

Graduate School Primer Series: Creating, Building, and Maintaining Social Networks

[AUDIO LOGO] SARAH DAY: It looks like here we are. Welcome, everyone. My name is Sarah Day. I'm a program coordinator here at the Graduate School. And we are so happy to have you all here for today's session on creating, building, and maintaining social networks. I just want to point out that this is one of our Primer series. And we have a couple more of our Primer sessions left tomorrow August 11th from 1:00 to 2:00 PM Eastern time. We have Developing as an Instructor. And then on, I believe, it's Monday, August 14. We have Navigating Graduate School: The Good, The Bad, and The Ugly from 11:00 AM to noon. And then also on August 14, we have Exploring Career Options In and Outside Academia: Make an Action Plan for your Future from 2:00 to 3:00 PM. And then we also want to remind you all that we will be having an in-person graduate school dean's welcome event at Bailey Hall on August 17th at 9:00 AM. And we would love to see you all there in person. And we are so excited to have you all here today. And I am going to turn it over to-- we have a couple folks leading our session today. But I'm going to introduce you to our main facilitator, Janna Lamey will introduce you to our panelists.

JANNA LAMEY: Thank you so much, Sarah. Hi, everyone. My name is Janna Lamey. And I serve as the Senior Assistant Dean for Student Life at the Graduate School. My pronouns are she and her. And let me tell you a little bit about what I do. One is I meet with students. So if any time you have any questions or concerns, feel free to reach out to me. I'm happy to always chat about anything. And the other thing that I do is help support a healthy student life experience. And so, as evident by the Primer series and orientation and trying to make sure that we welcome and we support our incoming students. So I don't do that alone. I have a great team. And so Sarah Day is on that team. And then we also have Zenobia Lee-Nelson who's on this call as well. And we have tons of people that are part of this trying to make sure that we can best meet your needs and help you be successful as a graduate student here. So anyways, it's a little bit of what I do. What we're going to do in a couple of minutes is we're going to be talking about social networks as a graduate student. And so this is often a thing that comes up as far as students wanting to know about how do they get connected with other people. And so we're going to spend a little bit of time talking about that. Before we do, I want to make sure my co-panelists are here. And so I'd like to ask them to introduce themselves, talk a little bit about the programs that they're in, where they're from, what they like to do, and perhaps why they decided to be on this panel. So I'm going to turn this over to Gabriella. Would you like to do that first?

GABRIELLA NOTHAFT: Sure. So, hey, everyone. I'm Gabriella. I am about to start my second year in my PhD in math. I am originally from Brazil. And for fun, usually, I like to be outside, exercise, and also read and do crochet.

JANNA LAMEY: Chade.

CHADE DARBY: Hi, everyone. I'm Chade Darby. I use she/her pronouns. And I'm going to be a third year student in the Organizational Behavior PhD program in the Industrial and Labor Relations School. I'm originally from the Philadelphia suburbs. I like to watch reality TV, go running, and I also crochet like Gabby. And I wanted to be a part of this panel just to share how I create a community here at Cornell.

JANNA LAMEY: Thank you both again for being here today. So the value of this program and talk is that we have some students here so that we can actually chat a little bit about what their

experiences are like. So again, thank you so much for being here today. So I'm going to share with you some slides, and then we're going to chat a little bit more. And so just give me a second, and I'm going to pull that program out. Hold on. There it is. So I'm hoping that everybody can see this. We're going to start off by taking a poll here. And that is we just want to find out are you a social person. And so Sarah, can you lead this, or can I just tell you what your options are? There we go. So we just want this group to-- who's in the room? Do you love to be around crowds and can easily make friends in that environment that you thrive there? Or that you love to be with small groups of people that have a similar interest to yours? Or does being in a room full of strangers allow you the opportunity to find connections with others? And finally hey, I'd rather be by myself as social beings can be exhausting and sometimes uncomfortable. No right or wrong answer but just curious as to who's in the room and where are you coming from. About 36 seconds. Just take another second or two. So it looks like, of those who participated, that most of the group is I love to talk with small groups of people that share a similar interest as I, which is fantastic. We have a couple of folks that find being social exhausting and sometimes uncomfortable, a couple that love to be in crowds or be in a room full of strangers. Why we did this poll is just to say that, hey, look, we're all coming at it from different perspectives. And that's absolutely fantastic and fine. But knowing about ourselves can be really helpful as we decide how we can best find our networks, especially here as a graduate student. So we're going to move on here. So the goals of this talk are really to hear from our current students. And so we have some questions here that we're going to spend some time hearing about their experience, connecting with peers, building their friendships, and those kind of things. I want to also give you some background as to what some of the benefits are for being connected. We're going to talk about some resources. There's a research that was posted in the New York Times that talked about happiness, which might be of interest to you. We're going to talk about the three components of connectedness from our own Dr. Janis Whitlock who has some things to say about how we can be connected. And then, hopefully, by the end of this, we're going to have some plans or give you some enough information that you can develop your own plan and review some steps about creating your own social networks. So what I want you to know is that networks, belonging, community has been well researched. And what we know is that perceived social support has been linked to a wide range of positive outcomes for American college students. And what they talk about a lot is adjustment, motivation, and academic achievement. So it makes sense that we're talking about this as you're starting is that we know that you need community because, if you have community, you're probably going to achieve academically even more. So I can make that link for you with confidence. In addition, we know that, with respect to the sources of social support within the university context, researchers have traditionally focused on two areas, which is faculty and peers. And that both factors are important to a student's ability to have some success academic, social, and some emotional adjustments. So it's important that we spend some time talking about this. Furthermore, it's been interesting to see what the research says about specific groups or specific times that have helped to validate and verify that this is important. We've learned that peers that sharing information building camaraderie decreases feelings of isolation and loneliness. We also know that peers can inadvertently modify or magnify social norms that may not be supportive. So those two things can exist for sure. We learn that during COVID when the degree of perceived social support increased, that students adopt active coping strategies

increases. And we also learned that family and friends were key during COVID, not surprisingly. We now know that international students that faculty support and domestic student social support are related to perceived feelings of belonging, loneliness, and psychological well-being. We've learned through Hispanic-serving institutions that social resources was the highest reported protective factor for resilience and that we also learn that within Black and Latinx communities, the experience of negative racial experiences such as program bias, experiences of service-- expectations of service, excuse me-- family difficulties, and political correctness all contribute to feelings of isolation and lack of connections. And then finally, off-campus students tend to be less connected to their home department and feel a greater sense of isolation than those living on campus. I just share this with you to reemphasize that social connectedness-- most people think of making friends. But there's a lot of research out here that indicate that this is really important stuff for your well-being and existence but also academic support. So this is why it matters. We know that graduate school is full of challenges. We know that, when we're challenged, it means that we're growing. And we know that we need resilience to allow us to overcome challenges and that resilience helps us support growth. And we know that the best way to increase resilience is connection with others and that, when we connect with others, we need to create social networks. And these social networks are essential to overcoming challenges and supporting growth and that they're key during graduate school. So I hope you followed my thought process here as far as why we're talking about this today and why this really matters. We also know a little bit of data about our own Cornell students. And I want to share. This is our Cornell PhD students. What we do is we ask about obstacles to academic success in the last year. And so, basically, we ask students to indicate no obstacle, minor obstacle, or major obstacle. And, typically, loneliness or social isolation is in the top five. And so this is significant for our PhD students here at Cornell. In 2021, of 1,300 students, 75% said that this was a minor or major obstacle. Now we can interpret that this may be post-COVID, and we're looking to try to figure out what this is going to mean long term. But it does give some indication that our students may be struggling in this area. So before we get going too far deep, I want to make sure that we have some time where we hear from our panelists, which is-- my first question is, what do you do for yourself that supports your ability to thrive? And then secondly, when you first started as a graduate student, what did you do to establish your social connection? So Chade, would you like to go first? CHADE DARBY: Sure. So for the first question, I like to set boundaries on the amount of time that I spend at work. So clear cut-off times that I will not be answering emails or doing work is like 5:00 PM during the weekdays, and I don't do anything on the weekends. And that gives me time to do what I enjoy, which is spending time with friends and family and then also just relaxing as well. And when I first started as a graduate student, I joined the Black Graduate and Professional Student Association. I'm the only Black student in my program. So this was a great way for me to connect with other Black students here at Cornell. And I, also, spent a lot of time reaching out to the students ahead of me in my program just to get advice on my coursework and how to navigate the program. JANNA LAMEY: Gabriella. GABRIELLA NOTHAFT: So what I usually do is to try and schedule each day to have times like time blocks for studying, for classes, for work but also adding into my daily routine exercise and having designated meal times where I'm not doing anything else. So I'm not trying to study while I'm eating dinner. And those are all things that helped me have those times where I get to relax and just enjoy what I'm doing outside of studying and working and

whatever. And when I first started as a graduate student, the things that I did was mostly attending as many events as I could. And my department is very full of events in the first few weeks for incoming students, so I got very lucky with that. And I was trying to get my cohort to meet as much as possible. And there's a lot of very fun things to do at the start of the semester around Ithaca. And we're trying to do some of those local things together like going on hikes and trails while the weather is nice and also doing things like Apple Fest and some of the other local events. And that really helps us all connect as a cohort and build that social network.

JANNA LAMEY: Thank you, Gabriella. I just want to echo as far as September, August, September, October, there's the best times to be on campus. And I think there is a lot of activity. And so please take advantage of it as far as your programs are putting together a lot of opportunities for you to connect. And whatever you can do to participate, please engage yourself. I want to go a little bit into what the core concepts of connectedness is. And so this was done by Professor Whitlock a few years ago. But I think it's really important because it gives us a different angle to look at what connectedness is about. And basically, what she said is that the "state of belonging in which individuals perceive that they are valued, cared for, trusted, and respected by individuals and communities for which they are in regular contact". And so that's her definition of connectedness, which is important. But that perceived state of being-- so it's really like what you feel of yourself or how you feel like you participate in a community. And so I think that's an important piece. In addition, it's fundamentally dynamic, so it's active and reciprocal exchange. And so it may be by yourself, but it tends to be with others and that you're actively exchanging ideas and thoughts and interactions. This acknowledges that the individual is both an actor and then also acted upon the environment. And that's really important as far as that-- I've talked to students over the years that may not feel like this is the best environment for them. And connectedness research would support that as far as that maybe not. Or maybe you really thrive because Ithaca tends to be a community that there's a lot of runners. And so one may feel like this environment supports that. And that's fine. That's OK. The experiences can be cumulative so meaning that, if you have a short interaction with somebody this week and a short little interaction with somebody next week, that together, they may give you this feeling of connectedness. And that's fine. They add up to one another. And then finally, what Whitlock talks a lot about is about the intrapersonal and interpersonal experience as far as that you can connect with others, and that's what people normally think about. But you can connect with yourself. And so this leads us to talk about the three points of connectedness. And so Whitlock outlined, as far as that connection with others, connection with self, and then she has a third column, which is connection to service. And so I'm just going to go through these I hope a little briefly. Others, as you know, that finding relationships with others who there's an active and reciprocal exchange is often what people think of. You're purposefully looking for others who may be different or similar from you and that you find some others that may experience interdependence with. And so when you think about your first year and courses that you may be taking, having a study group that would be where you can experience this interdependence with. Self may be something that's more new to you. But the idea is that you can be connected to yourself. And so you may learn how you are connected to each other, and that can be key to connectedness. So you develop an attachment to yourself like what are your core values, your beliefs. What are your narratives about the experience? You can reflect on experiences to decide if that's key for you. And so online tools, books, and conversations can be helpful. I think

it's just important as you're starting something new to keep in mind what makes you tick, what makes you unique. And that is a part of being connected to yourself, which is part of connectedness. And finally, service. This is connecting to the world around you that you're doing a greater good. And over the years, I found that students that have this service piece, like they're doing something that's beyond themselves, tend to be well-established, well-grounded as a doctoral student but also as a human being. And so I would encourage you whatever that may be. This can lead to connectedness because you're having an active exchange of care, trust, value, respect and often greater connectedness with the people that are around you doing the service. And I want to acknowledge it doesn't need to be a formal relationship. It doesn't mean that you need to give something great or grand. It can be just an activity that is meaningful to you. Chade and Gabriella are giving their time today because, I think, that they think that this is meaningful. This would be part of service. Absolutely. But it provides an opportunity to create meaning making, mastery, and other relationships. And so it's another way to think about connectedness-- connected to others, connected to self, and connected to service. And as I said, as you're starting off something new, this may be a different way or another way to look at this. So I'm going to turn this over to the panel again as far as-- we talked a little bit about this earlier in preparation of the talk. But I really want to hear what they have to say about being a new student and building relationships with others, self, and service. And then if there's any reflections they may have in thinking about this newer way of looking at social networks and what to do. So Chade, would you like to go first? CHADE DARBY: So as a new student, like I said, I created relationships with other students in my department. That was really instrumental for me. I also made sure that I was going to therapy on a weekly basis. That kept me grounded as I was developing new relationships and just starting out as a PhD student. And then for service, I work at the Big Red Barn. And then I was also the co-president of the Black Graduate and Professional Student Association this past year. So I really enjoyed giving back to the community in those ways. JANNA LAMEY: Gabriella, what do you think? GABRIELLA NOTHAFT: So as new students, what I mainly did to build relationships was I tried everything once whenever any of the people from my department or from my cohort invited me to do something. I'd try it at least once. And that helped me figure out not only what I enjoyed doing personally but also how we build connections with those people. And saying yes to those things right in the beginning helped me get invited to a lot of other fun events that we had later on in the year. And it really helped me learn how I want to spend my free time and who I want to spend it with. And that really helped me learn how to build relationships. And my main reflection is, over time, I really didn't focus on the self points of the three points of connectedness. But recently, I've been trying to focus on it a lot more. And we have a very limited amount of energy that we can actually spend on forming connections. And we need to know who we are, what our core values are to be able to determine if putting the effort into building that relationship will be worth it. So I think it's really important to first build the self so that later on you can build the other two types of relationships. JANNA LAMEY: So I'm going to turn this over to you all because I just like conversation. And so I am curious if you can put in the chat right now as far as that, when you think about the three points of connections, what ideas might you have about engaging in this? And so let's start off with others. That may be a little bit more tangible for you. But what, as an incoming student, have you thought about that would help you to be able to engage with other students? And I want to note to our panelists, Chade and Gabriella, there's a question in here

from Nicole. If one of you wanted to answer that, that'd be great about how do you manage your coursework while trying to engage socially or in organizations. But in the meantime, I'm waiting for folks to put together what are some ways that you may engage or what have you thought about as being an incoming student to engage with others. Go ahead, Chade. CHADE DARBY: I was just curious if I could answer it instead of just typing. So for me, my first year was a lot of just coursework, but I still made time to attend meetings usually after classes are over so especially in the evenings. I would just go a few times a week and then meet new people and things like that. So it's definitely doable. Obviously, don't overwhelm yourself with committing to a bunch of things but would totally recommend doing it during your first few years. JANNA LAMEY: Here are some other ideas as far as what folks are doing. And Gabriella, you're going to answer this question too. Go ahead. GABRIELLA NOTHAFT: So the main thing that I did-- well, I just finished my first year was to try and block off times to have study groups, especially for all of my classes so that I have times where I'm focusing on the classes. I also have blocks of time where I'm working by myself on specifically each class so that I can also have blocks of time where I'm interacting with people from different social groups or from different organizations and how having those blocked off times allowed me to be able to do everything that I want to do and to connect with a lot of other people that I probably wouldn't have if I was just starting at whatever times I wanted to. JANNA LAMEY: I'm hearing that there's some other ideas in here. So just keep them coming as far as connecting with others, self, or service. What do you plan on doing? I hope folks are reading through there because there's some great ideas. And as you're filling it out, I just want to point out there was a New York Times article in December. And it was, basically, looking at some studies that, basically, developing strong relationships is the single most important thing you can do to have a fulfilling life. And so what they had put together is, through Harvard, some of the researchers-- it's a book that's called The Good Life. They had put together a seven-day happiness challenge. And so the idea was that you can do small things that would build your social universe and so things like how to do an eight minute phone call, how to make small talk, what the importance is of writing a living eulogy, and about the importance of not canceling plans and work friends. And so there's a link here. You can check it out. They don't send the emails right now, but you can read about each of these things. And I think it's really relevant to graduate students, in particular, because these are the small things that you can do when you don't have a lot of time, quite frankly but to keep those relationships going. Absolutely. Related to that, what we did is we pulled out what the small talk that has big benefits. This is something that I hear a lot from graduate students as far as, how do I go about this? What do I do? And so the advice that this article talks about is that talk to somebody that you don't know well, a stranger or both, that these are opportunities for friendly moments of uplift. And so you may not need to know somebody in great detail, but small talk can give you some feelings of uplift. The weak ties can impact your connectedness, mood, and energy. So if there's not somebody that you connect with that can bring you down or increase you, the studies show that rarely rejected, meaning that most students or most people think, oh gosh, I don't want to do small talk because I'm going to get rejected. And actually, the person who's initiating the small talk is seen as more likable. And so just keep that in mind as well. So the panel, I'm going to ask-- Gabriella if you could go first. Could you tell us a situation where you've used small talk, and what was the outcome of that? GABRIELLA NOTHAFT: So recently I attended a conference. It was a week long, and I didn't know anyone there. And then I first got

there, like the first day, we had like lunch. And there was an entire ballroom full of tables, and you had to find a place to sit down, and I didn't know anyone. But I ended up talking with a few people on the table that I had lunch in. And during the time in the conference, I started talking more and more to those people, which made me meet the people that they knew. And at the end, I had a pretty large group of people that I got to know just because the first day. There was some small talk that happened during lunch. And that helped me a lot when I was giving my talk to be able to be more confident since I knew the people that were attending because of everything that had happened before. JANNA LAMEY: Chade, what do you think? CHADE DARBY: So I feel like I used-- well, when I started my program, I felt like I used small talk a lot just to get to know the people in my department. So whenever I see people in the graduate student office or just around the ILR school, I would usually just ask people how they were doing or if they had any fun plans coming up on the weekend. And then it of spirals into, every single time you see that person, you can ask, oh, how'd that go or like I'm just catching up basically since you last talked. So that helped me develop good relationships with people that I work around. JANNA LAMEY: Small talk is one of those forms that just takes time and practice. And I would encourage you, as you're starting a graduate student, become more comfortable in this space as far as how do you talk to people that you don't know, and what does that look like. And so anyways, so I'm going to turn this over. I think we're about done with the talk part. But before we go, I want to make sure that we include the panel as far as, how do you spend your time outside of the academic work if there's something else that you'd like us to know? But probably more importantly, what one piece of advice do you have that new students should consider as they get started in their graduate program. So Chade, would like to go first? CHADE DARBY: So in my free time, like I said earlier, I like to watch reality TV and crochet. I also like to spend time with my friends. We like to go to some of the wineries or listen to the live music downtown. And then one piece of advice I would give to new students is to develop your social networks early and then always being open to new connections as you go along within your program. JANNA LAMEY: Gabriella. GABRIELLA NOTHAFT: So outside of academic work, I really enjoy, as I said, before physical exercise. I'm always trying to do something. And additionally, I also do enjoy crochet, reading. Since getting to grad school, I've really gotten into magic the gathering, and it's really fun. And one piece of advice that I have to give to new students is to just put yourself out there, and that can be kind of scary. There's tons of events that are both focused on new students and also for new students to meet students that have been there for longer, both inside of your department and outside because we've all been first-year students. So we've all been through this situation. And you all remember how stressful it was to get there and not knowing. So just reach out to people. Everyone is a lot more friendly than you think they are. So Cornell is a really good place to build your community. JANNA LAMEY: Send us on to the next slide, which is really understanding what's coming up. And so there's lots of opportunities, like I said, especially in August, September, and a little bit of October to get you engaged. And so please take advantage of this. We have a new program. It's called Grad Connect. And it's a resource fair for graduate and professional students. We have over 50 different organizations on campus coming to this event. And this is an opportunity for you to check out those across campus and to really get engaged with what these services are, things like Cornell Health, Student Learning Center, Center for Teaching Innovation so all those resources that are designed to help you. Please make sure that you come to that. You're part of the Primer right now, which

is fantastic. And so there are a couple more sessions coming up. We will be posting online through Canvas copies of this or recordings of these kind of talks so that you can check them out at a later time. At the Big Red Barn, we have a few things going on. First on August 18th, we have a New Student Mix and Meet where incoming students will be just there and so an idea to pair you up with folks across campus. And so that be a really nice opportunity to check folks out. After that is Tell Grads It's Fridays. I'm not sure how many people are in Ithaca right now. But tomorrow night, we're going to have Tell Grads It's Friday as well. It's TGIF. Beer is \$1.00. And you come, and you just meet a bunch of people. In the beginning of the semester, it's about 400, 500 graduate students. Chade and Gabriella will be-- I don't know if you're going to be working this Friday but are part of the planners that put this together and so the New Student Mix and Meet, the TGIF. They also have a New Student Ice Cream Social on August 24th and then a Welcome Reception for New Graduate Students with Children. And so those are some of the things that are coming up. All of this is in Canvas, but make sure you check it out. As this program is being sponsored by The Big Red Barn with Gabriella and Chade, there are some signature events that we want you to know. I'm hoping everybody knows about the Big Red Barn Graduate Professional Student Center. But they do weekly trivia. They have, like I said, Tell Grads It's Friday. It's probably our two biggest events. They have an Art Fellows where there's art events. And then we have cultural events as well. There is a newsletter that goes out every week, so you can find out what's going on. There's an Instagram and a Facebook as well. And so other Barn events of some examples that you can check out is the Weekly Language Circle, Let's Meditate, and then The Talent Show as well. So just to give you an idea of what's going on. I would recommend that, as soon as you get here, walk down. Find out where the Big Red Barn is. They do have meals in the afternoon. There's a dining unit as well. And then in the morning, we have what's called the write in. So you can go there. You're looking for quiet place just to sit down and write, you can do that or study. You can do that as well so just with graduate and professional students. So check it out. Good. I'm so glad that this is here. This is a picture of the Big Red Barn. So look into the top right, and you'll see what the Big Red Barn looks like. It's beautiful. It's in the middle of campus. It's really pristine. Some other resources for you to know about is, as you get connected with others or want to, please make sure you check out the Big Red Barn like we've been talking about. There's campus groups. Know that there's over 500 different campus groups in this semester on campus. And that may be a great place to get connected to others who share an interest of yours and thinking about what you said in the beginning in the poll. That may be a really great opportunity for you to know that two people really enjoy something, and they have something shared in common to make your groups of people, your social networks. As I said, you can get connected with yourself. And it may be through GPSA being involved there. The graduate school hosts 14 different identity groups, so that may be another experience that you would like. Chade was the former Vice President of the BGPSA. It's fantastic. There's other groups that you can be involved in as well on the outline there. There's a health center. And so there is mental health available. And so Chade, you gave a great example as far as one way to keep grounded is to be working with somebody. And so I appreciate that. And that is available. And how you can get connected with yourself is looking to see what opportunities exist. And so our grad announcements goes out every Monday evening, and that may be a great opportunity for you to check that out. And then finally, to do service, like I said, it doesn't need to be something so formal. But you should be checking out Visit

Ithaca. There's an event pages. There's a sports team. There's Facebook of The Big Red Barn and things that you can do here, the Einhorn Center for Community Engagement is probably the largest. That is a public service center. And so if you want to do something more formal, that would be a great place for you to go to. And then there's also classes that you can do as well. And so there's a lot of opportunities here. Just want to make sure that you're familiar with some of them. So any questions or comments before we send you out to talk to each other? This is about social networking. And I feel strongly that you should be able to learn about the people that are in this room. And so we're going to send you out in a minute. But is there any questions or comments about anything that we've talked about today? "Chris, thank you very much. So excited to start my Cornell life. Looking forward to attending the BRB, Big Red Barn, events. Thank you so much for this helpful session. Good. That's what we can hope for. I do encourage you to stay on. We're going to send you out, so I'm going to stop sharing right now. And fortunately, Gabriella and Chade have agreed to stay on and help facilitate a conversation with everybody. We're going to put you in rooms. And we just want you to introduce yourselves and then talk about what one tip do you have about developing social networks. I'm assuming that this isn't your first time coming to a new place and that you probably have some ideas as to what you want to do. So please share that with each other. And then, also, I want you to talk about a concern or just a question that you may have about being connected in a new place like Ithaca and Cornell. And so we're going to send you out. Half of the group is going to go to Gabriella and half of the group is going to go to Chade. And we will spend about 10 minutes, and then we'll bring the group back together. I don't want to keep folks on just because we have nine more minutes together. But I'm happy to stay on. I want to send out a special thanks to Chade and Gabriella for being here. I'm going to give you a hand. I hope others can join me somehow. But anyways, thank you so much. I'm forever grateful as far as taking the time and coming today. I'm happy to stay on and willing to chat a little bit more. But I just want to formally conclude this experience so that, if you need to go to other things, that's fine and understandable too. But thank you so much for taking the time and be thoughtful about your networks as you start your Cornell graduate experience. So thanks so much for coming.