

STUDENT-RUN ORGANIZATION | @SBU\_GRADMAG | WWW.SBUGRADMAG.COM

## Women's History Month: Trailblazers in Science

March is Women's History Month, a special opportunity to celebrate and reflect on the extraordinary women whose groundbreaking achievements have profoundly advanced science and technology. We proudly highlight three remarkable pioneers whose work continues to inspire and shape our world today.

### Hedy Lamarr

Born in 1914, Hedy Lamarr was an Austrian-American actress and inventor whose groundbreaking work in frequency-hopping technology paved the way for modern wireless communication. Her innovations laid the foundation for today's Wi-Fi, Bluetooth, and GPS technologies.



Hedy Lamarr

Source: <https://www.newyorker.com>

Ada Lovelace

Source: <https://www.newyorker.com>

Rosalind Franklin

Source: <https://www.nytimes.com>

## Spring Break is Here: Tips for Refresh and Recharge!

Happy Spring Break! We have successfully navigated halfway through the semester—it's the perfect moment to pause, relax, and rejuvenate before heading into the final stretch.

Here are some quick yet valuable tips to ensure you make the most out of your well-deserved break:

1. Rest and Reset: Grad school can be incredibly exhausting. Give yourself permission to truly unwind without any guilt. Sleep in, binge-watch your favorite series, or finally dive into that novel you've had on your shelf for months.

2. Reconnect: Take this opportunity to spend quality time with friends and family. Strong personal connections not only boost your emotional well-being but also provide renewed motivation and support.

3. Change Your Scenery: Even a short trip, a peaceful hike, or exploring new spots in your local area can offer refreshing perspectives and energize your mind for upcoming tasks.

4. Set Clear Boundaries: If you must tackle academic work, clearly define and limit your working hours. Establishing firm boundaries helps maintain a healthy balance and prevents burnout.

5. Reflect and Plan Ahead: Use some downtime to reflect on your recent achievements and thoughtfully set goals for the remainder of the semester. This can significantly enhance your focus and productivity once classes resume.

6. Prioritize Self-care: Incorporate activities like exercise, meditation, cooking your favorite meals, or simply enjoying nature to nourish your physical and mental health.

Remember, taking time to recharge isn't merely beneficial—it's essential for sustained academic success and personal well-being.

Enjoy your break—you've more than earned it!

This article was developed with assistance from ChatGPT.

YOU ARE INVITED TO JOIN US IN WELCOMING OUR SECOND MAGAZINE, *THE FOUR SEASONS*, WITH REFRESHMENTS AT THE...

## SPRING 2025 RELEASE CELEBRATION

RSVP:

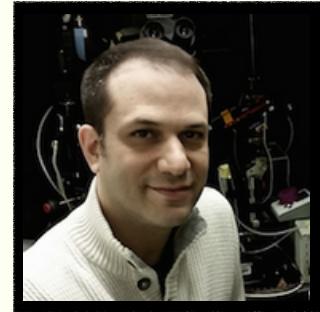
[TINYURL.COM/GRADMAGEVENT25](https://tinyurl.com/gradmägevent25)

APRIL 30TH, 2025 AT 1:00 PM  
THE SHORE CLUB (STUDENT ACTIVITIES CENTER 169)  
100 NICOLLS RD, STONY BROOK, NY



## Professor of the Month

**Josh Plotkin**  
Assistant Professor  
Department of Neurobiology and Behavior  
Center for Molecular Medicine



Josh Plotkin received undergraduate degrees in Biology and Music from the University of Michigan in Ann Arbor. He then attended the University of California, Los Angeles, where he received his PhD in Neuroscience. He was a postdoctoral scholar at UCLA and then at Northwestern University. He joined the faculty of Stony Brook University in 2015, where he is now an assistant professor in the department of Neurobiology and Behavior, and a member of the Center for Affective Neuroscience of Depression and Anxiety (CANDA).

Nominate a Professor here:  
<https://tinyurl.com/NominateProfessor>

