Messages

We welcome you back for Fall and hope you are refreshed and renewed. I extend to you my heartfelt gratitude for your contributions to our collective-conscience by involving yourselves so deeply in the lives of our students, and fostering harmonious and collaborative relationships with one another. Enjoy this season of your lives, and I hope you will find meaning in your work and time.

Dear GU colleagues and all,

What a great season!

Thank you for coming back to 2013 GU autumn semester. I know you have all enjoyed wonderful summer breaks. As you know, everyone was excited to enjoy Chuseok (Korean Thanksgiving Day) in Korea. Soon you will see and enjoy Korean autumn and winter days. We Koreans say autumn is a good season to enjoy harvested fruit, reading and hiking. Of course, burning mountains nationwide will offer another joy to your eyes. I hope that we could also enjoy GEC Mt. Seolak hiking all together on October 9, 2013. Autumn is also a harvest season and a time for you to review your 2013 school year. I personally appreciate your valuable year at GU in 2013. Here I would like give a tip...an oriental maxim from the Root of Wisdom:

Human Heart finds Happiness in Harmony
Birds are ill at ease in high winds and pelting rain, Grasses and trees rejoice in sunshine and gentle breezes. Just as heaven and earth needs harmony every day, So every day the human heart needs happiness.

Looking forward to seeing you for coffee anytime.

Larry Chong, Ph.D
Director of International Cooperation Center

GU was very thankful to the addition of GU Herald during the Spring Semester. The paper served as a great venue for sharing linguistic, cultural, and educational information and ideas among GU family. With the beginning of the autumn semester, I sincerely hope GU Herald will have more roles to play for the GU community. It is great to hear from the Editorial Board that the GU Herald decided to solicit news and feature articles not just from faculty members but from students as well. I am sure this will help our GU students find a more authentic way of improving their English ability as well as their writing skills. Welcome back GU Herald and Long live for YOU.

Thanks!

Sang-Ho Han, Ph.D.
Director, GEC

News

GU Conducts Faculty Assembly; Progress Report Presented

by Inah Marie P. Sagmon, MA in Teaching English

Gyeongju University opened the Fall Semester with a general faculty meeting at Room 2B01 on August 21, 2013. The said activity which was attended by approximately 70 international faculty members and some Korean professors, who were members of the university’s special committees, tackled GU’s vision and long-term development strategies.

Some of the university’s development plans were: innovations in education, faculty force, student potentials and external relations, and strengthening university specializations by bringing in specialists in the fields of Culture–Tourism through internationalization and glocalization. The university aims at “Sharpening Competitive Edge for Excellent University Status in Gyeongsang Area.”
The primary objective of the said activity was to give the international faculty members an opportunity to learn more about Korean culture while at the same time socialize with both their Korean colleagues and students from the Culinary Arts department. Participants in the event were given the chance to prepare their own Songspyeon. Songpyeon is a red bean-filled traditional rice cake delicacy served during Chuseok.

Gyeongju University - Global Education Center (GEC), in keeping with the spirit of Chuseok (Korean Thanksgiving), sponsored a picnic for the foreign professors on September 16, 2013. The picnic activity held at Gyeongju’s Cheomsongdae Observatory was participated by more than 20 professors from the GEC, some guests and school administrators namely Dr. Larry Chong, Director of International Cooperation Center, Dr. Sang Ho Han, GEC Director and Dr. Sanghun Han.

The picnic ended at around 5:30 PM but the professors, upon the suggestion of Dr. Han, decided to have dinner together at a restaurant in Chunhyo.

The group wrapped the night up with a 3-hour non-stop singing at a noraebang also in Chunhyo.

### Feature

#### Honoring the Departed

by Engelbert Pasag, Ph.D

Chuseok in Korea is a time when people travel to their hometowns, creating traffic in the countryside and often causing KTX website to crash due to heavy online bookings. On this occasion, Koreans return to their hometowns to celebrate and honor the dead relatives. This is coupled with several gestures such as offering foods and giving thanks for a bountiful harvest, or shall we say, a successful life.

Geoffrey Scaree, in his article “Speaking of the Dead” (2012, Durkheim University) explained why we should treat the dead with respect. He wrote that it is how we ourselves would hope to be treated someday. Confucius, in his Golden Rule, has also put forward that ‘you should do unto others what you would have others do unto you’. This was Confucius’ attempt to explain how harmony and balance can be achieved with friends, in the family or in the government. Further, Confucius hugely emphasized respect for parents, a teaching shared by almost everyone regardless of belief or religion.

Parents are given a very high regard in the Chinese culture and so they are to be obeyed. On the other hand, the children are expected to care for their parents even after death. In the Ancient Chinese philosophy, the deceased still have influences on the living so they are expected to be obedient. On the other hand, the children are expected to carry out various rituals in their honor.

Venerable Master Hsuan Hua, in his talks on Dharma, mentioned that the greatest act of filial duty (Great Filiality) is repaying the kindness of one’s parents, teachers and elders. This means that giving respect and honoring even the dead are the greatest acts of showing love to them. In contrast, Small Filiality is about making our parents and elders happy, providing food and shelter for them and giving them peace of mind. This means that it is a great act to show respect to those who have died.

Paying respect to dead relatives is one of the most honorable acts a living person can give to the people who were once part of our life. Just as a tree has its roots and a stream has its source, it is proper to pay attention to the people who initially cared for us in our growing years, before we are able to stand and make decisions for ourselves.

#### A Trip to Istanbul: Meeting Point of Nations and Civilizations

by Sang-Ho Han, Ph.D

During the first week of September, I had a chance to visit Istanbul, the cultural capital of Turkey. Since I work at Gyeongju which, on the other hand, is regarded by many as the cultural capital of Korea, I was expecting to see the ‘Istanbul-Gyeongju World Culture Expo 2013’ and the ‘International Symposium on Ancient East and West Capital Cultures.’ The World Culture Expo was jointly hosted by the province of Gyeongamkubdo-do and the city of Istanbul to highlight the historical fact that there were cultural exchanges between the East and the West as early as during the Silla Dynasty (BC 57 – AD 935). However, my trip was more for the symposium than to the Culture Expo, I would like to share my experiences related to the former with GU Herald readers.

The exact theme of the symposium was “Encounter between Ancient East and West Capital Cultures and Directions for their Confucient Development”. The event consisted of special presentations of four keynote speakers from different countries: Italy, Turkey, China, and Korea followed by question-and-answer sessions.
Since the principal medium of communication was English, my role during the presentations was to provide translation service to the 70 international participants, at the symposium. Even if the areas of culture and history were not my main field of study, I had to translate the speeches of each speaker from English into Korean or vice versa. During this process of translation, I had the fortune of getting to know much about the east-west exchange of cultures since the ancient times.

The first speaker, Dr. Michael Teichmann from the German Archaeological Institute in Rome, made a full-length introduction to quantitative and qualitative approach to archeological research. Along with research methods, he introduced how to study Roman landscapes from a variety of perspectives. His presentation evidenced material evidences of cultural exchanges between the East and the West, such as silk and Roman glassware.

Dr. Teichmann's theoretical background was followed by the speech of Dr. Cezmi Eraslan, a professor of History at Istanbul University, on the chronology and exploration of the city of Istanbul as the meeting point of nations and civilizations. This made me fully aware that the city of Istanbul served as a very important intermediary between East and West cultural exchanges through the Silk Road.

In the next issue of the GUI Herald, I will be presenting more historical evidence about cultural exchange and Gyeongju as the starting point as well as end point of exchanges between the East and the West.

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CELEBRATING CHUSEOK
by Fely D. Kam, Ph.D

From September 18 to 20, 2013, Korea celebrated CHUSEOK. So, what is it?

Chuseok is a Korean thanksgiving and harvest celebration, also known as “Hangawi,” which means “Harvest Moon Festival.” Originally, Koreans gave thanks to their ancestors for plentiful harvest and shared their abundance with the family members, relatives and neighbors, being a former agrarian country.

The Jeju Weekly says, the origin of Chuseok is not clear but it “can be traced back to a religion related to the moon from ancient times. The sun was considered natural, but the full moon that came once a month to brighten the dark night was seen as a grateful presence”.

The 3-day holiday does not have a fixed date but always takes place on the 15th day of the 8th month of the lunar calendar, which may fall on a weekend or during the weekdays. Chuseok is a big holiday in Korea and one of the most awaited holidays in the country. This is also the time when Korean people go back to their hometowns to visit their families, relatives and friends.

Being a curious foreigner here in Korea, I desired to experience the Chuseok festival with a Korean family. I wanted to witness and enjoy the amazing traditional practices performed by the Korean people during the days of the celebration.

My wish came to a reality when we were invited by a Filipino friend, married to a Korean, to celebrate the holiday with her husband’s hometown. As we traveled for 2 hours, I saw the beauty of the countryside and the green mountains along the highway. When we reached our destination, I felt the hospitality of the mother and family members take time to be together during Chuseok.

Family members brought food and drinks to their ancestors’ burial ground to bring food offerings. A video installation features recreation of her poem Melancholy Mixed with Stardust.

Family members make offerings to their ancestors and plant trees. The family entertains people by singing and dancing. And another tradition is the giving of gifts to the members of the family, relatives and neighbors, being a former agrarian country.

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Another study involved making lab rats swim in water tanks. Apparently, rats aren’t good swimmers, so it was a demanding task. The rats were divided into two groups. One group swam for three hours, took a forty minute rest and then swam for another three hours. The other group walked three to four miles at an easy pace (at 50% of maximum heart rate). The swimmers performed these intervals at least five times in a session. After five intervals, increasing their pace to 70% of maximum heart rate for three minutes and then walking slowly, at 40% of maximum heart rate. They performed these intervals at least five times in a session. After five intervals, increasing their pace to 70% of maximum heart rate for three minutes and then walking slowly, at 40% of maximum heart rate. After five intervals, increasing their pace to 70% of maximum heart rate for three minutes and then walking slowly, at 40% of maximum heart rate.

In this issue, Professor Jonathan De Leon has graciously shared the written exerts of sophomore nursing students from his Major English Conversation 2 class.

WRITTEN OUTPUTS OF MY MEC-2 STUDENT

by Jonathan de Leon, MBA

I’m pleased to present materials created by my students here at Gyeongju University during the fall semester of 2013. I decided to feature the written output of my Major English Conversation 2 (MEC 2) students. These students are sophomores belonging to the College of Nursing.

There were two reasons for my decision to share this material. First, these articles contain glimpses of the aspirations of our GI Nursing students. And second, these excerpts show the kind of writing they can produce given a 30-minute time limit.

The following section contains portions and quotes from the individual essays of my seven nursing students.

DA SOM KIM (Jasmine)

After I graduate, I will work in a university or a general hospital. They have good facilities and technology that will give me a chance to learn more about my profession. I will go around all the nursing departments but I will specialize in emergency room. My aunt told me many things about it. So I want to have some experience here at home. I will prepare for NCLEX-RN and go to USA. If given the chance, I want to be a travel nurse there… in my fifties, I’ll do volunteer medical services because I have already gained lot of experiences and skills… I will also help small hospitals or home cares… Lastly, I want to write a book about my life story as a nurse.”

SA-RA KIM (Sara)

“… I want to work at the children’s hospital. I want to be a nurse in children’s department. I will be a head nurse or occupy a higher position… I may meet my husband in a hospital… I will travel with my husband around the world after I retire as a nurse…”

GA E HWANG (Annie)

“I love exercise and I dreamed of becoming a soldier when I was young… I have a different wish now. That is to be a nurse officer. I want to take care of people’s health especially the soldiers and children. So, my other dream is to be a pediatric nurse… I don’t want to choose between the two. I want both to happen. I will obtain my nurse license…”

HYEBIN LEE (Stella)

“I will pass my nurse licensure exam, I want to work in Busan University Hospital. I will work in the internal medicine department there at first… Then I will specialize in psychiatric nursing. I’m very interested in the human mind… I want to do psychiatric research too. I will be a head nurse or occupy a higher position… I may meet my husband in a hospital… I will travel with my husband around the world after I retire as a nurse…”

AH KYUNG KWON (Anna)

“I’m studying hard to get high grades because… I want to work in a big hospital in Seoul. I will work in OR, ER, or ICU of Asan Hospital for 3 years. I will keep studying English and NCLEX-RN to get a hospital work in the United States, New Zealand, Australia or United Kingdom…” I will definitely find a job in any of those countries however long it may take. If I get a job there, I will go to a university to become a NP, Nurse Practitioner.”

BI-HYANG OH (Laura)

After I graduate, I will work in a university hospital in Seoul to learn more about nursing. I want to work as a pediatric nurse because I like children… I like to become a travel nurse also at a disaster area or a developing nation… As I become older, I will work in a convalescent hospital as charge nurse.”

MINHEE LEE (Liz)

“… I want to work at Ulsan University Hospital. After five years of working there, I will prepare for Masters of Nursing… I will major in psychiatric or surgical medical nursing. I will be a professor. I want to teach university students. I also see myself working as a research nurse so I can bring up my child at work… I will volunteer as a nurse for babies when I get old. If I have saved much money, I want to donate for disabled babies. I want to live my life as a nurse.”

Sports

HIIT it!

It’s an interesting time to be into exercising. Hard science is dispelling a lot of long established myths. This is the message in Gretchen Reynolds’s thought-provoking book, The First 20 Minutes, published last year by Icon Books.

Reynolds says a lot of interesting stuff—to too much to cover in one article—but one of the most poignant topics she discusses is the importance of intensity for achieving overall health improvements through exercise. Key to this is the concept of ‘interval training’—repeatedly pairing short bouts of intense exercise with short periods of rest in a single exercise session. It isn’t fun (which is my guess as to why most people don’t do it) but Reynolds cites a number of studies showing the efficacy of this form of training.

In a Japanese study, for example, middle-aged and elderly walkers were divided into two groups. The first group walked three to four miles at an easy pace (at 50% of maximum heart rate). The other group tried intervals, increasing their pace to 70% of maximum heart rate for three minutes and then walking slowly, at 40% of maximum heart rate. They performed these intervals at least five times in a session. After five months, both groups had better blood pressure, but the interval group was “significantly more physically fit than the strollers,” with more leg power and higher maximum oxygen capacities.

Another study involved making lab rats swim in water tanks. Apparently, rats aren’t good swimmers, so it was a demanding task. The rats were divided into two groups. One group swam for three hours, took a forty-five minute break, and swam for another three hours. Tests performed on the rats’ leg-muscle fibres showed the rats were becoming fitter. The second group was fitted with little weighted jackets. As you might imagine, they swam frantically for only twenty seconds, were given a ten second rest, and then put back in
the water. This was done fourteen times. Upon testing, they were found to have accrued, in four and a half minutes of intense exercise, the same physical benefits of the group that swam for six hours.

Returning to humans, another test of HIIT—high intensity interval training—was performed on university students in Canada. Again, the participants were divided into two groups. The first group rode stationary bikes for 90 to 120 minutes. The other group performed 20-30 seconds of all out effort on the bikes followed by a four minute rest. This cycle was repeated four to six times. Both groups exercised three times a week. After two weeks, their endurance was measured. Findings indicated that the increases in endurance were shown to be about the same for the group that exercised six to nine minutes a week and the group that exercised for five hours a week. In Reynolds’ words, “Six minutes or so a week of hard exercise (plus the time spent warming up, cooling down, and resting between the bouts of intense work) had proven to be as good as about 300 minutes of less strenuous exercise for achieving basic fitness.”

These findings are further enhanced by a longitudinal Finnish study of 2,560 men which found that the men who were the most physically active were least likely to get gastro-intestinal and lung cancer. According to the research, men who jogged at least thirty minutes a day had a 50% reduction in the risk of cancer. Another study of walkers found that those that walked at 70% of their maximum heart rate had a greater increase in physical fitness than those who walked at less intensity, even if those who walked at less intensity walked more. The general conclusion is that, for your overall health, even moderately intense exercise is better than low intensity exercise.

The key message I take away from all this is, if you want to get healthy, you have to really get that heart pounding. Reynolds suggests that “if you’re breathing hard enough that you can barely converse during a workout, you’re exercising vigorously.” That seems to be a good mark to shoot for. Of course, this call for increased intensity may not be welcome news to those who enjoy long leisurely workouts. Nonetheless, it’s backed by science, and at the very least is good food for thought.

If you’re interested in trying out some high intensity interval training, Reynolds suggests what a workout on a stationary bike might look like:

1. Warm up for three 3 minutes.
2. Pedal ‘all out’ for 60 seconds.
3. Rest for 75 seconds at 40% of max heart rate.
4. Repeat this cycle at least 8 times.
5. Cool down for 3 minutes.

Try to do three sessions a week. Reynolds states that this ninety minutes is equal to five hours of conventional exercise. And you’ll feel great afterwards—a little like our furry friends finally being pulled out of the water tank, I’d imagine.


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