

<u>ingss@lehigh.edu</u>

Agenda

- Treasurer Election
- Announcements
- Updates and Q&A with Kathleen

• Open Floor

Senators/Unit Reps

How to email your unit:



- Attach these slides
 - https://grad.lehigh.edu/student-life/graduate-student-senate/meetin gs-and-minutes
- Copy the agenda into your email body and add a brief summary to each point about what was said in meeting
 - I'll let you know if I think something is important to add!

External Committee Positions

Graduate and Research Committee - Need 1 University Committee on Discipline - Need 2-4 Faculty Committee on Student Life - Need 1 University Appeals Committee - Need 1-2 Leadership Awards Committee - Need 1 Faculty Committee on Facilities Planning - Need 1 Library Users Committee - Need 1 Visiting Lecturers Committee - Need 1 Lehigh Sustainability Council - Need 1 **Please share this with your units!** **Please share this with your units!**

ingss@lehigh.edu

Treasurer Election - October 28th

Nominations open now! Email ingss@lehigh.edu

To accept a nomination, the following must be sent to <u>ingss@lehigh.edu</u> by October 25th:

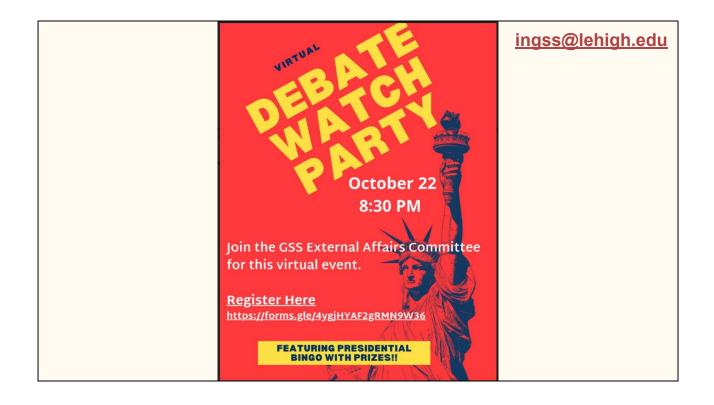
- Statement of Intent: 500 words, describe qualifications and plans if elected
- Personal Photo

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

Treasurer Responsibilities

- Understand GSS financial policies
- Act as club liason on budget related topics
- Keep track of GSS activities fund
- Request budgets from clubs at the end of the year





GOT SOME AWESOME MENTORS? WANT TO SHOW THEM YOUR GRATITUDE?

NOMINATE YOUR MENTORS TODAY FOR THE MENTORSHIP APPRECIATION CELEBRATION

The Mentorship Appreciation Celebration is an excellent opportunity to show appreciation for faculty mentors who have positively impacted your career here at Lehigh. Nominees will be invited to the virtual celebration and receive a certificate of appreciation. Deadline for nominations: October 16

Information Pages for Graduate Students

Graduate Life Office Homepage: <u>https://gradlife.web.lehigh.edu/</u>

Graduate Student COVID-19 Information Page: <u>https://www.lehigh.edu/~inprv/organization/graduate</u>

Lehigh COVID-19 Information Center: <u>https://coronavirus.lehigh.edu/</u>

<u>ingss@lehigh.edu</u>

Covid guidelines for graduate students

https://tinyurl.com/lehighcovidguidelinesforgrads

Mental Health - Self-Care



ingss@lehigh.edu

https://tinyurl.com/LehighSelfCare

https://docs.google.com/spreadsheets/d/1pdoAf-MkxeOB8pAM4qGge4TagErylDXJzijaoDCM7pY/edit?usp=sharing the start of the st

• Natania and Sara have put together this self care guide.

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

<u>Therapists in the Lehigh Valley Database</u> Put together by grad student Natania Lipp

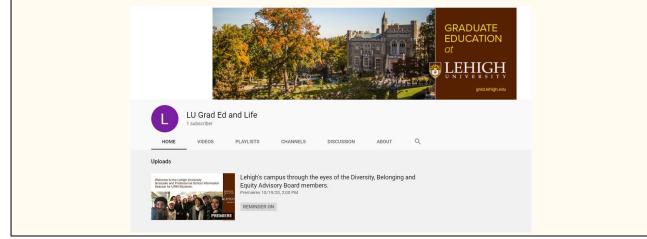
Keep up to date:

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

Subscribe to GLO's new YouTube Channel

https://youtube.com/channel/UCIVTXEgcMgCJJ8mqxcjTU7A

Join us for the premiere of our first video on Monday, October 19 at 2pm!



alse98@lehigh.edu

Career Center

Delivering Effective Presentations

Strategies to engage your audience in-person and virtually

Grad Students

Join Us: November 4th 12:15 pm - 1:15 pm Register on Handshake Access via Zoom

Presented by: Lehigh Graduate Education & Life and the Center for Career and Professional Development THE OFFICE OF INTERNATIONAL STUDENTS AND SCHOLARS AND THE CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT PRESENT:

INTERNATIONAL CAREER PERSPECTIVES ROUNDTABLE

DEVELOP PROFESSIONALLY TO REACH YOUR CAREER GOALS Wednesday, October 28th from 9 am - 10 am ZOOM LINK ON HANDSHAKE Lead Speakers Include:

ad speakers includ



Bashir Sadat





Nino Dzotsenidze









Adrian Suarez

Suarez

Arzoo Karki

Jorgo Tesfo

Tariq Al-Serhan



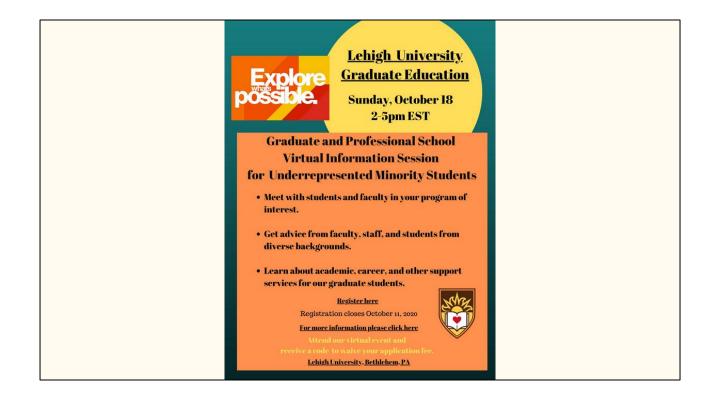
Consultations are opening up more; GAs are available for consultations as well There is one other worshop in the professional writing series: Drafting Persuasive Messages on Wednesday, 10/21 from 12:15-1:15pm

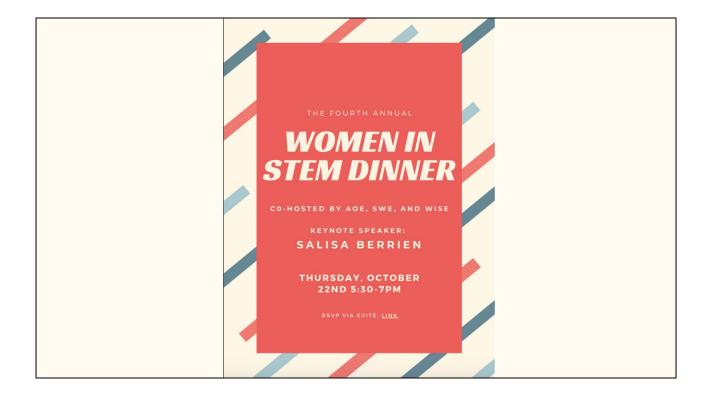
December 5th and 12th (Saturdays), Yvonne will be hosting two all-day writing retreats (9am-10pm).

- More information will be shared later
- These will be virtual
- Will include 20-30 minute workshops to pop into





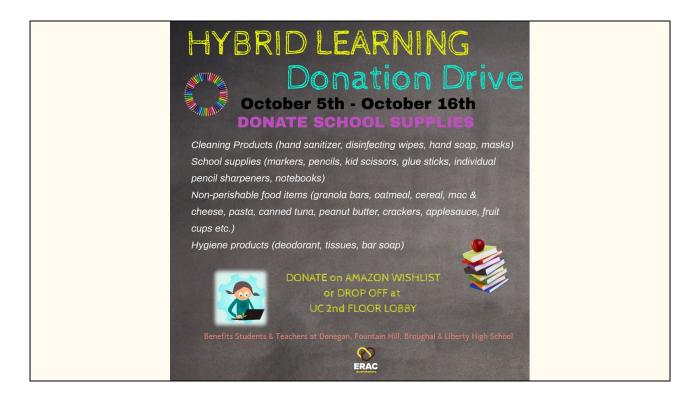


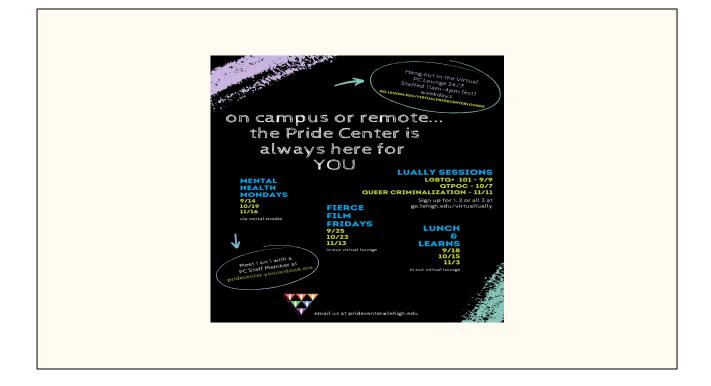






Are you looking for a little Join us for 205h Chodesh routine in your life? A way to mark the passage of time and its rhythms? A Time for Rest, Relaxation, and Reflection Rosh Chodesh is the ancient Jewish practice of marking the start of each month. Jewish feminists took it up as a way to reclaim and reimagine community. Open to all, our Rosh Chodesh meetings will hold space for open dialogue and offer self care practices, creating purpose through ritual. We'll mark the start of Cheshvan on Monday, October 19th from 7:00 to 7:45pm ET. Open to all women-oriented folks and their allies. All are welcome. Register at go.lehigh.edu/roshchodesh If you are an individual with a disability and need accommodations in order to participate in this event, please contact Tess Pyne in advance at tmp218@lehigh.edu. Lehigh Hillel







How have the changes in the past week been affecting you? Do you have questions about how these changes affect graduate students?

- Program updates:
 - Porch hours suspended
 - Women's Group online
- COVID on campus:
 - 15 graduate students are quarantined; one positive case
 - Students who are quarantined are either negative or waiting on a negative test
 - Rate of increase is starting to slow
 - Nobody has required hospitalization for COVID so far
- Other updates about logistics:
 - Nathan Urban feels that any policies that are pertinent to faculty, that research and TAs should have the same policies
 - Graduate students are allowed to access the libraries; call the library help desk to arrange this
 - Don't have clarity about whether grad students living not on campus can use outside spaces
 - Longer break over the winter might be challenging for students; what can we do for outreach for students?
- Questions:
 - Will there be another opportunity for grad students to get tested?
 - Undergrads and grads will continue to be randomly selected for surveillance testing

- Health Center is doing rapid testing for students who feel symptomatic
- Has there been any word on whether or not classes will be virtual in the spring?
 - No
- Can we return to low-risk states for the breaks?
 - Yes; if you return to a hot-spot state, you'll be asked to quarantine when you return
- Can grad students living in student housing have overnight visitors from out of state?
 - Yes, as long as they follow the same protocols (download the HawkWatch app if you're going to be on campus at all)
- Any additional questions, email Kathleen Hutnik kaha@lehigh.edu

COVID tests:

- Can get one pretty easily and for free at Rite Aid and CVS; make an appointment online in advance
- This is no-contact you receive the testing supplies through the prescription draw at the drive through

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



Sara Beachy, she/her (CPSY and Mental Health Committee)

- Thinking about doing a panel about seeking mental health services during this time
 - If anyone is interested (either in being part of the panel or attending it), reach out to Sara, Natania Lipp, or Raquel Sosa
- If you have ideas of activities you would like to see the committee do, please reach out
- Mental Health Mondays will start in the GS Facebook page, small and practicable suggestions for mental healthcare (apps, activities, etc) will be posted every Monday
- Emails: Sara <u>sab617@lehigh.edu</u>; Natania <u>nsl319@lehigh.edu</u>; Raquel <u>ras619@lehigh.edu</u>

Leslie Pearson from CGE will be teaching a workshop on zines; posted on usual social media sites

Sign-up link: go.lehigh.edu/CGEzines

