



ATHLETICS HISTORY

Standing Tall

UNDEFEATED: For the first time in Rochester's athletics history, the women's basketball team includes eight players who stand six feet or taller, a roster that has helped the Yellowjackets get off to an undefeated 10-0 start as of the winter break. The streak, which includes a record-setting seventh straight title at the Wendy's Collegiate Classic, has vaulted the team to a No. 5 ranking. Lining up in the Palestra with 5' 2" point guard Laney Ming '14 of Burbank, Calif., are (left to right) Danielle McNabb '14 of Bethel Park, Pa., Madeline Korber '12 of Glastonbury, Conn., Jodie Luther '12 of Gibsonia, Pa., Emily Trapani '14 of Syracuse, Amy Woods '13 of Bala Cynwyd, Pa., Kate Agan '12 of Elmira, N.Y., Loren Wagner '14 of Traverse City, Mich., and Katie Weiner '14 of Briarcliff, N.Y.

PHOTOGRAPH BY ADAM FENSTER



PERCUSSIVE ARTIST

Marimba Master

SOLO SHOWCASE: Tomasz Arnold '13E earned first prize at the Percussive Arts Society's 50th Anniversary International Solo Competition last fall. Part of the society's international convention, the competition featured performances on solo marimba, multiple percussion, and timpani as well as a concerto, with different sets of judges at each round. Arnold, a percussion major from Poland who as a freshman won Category 1 of the 2009 International Marimba Competition, was one of four finalists in the society's solo competition. As the winner, he was featured in the convention's showcase concert. **PHOTOGRAPH BY ADAM FENSTER**





PEDIATRICS

'The Right Thing to Do'

As Golisano Children's Hospital launches its capital campaign, Pediatrician-in-Chief Nina Schor explains what's at stake.

By Kathleen McGarvey

WHAT IS REASSURING TO CHILDREN? Parents beside them. Siblings and loved ones near at hand. A place where they can play. A favorite song.

"Children associate activity with health, and it's a sign to a child and a family that a child is getting better. It's a sign of hope," says Nina Schor, the William H. Eilinger Chair of Pediatrics and pediatrician-in-chief at Golisano Children's Hospital.

In October, the Medical Center launched a campaign—a component of *The Meliora Challenge*: The Campaign for the University of Rochester—to build a new Golisano Children's Hospital, one that will deliver the spaces, the people, and the programs children and their families throughout the region need.

"A space that's designed with a child in mind is a very important thing," Schor says.

"As we've learned more and more about the way a child thinks and processes information, about what makes a family better

able to care for a child at home after an illness, and about what prevents a child from being readmitted to the hospital, we've realized there are some critical things that we can't optimally provide in our current location."

Plans call for a six-story, 200,000-square-foot facility, to be built alongside Strong Memorial Hospital—the largest capital project in University history.

Among the building's highlights are an expanded neonatal intensive care unit, a pediatric intensive care unit and pediatric cardiac intensive care unit, and pediatric imaging facilities. To undergo common tests in the present building, children must travel through adult areas and non-patient-care spaces in the hospital—a journey Schor calls "frightening for a child, and off-putting for a family that already has enough on its mind."

The new hospital will also offer 56 private rooms. The existing hospital has private rooms only for intensive care patients, making it hard for a parent to stay with a

child, hard for families to visit, hard for caregivers, patients, and families to speak confidentially, and hard to operate at capacity while preventing the spread of infection.

"Our current space was state of the art 35 years ago, when it was constructed. It was ahead of its time for the way we practiced medicine 35 years ago," Schor says. "But many of the assumptions we made about what children need when they're hospitalized weren't correct. And even more than that, the way we practice medicine now is so different, and the technologies are so different. We couldn't have anticipated that 35 years ago."

The existing children's hospital contains five units: an intensive care unit, a neonatal intensive care unit, and three units organized by the age of the children. But such an arrangement can be isolating, Schor says.

"To have a four-year-old child just diagnosed with cystic fibrosis on a ward where all the other children are their age but nobody has the same kind of illness they have—usually what goes through the imag-

MEDICAL CENTER

Campaign Begins for New Golisano Children's Hospital

Volunteers, physicians, and others join effort to create a state-of-the-art facility.

A new chapter has opened in the history of Golisano Children's Hospital. With the launch of an initiative to raise \$100 million for a new hospital dedicated solely to children, and supporting key pediatric programs, the campaign is the latest step in the Medical Center's plan to bring the Finger Lakes region a new children's hospital.

The effort is a component of the \$650 million goal of the Medical Center's campaign and the larger, University-wide \$1.2 billion campaign, *The Meliora Challenge*: The Campaign for the University of Rochester, which was publicly launched last October.

"This is an aggressive but attainable fundraising goal," says Bradford Berk '81M (MD/PhD), CEO of the Medical Center. "This is an incredibly giving community that

understands that a new children's hospital is critically important, and I thank all those who are contributing both money and effort to this campaign."

In July, hospital namesake B. Thomas Golisano announced a \$20 million gift for the new hospital, a milestone that put the campaign about halfway to its \$100 million goal. Campaign leaders are hopeful that volunteers, physicians, employees, parents, and former patients will step forward to contribute toward the goal.

As part of the campaign, the hospital will focus on enhancing care, research, and education in the priority areas of cancer, neonatology, autism, eating disorders, cardiovascular disease, surgery, and supportive care.

"The power of philanthropy has helped

fuel the extraordinary success of Golisano Children's Hospital," says Mark Siewert, former owner of Siewert Equipment Company and chair of the Golisano Children's Hospital board.

But "we can't be satisfied with our current success. We need to take the next step. Investments large and small are needed to drive Golisano Children's Hospital to even greater heights."

Siewert cochairs the campaign with fellow volunteers Michael Smith, owner of the Cabot Group and a member of the hospital's board, and Elizabeth (Lissa) McAnarney, former pediatrician-in-chief of the children's hospital and professor and chair emerita of the Department of Pediatrics.

—Heather Hare

ination of that child and that family is far worse than what the reality is.” How much better, she says, for the four-year-old and his family to have a room alongside that of a 17-year-old cystic fibrosis patient who’s making plans for her adult life.

“To see the light at the end of the tunnel, to learn from families, to support one another—the thinking now is, that is a lot better.” And grouping patients by condition rather than age brings another critical advantage: the hospital can train a group of nurses, social workers, and therapists in the skills required for that patient population.

While the new hospital will be the most tangible product of the campaign, the fundraising effort also focuses on providing key

“To see the light at the end of the tunnel, to learn from families, to support one another—the thinking now is, that is a lot better.”

people and programs to address the needs of children and families in the region. By funding directorships, professorships, and fellowships, as well as innovative projects and programs—throughout the hospital, but particularly in the seven areas of autism spectrum disorder, cancer, cardiovascular disease, eating disorders, neonatology, supportive care, and surgery—the campaign will help the hospital to recruit specialists, advance research, and provide essential services.

Schor gives an imagined, but common, example. A child with a disease that affects multiple organs in her body lives four hours from the Medical Center. When she and her family come to the hospital, they depend on the assistance of supportive services to orchestrate getting them an appointment on the same day in each of the subspecialty clinics. “It’s the right thing to do for families, to coordinate that care,” says Schor. But without an endowment to provide the staff for such services, the hospital must scramble to secure needed funds.

“I have to be able to say to families, whether your child is ill this year, next year, or 10 years from now, we’ll provide the service they need,” says Schor. The hospital serves more than 74,000 children and families each year.



That service extends beyond direct clinical care to encompass the training of the next generation of caregivers and the research that drives improved pediatric standards and better outcomes. A baby born at 23 weeks’ gestation can go home close to his due date and “pretty close to a healthy child,” Schor says, in part because of research produced 20 years ago at Rochester, when scientists led by Robert Notter, professor of pediatrics, administered lung surfactant to premature infants, improving

▲ LOOKING AHEAD: Pediatrician-in-Chief Nina Schor says a standalone children’s hospital will provide “services that people need every day” and offer continually improving care through research, recruitment of experts, and training for future generations of caregivers.

the survival rate of babies born more than 12 weeks before term.

As federal funds become scarce—Schor notes that just 8 percent of grant proposals to the National Institutes of Health receive funding—fundraising campaigns play a vital role in supporting research. “We’re not going to make clinical care better 10 years from now unless we do that research right here, where the patients are,” she says.

From the stimulating surroundings of the new hospital—with bright colors, interactive artwork, and playrooms—to the programs and professionals it will provide, Schor sees the campaign as a way to address deeply felt needs in the community.

“I’m passionate about this,” she says.

The new hospital “will say, very loudly and very clearly, to the children and families of this region, ‘This is your space.’” **®**

Nerve Cells Key to Making Sense of Senses

How does the human brain manage all the sensory information it receives from the eyes, ears, nose, mouth, and skin? New research by a team of scientists from Rochester, Washington University in St. Louis, and Baylor College of Medicine suggests that the answer lies in a relatively simple computation performed by single nerve cells, an operation that can be described mathematically as a straightforward weighted average.

Published online in *Nature Neuroscience*, the study represents the first direct evidence of how the brain combines multiple sources of sensory information to form as accurate a perception as possible of the environment. The discovery may eventually lead to new therapies for people with Alzheimer's disease and other disorders that impair a person's sense of self-motion, says study coauthor **Greg DeAngelis**, professor and chair

of the Department of Brain and Cognitive Sciences.

The study confirms and extends a computational theory developed earlier by Alexandre Pouget, a brain and cognitive scientist at Rochester and at the University of Geneva in Switzerland and a coauthor of the new paper.

According to the theory, neurons fire in a manner predicted by a weighted summation rule. While that was largely confirmed

by the study's data, the neurons followed a pattern that was slightly off target from the predictions, a difference that could explain why behavior also varies slightly among subjects, the authors conclude. "Being able to predict these small discrepancies establishes an exciting connection between computations performed at the level of single neurons and detailed aspects of behavior," says DeAngelis.

—Susan Hagen

PARALLEL PROCESSING:
Neurons firing in the brain

Age a Big Factor in Prostate Cancer Deaths

Contrary to common belief, men age 75 and older are diagnosed with late-stage and more aggressive prostate cancer and thus die from the disease more often than younger men, according to a Rochester study published in the journal *Cancer*.

The study is particularly relevant in light of a recent

controversy about prostate cancer screening. In October, a government health panel said that healthy men age 50 and older should no longer be routinely tested for prostate cancer because the screening test in its current form doesn't save lives and sometimes leads to needless suffering and overtreatment.

Patient advocates and many clinicians disagreed with the finding.

"Especially for older people, the belief is that if they are diagnosed with prostate cancer, it will grow slowly, and they will die of something else," says lead author **Guan Wu**, assistant professor of urology and of pathology and laboratory medicine. "We

hope our study will raise awareness of the fact that older men are actually dying at high rates from prostate cancer. With an aging population, it is important to understand this, as doctors and patients will be embarking on more discussions about the pros and cons of treatment."

—Leslie Orr



Researchers Identify Health Disparities with Deaf ASL Users

A new study conducted by Rochester researchers represents the first time a deaf community has used its own data to assess its health status. Using communication tools that enabled deaf people to identify health priorities, the study—published in the *American Journal of Public Health*—found higher rates of obesity, partner violence, and suicide but lower rates of smoking than in the general population.

Traditionally, deaf people who use American Sign Language (ASL) are excluded from health research and thus are medically underserved, the study noted.

“This is a monumental step toward eliminating health disparities and advancing the health of deaf people,” says Thomas Pearson, the Albert D. Kaiser Professor in the Department of Community and Preventive Medicine.

He directs the Clinical and Translational Science Institute and the National Center for Deaf Health Research at the Medical Center.

The University has worked with community partners to apply successfully for research grant funding to address three health priorities identified by the study: obesity, suicide risk, and violence.

—Leslie Orr

Medical Center Awarded Patents

Cervical Cancer Vaccines

The University has been awarded a U.S. patent for research essential to both human papillomavirus vaccines on the market. The patent recognizes the work by three University virologists—**Richard Reichman**, **William Bonnez**, and **Robert Rose** ’94M (PhD)—who were the first to demonstrate that HPV virus-like particles, a harmless mimic of the infectious virus with no risk

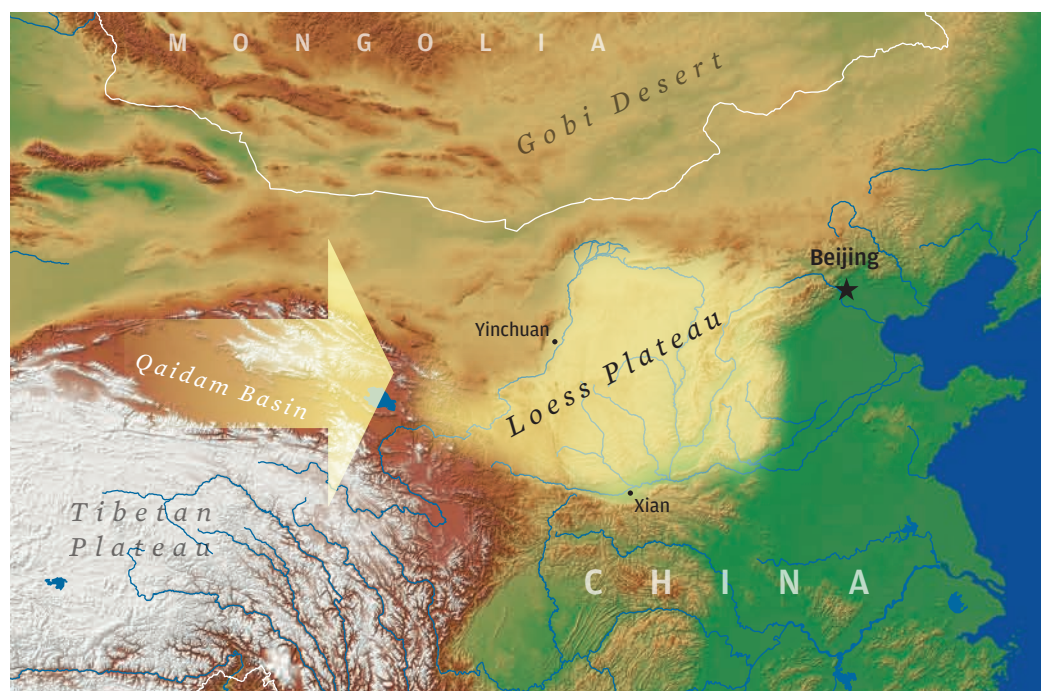
of infection, provoke a protective immune response against the types of HPV that cause cervical and oropharyngeal cancer. The Rochester technology has been incorporated into Gardasil and Cervarix, two vaccines approved for use against HPV.

‘Living Chip’ Technology

The Medical Center has also received a patent for a medical device that could revolutionize the way that physicians moni-

tor the health of their patients. The device—which consists of an implantable “living chip”—is designed to give doctors real-time information about their patients’ health and, more importantly, alert them to changes in their conditions. **Spencer Rosero**, associate professor of medicine and director of the Pacemaker Clinic, developed the technology behind the device.

—Tom Rickey and Leslie White



New Sources Found for Accumulated Dust on Chinese Loess Plateau

Geologists have long thought that the loess—or fine silt—that accumulated on the Chinese Loess Plateau was carried on winds from desert regions to the northwest over the past 2.6 million years. But new research indicates the loess may actually have come from due west, which would change conventional thinking about wind patterns during that period.

A Rochester-led team of geologists from the United States and China compared the composition of uranium and lead in zircon crystals excavated from the plateau and potential source sites.

The scientists found that the ages of the crystals from the Chinese Loess Plateau matched with samples from the northern Tibetan Plateau and the Qaidam Basin, both of which are due west.

“The research should help us better understand how the earth behaves as a system,” says lead author **Alex Pullen**, a post-doctoral associate in earth and environmental sciences. “With that knowledge, we’ll be able to improve our climate models.”

The results were published in the journal *Geology*.

—Peter Iglinski



A POST-RACIAL ERA? We're not there yet, nor is it necessarily an ideal, says Li. "We want to know racial identities because those are the handles by which we begin to establish intimacy."

Q&A

Race Talk in the Age of Obama

President Barack Obama's rhetorical approach to race is one we see often in contemporary American literature, argues English professor Stephanie Li, in her new book.

Interview by Karen McCally '02 (PhD)

STEPHANIE LI HAS BEEN INTERESTED IN Barack Obama for as long as he's been a political figure. An assistant professor of English at Rochester, she's in good company among literary people who took an early interest in the author of *Dreams From My Father*, the memoir that Obama wrote

in 1995, after his election as the first black president of *Harvard Law Review* but before he launched his political career.

The book won praise as a work of literature from the likes of Toni Morrison and Philip Roth. And Li, a scholar of African-American literature who grew up in Minnesota as the product of an interracial marriage between a Chinese-American fa-

ther and a Mexican mother, identified profoundly with the young Obama—a "racial outlier," she says, who, like she did, sought guidance and solace in literature.

At Rochester, she teaches undergraduates and graduate students in her courses on Toni Morrison, *Race in American Fiction*, *Narratives of Immigration and Assimilation*, and others.

In her latest book, *Signifying Without Specifying: Racial Discourse in the Age of Obama* (Rutgers), Li examines Obama's rhetorical approach to race, both on the campaign trail in 2008 and in his written works, alongside the works of novelists Toni Morrison, Colson Whitehead, and Jhumpa Lahiri. She argues that Obama, like these novelists, evokes race through coded language—in his case, a language that carries cultural resonance for African Americans without explicitly naming race.

What do you mean when you say that Barack Obama is our first “signifying president”?

Obama is distinctive not simply because he's our first black president. Even as a presidential candidate, his rhetorical strategies, I think, distinguished him from other, previous black presidential candidates—from Shirley Chisholm, Jesse Jackson, or Al Sharpton, for example. My analysis rests on how Obama uses and manipulates his racial identity. So when I identify him as our first signifying president, I'm identifying the way in which he adopts racial code switching according to different audiences to maximize his identification with the widest array of voting populations.

You compare Obama's means of talking about race—which you call “signifying without specifying”—to an approach Toni Morrison has long employed and has called “race-specific, race-free” language. What does she mean by that phrase, and where has she demonstrated it in her work?

Morrison introduced the phrase “race-specific, race-free language” to refer to language that carries cultural resonances that are specific to African Americans but is free of explicit references to race.

A wonderful example is the letter of endorsement of Obama she made public in January 2008. She rejected the premise that she was supporting Obama specifically because of his racial identity. She said that

explicitly. But then she went on to state that she supported him because he manifested a quality that she identified as “wisdom.”

That was totally perplexing, because Obama had not even finished a full term in the Senate, and he's one of our youngest presidents. Wisdom is really not the quality that we would attribute to someone of his age and his experience. And as I demonstrate to my students in the Morrison class that I teach, when we look at Morrison's larger body of work, we see that wisdom is a reference to the ancestor—an ancestral figure that guides the protagonist and helps him or her to establish a close relationship to their own identity—in particular, their racial identity.

The wise ancestor is one of the key qualities Morrison identifies as essential to black literature. So for Obama to be identified as “wise,” I think, is a code word for “black.” That is, he's invested in his blackness, he understands where he came from.

But it's not only African Americans who employ this racialized language. Where else do we see it?

As I write in my book, we see it in the stories of the South Asian–American author Jhumpa Lahiri. Another great example is *A Gate at the Stairs*, the most recent novel by Lorrie Moore. Moore is a white author from the Midwest. In this novel there are these wonderful scenes in which a young college student is taking care of the black child of white adoptive parents. And the parents have convened a support group for parents of children of color, which includes both white and minority parents. Tassie, the babysitter, is taking care of these kids upstairs and listening to the conversation downstairs. So she can only hear the voices. She doesn't know who's speaking what. And so you have this mixture of conversation between white people and people of color, and it's all coded through the language.

Race-specific, race-free prose is a kind of device which is being used not simply by black authors, not simply by Obama and Morrison—though I think they're the progenitors of this—but is an idea that's being taken up much more broadly within contemporary American literature.

In what ways do you, along with Morrison, see race-specific, race-free prose as an ideal?

I understand race-specific, race-free prose as the language of intimacy. It's language

that recognizes difference without harping upon difference. And that's, I think, what happens when you know and love somebody within your family, within your circle of friends, within your community, and you understand their racial identity, you understand that's crucial to who they are. But it's not the only component by which you recognize their totality.

How did race-specific, race-free language work in your family as you were growing up?

It's hard, actually, to give specific examples. There was just an understanding that we were very different. But as a young child, it was also hard for me to know, is our difference specific to race?

Because my mother's first language was Spanish, she spoke with an accent. My mother also worked full time, as a scientist, which was different from most of my friends' mothers. So there were all of these ways that difference manifested in my life. It was hard to know. Were we isolated because we're racially different, because my mother's an immigrant, because my mother works full time, because my parents are scientists and none of my friends' parents are scientists? It's hard as a child to figure out what are the salient differences in life.

But certainly I think race played a significant role in that. I think race is part of how we understand people in society. We want to know racial identities, because those are the handles by which we begin to establish intimacy. And so now I'm as forthcoming as I can be. I prefer to have my racial identity known as quickly as possible. Because once that's out of the way, once those things can get known, that's the only way that you can get past it toward some greater degree of intimacy.

You also talk about some of the drawbacks of race-specific, race-free language, particularly as they manifest themselves in public conversation. What are they?

When I identify race-specific, race-free language as the language of intimacy, I'm locating it and its uses specifically within a domestic or a personal space.

Once you start using it in a broader, more politicized, grander scale, it's certainly subject to problems. It can engender a sense of paranoia, that sense that everything is coded, that everything is really about race. I don't think that's always constructive when it comes to deciding public policy. **R**

National Hispanic Institute Honors Rochester

The National Hispanic Institute has named Rochester its College of the Year. Established in 1979, the institute is an international organization that provides young Latinos with opportunities for leadership training, community service, and personal development. The award recognizes Rochester's commitment to creating a welcoming, inclusive environment for students enrolled

in the institute's programs—most notably, its Lorenzo de Zavala Youth Legislative Session, which Rochester has hosted for six years. The University began its partnership with the institute in 2006, bringing 150 high school students, mostly from Texas and California, to the Northeast for the first time to participate in the legislative session.

—Melissa Greco Lopes

Tech Transfer Meets the Treble Clef

Wondering how to interpret the flute solo in Ravel's *Bolero*? Unsure about the tempo for the second trombone in Mahler's *Symphony No. 5*? The Eastman School's Institute for Music Leadership has a new online resource for you—Speed Lessons, designed to help students gain insights into the orchestral repertoire of their instruments.

More than 100 lessons are available featuring faculty artists Bonita Boyd, flute; Michael Burritt, percussion; Kenneth Grant, clarinet; Mark Kellogg, trombone; and Peter Kurau, horn. Available at www.esm.rochester.edu/iml/speedlessons, each lesson focuses on a single instrument

in a major orchestral work, and includes a 20- to 45-minute video of a teacher working with a student and the sheet music for the instrumental performance. Once purchased and downloaded, the lessons don't expire and can be viewed on computers, iPads, smartphones, and other devices.



"It's the 21st-century way to present musical material, our version of 'tech transfer,'" says Ramon Ricker, director of the institute and senior associate dean for

professional studies at Eastman. "We're using technology to 'transfer' the knowledge and expertise of Eastman faculty and give students in-depth insights into musical works."

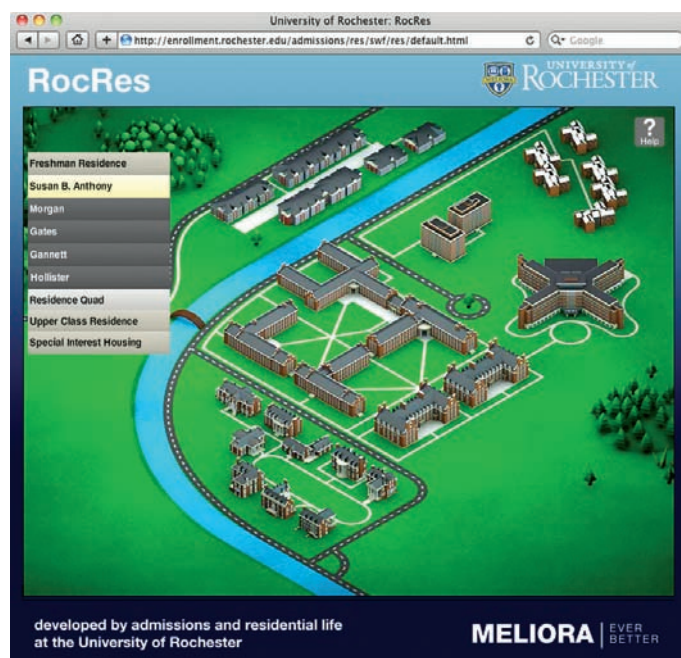
—Helene Snihur

It's "just a very difficult experimental problem to answer. We would like to get better images to see the hotspot itself."

—**John Tarduno**, professor of earth and environmental sciences, in *Smithsonian* magazine describing the difficulty of figuring out how to see the earth's interior and the "hotspot" under the Pacific plate that has produced Hawaii's volcanoes.

"The generation of new neurons, which we call proliferation, occurs prenatally during the second trimester. That is when these neurons are being born."

—**Lizabeth Romanski**, associate professor of neurobiology and anatomy, in the *Los Angeles Times*, talking about a new study indicating that children with autism appear to have too many cells in an area of the brain that's key to communication and emotional development—a finding that may suggest a prenatal origin for autism.



Web Apps for Would-be Students

As the 2011-12 admissions cycle gets under way, Rochester is offering two website innovations designed to provide high school students with more information about the University and the admissions decision-making process.

ROCRes showcases 3D models of residential halls and 360-degree views of select dorm rooms. While not intended to replace traditional campus tours, the site is a tool for those who can't visit campus or are applying from abroad, says Jonathan

Burdick, dean of admissions and financial aid.

New software updates also now allow applicants to trace their applications at each step of the process. Students can log in to a personalized account to see updates; pose questions or discuss the process; and see whether a decision has been made. Admissions decisions will continue to be conveyed by letter.

For more: <http://enrollment.rochester.edu/admissions>.

—Melissa Greco Lopes

Douglass Institute Marks 25th Anniversary with Year of Celebration

Recognized as “one of the great reformers of modern dance,” choreographer Garth Fagan helped usher in a year of celebration for the Frederick Douglass Institute as it turns a quarter century old.

Founded in 1986, the institute promotes African and African-American studies at the University through a research-oriented undergraduate major, residential scholarships, film series, lecture series, and conferences. The institute also sponsors postdoctoral and predoctoral fellows, many of whom will be invited to return to campus this year to share their scholarly work.

“When it comes to intellectual diversity, the Frederick Douglass Institute, for the past 25 years, has been part of the solution,” says Cilas Kemedjio, director of the institute and associate professor of French and Francophone studies. “FDI has contributed to the development of graduate students and young scholars who have gone on to make significant contributions to the scholarship and teaching of African and African-American studies.”

Best known as the founder and artistic director of Garth Fagan Dance, the celebrated choreographer has taught for more than three decades at the



MEDALIST: Tony Award-winning choreographer Garth Fagan helped mark the 25th anniversary of the Frederick Douglass Institute, where he was recognized for his leadership in the arts.

State University of New York at Brockport and is a Distinguished University Professor Emeritus of the State University of New York.

He's the recipient of several honorary doctorates, including one from the University and one from the Juilliard School, and

was awarded the University's George Eastman Medal in 2003 for “outstanding achievement and dedicated service.”

Both popularly and critically acclaimed, Fagan has been showered with recognition for his choreography of Walt Disney's *The*

Lion King, earning the Olivier, the Tony, the Helpmann, and the Ovation awards for that work. More recently, Fagan's *Mudan 175/39* was named the third top dance performance of 2009 by the *New York Times*.

—Susan Hagen

“Giving \$5,000 against a \$25,000 tuition charge is just like the discounting you'd see in a retail operation to bring traffic to the door.”

—Jonathan Burdick, dean of admissions and financial aid, in *USA Today*, discussing the \$5.3 billion in aid being given this year to students whom the federal government says aren't in need of financial help.

Futurity Joins ‘The Conversation’

Futurity, the website hosted by the University that features research news from top universities in the United States, the United Kingdom, and Canada, is going “Down Under.” The Conversation, a leading online source of information and commentary from universities and research institutions in Australia,

now features Futurity news on its site.

Futurity's partners are the Association of American Universities, the Russell Group of universities in the UK, and Australia's Group of Eight Universities. The website was launched in 2009.

—Kathleen McGarvey

PSYCHOLOGY

Tips to Keeping New Year's Resolutions

A leading motivational psychologist says the best way to keep on track with your goals for the new year is to think hard about why you're pursuing them.

By Susan Hagen

AS ANYONE KNOWS WHO HAS RUNG IN THE new year with a vow to lose weight, exercise more, or stop smoking: resolutions are easy to make, but hard to keep.

For advice on how to stick to our well-intended pledges, we turned to Edward Deci, one of the nation's most influential psychology researchers and a cofounder of self-determination theory, one of the most widely regarded approaches to human motivation. During the past three decades, the Gowen Professor in the Social Sciences has collaborated on scores of experimental studies and clinical trials on changing the kinds of health behaviors that typically top resolution lists.

Deci says that being able to keep a resolution over the long haul is directly dependent on why you want to change.

"If you're deciding to lose weight because someone is pressuring you to, it's not going to last very long, because you don't endorse it as your own," he says. "And even if you're doing it because you think you should and you'd feel guilty if you didn't, that's not going to last long either, because we don't like to be forced to do things even by a voice in our own head that says, 'You'll be guilty if you don't.'"

But if you can search deeply and come to the point of believing and understanding that a behavioral change or other resolution is meaningful, important, or perhaps intrinsically interesting, then, says Deci, chances of long-term success are good.

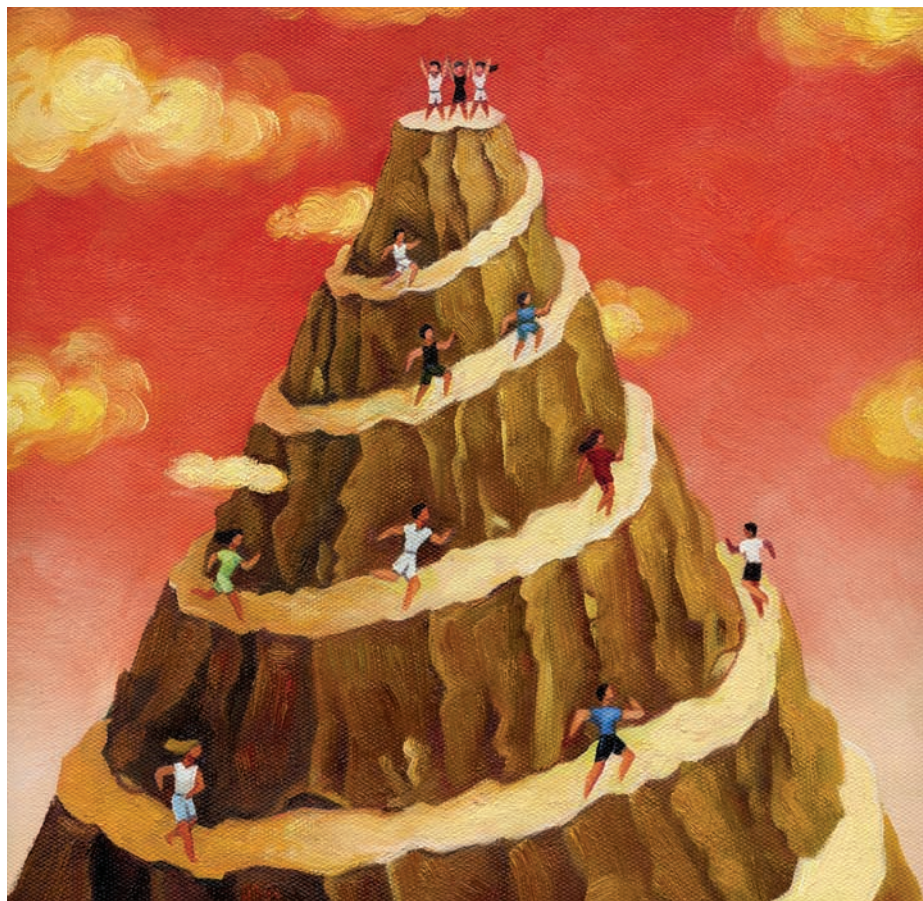
With that in mind, here are Deci's five tips for staying motivated in the year to come:

No. 1: Think deeply about why you want to make a resolution

It's very important that you give it serious consideration. Don't make snap judgments. Don't say, 'Oh yeah, this is the thing that I should do for the new year.' But think about why you want to do this. Why would I make a decision of this sort?

No. 2: Do it for yourself

Don't do it for somebody else. Don't do it because someone else wants you to. Do it



because you think it's really important for you. If you can get to the place in yourself that you really want to do it because it's meaningful and valuable for you, then you're likely to be quite successful.

No. 3: Plan how to integrate the change into your life

Give some real consideration to how you're going to integrate your resolution into your life. If you make a resolution to exercise for an hour a day, then where are you going to get that hour? It's not like very many of us have a lot of free hours in the day, so you have to think it through. How are you going to be able to carry through on this?

No. 4: Manage the environment

What are the obstacles you are likely to face? Be proactive in terms of managing the possible obstacles. For instance, if you

are planning to eat healthier foods, don't have a bunch of unhealthy snacks around the house, because it's going to be just too tempting, and it's going to take too much to try and keep your resolution. So manage the environment in ways that support you rather than ways that interfere with your goals.

No. 5: Take slip-ups in stride

Most people who make resolutions are going to fail at times. There will be a day when you were going to exercise, and you just didn't do it. When you find that you failed, don't blame yourself. Don't beat yourself up for it. Acknowledge that you failed, and then recommit. Don't get into the place of thinking of yourself as a bad person. Then you can just move through the little slip-ups. ®

Susan Hagen writes about the social sciences for University Communications.

HIGHLIGHTS

Swimming Teams Sweep Liberty League

THE MEN'S AND WOMEN'S SWIMMING TEAMS each took home the Liberty League crown as Rochester's winter sports season got off to a fast start, including a top-five ranking for women's basketball. The fall seasons wrapped up with multiple All-America and league honors for Yellowjacket athletes.

Football: Defensive end Chris Bickford '12 was named first-team All-American by the American Football Coaches Association, the first Rochester player selected for the honor in 18 years. The team finished with a 4-5 record.

Field hockey: Forwards Allison Beardsley '12 and Anna Dobrzynski '13 were selected to the All-America team, the sport's highest honor, as the Yellowjackets racked up a record of 13-6.

Men's soccer: Rochester went 9-5-2 overall, including wins over nationally ranked Washington University and Calvin College. The team placed fourth in the UAA and won the Flower City Tournament.

Women's soccer: Forward Ellen Coleman '12 was named first team all-UAA for the fourth straight year and All-American for the third straight year. The team finished at 8-7-1, including a hard-fought draw against nationally ranked Case Western.

Men's cross country: Paced by repeat All-American James Vavra '12, the Yellowjackets took 22nd as a team at the NCAA championships. Rochester also placed sixth at UAAs, fifth at NCAA regionals, and second at states.

Women's cross country: Rochester took third at states, eighth at UAAs, and 13th at NCAA regionals behind solid efforts from Zarah Quinn '13, Danielle Bessette '14, and Hillary Snyder '12.

Golf: Behind Rafael Baez '14, Michael Chudacoff '12, and Nicholas Palladino '14, the Yellowjackets qualified for the spring Liberty League championships.

Rowing: The team's Varsity 8 earned gold at the Western Ontario Invitational. In addition, the Varsity 4-plus took bronze at the Head of the Genesee.

Squash: Rochester made it five Liberty

League titles in a row by going 4-0 at the league championships.

Volleyball: The Yellowjackets went 21-15 overall in the fall, including a fifth-place finish at UAAs. They also shared the team crown at the New York Regional Volleyball Challenge.

Men's tennis: Boris Borovcanin '14 enjoyed a stellar fall season, both at singles and doubles, where he frequently teamed with Brian Rice '12. Overall, Rochester posted a 2-2 mark on the season.

Women's tennis: Frances Tseng '13 reached the singles finals of the ITA regional championships, where Danielle Shreck '12 won the consolation bracket.

women, ranked 20th going into winter break, dominated the Liberty League championships, winning 13 events, including four by freshman Lauren Bailey '15. Emily Friedline '15 was named Rookie of the Year, while Megan Braun '13 and Sara Spielman '13 were named Co-Divers of the Year.

Men's basketball: Rochester took third at the Wendy's Classic by topping Brockport in the consolation game. Rochester finished strong in the first half of the season with an 8-2 record, knocking off two unbeaten teams in four days. Going into the winter break, the team was ranked in the top 25.

Women's basketball: The Yellowjackets claimed the Wendy's Classic crown for a



Men's swimming and diving: The Yellowjackets, who were ranked 21st heading into winter break, roared to another Liberty League title, beating runner-up RPI by more than 200 points. Rochester won 14 events, Adam Bossert '13 was named Male Swimmer of the Year, and Brian Wong '15 picked up Rookie of the Year accolades.

Women's swimming and diving: The

▲ **LIBERTY LEADERS:** Both the men's and the women's (above) swimming teams claimed Liberty League titles this winter, including six new league records for the women and three records for the men.

seventh straight year and climbed to No. 5 nationally with a mark of 10-0. Center Danielle McNabb '14 picked up weekly UAA Player of the Week honors.

Men's track and field: The team started the winter season at the RIT Early Season Invite, where Greg Hartnett '12 won the 1,000 meters and Mark Rollfs '15 triumphed in the 5,000 in his collegiate debut.

Women's track and field: The Yellowjackets won three events at the RIT Early Season Invite, including Ashanna Lynch '13 in the shot put and Yvette Igbokwe '15 in the 60 meters in her first collegiate meet.

—RYAN WHIRTY