A silhouette of a person's head and shoulders, looking down and to the left. The person is positioned against a bright orange and yellow sunset sky. The sun is visible as a bright, glowing orb in the lower-left corner, partially obscured by the person's hand and some foliage. The overall mood is contemplative and serene.

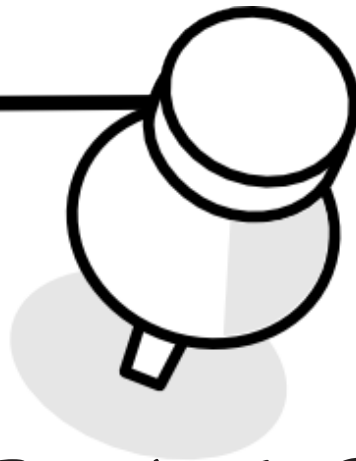
Issue 3 / Jan-Feb 2019

LINCOLN CHRONICLE

By Students, For Students

LINCOLN UNIVERSITY

401 15th Street, Oakland, California 94612



EDITOR'S MESSAGE

Happy centurial birthday to us!

After 100 years, we stand together reminiscing the ups and downs we had this century. Lincoln University has produced not only generations of capable workforces but industry leaders and entrepreneurs. In the next edition, we will talk about the decades of changes that our university went through, how it affects us today, and our vision for tomorrow.

If you have any comments or would like to contribute to Lincoln Chronicle, do write to us at **chronicle@lincolnuca.edu**

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You can **INFLUENCE** a lot more than you think if you take **RESPONSIBILITY** for how you are **THINKING.**

-Leah Weiss

Stanford B-School's tools to cut stress, boost soft skills and productivity

Ashi M. Idicula

Psychology found its way to be one of the first subject I learned in the United States. Whether in my first class - Fundamentals of Psychology - or the topic of an event I attended at the Commonwealth Club hosted by Leah Weiss, author of *How We Work* and former Director of Stanford's Center for Compassion and Altruism Research and Education. Perhaps this is because it is one of the most important skills needed when a person undergoes a major life change and starts business studies.

Professor Weiss talked about cutting stress and boosting soft skills and productivity in our hectic world. Lately, she pointed out, organizations have been addressing this topic to benefit employees and increase happiness in the workplace. Employee happiness could be correlated with the performance and well-being of the organization as a whole. She elaborated by explaining several useful tools, which I summarize in this article.

Purpose and Mindfulness: 'Purpose' combined with 'Mindfulness' gives an individual the ability to maneuver over the hurdles of stress. 'Purpose' means the pursuit and futuristic sight of a worthy ideal. It contains values and beliefs that an individual can relate to deeply. These values are a light

and guide to during easy and tough times alike. 'Purpose' makes decision making easy. 'Mindfulness' is the intentional allocation of an individual's attention. In a world where we are distracted almost every second of our lives, mindfulness without a doubt has become a soft-skill we all need to master. And it's not about locking oneself up in a room, closing one's eyes, and meditating for hours. It's rather a simple process of plugging out from a routine behavior, handling emotions, and increasing emotional intelligence. Keeping our emotions in check can help our overall outlook and keep behavior positive.

Emotions are handled in three ways: 'Acting-Out'; 'Suppression';, and 'Reframing'. We live in an environment where we grew up being encouraged to show the best of our emotions in an acceptable manner and not to act out on our worst emotions, as the world penalizes us greatly for doing so. 'Suppression' of these emotions, on the other hand, can be equally dangerous from within. It could contribute to unhealthiness and untimely outbursts.

'Reframing' of an emotion is the moderating spot. We all have a short amount of time between the perception of a situation, good or bad, and the time we decide to react to it. And this is the Reframing playground.

This window of time, from perception to reaction, is what we get to control the outcome of. It is our opportunity to take any particular situation and have a say on its impact on us and our behaviour towards it.

Eudaimonia and Hedonia: Satisfaction attained through meaning and realization of the self which is in line with 'Purpose' is known as 'Eudaimonia'. 'Hedonia' is satisfaction through attainment of pleasures and avoidance of pain. Science has shown that the 'Eudaimonia' approach towards life and work has increased long-term happiness and overall health of an individual. The approach focuses on development of meaning in day-to-day activities and fulfillment of one's potentials, thus creating long-term value and sense of accomplishment. It is no wonder, then, that it contributes to increased health and decreased chance of illness. The 'Hedonia' approach exchanges effort for pleasure and tends to take the road of no pain. An approach to gain satisfaction from short-term pleasure doesn't create robust values for long-term health and often diverts us from a path to happiness.

Credits - Leah Weiss, Ph.D. MSW



Did you have an "Aha!" moment (discover something enlightening or new)?

In the 21st century, a leader should practice these four core competencies of Leadership: Compassion, Courage, Curiosity, and Humility.

Have you made any changes since the seminar to help you de-stress?

After attending the seminar, I recognized how a lack of compassion leads to burnout. I try to improve myself by sharing my stress with others; it offers a lot of relief. Meditation also works with me and positive thinking keeps me on track. Most importantly, I give priority to adapting to the environmental culture of a job because it makes it easy for me to deal with my supervisors and co-workers.

What's one thing you would like to share about the seminar ?

It was my pleasure attending this informative session because it helped me realize that I have a lot of internal conflicts that are hidden from myself. And, this seminar gave me insight on the proper way to deal with them. Simply said, it was meaningful and important for my personal development.

Shirshendu Chakrabarty

Did you have an "Aha!" moment (discover something enlightening or new)?

I found it very helpful and would like to encourage other students to attend events like this, outside the university. Not only can you learn from the speaker, but you can also make new friends.

Have you made any changes since the seminar to help you de-stress?

Yes, every single thing can change your mind and I believe what the speaker said about meditation is true. It helps me a lot to be mindful.

What's one thing you would like to share about the seminar ?

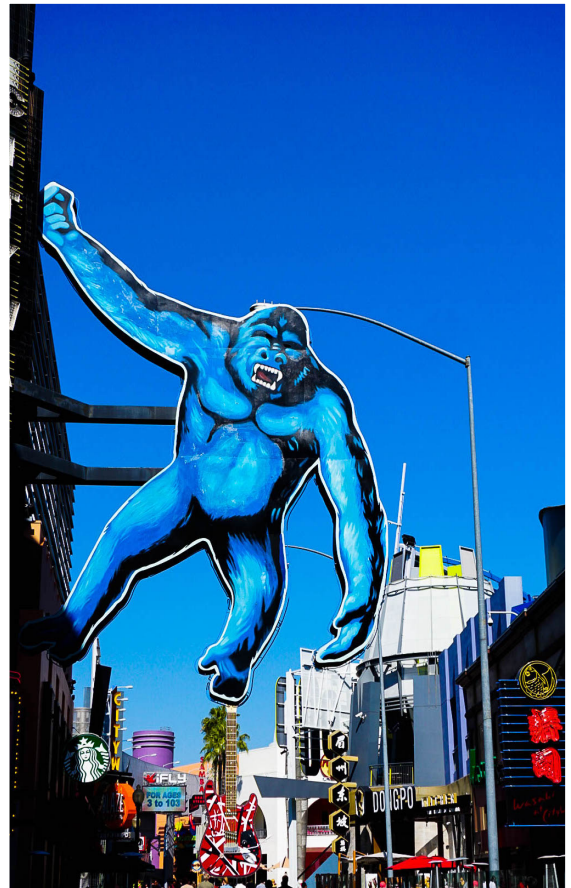
I wish there were more people who came to the seminar.

Patharawan Ratreesawad





Spreading happiness is life



Anger destroys

HUMANS OF LINCOLN



faysal farook

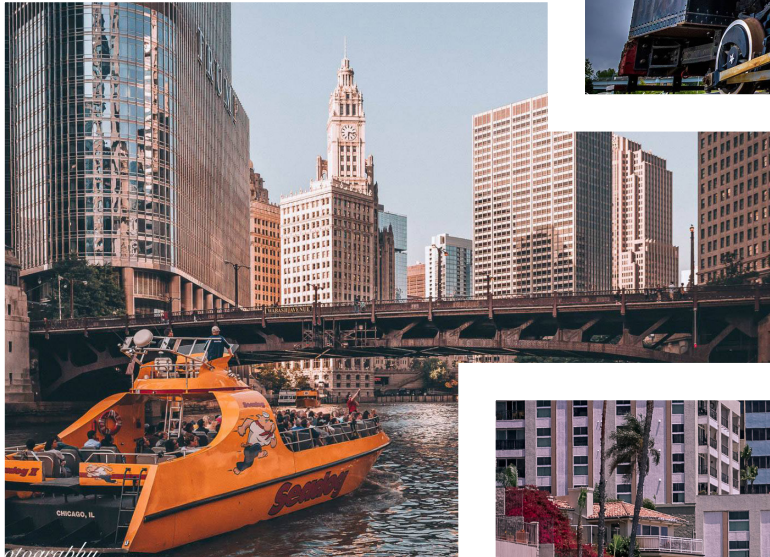
ffarook@lincolnucsf.edu

I believe we all picked up a camera at a very young age, no matter how simple or basic it was. Since I was a child, I dreamt of becoming a photographer or videographer, like people on YouTube. With my first camera, a Nikon, I went to an academy which helped me learn basic photography and editing skills. Since it is a hobby I wish to develop further, I practice these skills every day on my own. I also had opportunities to work as a wedding photographer back home, in Bangladesh.

After I came to the U.S., I decided to buy a professional camera, a Sony Alpha A7III, and a drone to more seriously pursue photography and videography. Even though I don't have a community of friends who share this same interest, I still love it.



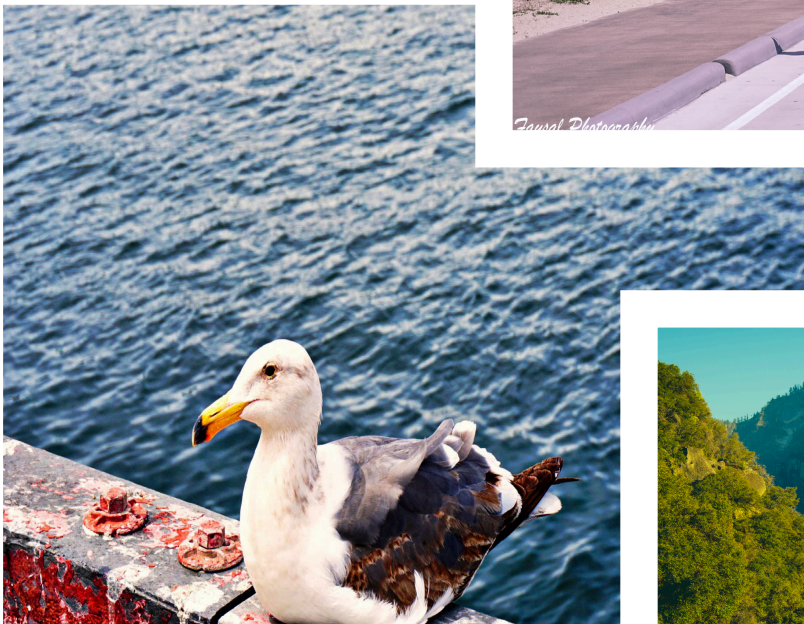
Going home always feels good



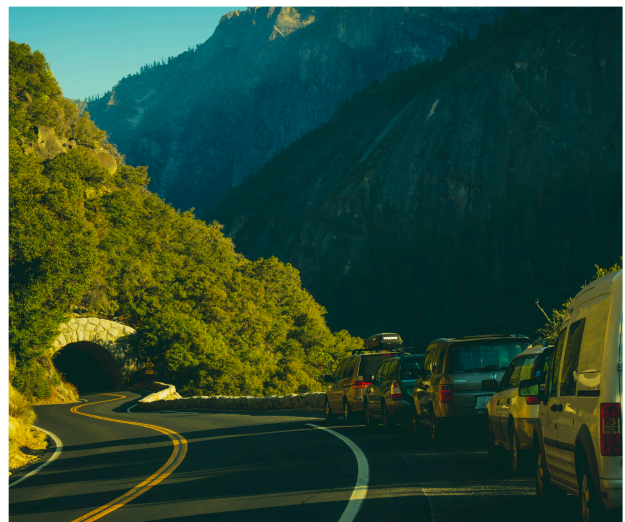
Downtown is money



Friendship is hot



Relaxation feels good



Peace, ahh!!!

Technology and Business Trends Review

Image Source : Hatch

Slowbalization

Dr. Walter Kruz
Chairman, MIS Department
Lincoln University

We are concerned with new forces affecting world trade: trade tensions between China and the Western world; supply chain movement from China to elsewhere; and America's turn to protectionism, among others. We understand that these trends will affect the globalization era we have become accustomed to since the 1990s, but how?

After significantly increasing the



cross-border flow of money, technology, ideas, and people for the last three decades, the pace of globalization has noticeably slowed in the last decade due to several factors. The cost of logistics has stopped falling so that we would expect more complex international logistics. Loss of technology control has created strong local rivals thus increasing competition; witness the emergence of Huawei as a leading 5G technology provider, for example. Emerging economies also favor services which diminishes trade across borders, as China promotes internal growth based on consumption and services.

To account for this slowing pattern of world commerce, a Dutch author, Adjiedj Bakas,

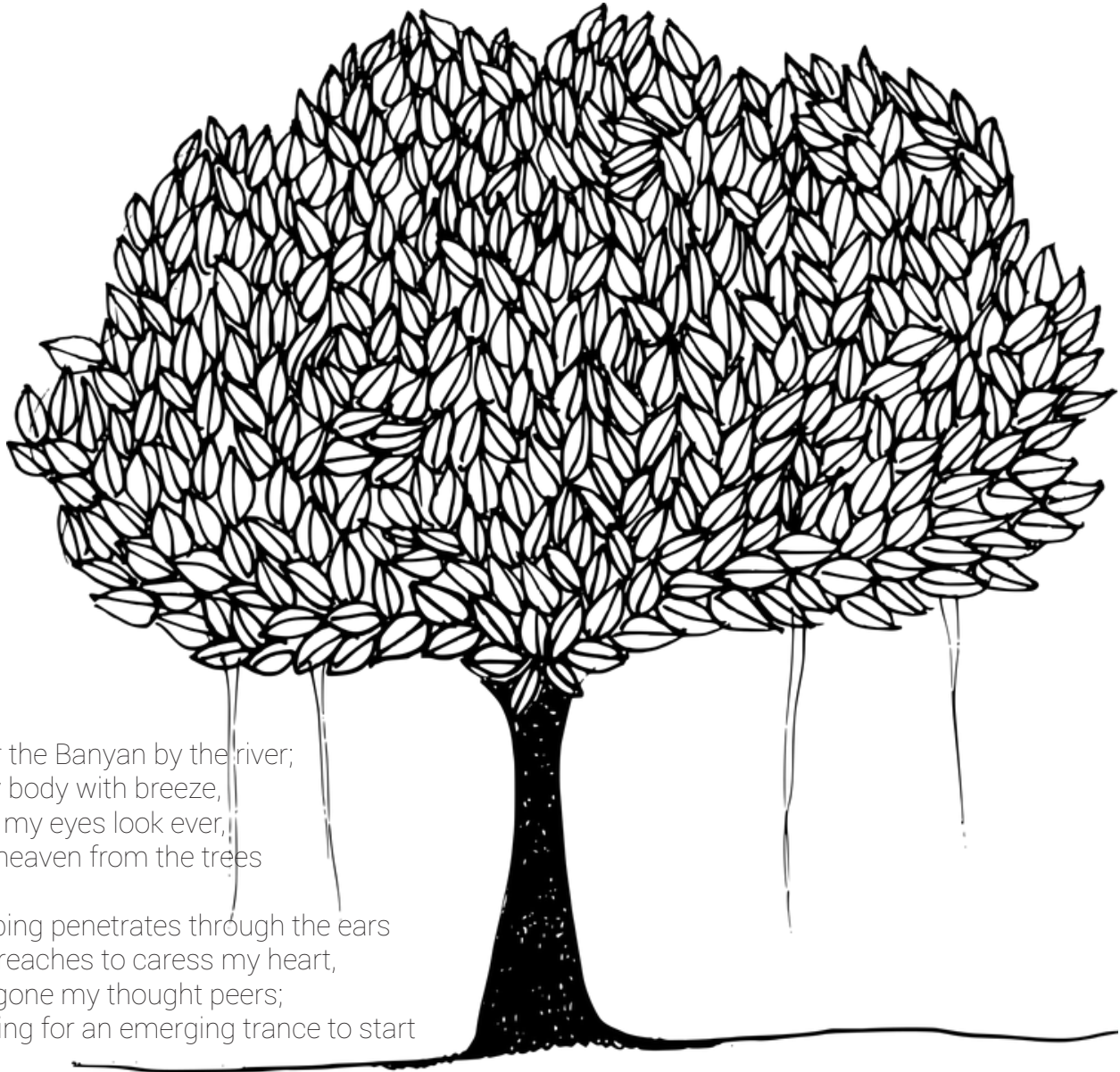
has invented a new word for it; "slowbalization". In the author's perspective, slowbalization means that, under a slower economic growth regime, regional links will grow stronger, supply chains will be brought back closer to home, and America will make room for economic, financial, and social leadership for others. As an example, the EU leads in protecting user data from social networks and we already see other regions following suit.

Regional trade pacts may still bring new opportunities to partners; APEC will probably

create increased trade among Asia Pacific nations thereby mitigating slower growth in other areas.

Two disadvantages are associated with slowbalization. One is that emerging nations may have difficulties in interfacing their economies to the global financial system where the Fed and Wall Street still have major influence. The other is that it will not completely mitigate the cost of automation resulting in job losses in developed economies, nor the fact that reduced global cooperation will only retard growth. With this understanding we can only hope that this coming period of slowbalization is a short one.

World Turns Illusive



Lying under the Banyan by the river;
Flushes my body with breeze,
Half closed my eyes look ever,
To feel the heaven from the trees

Chirping penetrates through the ears
And reaches to caress my heart,
Far-gone my thought peers;
Waiting for an emerging trance to start

Envisaging her charming company
Adjoins the mesmerizing thrill,
Insensibility transforms in agony
When senses disembark in shrill

And I wish, I had longer trance with me
And I wish, she were ever with me

©- Janak K. Katuwal

CAREER SERVICE GARAGE



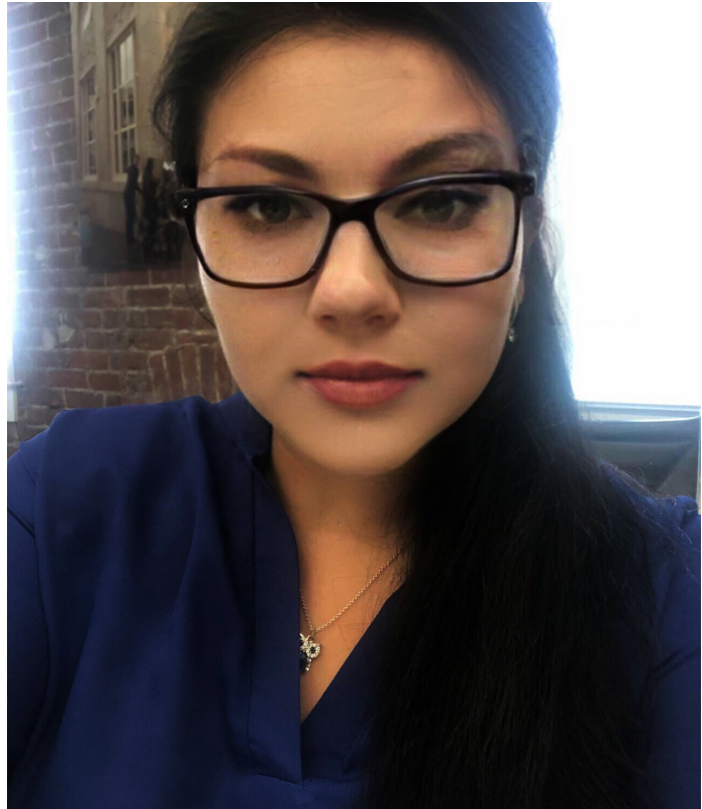
Maria Boukhval and Roxy Blank

Be yourself! Dream big! And drop by our office sometime!

As the latest addition to Lincoln University, the Career Services department thrives with the mission to provide opportunities for students to enhance their career by exploratory learning through self-knowledge, understanding of the world of work, job search skills development, and decision-making. We are here to assist students with fostering their interviewing skills, resume writing, and developing other job seeking skills. We, the Career Services Advisors, are pleased to introduce ourselves.



Roxy Blank is ecstatic and honored to be a part of the Career Services department at Lincoln University. Equipped with over 10 years of operations, marketing and sales management in the fields of wellness, market research, and education, Roxy is ready to share the applicable knowledge she has garnered with her experiences and hopes that it translates into LU students securing a brighter future for themselves. Hosting life skills workshops, seeking job and scholarship opportunities, and improving communication skills are her top priorities for Career Services. Additionally, Roxy has been a chess instructor for over 13 years and is looking forward to hosting and expanding the chess club at LU. In her free time, Roxy spends her time developing her entrepreneurial endeavors, writing, and hiking in the woods and urban jungle with her dog, Jameson.



Maria Boukhval is glad to be a part of Career Services at Lincoln University. Maria believes that development is the main goal of a human being's life. In order to become a better version of yourself it is important to learn every day. Growth and improvements of personal and professional skills are the cornerstones of success. Maria has over 12 years of professional experience in hospitality, travel, event and real estate industries, specializing in marketing, operations and human resources management. Maria is willing and able to share her knowledge, learn and assist students in their desire to grow and find their career path. As Vice-President of the LUSA organization, Maria enriches the lives of students by playing a large role in the governing of the student body. Moreover, Maria teaches German for beginners biweekly on the LU campus. Her interests range from sports & travel to astrology and positive thinking!

What did you miss at the Resume Writing Workshop?

Ashi M. Idicula

Resume Writing

Resumes are our first impressions to prospective employers. What is a Resume? What is a Curriculum Vitae (CV)? Are they different? Yes. A Resume is a short, all-inclusive summary of skills, experiences, and education through which we gain employment or an interview. A Curriculum Vitae is as long as it needs to be, with area-specific listings of education, academic background, experiences, and qualifications in detail.

Ideal Resume

A good resume has clear, concise, and complementary content. It highlights work history, educational accomplishments, technical skills, and awards. The length of a resume depends on the candidate's level or progress in his or her career. One page for entry level, two pages for mid-level, and one page for upper management positions. Use legible fonts of size eleven or twelve points. Also, use bolds and italics for emphasis and to denote separation. Make sure to include name and contact information in the beginning, followed by a brief self-summary or objective dedicated to the position you're applying for. To communicate relevance, include work experiences of six months or more. Add skills, academic history, volunteer work, and awards. Hobbies may be added if needed. Do not post photos, non-professional email addresses, physical descriptions, marital status, date of birth, disabilities, and unclear designs.

Skills

Hard skills and soft skills form the skillset of a candidate. Hard skills are the most important job-related skills for a position without which the work cannot be completed. Java programming is an example of a hard skill for a software developer. Skills like integrity or discretion are intangible, as they motivate and decide basic behaviors and attitudes of candidates, and these are examples of soft skills. The best way to work soft skills into the resume is in places used to describe oneself. The best resumes highlight both work history and skills toward the specific position one is applying to. Writing a single

resume and sending it to many employers is a common practice, and while this resume may reflect who we are professionally, it does not meet the specific needs of the position advertised by the employer.

John Doe

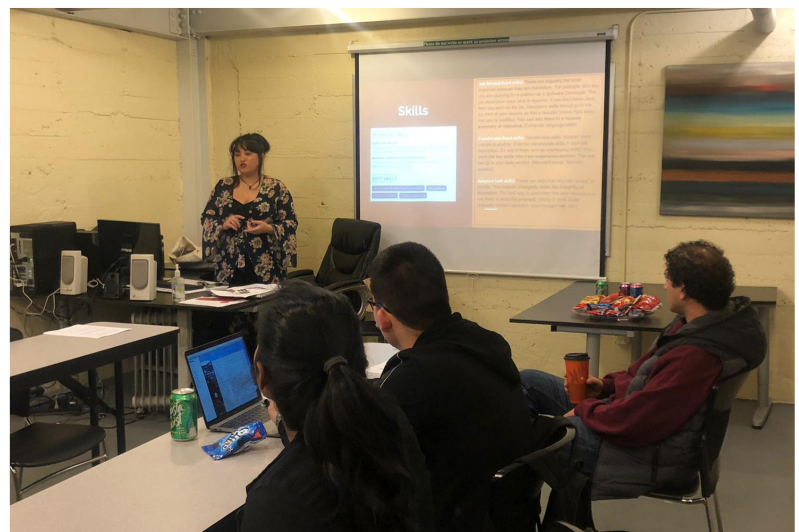
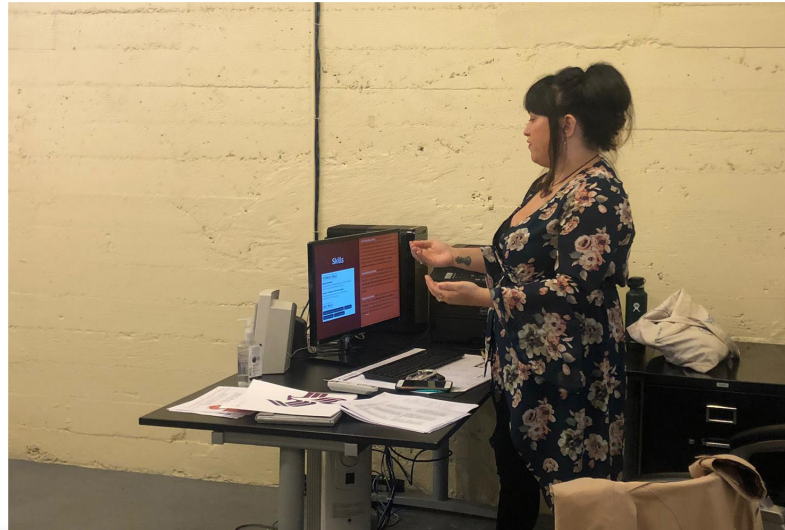
For example, John Doe is a data entry clerk applying for a job at a newspaper company. He has come to know that there is a clerk position open. He has not taken the time to research the company's services, values, and the position's job description. Nevertheless, he applies with his Resume which he has sent to many other employers. The company views hundreds of Resumes and finds fifty candidates with almost the same experiences and skills. The next step for the company would be to see if there are any candidates that fit their specific needs mentioned in the job description. The selection has come down to twenty candidates who can all do the work needed. Thanks to Mr. Doe's extensive work experience, he is one of the twenty. What would the employer look for next, before calling the final candidates for the interview? The company looks at value and culture fit individuals that resonate with the company's vision, mission, and values. Either they call in the individuals who are real cultural fits or the ones who dedicated the time and effort to learn about the company.

Action Verbs and Keywords

Using action verbs will demonstrate to an employer that the candidate "took action", produced results, and contributed

significantly. Always begin the descriptions of your experience with words such as Accomplish, Consult, Enforce, Investigate, Manage, Negotiate, Pioneer, and Represent. Words like these powerfully encapsulate your actions in the minds of recruiters.

Credits - Roxy Blank & Maria Boukhval, Career Services



My journey to America

Hasba Baig

I'm a girl from Hyderabad, one of the most beautiful cities in India. After finishing high school, I was all set to follow my passion of studying abroad. I recall the moment my visa was approved and I was ready to travel out of my country to this amazing world of my dreams. It was quite hard as a 19-year-old girl to leave my parents and home, but I was confident enough of my ability to achieve my goals and make my parents proud one day. I still can't forget how my dad used to smile at me and say, "You are such a little girl! Who would give you a visa at this young age?" Little did he know, his daughter would soon be flying away. I flew away and hence my journey started...

On the 4th of August 2015 at 2:30 am I landed at the San Francisco airport. Looking at the beautiful city outside, I couldn't believe that I made it here. It felt very challenging. I was nervous thinking about the new environment I would be getting into. This was my first international flight ever. It was a long flight and I felt bothered by jet lag already. I saw this young man who had come to receive me at the airport, named Rizwan. He was from my city and a master's student in a different school. Luckily, we met on a social website where he helps new students coming to America with their questions and other things. Since I did not have a US driver's license, I had to rely on public transportation. Rizwan introduced me to the "digital life" of America beginning with transportation. My first Bart ride was a bit scary, but seeing a lot of people in the train, I convinced myself that

it's nothing dangerous.

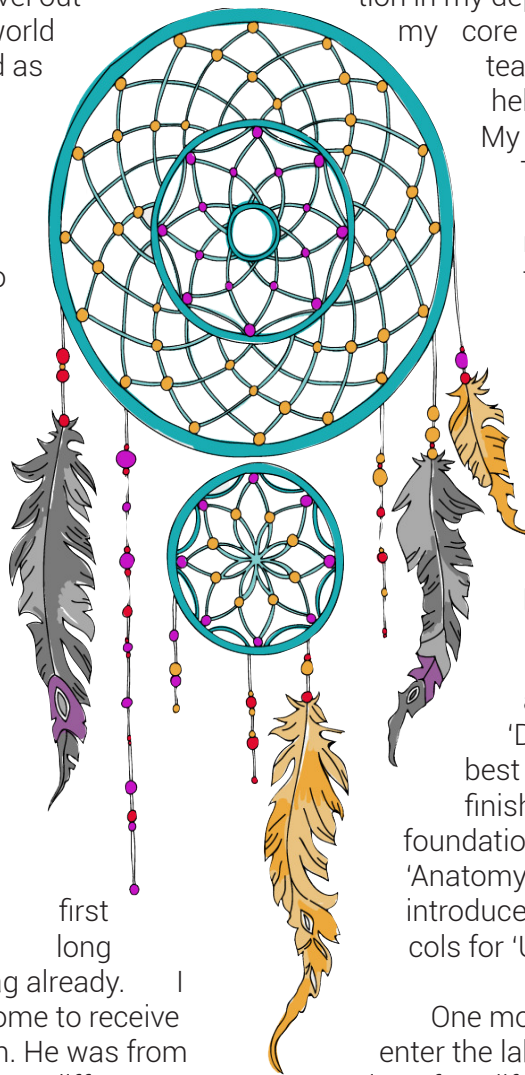
Real life began on the first day of orientation in my department. I was introduced to my core subjects and the wonderful team of student services, who helped me clear all my doubts.

My first class on 'Medical Terminology' with Dr. Khatia Mania will never fade from my memory. She is the most talented and beautiful professor I've ever come to have.

This class was my first step towards the medical world. It gave me a clear idea of the field I was getting into. All the new medical terms that I learned in this class made me more passionate about the subject.

It made Dr. Khatia Mania my role model. I was always a human biology lover and 'Diagnostic Imaging' was the best degree I could start with. After finishing my first semester with the foundations of basic human 'Anatomy' and 'Biology', I was introduced to the principles and protocols for 'Ultrasound'.

One morning, I was all prepared to enter the lab and do the very first scanning of my life. For the first time ever, I was wearing my new blue lab scrubs. I looked at myself in the mirror and realized how beautiful it is to be doing something that you love. I imagined, one day I would be working in my profession and will always be wearing scrubs. It was our first lab session and we were taught to scan the liver. I was very excited for my first hands-on experience.



I realized that this was going to take a lot of practice and as days passed, I did successfully complete my courses. Each semester, we kept going deeper into the vast and broad coursework and I got so involved in the lab, spending hours in practice and learning new techniques in scanning. I will always be thankful to the amazing professors I had, who helped me in knowing everything that I now know.

As time went by, we moved to advanced scanning courses. I was learning Obstetrician-Gynecologist ultrasound, and yet again, I fell in love with the whole pregnancy scanning process. It's so amazing to know how a human baby develops in the uterus and to keep an eye on it during the whole process. It's that beautiful feeling of seeing a tiny heart beating inside the uterus and monitoring its growth into a perfectly beautiful fetus. Our job is to help doctors by giving them all the data that is required.

I could never in words express the feeling of my very first time scanning one of my pregnant friends. I took four important measurements that I was supposed to do for my in-class exam, which was: BPD (Biparietal Diameter); HC (Head Circumference); AC (Abdominal Circumference); and FL (Femur Length). It's unbelievable that I have accomplished so many great things and have a treasure of knowledge in just the first half of my undergraduate program. In these 3 years of my degree, so far, I have realized that

my profession will not only be limited to obstetric ultrasound, but also dynamic on its own. I have so many options for my interests to choose from, such as abdominal vascular, echo cardio, pediatric, and general abdominal ultrasound. These all are so interesting that I want to master all of them, if I can. I am really looking forward to finishing my bachelors in the coming two years.

From a practical perspective, I have accomplished a lot here. I gained a few credits and academic knowledge and have crossed off many wishes on my bucket list. My life has changed. I was an independent person before, and by managing to study abroad I have demonstrated this. I have all my experiences to cherish and learn from, as well as an accomplishment on my resume that establishes I am capable and mature enough to take the initiative to relocate, adapt to a new environment, and learn from new resources.

All thanks to Lincoln University and the amazing professors.

Top 7 Business Books of 2018

<https://www.inc.com/leigh-buchanan/best-business-books-of-2018.html>

1. *Broad Band: The Untold Story of the Women Who Made the Internet* by Claire L. Evans
2. *Creative Selection: Inside Apple's Design Process During the Golden Age of Steve Jobs* by Ken Kocienda
3. *Dying for a Paycheck: How Modern Management Harms Employee Health and Company Performance--and What We Can Do About It* by Jeffrey Pfeffer
4. *Frenemies: The Epic Disruption of the Ad Business (and Everything Else)* by Ken Auletta
5. *Leap: How to Thrive in a World Where Everything Can Be Copied* by Howard Yu
6. *Lost and Founder: A Painfully Honest Field Guide to the Startup World* by Rand Fishkin
7. *The Meaning Revolution: The Power of Transcendent Leadership* by Fred Kofman

Available in Lincoln Library

A collaboration agreement between Lincoln University and Ganpat University, India

Good news for students and faculty members, as Lincoln University has signed a cooperation agreement with one of the leading universities in India, Ganpat University, located in Gujarat. In a time where globalization has been internalized in every aspect of the world, including education, both universities have understood that and accelerated the process of forming alliances and fostering relationships with like-minded institutions. Alliances like these can develop sustainable university partnerships by building effective engagement mechanisms and enhancing the learning experience of our students.



Dr. Mikhail Brodsky and Mr. Ganpat Patel, President of Ganpat University



industry by gaining additional knowledge and skills through this collaboration. This alliance also benefits both university as it enables a deeper understanding of the culture of other nations.

Building a network around the globe opens the door to future collaboration and innovation. One of five of the world's scientific papers is co-authored internationally. As a result of the collaboration, academics and researchers will find it easier to make the exchange of academic ideas.

There are numerous examples of extremely successful university alliances in the world. Lincoln University and Ganpat University may prove to be another one. It might pave the road for future alliances, as we are looking to invest in cross-cultural university partnerships.

Find out more information about Ganpat University: www.ganpatuniversity.ac.in/

A strategic partnership between Lincoln University and other universities in the world - Ganpat University Edition

Uday Kumar Ghosh has taken the initiative to accomplish this collaboration. As the prosperity of student and university are in most cases co-dependent, there are a number of reasons why these alliances are beneficial.

The primary benefit of partnerships like these is international exposure. Both universities are willing to cooperate to provide international education and practical training for Ganpat University students to strengthen their educational experience and better serve the management



Chronicle Crossword: Faculty Edition

Winners of the **Chronicle Crossword: Faculty Edition** will be announced in the next *Lincoln Chronicle* (Issue 4). One of the winners selected at random will receive a **\$50 Amazon Gift Card**. Send us your solved puzzles at chronicle@lincolnuca.edu.

Z	A	D	G	A	A	Z	A	K	A	S	O	V	S	K	A	Y	A
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G	T	A	A	V	A	M	U	S	G	R	A	V	E	A	I	N	U
A	K	R	U	Z	A	Y	A	S	C	H	O	E	M	A	K	E	R
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T	A	C	Y	A	B	L	L	M	A	A	I	A	I	Y	A	A	A
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A	S	A	N	A	G	O	A	A	Y	O	L	A	U	N	A	A	J
A	A	A	S	A	N	N	A	S	T	A	M	A	T	A	K	I	S

AITYAN, ANOKHIN, ASHUROV, BOGUE, BRODSKY, BURAK, DHILLON, SETAREH, GERMANN, GOBERSTEIN, GUERRA, HESS, HIBSHOOSH, HYMAN, KAY, KETSELA, KRUZ, LOH, MANIA, MUSGRAVE, NGUYEN, PAREDES, PERSHAY, RISTIC, SAMSON, SCHOEMAKER, SEVALL, STAMATAKIS, TAILAB, TOLOSSA, YOFFE, ZAKASOVSKAYA, NICOLE



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