



Catch Up with Communication Studies

February 2025

Monthly E-Newsletter

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What is Communication?



Communication is the process of creating, exchanging, and interpreting messages through verbal, nonverbal, and mediated channels. In Communication Studies, we explore how messages are constructed, delivered, and received, as well as their impacts on building and maintaining personal and professional relationships, the impact of media on people's opinions, feelings, and behaviors, strategies for persuasion and social influence, and the role of communication in addressing critical issues like health, risk, and environmental changes.

-Dr. Yixin "Cindy" Chen



Courses Spotlight

Undergraduate Course

COMS 3350 Communication and Pop Culture



This pop culture course invites students to explore the powerful influence of media and entertainment on our daily lives and social norms. From TikTok trends to blockbuster films and sports, students will investigate how these seemingly everyday cultural elements communicate messages that shape our identities, behaviors, and values. By analyzing music, television, celebrities, and advertising, students will learn to decode the deeper meanings behind popular culture and understand its significant role in reflecting and creating societal standards. This course is ideal for those interested in understanding the "why" and "how" behind pop culture's impact on our world.

Interested in this course? Message Dr. Caleb G. Hubbard at cgh034@shsu.edu to learn more about it!

Graduate Course

COMS 5390: Seminar in Communication Studies: Communication for Organizational Leaders



Ready to enhance your leadership skills and make an immediate impact in your career? This course dives into the critical role of communication in leadership, covering topics like leadership styles, conflict resolution, decision-making, self-leadership, and leading virtual teams. You'll gain practical tools and strategies that you can apply right away to drive organizational success and become a more effective leader. Whether you're a manager, team leader, or aspiring professional, this course is your next step toward leadership excellence.

Interested in this course? Message Dr. Rebekah Chiasson at rmc080@shsu.edu to learn more about it!

Want to see what else we offer?

[Undergraduate Course Catalog](#)

[Graduate and Professional Course Catalog](#)



Faculty Spotlight

Dr. Yixin “Cindy” Chen, Associate Professor



Teaching communication involves equipping students with the theories, knowledge, practical skills, and critical thinking abilities needed to effectively interpret, analyze, and exchange messages across various contexts. It prepares students to become ethical, strategic, and impactful communicators in a wide range of fields, including human resources, sales, healthcare, risk assessment, and environmental protection.

I teach Health Communication and Persuasion at both undergraduate and graduate levels. I also teach Environmental Communication and Interpersonal Communication at the undergraduate level, and Risk Communication and Social Support & Well-Being at the graduate level.

I study how interpersonal and mediated communication processes influence cognition and emotion and the impact of cognition and emotion on decision-making and well-being. Currently, I am pursuing: 1) using health communication and risk communication to promote healthy behaviors and reduce risky behaviors; 2) effects of social support on well-being during stressful life events; 3) the role of environmental communication in promoting sustainable behaviors and mitigating climate change.

Fun fact: I love singing and doing dance workouts with my favorite songs. Some of my favorite songs are You Raise Me Up, I Have a Dream, More Than I Can Say. They always make me happy and fill me with energy!

Kristen Hester, MA, Adjunct Lecturer



For me, communication all comes back to relationships. Communication lies at the heart of every meaningful connection, whether with students, colleagues, or loved ones. I love teaching because it allows me to build those relationships at SHSU — and no relationship thrives without communication. My passion for teaching and studying communication is rooted in the desire to improve my own relationships and help others do the same.

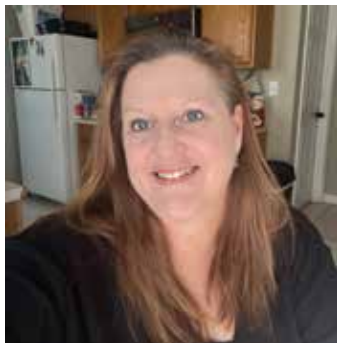
I teach Public Speaking, Interpersonal Communication, Conflict, Negotiation, & Resolution, Intercultural Communication, and Humor in Communication.

Fun fact about me: I love to travel with my husband, and one of our favorite ways to explore a new city is by hopping on a Segway — yes, just like Mall Cop!



Student Spotlight

Kami Hunley Jackson, Graduate Student



As a Graduate student in Communication Studies, I have been able to renew my joy of learning. My experiences in my classes have been tremendously rewarding and fulfilling. I chose this Master's program to further my teaching career and hopefully teach at the college level. I have been working on important research that I am passionate about.

Jacorey Leonard, Undergraduate Student



I am currently a junior, majoring in Communication Studies and Marketing. I love being a Communication Studies major because it is teaching how to improve my communication skills when it comes to resolving conflicts, networking, and public speaking. I hope to one day be able to share with others the communication skills that I have learned here at SHSU as well as encourage others to pursue a career in communication.



Student Organizations

Lambda Pi Eta



Applications have just closed. We look forward to welcoming the new inductees this April.

Be on the lookout for future Lambda Pi Eta events, as we invite alumni to speak on what they are doing with their communication degrees and other networking events.

CommuniKats



Do you want to improve your communication skills or connect with like-minded students interested in communication? Connect with CommuniKats!

CommuniKats is open to new members, all students welcome.

Contact current CommuniKats president Kylee Patterson at kmp118@shsu.edu or follow on Instagram at [@CommuniKats](https://www.instagram.com/CommuniKats) for more information and updates!



Celebrations and Success

BBC: The Power of Hugs for Reducing Inflammation in the Body: Dr. Lisa Dahlgren



Did you know that hugging could help improve your physical health? Even brief hugs can help too! Dr. Lisa Dahlgren recently spoke with BBC about the benefits of physical touch such as hugging on our health and wellbeing.

Watch BBC's video [here](#).

Learn more about the study [here](#) or message Dr. Lisa Dahlgren at lxv024@shsu.edu



Pet Spotlight

Mrs. Joy Mallory's Pawesome Pets!



Pearl
Major in Queen Attitude
Minor in Sleep

Daisy (left)
Major in Travel
Minor in Human Relations

Max (right)
Major in Eating
Minor in Security



Important Upcoming Dates

February

Wednesday, February 12th

 Academic advisement opens for Summer and Fall 2025

Wednesday, February 26th

Communication Day: COMM to the Carnival! **CHSS 410, 2:00 - 4:00PM**

Come join us as we celebrate Communication Studies and students like you with an afternoon of games, food, and fun! All students are welcome, bring a friend!

March

Monday, March 10th - Friday, March 14th

Spring Break

Wednesday, March 26th

Full Term: Last day to drop courses with a “Q”



Want to be Featured?

Join the conversation and use the form below to help us tell your stories!

**Newsletter
Submission Form**



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