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Penn's Med Ed: To Teach Those Who Teach America's Doctors

The University of Pennsylvania Graduate School of Education and Penn's Perelman School of Medicine have launched Med Ed, a program to enhance the teaching abilities of those who teach America's doctors.

The collaborative program targeting educational leaders in academic medicine will begin in August.

The Med Ed program will offer a master of education degree or certificate in an area of concentration. It will include four blocks: Learning in Academic Medicine, Research and Evaluation, Technology in Education and Educational Leadership.

Although the degree is awarded through the Graduate School of Education (GSE), courses are co-taught by faculty from both GSE and Perelman. Its interdisciplinary curriculum will equip participants with the tools and skills necessary to become leaders in the field of medical education.

"The program is custom designed," Doug Lynch, Penn GSE vice dean, said. "It pulls faculty from across Penn in a unique way to best meet the needs of people who teach in academic medicine."

Penn Director of the Nanotechnology (NTI) and Energy Commercialization (ECI) Institutes: Karen Winey

Dr. Karen I. Winey of SEAS was appointed Penn Director of the Nanotechnology (NTI) and Energy Commercialization (ECI) institutes effective December 1, 2011. Dr. Winey is a professor of materials science and engineering with a secondary appointment in chemical and biomolecular engineering.

The NTI, a collaboration between Penn, Drexel and the Benjamin Franklin Technology Partners of Southeastern Pennsylvania, is nationally recognized as a leader in nanotechnology translational research. The ECI is also a multi-institutional partnership aimed at accelerating alternative and clean energy technology development and commercialization, through translational research and sponsored research funding. The work of both institutes is made possible by grants from the Commonwealth of Pennsylvania. In the newly combined position, Dr. Winey replaces Dr. Robert Carpick as director of the NTI and Dr. Cherie Kagan as director of the ECI. Dr. Winey will serve as principal investigator and coordinate Penn's engagement with both entities, according to the Senior Vice Provost for Research Steven J. Fluharty and Penn Engineering Dean Eduardo Glandt.

"Dr. Karen Winey is eminently qualified and positioned to lead both institutes on the University's behalf given her dedication, interests, and noteworthy accomplishments," Dr. Fluharty said. "Karen has done ground-breaking work in nanotechnology research, with a particular emphasis on polymer nanocomposites with carbon nanotubes or metal nanowires. Her current focus on designing and fabricating new materials with improved electrical properties is very closely aligned to the mission of the NTI—linking cutting-edge science to industrial applica-

tions. She is also a scientific leader in ion-containing polymers, which have current applications in batteries and fuel cells. We look forward to working with her and our partner institutions as the NTI and ECI continue to carry out their mission in our region."

Dr. Winey received her BS from Cornell University in materials science and engineering and her MS and PhD in polymer science and engineering from the University of Massachusetts, Amherst. Following a postdoctoral position at AT&T Bell Laboratories, she joined the faculty of the University of Pennsylvania in 1992. Beyond Penn, Dr. Winey serves as an associate editor for *Macromolecules*, the leading journal for polymer science. She was elected to the executive committee of the Division of Polymer Physics within the American Physical Society and will serve as chair in 2013.

Her honors include Fellow of the American Physical Society (2003), a Special Creativity Award from the National Science Foundation (2009-2011), and the George H. Heilmeier Faculty Award for Excellence in Research (2012). Dr. Winey has authored over 125 peer-reviewed journal publications, holds five patents and currently has two licensing agreements.



Karen Winey

Penn's Undergraduate Tuition Increase for 2012-2013: 3.9%

The University of Pennsylvania reaffirmed its commitment to an all-grant, no-loan financial-aid program at last Friday's meeting of the Board of Trustees as they authorized a \$181 million financial-aid budget for 2012-2013 while increasing total undergraduate charges by 3.9%, the second lowest in 44 years.

Increasing access for undergraduate students is one of Penn President Amy Gutmann's top priorities, and this year's financial-aid budget reflects an increase of \$13 million, or 7.7%, over 2011-2012. Since Dr. Gutmann took office in 2004, Penn's financial-aid budget has grown by 129%, averaging 9.9% per year, more than twice the average annual growth in total charges.

"We want to enable students to make career and life decisions based on their interests, talents, and passion—not on whether they'll make enough money to pay off their student debt," Dr. Gutmann said. "We promise all admitted students who qualify for financial aid that they will be able to attend without loans. Especially in these challenging economic times, we want prospective students and their families to know that Penn is affordable to them."

As a result of Penn's innovative financial-aid program, the average net cost for aided students to attend Penn today is less than it was in 2004.

Penn has substituted grants for loans for all aid-eligible undergraduates since 2009. Next year, the average grant for students is estimated at \$38,250. In 2011-2012, the number of undergraduates receiving financial aid increased by 2.5%, and University aid expenditures grew by 8.7%.

Total undergraduate charges for 2012-2013—tuition, fees and room and board—will increase by 3.9%. Undergraduate tuition will increase to \$39,088 from \$37,620; room and board will increase to \$12,368 from \$11,878; and fees will increase to \$4,650 from \$4,478. Tuition and fees cover 70% of the direct cost of delivering a Penn education. This is the fourth consecutive year that Penn has kept its tuition growth under 4.0%.

This year, almost 45% of Penn's undergraduate students received need-based grants from the University. Most undergraduates from families with incomes of less than \$175,000 are receiving grant assistance, and the typical student with family income of less than \$40,000 receives grant aid that covers full tuition, room and board.

Over the past several years, as increasing numbers of students have required financial as-

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The following is published in accordance with the Faculty Senate Rules. Among other purposes, the publication of SEC actions is intended to stimulate discussion among the constituencies and their representatives. Please communicate your comments to Sue White, executive assistant to the Senate Office, either by telephone at (215) 898-6943, or by email at senate@pobox.upenn.edu

Faculty Senate Executive Committee Actions Wednesday, February 15, 2012

Chair's Report: Faculty Senate Chair-Elect Susan Margulies reported that she will be the acting chair for this meeting due to Chair Camille Charles absence. She stated that the March SEC meeting will be held in the Meyerson Conference Room on the 2nd floor of the Van Pelt Library and will feature a conversation with Dr. Ezekiel J. Emanuel, Vice Provost for Global Initiatives. She reported that the Deans discussed progress reports on their school diversity plans in early February and will continue to finalize their plans during the spring. Dr. Margulies explained that Vice Provost for Faculty Lynn Lees sent a memo to Deans and Department Chairs clarifying issues that have arisen through the application of the policy on the *Extension of the Probationary Periods that Apply to Granting of Tenure or Promotion to Associate Professor*. She reported that the 2010-2011 Economic Status of the Faculty Report will be published in the February 28 issue of *Almanac*.

Senate Committee on Committees: Chair Tobias Wolff asked SEC members to solicit nominations from their colleagues by circulating a document describing the various committees that his committee is charged to populate. He noted that faculty nominations should be sent to the Office of the Faculty Senate.

Past Chair's Report: Faculty Senate Past Chair Bob Hornik reported that there will be an announcement very soon concerning the tuition levels for the coming year (see page 1).

Communications Overview: Telling the Penn Story in an Era of Media Fragmentation: Stephen J. MacCarthy, Vice President for University Communications, provided SEC members with a snapshot of Penn's communications dynamic. He reported that Penn stories get more media coverage than most people realize. He explained that his office is utilizing traditional methods and social media tools such as Twitter and YouTube to communicate the achievements and accomplishments at Penn. He updated SEC on *Penn News Today*, an electronic daily newsletter that features five stories on the Penn community. He explained that he started this at his previous position at Penn State University and it continues to be a successful communications tool with 600,000 subscribers there. He has been introducing this slowly to the Penn community and will be adding students and alumni to the mailing list soon. He asked SEC members if they would be interested in receiving *Penn News Today* with an introduction note to faculty and an option to "unsubscribe." After a robust discussion, SEC members expressed no objections to receiving *Penn News Today*.

Discussion of Penn Connects 2.0—Draft Final Report: Vice President for the Division of Facilities and Real Estate Services Anne Papageorge and Principal Planner Mark Kocent, updated SEC on Penn Connects Plan 2.0 a renewed vision which builds upon the principles established in Penn Connect 1.0. These principles include: to focus the academic mission in the core campus, develop vibrant living and activity spaces that support the learning environment, to encourage connections within and beyond campus, and to employ University sustainability goals. Ms. Papageorge explained that Penn Connects 2.0 is a phase 2 five-year horizon from 2011-2015 composed of priority new development projects as well as major renovation initiatives. She highlighted specific numerous new construction projects and +\$5 million renovations, some of which included: Golkin Hall, Singh Center for Nanotechnology, Student Study Lounge at Franklin Field, ARCH, New College House on Hill Square, Penn Park, and Shoemaker Green. Ms. Papageorge reviewed plans for the Gray's Ferry redevelopment now called "South Bank." She explained that the planning and design principles for South Bank encourage phased development for innovative tech transfer, flex-use, office storage, and open space.

SEC members' discussion focused on the following topics: details on the new College House; traffic flow in areas around the hospital and 33rd Street; bicycle parking pathways and storage at 30th Street Station; challenges of funding for building renovations; conversion of the LUCY transit to gas-free transit; status of renovations for the David Rittenhouse Laboratory (DRL) and Guardian Drive; and an update on city projects nearby campus.

University Council Open Forum Topics

To be discussed at the February 22 meeting, 4 p.m., Bodek Lounge, Houston Hall.

1. Concerns regarding transparency of grade determination between the student and professor
2. **Concerns about Penn Family Care, HUP, abortion, and sexual practices and ideology promoted by Student Health Services, CAPS, and the Graduate Student Center**
3. Concerns regarding the state of classrooms at Penn, and the need for updated technology and infrastructure
4. Discussion of President Amy Gutmann's reaction to the PennBDS conference, as well as the security situation of student participants
5. Concerns regarding President Gutmann's lack of response in the wake of PennBDS students being personally attacked in the lead-up to its recent conference, and the implications for the safety of these students
6. Concerns regarding how LGBT issues are addressed in the campus-wide "Action Plan for Faculty Diversity and Excellence"
7. A statement of principles regarding student rights, with an overview of some of the eight points of the statement (points relate to transparency, democratic decision-making, and student debt), and a request for how Council might address the grievances
8. Concerns about the need for a case manager for students taking leaves of absence

Trustees Coverage

At last week's Stated Meeting of the University of Pennsylvania Trustees, not only was next year's tuition increase discussed (see page 1) but numerous other resolutions were passed including one to posthumously recognize Dr. W.E.B. Du Bois as an honorary emeritus professor of sociology and Africana studies (*Almanac* February 7, 2012). His great grandson, Arthur McFarlane II—who was on hand to accept this honor—thanked the Trustees and urged them to "take the momentum you have gained" going forward.

A memorial resolution was passed for Jacqueline G. Wexler, the long-time trustee who died last month (*Almanac* January 24, 2012).

Edward J. Mathias was honored with a resolution of appreciation and was designated an emeritus trustee. Lee Spelman Doty and Mark O. Winkelman were elected as charter trustees. James G. Dinan was elected a term trustee. There are also two new alumni trustees: Osagie Imasogie and Ann N. Reese.

President Amy Gutmann noted that construction of the Singh Center for Nanotechnology is more than a third complete. She also noted that the Law School will dedicate its new building this spring with a visit from Supreme Court Justice Sonia Sotomayer. Dr. Gutmann also mentioned that the next Silfen Forum would focus on *United States Politics* and would be held on March 19 in Irvine Auditorium at 4:30 p.m.

President Gutmann said that there have been over 31,000 applications for the Class of 2016. She also noted that the *Making History* campaign has had over 208,000 individual donors thus far, with 10 months to go until the completion of the campaign. She said that this year's eight Thurston winners from Penn (*Almanac* February 7, 2012) constitute a larger number of winners than there have been any year in a decade.

EVP Craig Carnaroli reported that Penn's financial outlook is on track after the first six months of the current fiscal year in spite of the phasing out of the stimulus grants and the volatility in the financial markets, due in large part to the many recent contributions, both pledges and cash receipts. He said that there has been a positive operating performance on the academic side as well as the health system.

Dr. Larry Jameson reiterated that not only is Penn Medicine doing well financially but it is doing good things for the local community and around the globe; he said that free and subsidized medical care, along with physician training and research support in FY'11 was worth \$854 million.

A new department was approved for Wharton: business economics & public policy, which will be formed by merging business & public policy with insurance & risk management.

The Budget and Finance Committee proposed 15 resolutions which were passed including these pertaining to facilities:

- Steinberg Hall-Dietrich Hall's west entrance addition (\$17.390 million);
- ARCH building restoration (\$7.259 million);
- Library's Special Collection's Center Phase II (\$5.830 million);
- Palestra-Hutchinson Gym Phase I (\$5.565 million);
- Combined University/Health System Data Center at the South Bank (formerly known as Marshall Labs/Gray's Ferry) (\$3.1 million);
- Moore School renovations (\$2.4 million);
- Two Cone Beam Computed Tomography Units for the Roberts Proton Therapy Center (\$2.192 million).

There were many appointments to Penn Medicine Board, Overseer and other boards.

Deaths

Dr. Benson, History



Lee Benson

Dr. Lee Benson, professor emeritus of history and a Distinguished Senior Fellow of the Netter Center for Community Partnerships, died on February 10 from complications after a fall. He was 90 years of age.

He was co-founder of the Netter Center's university-assisted community school program that has, since its inception in 1985, been seen as a national model of university civic engagement. Dr. Benson continued to be fully engaged with the Netter Center, serving on its Faculty Advisory Board, writing and co-teaching with the Center's director an undergraduate seminar on "Urban University-Community Relations" until his death. He was co-executive editor of the Netter Center's *Universities and Community Schools* journal, co-author of *Dewey's Dream* (2007), and was the author or co-author of dozens of articles and chapters on university civic engagement and the role of higher education in educating students for democratic citizenship.

Dr. Ira Harkavy, director of the Netter Center called his colleague, "a distinguished scholar, inspiring and beloved teacher, and active citizen, who devoted his life to working to change the world for the better. Lee's pioneering work, *The Concept of Jacksonian Democracy*, introduced the application of social science theory and methodology to the discipline of history."

Dr. Benson also authored numerous books, chapters and articles pertaining to history. He also received many grants and honors throughout his academic career.

Prior to coming to Penn in 1964, Dr. Benson held positions of research associate, instructor and lecturer at the Bureau of Applied Social Research, Columbia University from 1952-1960, and professor of history at Wayne State University from 1960-1964. In 1976, he served as the first president of the Social Science History Association. He became a professor emeritus at Penn in 1990.

Born in Brooklyn, New York, Dr. Benson earned his BA from Brooklyn College in 1947 after serving as a first lieutenant in the Army during World War II, leading a platoon involved in the liberation of Dachau. He was honored with a Purple Heart and a Bronze Star for Valor. He earned his MA from Columbia University in 1948, and his PhD from Cornell University in 1952.

Dr. Benson is survived by his daughter, Sally. Donations in Dr. Benson's memory may be made payable to the Trustees of the University of Pennsylvania and sent to the Netter Center for Community Partnerships, University of Pennsylvania, 133 S. 36th Street, Suite 519, Philadelphia, PA 19104.

A memorial service to honor Dr. Benson and his accomplishments is planned for May 1, at 3 p.m. in Houston Hall. Inquiries may be directed to the director's office of the Netter Center for Community Partnerships, (215) 898-5351.

Dr. Coffin, English



Tristram Coffin

Dr. Tristram P. Coffin, professor emeritus of English, passed away January 31 at age 89.

Born in San Marino, California, Dr. Coffin earned his bachelor's degree in English from Haverford College in 1943. After serving in the US Army Air Forces, he earned his MA and PhD from the University of Pennsylvania in 1947 and 1949, respectively, studying under MacEdward Leach.

Prior to coming to Penn, Dr. Coffin served on the faculty of Denison University, where a scholarship was created in his name and he was elected into its Athletic Hall of Fame. Dr. Coffin was named a Guggenheim Fellow in 1953.

An internationally known ballad scholar, Dr. Coffin was appointed to the Penn faculty in 1958 as an associate professor of English. He held a secondary appointment in the department of folklore & folklife, which was established in 1962. He was promoted to professor in 1964 and was vice dean in the Graduate School of Arts and Sciences from 1965-68. He taught courses in English, American literature and folklore literature including Elizabethan Drama, Writers from the Revolution to World War II, American Black Lore and American Indian in American Literature. He obtained emeritus status in 1984.

Dr. Coffin also was a visiting lecturer at the US Military Academy from 1962-63. He hosted the public television series on folk songs, "Lyrics & Legends" from 1963-64.

He was the author of over a dozen books including *The Book of Christmas Folklore, Folklore and the American Revolution, The Old Ball Game: Baseball in Folklore & Fiction* and *The Female Hero in Folklore and Legend*.

Dr. Coffin is survived by two sons, Mark T. and Jonathan (Jock) P.; two daughters, Patricia C. Fry and Priscilla C. Widlak; 11 grandchildren; and two great-grandchildren.

Tuition and Financial Aid

(continued from page 1)

assistance, Penn has maintained its commitment to meeting full need with no-loan packages.

Penn is one of fewer than 50 private institutions in the United States that admit academically qualified students without regard to their families' ability to pay while also meeting the determined full need of all undergraduates. Of the other colleges and universities with no-loan financial-aid policies for undergraduates, Penn has the largest undergraduate enrollment at 10,300.

Increasing educational access remains a priority of Penn's historic \$3.5 billion *Making History* campaign, which has raised more than \$3.5 billion to date. The campaign includes a fund-raising goal of \$350 million for undergraduate student aid and another \$323 million for graduate and professional student aid.

Additional information on undergraduate financial aid at Penn is available at www.sfs.upenn.edu/paying/paying-pro.htm

Dr. Murphy, Urology

Dr. John J. Murphy, professor emeritus of urology in the Perelman School of Medicine and former chief of the division of urology in the Hospital of the University of Pennsylvania, passed away February 6; he was 91 years old.

Dr. Murphy joined the staff of HUP in 1953 after completing a surgical residency there and a urology residency at the University of Michigan. His career included teaching, clinical practice and surgery. He was appointed to the faculty in 1956 as an assistant professor. Dr. Murphy was promoted to associate professor in 1960 and to full professor in 1964. He was director of the division of urology at HUP from 1964 to 1980. After retiring from surgery in 1988, he remained on the faculty. He obtained emeritus status in 1991.

He also held appointments at the VA Medical Center and was a senior consultant in the urology department at Mercy Catholic Medical Center in Darby Borough and volunteered at the Children's Hospital of Philadelphia.

A frequent traveler, Dr. Murphy was a visiting professor at the Royal College of Surgeons in Dublin. In the 1970s, he was invited to consult on the layout and completion of the urology department at a new hospital in Doha, Qatar.

He published numerous papers on surgical techniques and the management of various urological problems.

Dr. Murphy was a member of several professional organizations, including the Halsted Society and the American College of Surgeons. He was past president of the Mid-Atlantic section of the American Urological Association.

Born in Scranton, PA, Dr. Murphy earned his bachelor's degree in biology from the University of Scranton in 1942 and his medical degree from Penn in 1945. He then served in the US Army Medical Corps after completing his internship at HUP.

Dr. Murphy is survived by his wife, Alice; daughters, Madeline Curry, Alice Mitchell, and Patricia Donnelly; a son, Peter; a brother, Donald J. Murphy; 13 grandchildren; and three great-grandchildren. He is predeceased by his son, John.

Donations may be made to the Nature Conservancy, 4245 N. Fairfax Dr., Suite 100, Arlington, VA 22203.



John Murphy

To Report A Death

Almanac appreciates being informed of the deaths of current and former faculty and staff members, students and other members of the University community. Call (215) 898-5274 or email almanac@upenn.edu

However, notices of alumni deaths should be directed to the Alumni Records Office at Room 545, Franklin Building, (215) 898-8136 or email record@ben.dev.upenn.edu

BFS Course Design Grants: March 16

Together with the Office of the Provost, the Environmental Sustainability Advisory Committee, and the Netter Center for Community Partnerships, the Benjamin Franklin Scholars program is pleased to announce the BFS Course Design Grants. This year's recipients have included courses on "The Doll" as well as "Food in the Islamic Middle East."

We will consider granting \$2,000-\$5,000 to exceptional proposals for the development of new BFS seminars. (For more information on BFS in general, see www.upenn.edu/curf/bfs/) The money is to be used to facilitate innovative course components that may have expenses attached to them, with up to \$2,000 available as a course development stipend for the faculty member's research fund. The review process will begin *March 16, 2012*. Standing faculty at Penn in any of the 12 schools are eligible, and courses may be proposed for any future semester, beginning with fall 2012. We look to support innovations in the types of materials assigned, in classroom task design, in the format of graded assignments, as well as new team teaching, especially across schools. Four kinds of courses are especially encouraged:

Green Seminars

Green Seminars will develop innovative approaches to the theme of sustainability across the many domains in which this topic is relevant. We look for engagement with local political issues or global environmental initiatives.

Learning and Research with the Community

These courses will encourage students to develop their learning through hands-on engagement in the community, such as learning by teaching in local classrooms, improving health and nutrition in a school and community, or exploring Philadelphia's most vibrant jazz venues. These Academically Based Community Service Courses (ABCS) and experiences help students to become active, participating citizens of a democratic society.

Theme-Year Courses

Courses that develop next year's theme—*Proof*—will be supported. We look for courses to develop the many issues that can emerge out of Penn's theme year, across historical and disciplinary boundaries. For more on next year's academic year theme see www.upenn.edu/almanac/volumes/v58/n20/yearofproof.html and <https://secure.www.upenn.edu/themeyear/proof/>

Ideas in Action

These courses will design new ways of engaging students in active learning. They ask students to experience what they study, whether that be a course that brings students to work in a cognitive science lab to discover how first impressions matter, or a course on monasticism that asks students to live by the ascetic rules of an order.

Proposal Format

Proposals should be under 500 words. They should outline the subject matter, the innovations planned, and the reasoning why these particular initiatives are promising. A one-page draft syllabus, outlining weekly topics, readings, and assignments, should accompany the proposal along with a one-page budget, if applicable, and an endorsement from the department chair.

Please submit documents to BFS Associate Director Linda Wiedmann, wiedmann@upenn.edu

Faculty grant recipients will attend two sessions with the BFS team and other winners. Before they begin teaching they will present plans for their innovations, and after the course they will share a study of how these innovations worked.

—Peter T. Struck, *Classical Studies Director, Benjamin Franklin Scholars*

Global Health Reflections Week: Through February 25 Engaging Globally—What's Ahead?

Tuesday, February 21

9:30-11 a.m., Fagin Hall Room 435

Aspects of Botswana Culture that Promote Mental Health

Presenter: Dr. Moteshedi Sabone, head, University of Botswana SoN
The Dean's Distinguished International Scholar

noon-1:30 p.m., Fagin Hall Room 435

Dynamics, Dilemmas, and Opportunities of HIV/AIDS:

The Cultural Context of Botswana

Presenter: Dr. Moteshedi Sabone, head, University of Botswana SoN
The Dean's Distinguished International Scholar

Wednesday, February 22

4:30-5:45 p.m., Fagin Hall Room 213

Student-Faculty Panel on Study Abroad

Presenter: Penn and Drexel School of Nursing faculty and student pairs

Reception to Follow: 3rd Floor Lobby

Entertainment: African Rhythms Dance Troupe

Thursday, February 23

11:30 a.m.-1 p.m., Fagin Hall, Mezzanine

Faculty & Staff International Potluck Lunch

Bring your favorite international dish

Friday, February 24

noon-1 p.m., Fagin Hall Room 213

Addressing Human Resources Challenges in Global Health—A Perspective from India

Presenter: Dr. Nachiket Mor, Health Care Economist

Saturday, February 25

8 a.m.-5 p.m.

Auditorium, Biomedical Research Building (BRB II/III)

Penn Global Health Career Day

Online registration required: www.med.upenn.edu/globalhealth/GHCD2012.shtml

Sponsored by Global Health Programs, Perelman School of Medicine, University of Pennsylvania



Ongoing Event: Book Drive for Malawi
Collection baskets will be in Fagin Hall

Academically Based Community Service Course Development Grants Request for Proposals: April 13

The Barbara and Edward Netter Center for Community Partnerships announces the availability of course development grants to promote Academically Based Community Service (ABCS) courses that integrate research, teaching, learning and service. Over 150 ABCS courses across Penn schools and departments engage students in real world problem-solving projects through partnerships with West Philadelphia university-assisted community schools, community based organizations, and communities of faith. Course development grants support University faculty in developing new courses or adapting existing courses at both the undergraduate and graduate level. Grants will be awarded for up to \$5,000 per project. These funds can be used for graduate and undergraduate assistants, course operations and faculty salary.

See www.upenn.edu/ccp/abcs for a list of ABCS courses.

The following criteria will be used to evaluate proposals:

1. Academic excellence
2. Integration of research, teaching and service
3. Partnership with schools, community groups, service agencies, etc.
4. Focus on Philadelphia, especially West Philadelphia
5. Evidence as to how the course activity will involve participation or interaction with the community as well as contribute to improving the community
6. Evidence as to how the course activity will engage undergraduate and/or graduate students in real-world problem-solving research opportunities
7. Potential for sustainability

Please format proposals as follows:

1. Cover Page
 - 1.1 Name, title, department, school, mailing address
 - 1.2 Title of the proposal
 - 1.3 Total amount of funding you would like to receive
 - 1.4 100-word abstract of the proposal (include a description of how the course will partner with a specific community entity and how all parties involved will derive benefit through the partnership)
2. One-page biographical sketch of applicant
3. Two-to-four-page mini-proposal
4. Budget detailing how you intend to use the requested funding

Please email proposals to Anne Schwieger at anneschw@pobox.upenn.edu by April 13.

The 2012
RecycleMania
Tournament
runs through
March 31.

See information at
[www.upenn.edu/
sustainability/
recyclemania.html](http://www.upenn.edu/sustainability/recyclemania.html)



Almanac on Penn Mobile Website

Almanac is now available on Penn's mobile website, in addition to *Almanac*'s other familiar paper-free options such as the website, RSS Feed and weekly *Express Almanac* email. Users can access the complete issue of *Almanac*—the University's official journal of record, opinion and news—from their mobile devices by choosing "*Almanac*" under the category of "News" from the mobile site's homepage, <http://m.upenn.edu>

Call for Volunteers for 2012-2013 Committee Service: Deadline March 26

- Learn more and get involved
- Develop valuable relationships
- Understand the University better
- Make your voice heard

To: University Faculty, Penn Professional Staff Assembly, and Weekly-Paid Professional Staff Assembly Members

From: 2011-2012 University Council Committee on Committees

RE: Volunteers Needed for Committee Service

The University Council 2011-2012 Committee on Committees invites you to nominate yourself or others for service on University Council Committees. Council committees serve as advisory bodies in shaping academic/administrative policy. Please consider taking advantage of this opportunity to learn about the administrative structure of the University and have input into its decision-making.

Membership on the committees listed is open to faculty and staff, and we invite individuals who have previously served to volunteer again. We also encourage faculty and staff who have not previously participated to volunteer so that committees may have a mix of new ideas and experience. Most committees also are open to students; their participation is being solicited through other channels.

Please submit nominations by *March 26, 2012*, using the form at right.

To have an idea of a particular committee's work, you may wish to review its most recent annual report published in *Almanac* by visiting the University Council website at www.upenn.edu/secretary/council/committees.html

2011–2012 University Council Committee on Committees

- Chair:** Susan Margulies (SEAS/Bioengineering, Faculty Senate Chair-Elect)
- Faculty:** Camille Charles (SAS/Sociology, Faculty Senate Chair)
Ellis Golub (Dental)
Robert Hornik (Annenberg, Faculty Senate Past Chair)
Steven Kimbrough (Wharton)
Chi-ming Yang (SAS/English)
- Students:** Edward Chen (GAPSA)
Justin Moore (UA)
- PPSA:** Holly Marrone (Assistant Director, Operations, Hospitality Services)
- WPPSA:** Loretta Hauber (Administrative Coordinator, Weingarten Learning Resources Center)

Staff to the Council Committee on Committees: Joseph Gasiewski (Office of the University Secretary)
Sue White (Office of the Faculty Senate)

Committees and Their Work

Academic and Related Affairs has cognizance over matters of undergraduate recruiting, admissions, and financial aid that concern the University as a whole or those that are not the specific responsibility of individual faculties; of all programs in recreation, intramural and club sports, and intercollegiate athletics; and of all matters of policy relating to research and the general environment for research at the University, including the assignment and distribution of indirect costs and the assignment of those research funds distributed by the University. The Committee considers the purposes of a university bookstore. It advises the administration on policies, developments, and operations of the bookstores and libraries; in such areas as international student services, foreign fellowships and studies abroad, exchange programs, and cooperative undertakings with foreign universities; on athletic operations and recommends changes in policy when appropriate; and on those proposals for sponsored research referred to it because of potential conflict with University policy.

Campus and Community Life has cognizance over the University's electronic and physical communications and public relations activities; advises on the relationship of the University to the surrounding community; has cognizance of the conditions and rules of undergraduate and graduate student life on campus; and considers and recommends the means to improve safety and security on the campus.

Facilities keeps under review the planning and operation of the University's physical plans and all services associated therewith, including transportation and parking.

Honorary Degrees is charged with soliciting recommendations for honorary degrees from faculty, staff and students and submits nominations to the Trustee Committee on Honorary Degrees.

Personnel Benefits has cognizance over the benefits programs for all University personnel. Special expertise in personnel, insurance, taxes or law is often helpful.

Diversity and Equity aids Penn in fostering and taking full advantage of its diversity as well as in strengthening ties across all boundaries to enrich and enliven the campus community. The Committee shall advise the offices of the president, provost, and the executive vice president on ways to develop and maintain a supportive atmosphere on campus for the inclusion and appreciation of diversity among all members of the University community. The Committee will review and provide advice regarding the University's equal opportunity and affirmative action programs and policies. The areas in which the Committee shall report to the Council include diversity within the educational and work settings, integration of staff and faculty into the larger campus community, and ways to foster a campus environment that is inclusive and supportive of difference.

NOTE: Faculty who wish to serve on the **Committee on Open Expression** also may use the form below. Nominations will be forwarded to the appropriate Faculty Senate committee. Please forward names and contact information to Sue White, Faculty Senate Office, Box 12 College Hall/6303, tel. (215) 898-6943; fax (215) 898-0974 or email at senate@pobox.upenn.edu

Please respond by March 26, 2012

For *Faculty* volunteers, mail this form to: Sue White, Faculty Senate Office, Box 12 College Hall/6303, tel. (215) 898-6943; fax (215) 898-0974 or email at senate@pobox.upenn.edu

For *Penn Professional Staff Assembly* volunteers, mail to Holly Marrone, assistant director, Operations, Hospitality Services, Stouffer Commons/6027 tel. (215) 573-8631; or email at pps@exchange.upenn.edu

For *Weekly-Paid Professional Staff Assembly* volunteers, mail to Loretta Hauber, Weingarten Learning Resources Center, Ste 300, 3702 Spruce St./6027, tel. (215) 573-9235; or email at lhauber@exchange.upenn.edu

Committee(s) of interest: _____

Candidate: _____

Title or Position: _____

Department: _____

Campus Address (including mail code): _____

Campus Phone: _____ Email: _____

Please specify if you think that you are especially qualified for or interested in serving on a particular committee. _____

Human Resources Upcoming Programs

Professional and Personal Development

Improve your skills and get ahead in your career by taking advantage of the many development opportunities provided by Human Resources. You can register for programs by visiting the Human Resources online course catalog at www.hr.upenn.edu/coursecatalog or by contacting Learning and Education at (215) 898-3400.

American Management Association's Mastering Organizational Politics, Influence and Alliances; March 1, 2; 9 a.m.–5 p.m.; \$75. Politics are a part of everyday life in the workplace—and mastering them can help guarantee a successful career. Learn how to effectively manage your political image as you build alliances and take your career to the next level. You'll discover how to use communication to influence others and strengthen your position in the workplace.

Accomplishing More with Social Media; March 7, 14; 3–4:30 p.m.; \$40. Think you don't need to know about tools like Facebook, LinkedIn, and Twitter? Think again! Millions of people utilize social media vehicles in the workplace every day, which means you need to know how to leverage them to meet your professional goals. We'll teach you about some of the most common social media applications and how to use them strategically.

Career Concepts—Managing Organizational Conflict; March 13; 9 a.m.–noon; \$50. Conflict in the workplace is inevitable—and as a manager, you need to know how to control it. This workshop will give you the tools you need to reduce conflict among your colleagues and keep disputes to a minimum.

Brown Bag Matinee—Care and Candor: Making Performance Appraisals Work; March 14; noon–1 p.m.; free. If you're a supervisor, learn the ABCs of conducting effective appraisals with your staff. We'll teach you how to use performance appraisals to help your staff grow and be more productive. Discover how a caring attitude and honest feedback make the performance appraisal process a win-win situation for everyone.

Microsoft Office Excel 2007 Techniques; March 14; 12:30–2 p.m.; \$40. Microsoft Excel is chock full of features that can help support your work objectives—and this webinar will highlight them. Learn advanced features such as data entry, manipulation and presentation; enabling multiple users to share workbooks and track and edit changes; and creating templates.

Accomplishing More with Less; March 15, 22, 29; 12:30–2 p.m.; \$135. Learn how to stay on top of every piece of business that comes your way, from pressing emails to project deadlines to last-minute meetings. We'll show you how to work more strategically instead of working harder to meet your professional goals.

Microsoft Access 2007 Techniques—Beginner; March 15; 3–4:30 p.m.; \$40. Organizing and presenting data isn't always easy, but we can help you master the art! This webinar will show you how to easily manage data using Microsoft Access. You'll learn about the differences between Access and Microsoft Excel as well as how to search for data using queries, and how to customize forms and reports.

Accomplishing More with Less: Graduate Course; March 16; 12:30–2 p.m.; \$40. If you participated in our original *Accomplishing More with Less* webinar, this graduate course is for you. In the first webinar, you learned strategic tools to help you manage your job and your daily tasks. Well now it's time to track your prog-

ress! This follow-up webinar will help you evaluate your results and figure out how to tackle any road blocks that have hindered your productivity at work.

Career Focus Brown Bag—Developing Your Professional Presence; March 20; noon–1 p.m.; free. What does it mean to be professional? A professional presence is critical to moving forward in a career, but what does that really entail? Come find out at this workshop. We'll show you how your presence—what you look, act and sound like—contributes to your sense of professionalism. You'll learn how best to communicate your professional self to advance your career.

Essentials of Management; begins March 20; multiple dates with multiple times; \$250. Learn the most effective management tools, skills and information to do your job well. This unique program, which is customized for new managers and experienced managers who are new to Penn, can help you excel in your job and career. You'll have the opportunity to participate in a 360-degree feedback process that will provide valuable data about your current skills. Plus, you'll be part of a cohort of fellow managers who can provide invaluable peer experience and support.

Advanced Microsoft Excel 2007 Pivot Tables; March 20; 12:30–2:30 p.m.; \$40. Learn how to leverage the power of pivot tables to analyze and present your data in exciting ways. This webinar will teach you how to prepare information for pivot tables, perform advanced analysis and comparison of data, filter and format reports, add formulas to charts and tables, and incorporate pivot table reports into Microsoft Word documents.

Teams: Who, What, When, Why & How; March 21, 22; 9 a.m.–4:30 p.m.; \$75. Teams are more than just a group of people working together. They can be a valuable way to create synergy and produce outstanding results—or a colossal waste of your time. The difference is in the planning, and it consists of answering some very basic questions: What is a team? Why use a team? When is it appropriate? Who should belong to the team? How will we accomplish our objective? Get answers to these questions and more!

Microsoft Office PowerPoint Techniques 2007; March 21; 2:30–4 p.m.; \$40. Enhance your skills and discover the power of Microsoft PowerPoint. This webinar will teach you how to format and manipulate presentations so you're conveying information in a compelling way. You'll learn about data presentation, multi-media and self-running presentations, using templates and shortcuts, and more.

Managing for High Performance; March 27; 9 a.m.–noon; \$50. If you're like most managers, you want the best of the best when it comes to the talent and skill level of your team. But how do you ensure that you're attracting high performers in the workplace? We'll tell you! This workshop will show you tools for recruiting talented employees and allowing them to grow and thrive. We'll also give you strategies for retaining high performers so they don't get scooped up by other organizations.

Tuition Benefit Information Session; March 30; noon–1 p.m.; free. Tuition benefits are an important advantage of being a faculty or staff member at Penn. This program will show you how to request and make the most of these benefits. A Q&A session will address any questions you have about using the tuition benefit for yourself, your family or your dependents.

Healthy Living

Get the tools you need to live well year-round. From expert nutrition and weight loss advice to exercise and disease prevention strategies, we can help you kick-start your body and embrace a healthy lifestyle. These free workshops are sponsored by Human Resources. For complete details and to register, visit www.hr.upenn.edu/quality/wellness/workshops.aspx. Or contact Human Resources at (215) 898-5116 or suzsmith@upenn.edu

Lowering Cholesterol Levels Without Medication; March 1; noon–1 p.m.; free. It's not uncommon for people to combat high cholesterol with medication. But there are plenty of ways to lower your levels without resorting to pills. Come to this workshop to learn different ways to keep your cholesterol levels in check without medication. This workshop will be led by Emil DeGoma, medical director, Preventive Cardiovascular Program, Penn Heart and Vascular Center.

Chair Yoga; March 7; noon–1 p.m.; free. Yoga is a popular form of exercise these days, but it's not for everyone. If you've been tempted to try it but don't like the idea of striking a pose on the floor, chair yoga may be the answer. It's a gentle form of yoga that's done while sitting in a chair or using a chair for support. You get the benefits of a regular yoga workout, like better strength, flexibility and balance, without having to master complicated poses.

Quality of Worklife Workshops

Dealing with the demands of work and your personal life can be challenging. These free workshops, sponsored by Human Resources and led by experts from Penn's Employee Assistance Program and Quality of Worklife Department, offer information and support for your personal and professional life challenges. For complete details and to register, visit www.hr.upenn.edu/coursecatalog or contact Human Resources at (215) 573-2471 or gstull@upenn.edu

Building Resilience and Avoiding Burnout; March 13; noon–1 p.m.; free. Learn how to bounce back from adversity, function constructively under demanding circumstances, and remain productive and healthy in times of disruptive change. This workshop will provide insight on conditions that lead to burnout, how to recognize the warning signs and how to avoid them. You'll leave with a better understanding of resiliency and how you can achieve optimal performance in your job.

Relaxing Ways to Manage Your Stress; March 28; noon–1 p.m.; free. Don't let stress take a toll on your wellbeing. We can show you how to win the war on stress and become a pro at tackling tension. Come learn about different relaxation tools, guided imagery practices, and a variety of breathing and muscle relaxation techniques that you can use at work and at home.

NFL-Wharton Prep Leadership Program

The NFL-Wharton Prep Leadership Program, June 25-27, is for elite male and female student-athletes that are rising seniors. The coursework, breakout groups and panels will provide a formal foundation of leadership training. Tuition room and board costs are free. To apply, see www.jkcp.com/program/nfl-wharton-leadership/. See www.upenn.edu/almanac/volumes/v58/n20/camps.html for additional camps and programs at Penn during 2012.

Update

February AT PENN

CONFERENCE

25 People's Conference with Jens Hoffman and Harrell Fletcher; 11 a.m.-5 p.m.; ICA; info.: chelsea@curatorsintl.org (ICA, Haverford College).

FILM

23 A Country Auction; 2:30 p.m.; rm. 500, Annenberg Center (Provost's Office, Annenberg School for Communication, Anthropology, GSE).

MUSIC

24 Ke\$ha in the Rye; Without a Net Spring Show; 8 p.m.; Class of '49 Auditorium, Houston Hall; \$5/Locust Walk, \$10/at door. Also February 25.

ON STAGE

24 Olympus Unleashed: A Show of Mythical Proportions; Dhamaka Spring Show; 7:30 p.m.; Iron Gate Theater; \$6/advanced (matinee); \$8/at door (matinee), advanced (evening); \$10/at door (evening). Also February 25, 1:30 and 7:30 p.m.

READINGS AND SIGNINGS

22 The Disaster Experts, Mastering Risk in Modern America; Scott Gabriel Knowles, historian; 5:30 p.m.; Penn Bookstore; register: <http://penniu.upenn.edu/events> (Penn IUR).

Forty Million Dollar Slaves: The Rise, Fall and Redemption of the Black Athlete; William C. Rhoden, *New York Times*; 6:15 p.m.; Multipurpose Room, W.E.B. Du Bois College House (Du Bois House).

Kelly Writers House

23 Lunch Talk with Cara Benson and Marcella Durand; noon.

7-Up on Isolation; David Barnes, Anthony DeCurtis, Al Filreis, Jill Ivey, Aaron Marcus, Peter Schwarz, Callie Ward; 6 p.m.

28 Edit: Processing Writing Technologies; Danny Snelson; 6 p.m.

AT PENN Deadlines

The deadline for the April AT PENN calendar is **Tuesday, March 13**. Information is on the sponsoring department's website. Sponsors are in parentheses. For locations, call (215) 898-5000 or see www.facilities.upenn.edu

29 Lunch Talk with Anne Waldman; noon; RSVP: wh@writing.upenn.edu

A Celebration of 3808: A Journal of Critical Writing; 5:30 p.m.

TALKS

21 Swarms of Flying Robots; talk with members of the GRASP labs quadrotor team; 6 p.m.; Drinker's West, 39th & Chestnut (Penn Science Café).

22 EXCURSUS: Blueprints & Ciné-tracts; Erica Levin, University of California, Berkeley; 6:30 p.m.; ICA (ICA).

23 Barack Obama and the Burden of Race; Thomas Sugrue, history; 5 p.m.; rm. 110, Annenberg School (History).

27 Race and Class in Philadelphia's Seventh Ward; Amy Hillier, city and regional planning; noon; Hall of Flags, Houston Hall; register: <http://penniu.upenn.edu/events> (Penn IUR).

When Humanity Fails: Lessons from the UN General Who Tried to Stop the Rwandan Genocide; Romeo Dallaire, UN peacekeeping force; 7:30 p.m.; Zellerbach Theatre, Annenberg Center (Moral Voices).

29 EXCURSUS: Mai 1968; Leslie Friedman, University of the Arts, Philadelphia; Jennifer Burris, ICA; 2 p.m.; ICA (ICA).

The People and the Book: Print and the Transformation of Jewish Culture; David Ruderman, history; 5 p.m.; rm. 110, Annenberg Center (History).

Performative Lecture: Jacqueline Joang Nguyen's 1967: A People Kind of Place; Jacqueline Joang Nguyen, artist; Jennifer Burris, ICA; 6:30 p.m.; ICA (ICA).

Construction On Walnut Street Bridge

Construction work has begun on the Walnut Street Bridge Gateway Project. Work entails improvements to Walnut Street from 23rd to 30th Streets, including widening of the existing sidewalks, providing pedestrian scale lighting and signing enhancements, and other traffic improvements.

Work will be done in multiple phases in order to maintain vehicular and pedestrian traffic during construction. Bicycle detour will be posted to direct bicyclists around the work area by using 23rd Street to Lombard Street to the South Street Bridge to 33rd Street. The Schuylkill River trail will remain open during construction.

Work is expected to last approximately seven months. This project is funded using a TIGER grant from the US Department of Transportation, along with additional federal funding from the Federal Highway Administration.

One Step Ahead

Security & Privacy

Another tip in a series provided by the Offices of Information Systems & Computing and Audit, Compliance & Privacy.

Travel and Identity Theft—An Unfortunate Connection

While the risk of identity theft affects everyone from infants to the deceased, the avid traveler is at heightened risk of falling victim to this crime. According to *USA Today*, several circumstances combine to make the frequent traveler a preferred target of identity thieves:

Travelers rely on mobile electronic devices that are easily lost or stolen. Credent Technologies reported that in 2011 travelers lost 11,000 mobile devices at the busiest US airports alone.

Travelers often use unsecured wireless networks at hotels, airports and other public areas, easily exposing their traffic to thieves nearby.

Thieves use Bluetooth technology to "pair" with the innocent traveler's own Bluetooth device, again gaining easy access to the traveler's information.

See www.usatoday.com/money/industries/travel/story/2011-12-12/Travelers-at-high-risk-of-identify-theft-experts-say/5184144/1

What to do? First, take with you only the personal or otherwise confidential information that you absolutely need. Second, talk to your LSP about encryption options, making sure to consult with Penn's Export Controls Office if there is any controlled information involved. Also, avoid unsecured wireless networks and connect to your data using secure VPNs when possible. Disable Bluetooth technology when you are not using it.

And don't forget about sensible non-tech solutions to minimize risk. For example, only carry the credit cards you absolutely need. Do not carry your Social Security card in your wallet. And use your credit card, rather than your debit card, in order to maximize your legal protections in case of fraud.

Your travel experiences should be everything you want them to be. Don't let even a small lapse in safe computing interfere.

Almanac

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The University of Pennsylvania's journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the Penn website) include HTML, Acrobat and mobile versions of the print edition, and interim information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

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The University of Pennsylvania Police Department Community Crime Report

About the Crime Report: Below are all Crimes Against Persons and Crimes Against Society from the campus report for **February 6-12, 2012**. Also reported were 15 Crimes Against Property (2 burglaries, 9 thefts, 2 acts of vandalism, 1 narcotic and 1 other offense). Full reports are available at: www.upenn.edu/almanac/volumes/v58/n23/creport.html. Prior weeks' reports are also online. —Ed.

This summary is prepared by the Division of Public Safety and includes all criminal incidents reported and made known to the University Police Department between the dates of **February 6-12, 2012**. The University Police actively patrol from Market Street to Baltimore Avenue and from the Schuylkill River to 43rd Street in conjunction with the Philadelphia Police. In this effort to provide you with a thorough and accurate report on public safety concerns, we hope that your increased awareness will lessen the opportunity for crime. For any concerns or suggestions regarding this report, please call the Division of Public Safety at (215) 898-4482.

02/08/12	10:02 PM	Unit N 38th St	Intoxicated driver arrested
02/10/12	6:25 PM	3901 Locust Walk	Unauthorized male in area/Arrest
02/11/12	2:32 AM	3925 Sansom St	Disorderly male arrested

18th District Report

Below are all Crimes Against Persons from the 18th District: 8 incidents with 1 arrest (4 robberies and 4 aggravated assaults) were reported between **February 6-12, 2012** by the 18th District covering the Schuylkill River to 49th Street & Market Street to Woodland Avenue.

02/06/12	1:05 AM	4300 Chestnut St	Robbery/Arrest
02/06/12	8:54 PM	4600 Walnut St	Robbery
02/07/12	2:20 PM	216 S 48th St	Aggravated Assault
02/10/12	12:48 PM	5100 Spruce St	Robbery
02/11/12	4:00 AM	4710 Locust St	Aggravated Assault
02/11/12	4:05 AM	4710 Locust St	Aggravated Assault
02/11/12	9:35 PM	4900 Baltimore Ave	Robbery
02/12/12	2:45 AM	5023 Pine St	Aggravated Assault

Affects of “Shadow Education” on Academic Success of East Asian Americans

A study co-authored by University of Pennsylvania sociologist Hyun-joon Park chalks up East Asian American students’ high SAT scores in part to their high level of participation in “shadow education” activities outside formal schools.

Dr. Park, the Korea Foundation Associate Professor of Sociology and Education, collaborated on the study with Dr. Soo-yong Byun, a researcher at Pennsylvania State University. The study is published in the January issue of the journal *Sociology of Education*.

The researchers used data from the Education Longitudinal Study to follow students who were high school sophomores in 2002. They found that East Asian American students were most likely to take commercial SAT test preparation courses, possibly in a private learning center or “cram school,” and benefited more than any other racial or ethnic group.

In the paper titled “The Academic Success of East Asian American Youth: The Role of Shadow Education,” they write, “East Asian American students can take SAT coaching from not only traditional options such as Princeton Review and Kaplan but also (perhaps more) from a variety of SAT preparation institutions and cram schools in ethnic communities being run by East Asian immigrant entrepreneurs.”

However, the author’s research showed that regardless of students’ race or ethnicity, receiving private SAT one-to-one tutoring didn’t affect their SAT scores.

Considering the recent emphasis on standardized test scores and school accountability in American education, the study highlights the potentially growing relevance of shadow-education activities in shaping racial and ethnic inequalities in academic achievement.

Dr. Park emphasized the limitation of the data and method in addressing this issue. “We need to be careful not to make too strong a claim about the effectiveness of taking SAT commercial test prep service on SAT.”

The abstract as well as a PDF version of the study is available at <http://soe.sagepub.com/content/85/1/40.abstract>

Why Do Some Young People Choose to Get Tested for STDs and Others Don’t?

A study by researchers from the University of Pennsylvania and the University of Maryland identified the reasons why college-age individuals would be tested for sexually transmitted diseases. These findings are valuable in developing public health awareness advertising campaigns.

Researchers Ryan S. Paquin, a doctoral candidate from the Annenberg School for Communication at the University of Pennsylvania, and Vanessa Boudewyns from the University of Maryland offer new answers about why young people choose to be tested or opt against it. The study of 341 undergraduate students ranging in ages from 18 to 28 consisted of an online questionnaire intended to uncover the beliefs that underlie the decision to be tested for STDs. Their findings, published in *Health Communication*, suggest that those who intended to be tested for STDs were motivated by two main factors: they saw it as a sign of respect for their sexual partners and would prevent them from spreading STDs to others.

Interestingly, the people who did not intend to be tested valued those two factors the same as those who did intend to be tested. This suggests that when considering messages for an STD awareness campaign, public health officials may want to make a link between testing and these benefits.

With one in two sexually active young adults contracting a sexually transmitted disease before the age of 25, public health officials are increasingly concerned about the spread of STDs and are eager to find ways to reduce rates of infections. Although there have been a number of public outreach programs promoting behaviors that help prevent STDs (like condom use) there has been less attention on testing, which could also help reduce the spread of STDs.

Among those who did not intend to be tested, the two biggest disadvantages reported were that others might draw conclusions about their sex life and embarrassment. Again, this insight offers important information to public health officials looking at ways to form effective communications. In this case, the research suggests that developing public service announcements or communications that address embarrassment directly may be quite effective.

A copy of the article, “Intentions and Beliefs About Getting Tested for STDs: Implications for Communication Interventions” can be obtained by contacting the Annenberg School for Communication, www.asc.upenn.edu/home.aspx

Sleep Problems Increase Risk for Cardiovascular Disease, Diabetes and Obesity

People who suffer from sleep disturbances are at major risk for obesity, diabetes, and coronary artery disease according to research from the Perelman School of Medicine. For the first time, analyzing the data of over 130,000 people, the new research also indicates that general sleep disturbance (difficulty falling asleep, staying asleep, and/or sleeping too much) may play a role in the development of cardiovascular and metabolic disorders. The study is published online in the *Journal of Sleep Research*.

“Previous studies have demonstrated that those who get less sleep are more likely to also be obese, have diabetes or cardiovascular disease, and are more likely to die sooner, but this new analysis has revealed that other sleep problems, such as difficulty falling asleep, staying asleep, or even too much sleep, are also associated with cardiovascular and metabolic health issues,” said Dr. Michael A. Grandner, research associate at the Center for Sleep and Circadian Neurobiology at Penn and lead author of the study.

The researchers examined associations between sleep disturbances and other health conditions, focusing on perceived sleep quality, rather than just sleep duration. After adjusting for demographic, socioeconomic and health risk factors, patients with sleep disturbances at least three nights per week on average were 35 percent more likely to be obese, 54 percent more likely to have diabetes, 98 percent more likely to have coronary artery disease, 80 percent more likely to have had a heart attack, and 102 percent more likely to have had a stroke.

Dr. Grandner and colleagues analyzed data from the 2009 Behavioral Risk Factor Surveillance System (BRFSS) of 138,201 patients, the world’s largest telephone survey, designed to monitor health-related behaviors in the general population.

The researchers say that future studies are needed to show whether sleep problems predict the new onset of cardiovascular and metabolic disease, and whether treatment of sleep problems improves long-term health and longevity.

Following Traumatic Event, Early Intervention Reduces Odds of PTSD in Children

After experiencing a potentially traumatic event—a car accident, a physical or sexual assault, a sports injury, witnessing violence—as many as 1 in 5 children will develop Post-Traumatic Stress Disorder (PTSD).

A new approach that helps improve communication between child and caregiver, such as recognizing and managing traumatic stress symptoms and teaching coping skills, was able to prevent chronic and sub-clinical PTSD in 73 percent of children. The intervention, called the Child and Family Traumatic Stress Intervention (CFTSI) also reduced PTSD symptoms in children—which can include reliving a traumatic experience, sleep disturbances, emotional numbness, angry outbursts or difficulties concentrating—and promoted recovery more quickly than a comparison intervention.

“This is the first preventative intervention to improve outcomes in children who have experienced a potentially traumatic event, and the first to reduce the onset of PTSD in kids,” said lead study author Dr. Steven Berkowitz, associate professor of clinical psychiatry at the Perelman School of Medicine and director of the Penn Center for Youth and Family Trauma Response and Recovery. “If this study is replicated and validated in future studies, this intervention could be used nationally to help children successfully recover from a traumatic event without progressing to PTSD.” The study is online in the *Journal of Child Psychology and Psychiatry*.

In the study, 106 children ranging from 7 to 17 years in age and a caregiver were randomly assigned to receive the four-session CFTSI or a four-session supportive comparison intervention, both provided within 30 days following exposure to a traumatic event. Children were referred by police, a forensic sexual abuse program, or the local pediatric emergency department in an urban city in Connecticut. The CFTSI intervention began with an initial baseline assessment to measure the child’s trauma history and a preliminary visit with the caregiver, focusing on their essential role in the process. Within the sessions, there is a focus on improving communication between the child and caregiver, as well as other supportive measures. At the end of the next two sessions, the clinician, caregiver and child, decide on a homework assignment to practice certain coping skills. The behavioral skill components provide techniques to recognize and manage traumatic stress symptoms.

Future studies will need to validate the effectiveness of this intervention, but researchers hope that brief and effective interventions like CFTSI can be applied early to prevent the development of PTSD.