitl@upstate.edu for more information. This is a great experience for anyone considering a career in teaching, looking for a way to get involved in their community or anyone looking for some teaching experience to bolster your CV.

DISTINGUISHED ALUMNI DAY

Friday, February 16, 2018 | 12:00 - 1:00 PM | Weiskotten 2231 Sami Noujaim, PhD Associate Professor, Cardiology Assistant Professor, Molecular Pharmacology & Physiology University of South Florida Dr. Noujaim earned his PhD from the Pharmacology Program in 2007. His thesis sponsor was Dr. Jose Jalife.

MAINTAINING AN IDP & AN ACADEMIC CV

Wednesday, January 17, 2018 | 12:00 - 1:00 PM | Weiskotten 3113

Mark Schmitt, PhD (Dean, College of Graduate Studies)

Have questions about formatting your CV? Not sure what to do with your Individual Development Plan? Join us as the Dean shares some of his favorite advice to help you create a strong CV and how to utilize your IDP more effectively!

MAINTAINING AN IDP & AN ACADEMIC CV

Wednesday, January 31, 2018 | 12:00 - 1:00 PM | Weiskotten 3113 Jessica Henty-Ridilla, PhD (Assistant Professor, Cell & Developmental Biology) Mobin Karimi, MD/PhD (Assistant Professor, Microbiology & Immunology) Whether you know you want to be an academic or you're just weighing your options, you won't want to miss this! Our junior faculty share their personal experiences and the things you need to know (immediately and long-term) as you begin preparing for a career in academia.