Graduate Student Senate

General Assembly Meeting
October 28, 2020
https://lehigh.zoom.us/j/91392754216

ingss@lehigh.edu
Agenda

- Shamell Brandon
- Questions for Kathleen
- Treasurer Update
- Announcements
- Open Floor
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!**
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/
Covid guidelines for graduate students

https://tinyurl.com/lehighcovidguidelinesforgrads
Mental Health - Self-Care

https://tinyurl.com/LehighSelfCare
https://docs.google.com/spreadsheets/d/1pdoAf-MkxeOB8pAM4qGge4TagErylDXJzjaoDCM7pY/edit?usp=sharing

- 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

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
Subscribe to GLO’s new YouTube Channel

https://youtube.com/channel/UCIVTXEgcMgCJ8moxcjTU7A

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

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

Speed Skill Sessions For Career Success

November 23, 2020 | 2:00-5:00 pm
REGISTRATION IS LIMITED AND REQUIRED
SIGN UP: 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

careerready = 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
Deadline extended to Nov 15th! *Please share with units*
Recipes of the Matriarchy
Stories of the Women who Empower Us

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

Friday, November 6 at Noon!

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

https://forms.gle/0AhA3pkxrvq3oRCy9

Scan the QR code for more information.
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/93247984711

U.S. ELECTION 101
LEARN MORE ABOUT THE PROCESS OF THE U.S. ELECTION
Thursday, October 19th at 8 am EST

LEHIGH AFTER DARK
Speed Friending Round 2
Meet other Lehigh students, make new friends, and win prizes!
Thursday, October 29th 7 PM EST

AFRICAN CULTURE NIGHT
AFRICAN STUDENTS ASSOCIATION AND GLOBAL UNION
OCTOBER 20TH
from 8 to 10 p.m.
ZOOM ID: 784 570 52135
Protect Democracy Become A Paid Poll Worker
www.powerthepolls.org/CVPE

SIGN UP NOW TO HELP
AT POWERTHEPOLLS.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

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

LUALLY SESSIONS
LGBTQ+ 101 - 9/9
SITPOC - 10/7
QUEER CRIMINALIZATION - 11/11
Sign up for 1, 2 or all 3 at go.lemiu.edu/virtually

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

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

Meet 1 on 1 with a PC Staff Member at pridecenter.lemiu.edu

email us at pridecenter@lemiu.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/H45JrxGbJXb45qd7
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; Natania - nsl319@lehigh.edu; Raquel - 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
Next Meeting: November 11th, 12:10-1pm
https://lehigh.zoom.us/j/91392754216

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