

# Graduate Student Senate

General Assembly Meeting

October 28, 2020

<https://lehigh.zoom.us/j/91392754216>



[ingss@lehigh.edu](mailto:ingss@lehigh.edu)

# Agenda

- Shamell Brandon
- Questions for Kathleen
- Treasurer Update
- Announcements
- Open Floor



# Shamell Brandon



a psychologist from the counseling center who regularly collaborates with Kathleen regarding grad student wellbeing. He's here to briefly share some observations on frequent challenges to grad student wellbeing and answer any questions anyone may have.

Graduate school can make us feel small

Three important shifts:

- Towards-motivation v. away-motivation
  - Are you being motivated by moving *away* from something unwanted, or moving *toward* something wanted?
  - It's more effective and sustainable to operate in the second way, but graduate school often creates the first context
- Diversity in what you're about
  - Graduate school can make us forget that we're more than just graduate students
  - Being a graduate school is too small of a thing for us to be about
    - Grad school can make us work 24 hrs a day on just one thing, vs. investing in all of the different aspects of our lives
  - If all you have is grad school, then the natural dips of grad school will feel way bigger than they are
  - Diversity/variation gives us resilience
- We're not in it alone

## Questions with Kathleen



- Research will continue to be open? Departmental offices be open?
- Libraries will be open?
- Have to get 2 tests on your own if you travel over the break.
- Will HWC access/hours change?
- Parking situation over winter break.
- Will graduate classes be remote after Thanksgiving? 99% sure.
- If we travelled to a non-hot-spot state during break, how would we communicate our test results to the university?
- What about traveling in PA?
- Is this also case for students living near/off campus?
- What about people in practicum working in a hospital in NJ? Wearing PPP and teaching a class in-person.

## Treasurer Update

- No nominations for treasurer
- Moving forward without an officer
- Please reach out to us if you're interested in the position

# Senators/Unit Reps

How to email your unit:



- Attach these slides
  - <https://grad.lehigh.edu/student-life/graduate-student-senate/meetings-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!\*\***

[ingss@lehigh.edu](mailto:ingss@lehigh.edu)

## Information Pages for Graduate Students

Graduate Life Office Homepage:

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

Graduate Student COVID-19 Information Page:

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

Lehigh COVID-19 Information Center:

<https://coronavirus.lehigh.edu/>



[ingss@lehigh.edu](mailto:ingss@lehigh.edu)

# Covid guidelines for graduate students

<https://tinyurl.com/lehighcovidguidelinesforgrads>

# Mental Health - Self-Care



<https://tinyurl.com/LehighSelfCare>

<https://docs.google.com/spreadsheets/d/1pdoAf-MkxeOB8pAM4qGge4TagEryIDXJzjiaoDCM7pY/edit?usp=sharing>

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

[ingss@lehigh.edu](mailto:ingss@lehigh.edu)

## 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

### Therapists in the Lehigh Valley Database

Put together by grad student Natania Lipp

Keep up to date:

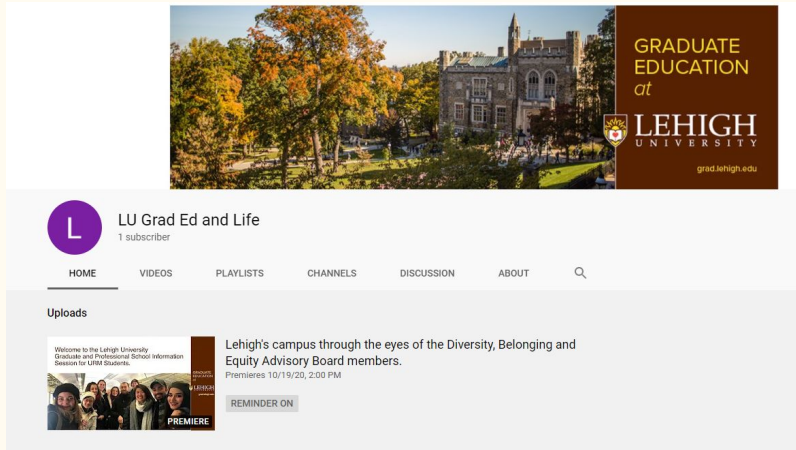
<https://studentaffairs.lehigh.edu/content/covid-19-counseling-psychological-services-updates>

[ingss@lehigh.edu](mailto:ingss@lehigh.edu)

# 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!



The screenshot shows the YouTube channel page for 'LU Grad Ed and Life'. At the top, there is a banner image featuring a scenic view of a Lehigh University building with trees in autumn, overlaid with a dark brown box containing the text 'GRADUATE EDUCATION at LEHIGH UNIVERSITY' and the URL 'grad.lehigh.edu'. Below the banner, the channel name 'LU Grad Ed and Life' is displayed with a purple circular profile picture containing a white letter 'L' and the text '1 subscriber'. A navigation menu includes 'HOME', 'VIDEOS', 'PLAYLISTS', 'CHANNELS', 'DISCUSSION', and 'ABOUT'. Under the 'Uploads' section, a video thumbnail is shown with the title 'Lehigh's campus through the eyes of the Diversity, Belonging and Equity Advisory Board members.' and the premiere date 'Premieres 10/19/20, 2:00 PM'. A 'PREMIERE' badge is visible on the video thumbnail, and a 'REMINDER ON' button is located below it.

# 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

## Strategic Career Management Seminar

A VIRTUAL LEARNING COMMUNITY FOR CAS, COE, and RCEAS GRADUATE STUDENTS

### Self-Paced Online Program

- \*Enhance your skills
- \*Expand your network
- \*Empower your job search
- \*Earn a digital credential

Complete in under 5 hours!



Register on Handshake for the November 2020 cohort

# Career Center



**GRADUATE STUDENT CAREER DEVELOPMENT BOOTCAMP**

**Speed Skill Sessions  
For Career Success**

November 23, 2020 | 2:00-5:00 pm  
REGISTRATION IS LIMITED AND REQUIRED  
SIGN UP: [lehigh.joinhandshake.com](https://lehigh.joinhandshake.com)  
ACCESS VIA ZOOM

**Session Topics:**

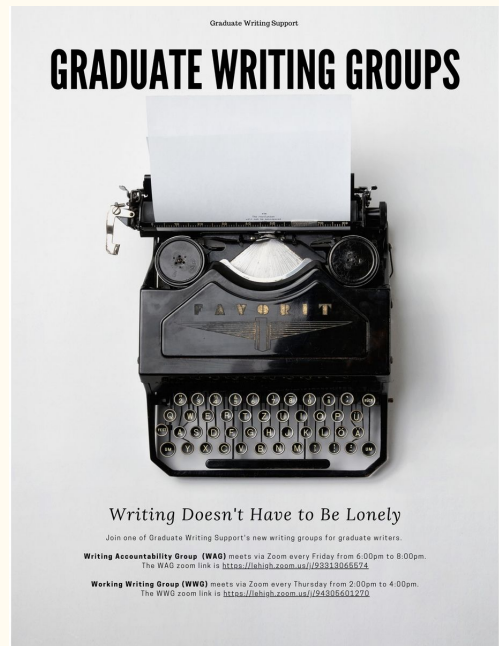
- Building a professional network
- Preparing for a job search
- Interviewing for success
- Evaluating and negotiating a job offer

**Counts toward receipt of a digital credential if enrolled in the Strategic Career Management Seminar**

*career ready = life ready*  
Center for Career & Professional Development

# Graduate Writing Support

Look out for info on upcoming writing retreats!



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



# MENTORSHIP APPRECIATION CELEBRATION

Friday, Nov 6 @ 4:30 pm







# Essay Contest: Creative Ideas to Transform Lehigh into an Anti-Racist Institution

Grad submission:



Deadline: October 30

If you have a thought, an opinion, an idea about something Lehigh can and should do to truly and permanently become anti-racist, now is the time to make your voice heard. A total of \$5,000 will be awarded to the best ideas!



Deadline extended to Nov 15th! \*Please share with units\*

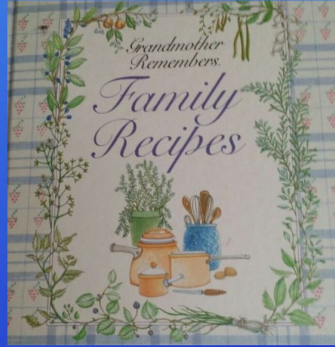
# Recipes of the Matriarchy

Stories of the Women who Empower Us



Friday, November 6  
at Noon!

Join GLO and Christa Neu  
for a creative, fun and yummy  
art project based on  
your family recipes.



Sign up for a list of things to bring and the zoom link!

<https://forms.gle/6AhAMpkxrqz3oRCz9>



PRESENTED BY UCPS AND OISS

## Political Uncertainties: What can you do when you can't vote?

Thursday, October 29th at 9 am EST  
Join here:  
<https://lehigh.zoom.us/j/93247884111>

PRESENTED BY THE POLITICAL SCIENCE DEPARTMENT AND OISS

## U.S. ELECTION 101 LEARN MORE ABOUT THE PROCESS OF THE U.S. ELECTION

Thursday, October 29th at 8 am EST  
Join here:  
<http://bit.ly/OISSElection101>

LEHIGH AFTER DARK

### Speed Friending Round 2

Meet other Lehigh students, make new friends, and win prizes!

THURSDAY, OCTOBER 29TH 7 PM EST

JOIN HERE:  
[HTTP://BIT.LY/LADSPPEEDFRIENDING2](http://bit.ly/LADSPPEEDFRIENDING2)



## AFRICAN CULTURE NIGHT

AFRICAN STUDENTS ASSOCIATION  
AND  
GLOBAL UNION

OCTOBER 30TH  
from 5 to 6:30PM  
ZOOM ID: 919 9190 3315



**Protect Democracy Become A Paid  
Poll Worker**  
[www.powerthepolls.org/CVPE](http://www.powerthepolls.org/CVPE)

**SIGN UP NOW TO HELP  
AT POWERTHEPOLL.S.ORG**



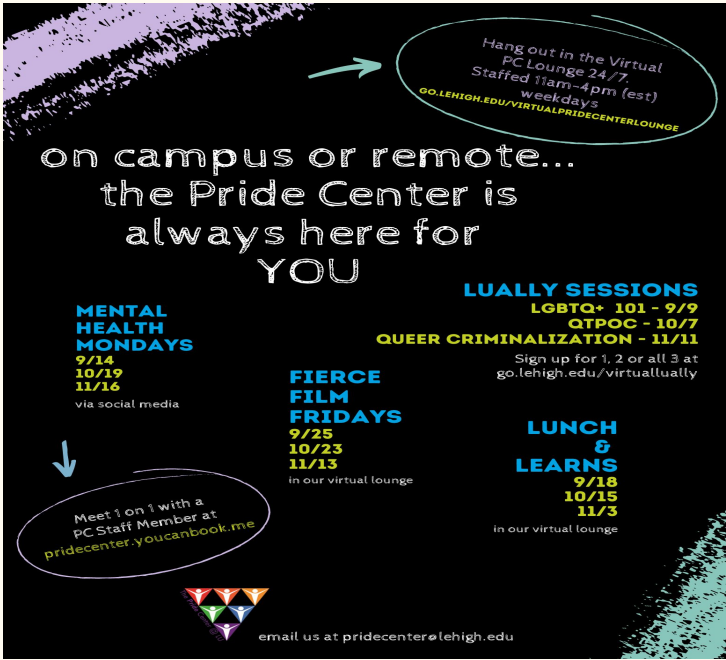
# **BECOME A POLL WORKER!**

AND GET PAID FOR IT TOO!

Total Pay **\$175**  
Date **November 3rd, 2020**  
Hours **5:00 AM - 8:00 PM**

Scan this QR code to sign  
up to protect democracy  
(and get paid for it too!)





on campus or remote...  
the Pride Center is  
always here for  
**YOU**

Hang out in the Virtual  
PC Lounge 24/7  
Staffed 11am-4pm (est)  
weekdays  
[GO.LEHIGH.EDU/VIRTUALPRIDECENTERLOUNGE](http://go.lehigh.edu/virtualpridecenterlounge)


**MENTAL HEALTH MONDAYS**  
9/14  
10/19  
11/16  
via social media

**FIERCE FILM FRIDAYS**  
9/25  
10/23  
11/13  
in our virtual lounge

**LUALLY SESSIONS**  
LGBTQ+ 101 - 9/9  
OTPOC - 10/7  
QUEER CRIMINALIZATION - 11/11  
Sign up for 1, 2 or all 3 at  
[go.lehigh.edu/virtually](http://go.lehigh.edu/virtually)

**LUNCH & LEARNS**  
9/18  
10/15  
11/3  
in our virtual lounge

Meet 1 on 1 with a  
PC Staff Member at  
[pridecenter.youcanbook.me](http://pridecenter.youcanbook.me)



email us at [pridecenter@lehigh.edu](mailto:pridecenter@lehigh.edu)

[ingss@lehigh.edu](mailto: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



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 - [sab617@lehigh.edu](mailto:sab617@lehigh.edu); Natania - [nsl319@lehigh.edu](mailto:nsl319@lehigh.edu); Raquel - [ras619@lehigh.edu](mailto:ras619@lehigh.edu)

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

Sign-up link: [go.lehigh.edu/CGEzines](http://go.lehigh.edu/CGEzines)



**Next Meeting:**  
**November 11th, 12:10-1pm**

<https://lehigh.zoom.us/j/91392754216>



[ingss@lehigh.edu](mailto:ingss@lehigh.edu)