



Graduate Student Senate

General Assembly Meeting

March 18, 2019

<https://lehigh.zoom.us/j/746776052>



@LehighGSSJ

ingss@lehigh.edu

- **Reminder:** please stay safe and keep healthy over the coming weeks! Thank you for joining us today!

ingss@lehigh.edu

Recording Reminder

As a reminder, we are recording today's meeting

The recording will be posted online for graduate students who are unable to attend

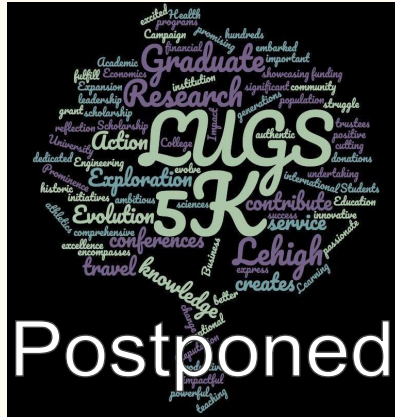
Agenda

- Announcements & Events
- Elections
- Mental Health Resources
- Wellness Check-In
- Open Floor

Graduate Life Events

All **in-person events** have been cancelled

Some events will be held virtually or postponed



WE'RE GOING VIRTUAL

WOMEN'S EXCHANGE

SHARING OF IDEAS,
INFORMATION, AND INTERESTS

**Graduate Life Office
GOES VIRTUAL**

Grab your lunch and join us to
check in and learn how others are
coping with our new situation
Every Wednesday at Noon.

URL: <https://lehigh.zoom.us/j/815795823>

WE'RE GOING VIRTUAL

gradlife@lehigh.edu

GLO Virtual Events

Add GLO's Virtual Event Calendar!

<https://tinyurl.com/GLOVirtualEvents>

Virtual Open Mic Night

Saturday, March 21, 2020

7 - 9 pm

Any other ideas? Let us know!

- Let us know if we need to add any events to the GLO calendar!

alison.erk@lehigh.edu

Access the Career Center Virtually

Remote Career Lab (via Zoom)

Monday - Friday

10:00 am - 3:00 pm

Coaching Appointments (Phone/Zoom)

Schedule an appointment on Handshake

Career Lunch & Learn is now Virtual

More Info. <https://careercenter.lehigh.edu/content/working-virtually-career-center>

CAREER LUNCH & LEARN FOR GRADUATE STUDENTS GOES VIRTUAL!!

Grab your lunch and join the conversation
to discuss interviewing tips and strategies
with your fellow graduate students!

12:00pm to 1:00pm
REGISTER ON HANDSHAKE &
ACCESS VIA ZOOM

**Wednesday, April 8 - Interviewing:
Tips, Tools and FAQ**

Sponsored by the Center for Career and Professional Development
and the Graduate Student Senate

- Career Center has moved everything virtually
- Career Lunch and Learn: please continue to connect and build different networks together!
- Interview rooms are currently NOT in use

GRADUATE STUDENT SENATE
LOGO COMPETITION

ingss@lehigh.edu

GSS Logo Contest

Design a logo that represents the
GSS

\$150 Prize to winner

Hand drawn or digital designs

Creative Grads!

Design a logo that best
represents GSS.

Your design could be
featured on flyers, swag,
letterheads, & more
for years to come!

Winner receives

\$150

after community
votes!

Submit by
March 25th!

SCAN FOR
DETAILS & TO
SUBMIT



- Submissions due by **Wednesday, March 25**
- We will vote online via SM to determine the winner

inprism@lehigh.edu

Pride Center Virtual Drop-In Hours

Available daily
2pm to 4pm EST



*Virtual
Pride Center
Lounge*

Zooming
Daily
2pm to
4pm EST



*Feel free to stop by any day and
connect as community*

go.lehigh.edu/virtualpridecenterlounge

- A way to stay connected and fight isolation
- For anyone looking for company, conversation, etc.
- Starting next week (week of March 23), it will be a 24/7 resources (staff will be present 2-4PM each day)

inprism@lehigh.edu

Prism Pair Buddies!

<https://forms.gle/if8CQjd2QooY3hxEA>

CALLING ALL BUDDIES!!!

**LET'S STAY CONNECTED
WHILE SOCIAL DISTANCING**

Sign up to be a virtual buddy!
BOND OVER...

- ZOOM CHATS
- PARALLEL PLAY/WORK
- NETFLIX PARTIES
- ONLINE GAMING
- DECOMPRESSING AND VENTING

AND WHATEVER ELSE YOU BOTH
AGREE TO!!

PRISM

- PRISM is creating a pair bonding experience/platform
- Check out GLO social media as well
- Pair up with someone who wants a buddy and you decide how you want that pairing to go! Some may want conversation, some may want games, some may want a productivity accountability partner, etc.
- Open to anyone! Not exclusive to PRISM members
- Email Sine (siz517) or the inprism@lehigh.edu address

GSS Executive Board Elections

Timeline:

- March 18: Nominations Open
- April 15: Nominations Close
- April 22: Candidate Speeches and Voting
- April 29: New E-Board Runs the Meeting!

- Whole election process will happen virtually

GSS Executive Board Elections

GSS Election Committee:

*“Election proceedings shall be governed by a volunteer Election Committee. The Election Committee shall minimally consist of a supervisor, an announcer, and **two (2) record keepers**. No member of the Election Committee shall be permitted to run for office or vote in the elections. Efforts should be made to include one graduate student from each college in the Election Committee. Graduate students do not need to be Unit Senators or Club Representatives in order to volunteer as a member of the Election Committee.”*

Volunteers?

- Need 2 record keepers: folks who can attend meeting, write down who is nominated, and send out the actual ballot (roughly an hour of work top)
- Sara Beachy and Onur Denizhan are record keepers. Thank you, Onur and Sara!

ingss@lehigh.edu

GSS Executive Board Elections

To accept a nomination, the following must be sent to ingss@lehigh.edu:

- Statement of Intent: 500 words, describe qualifications and plans if elected
- Personal Photo

All Candidate Intent Statements will be posted online and on social media

GSS Executive Board Elections

Current E-Board and Links to Document Duties

- President: Eugene Rohrer (ehr217)
- Vice President: Jessica Joseph (jlj217)
- Secretary: Jimmy Hamill (jah513)
- Treasurer: Sine Zungu (siz517)
- Communications: Princess Neely (pon216)
- Travel Grants: Robson Araujo “Junior” (rom317)
- Historian: Alex Sackett (als817)
- External Affairs Officer: Zach Arms (zna216)

- Eugene - President: Run most of logistics of GSS; rep. Grad students at BoT meetings; update administration; advocate wherever possible for GS
- Jess - VP: Maintain communication with various clubs about relevant information; helping wherever needed throughout e board duties, especially supporting the work of the GSS President
- Jimmy - Secretary: Take notes and coordinate logistics of unit senators (i.e. selection, attendance, etc.); busiest right at the start of the year between July and September in coordinating unit reps
- Sine - Treasurer: Make sure budget is administered at start of the year (i.e. setting funds for clubs, Travel Grants, general events, etc.); making decisions around extra funding for various events; keeping track of spending for fiscal year; coordinate the budget proposal process for the next fiscal year; gets less busy as year progresses
- Princess - Communications: Monitoring ingss email account and responding to inquiries; send announcements for GA meetings and general communication; maintaining social media platforms; good for folks interested in their creative process; mid-level commitment requiring more frequent check ins
- Junior - Travel Grants: work on updating the procedure for applying to Travel Grants; make decisions regarding travel grant applications; coordinate with

- finance officer to check on the budget for Travel Grants; answer any inquiries regarding TG application status or process; as year progresses, job work slows down
- Alex - Historian: Documentation of events; taking photos at events, updating website information, adding documents to the website; a lower commitment position for folks who may want an introduction to this work
- Zach - External Affairs: making sure graduate students are aware of the global and national issues that impact grad students; gathers and researches information about policies impacting us; network with other schools to lobby in Harrisburg or DC; keep GSS informed of major issues going on
- Ultimately, we NEED folks to run for GSS. This is an opportunity to better the lives of Lehigh graduate students, network with different campus partners, learn the background of higher ed administration, build connections with other graduate students, etc. IT REALLY DOES MATTER! Sometimes we are the only voice in major meetings advocating for graduate students at Lehigh. Please consider running!

ingss@lehigh.edu

GSS Executive Board Elections

Submit nominations now (and future GA meetings)

Email nominations to ingss@lehigh.edu

Nominees are invited to attend our remaining E-Board meetings (3/25 & 4/8)



- All nominees are invited to attend remaining e-board meetings to get a better sense of what's going on
- Any nominations?
 - Jess Joseph for President
 - Winnie Gu for Historian (check if Winnie is graduating)
- Email ingss for nominations. These nominations are crucial!

Mental Health Resources

Counseling Center access is still available via Zoom or phone

After hours counselor always available.

Dial **(610)758-3880**, select “0” on the keypad

Referrals- we are working on a list to share with everyone!

Keep up to date:

<https://studentaffairs.lehigh.edu/content/covid-19-counseling-psychological-services-updates>

Sara Beachy (Counseling Psych) and Natania Lipp (Counseling Psych) are presenting on counseling resources

- Reflect: what are you feeling right now amidst the COVID-19 changes? (one word answers)
 - Anxiety
 - Worried about family
 - Frustrated
 - Unsettled
 - Distracted
 - Unmotivated
 - Overwhelmed
 - Stressed
 - Scared
 - Confused
 - Distraught
- Lots of tough, difficult emotions to process. It's important to normalize these feelings and emotions and have open conversations that allow us to process

Natania

- Resources that we already have (not a thorough or exhaustive list); please add your resources!
- Counseling Center is still available via Zoom or phone (after hours counselors available as well)

- Referral list is being developed! Natania will send out the list to everyone
 - List will also include details related to insurance; many insurance rules are being suspended at the federal level during this time

Other Campus Sources of Support



PRIDE Center

- Virtual Pride Lounge: Zooming daily **M-F 2pm - 4pm EST**
- Posting daily anxiety management resources on social media



OMA

- Anyone can access remote services by emailing the office at inmca@lehigh.edu or calling at (610)758-5903
- Virtual Zoom every **Tuesday and Thursday 1pm - 3pm** - <http://bit.ly/OMAlounge>

- It's important to seek help and use self-care tools to take care of yourself, but a big part of mental health is also connection! Physical isolation doesn't have to mean emotional isolation
- Especially during this time, community is huge- here are some ways you can maintain community virtually
- Disclaimer - this is not an exhaustive list of resources, just some of the places you can go for support that have updated their websites since covid-19

ingss@lehigh.edu

Other Campus Sources of Support



GVES

- Advocates are still available 24/7
- Can connect you to your local, state, and national resources

Gender Violence Education & Support

University Center C112 and C108

✉ ingves@lehigh.edu

☎ PH 610-758-1303

📠 FAX 610-758-6164



GLO

- Events are cancelled but Beth and Kathleen can still be reached:
 - Beth Dolan: bdk2@lehigh.edu; Kathleen Hutnik: kaha@lehigh.edu
- Will work to make virtual events (stay tuned!)

- GVES is still available 24/7 through their advocates, and you can call anytime
- GLO will also probably create some online programming, definitely reach out if you have ideas!

Mental Health - Why is this Important?

- Solitude is desired whereas loneliness or perceived social isolation is a negative state of mind dependent on real level of social connectedness
- Both solitude and loneliness can impact physical and mental health by increasing cortisol levels (stress hormones) within the body
- HOW CAN YOU DECREASE STRESS HORMONES:
 - Establish a routine while staying at home (e.g., continue day to day tasks)
 - Increase social connection through creative means (e.g., see google doc for ideas)
 - Meditation and mindfulness are extremely effective at lower stress hormones (e.g., see google doc for examples)
 - Practice basic coping skills (e.g., see google doc for ideas)
 - **Take a break from news!**
 - Focus on what you can do instead of what you can't do
- <https://docs.google.com/spreadsheets/d/1pdoAf-MkxeOB8pAM4qGge4TagErylDXJzjiaoDCM7pY/edit?usp=sharing>

Sara's research focuses on social connectedness, so she has been diving deep into issues relevant to social distancing and how this impacts people

- Meditation scripts are tools that therapists use with their clients in sessions, so we know these methods can be really effective in combating depression, anxiety, feelings of loneliness, etc.
- Basic coping skills are any things you can do to create distraction, take mind off stress, find new hobbies, etc.
- Mindfulness/meditation group via Zoom? peer-led
- Continue to add things and edit things on the resources Sara and Natania have collected

Question:

- With the health insurance list, international students still have issues figuring out HI system (i.e. deductibles, etc.). What do we do for issues like embedded services, double payment (i.e. therapy with medication)? Can there be a guide that generally explains how HI in the US works?
 - Causing people to avoid using services if more layers of stress and financial burdens are being added on
- Any information on air quality how it affects mental health and wellness?
 - Triage between counseling center and GLO to work on an FAQ document for mental health research and more specific questions

Wellness Check-In

Graduate Life Office Homepage:

<https://gradlife.web.lehigh.edu/>

Graduate Student COVID-19 Information Page:

<https://www.lehigh.edu/~inprv/organization/graduate>

- Any other needs not being met? (i.e. housing, food, etc.)
- Rumors about making the semester pass/fail?
 - Make all classes P/F for UGs
 - Senior leadership looking into it as possibility
 - Credit/No Credit rather than P/F (if someone fails, it gets calculated into GPA)
 - If students get No credit, it does not negatively impact GPA → does no credit show up on transcript? Is it for C+ or below?
 - Graduate Associate Deans that that may end up hurting students in long run, esp. Students who may need to go on for licensure or MAs to
 - PhDs, PhDs to Post-Docs, etc.
 - Recommendation is going to be being mindful of what students are going through, continuing to get grades, and using C/IC
 - Ask for SP “Satisfactory Process” (essentially a pass) → last resort to save students’ GPA
 - Look for communication really soon
 - No formal decisions have been made yet
- Virtual Calendar has been updated by Amy to reflect virtual events with links. Go right to the main GLO page
- Princess will be linking to this below email communication
- Continue to nominate students for awards, commencement speaker, cash

- prize, etc.

ingss@lehigh.edu

Suggestion/Concern Form

Send the E-Board feedback

What issues are you facing as a grad?

Submissions can be anonymous

<https://bitly.com/GSSsuggest>

<https://forms.gle/H45JrxGbjXb45qdh7>



<https://forms.gle/H45JrxGbjXb45qdh7>

Open Floor



- Clarification: nominating people for e-board does NOT mean that the person is in the position. People are able and welcome to turn down a nomination, so do not feel pressure if you are nominated and decide you do not want to run.

Date	Meeting	Time	Location	Notes
March 18, 2020	General Assembly	12:10 - 1:00 pm	Zoom	Nominations Open
March 25, 2020	E-Board Meeting	12:00 - 1:00 pm	Zoom	Open to nominees
April 1, 2020	General Assembly	12:00 - 1:00 pm	Zoom	President Simon (Tentatively)
April 8, 2020	E-Board Meeting	12:00 - 1:00 pm	Zoom	Open to nominees
April 15, 2020	NO MEETING			
April 22, 2020	General Assembly	12:00 - 1:00 pm	Zoom	Elections
April 29, 2020	General Assembly	12:00 - 1:00 pm	Zoom	New E-Board

Next Meeting:

April 1, 2020

President Simon (Tentatively)

<https://lehigh.zoom.us/j/208065539>

ingss@lehigh.edu

