

# Graduate Student Senate

General Assembly Meeting

February 24, 2021

<https://lehigh.zoom.us/j/92992708503>



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

Kadia Hylton-Fraser is stepping in to replace Jess as the president of GSS.

# Agenda

- Introducing Oliver Yao - Deputy Provost, Graduate Studies
- Graduate Health & Wellness
  - Jenna Papaz, Anastacia Canell & Briana Luppino
  - Genna Albano
- Meet Our Candidates
- Announcements
- Open Floor

- Kathleen introduces Oliver Yao
  - Beth may be back in 18-24 months
- Oliver
  - At Lehigh since 2003
  - Associate Dean for Graduate programs in College of Business
  - Wishes to continue Beth's work in championing grad ed!
  - Emphasized importance of GSS- grad students' "voice"
  - Small changes; grads and undergrads being differentiated in Fall plans now
- Focus this week: health and wellness
  - Jenna Papaz
    - GA: Anastasia Canell
    - Coordinated implementation of Headspace
  - Headspace
    - Recent surveys: increased mental health concerns among grads and students/families in general
    - Headspace introduced to be accessible to ALL grads
    - Guided meditation for all audiences
      - Different exercises or soundscapes for variety of topics
        - Sleep
        - Self-esteem
        - Focus
    - Peer-reviewed studies show effectiveness of guided meditation
    - Sign in with Lehigh account

- Brianna and Liz from Counseling Center
  - Mindfulness exercise!
    - Comfortable sitting position
    - Optional- close eyes
    - “Notice” your body; feel your own weight
    - Notice muscle tension- allow to soften and relax
    - Link to reach out:  
<https://studentaffairs.lehigh.edu/content/group-workshops>

CAMPUS ATHLETICS PRESENTS

# SPRING VIRTUAL FITNESS CLASSES

- FREE to the Lehigh community!
- 45 minute fitness classes will be taught by professional fitness instructors via Zoom.
- Class schedule will be published monthly and is subject to change.

Register here:

[forms.gle/S6ZnUPDSzfreiow6A](https://forms.gle/S6ZnUPDSzfreiow6A)



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

- Genna Albano - Fitness Center
  - Physical and mental health interconnects!
  - 45 min free classes
  - Cardio & strength
  - Brief meditation @ end
  - Recorded class library
- [lehighsports.com/fitness](https://lehighsports.com/fitness)
  - Has all the links to register for any of the programs- including next slide
- Also: Rabbi Steve Nathan leads a guided meditation weekly on Wednesdays at 3:00pm. You can join by going to [go.lehigh.edu/meditation](https://go.lehigh.edu/meditation)

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

CAMPUS ATHLETICS PRESENTS

## STUDENT FITNESS & WELLNESS ACCOUNTABILITY GROUP

- Join a weekly accountability group with your Lehigh peers that will help motivate you to set positive goals and adopting healthy lifestyle habits.
- Student accountability group will meet Mondays, 7:00pm - 7:30pm via Zoom.
- Register here: [forms.gle/QY6kXGH2KP8W6myKZ](https://forms.gle/QY6kXGH2KP8W6myKZ) or email Teresa Carotenuto at [tnc219@lehigh.edu](mailto:tnc219@lehigh.edu)

- One space for fac/staff
- One for students
- Basically a Motivation Monday group!
- Meet others across campus
- Discuss positive things to focus on
- [lehighsports.com/recreation](https://lehighsports.com/recreation)

# Meet our Candidates

Caitlin Lindley




Samantha Miller-Brown



- Caitlin - Travel Grants Officer
  - 5th year in Psych
  - Need travel grants for conferences
  - Been on GSS for two years
- Samantha - Treasurer
  - 3rd year in math
  - Treasurer of GSIMS (math club) for 1.5 years
- Link goes out this afternoon to unit reps- until 9pm to vote

# Mental Health - Self-Care



Dr. Hailey said this kept her going through her program. Whats on your list? Could it be getting adequate sleep? Taking a day off? Maintaining relationships outside of academia? The MHC challenges you to reflect on what non-negotiables are on your list 

Hailey, C. A. [@ChantalAHailey]. (2021, February 3). *Passing along some good advice: When entering grad school, a friend told me to write down non-negotiable things that.* [Tweet]. Twitter. <https://twitter.com/ChantalAHailey/status/1357086917804834816>



# Mental Health - Self-Care



<https://tinyurl.com/LehighSelfCare>

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



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

**Healthy. Happy.  
Here we come.**



Start your free membership on February 1, 2021

[go.lehigh.edu/headspace](https://go.lehigh.edu/headspace)

Need help?  
[teamsupport@headspace.com](mailto:teamsupport@headspace.com)



LEHIGH

PEER HEALTH  
ADVISORS

LU  
Student Auxiliary  
Services

## ***Listening Differently***

How often do you listen, fully and intently, to what others are saying to you? Do you sometimes develop a response to people before they even stop talking? Is your team in a rut or hit a wall in terms of a major project? Invite Center for Gender Equity facilitators to provide a listening activity to your team. Learn alternative ways to listen to each other as well as enable voices who are often silenced to be heard equitably. Page-Up Learning Library Credited.

Custom workshop request:  
[go.lehigh.edu/CGEcustom](http://go.lehigh.edu/CGEcustom)

**FEBRUARY 23, 2021**  
11:30 am - 1 pm



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

**FOR FACULTY, STAFF, AND GRADUATE STUDENTS**

*Visit [go.lehigh.edu/CGEWorkshops](http://go.lehigh.edu/CGEWorkshops) to register*

(Disregard - this was yesterday)

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



*FREE*

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**NAGPS Northeast  
2021 Regional  
Conference**

Connect with other graduate students and programs.  
Learn more about NAGPS and make your needs heard.



**February 27, 2021  
10 AM to 4 PM**

Register at: <https://tinyurl.com/4rywpsc>

acs517@lehigh.edu - External affairs

- Want to get more people involved - registration is not usually free!

Career (

The Center for Career and Professional Development and  
The Graduate Education and Life Office and  
The Graduate Student Senate present:

[alse98@lehigh.edu](mailto:alse98@lehigh.edu)

# Design Your Life

## Graduate Workshop Series

**Apply design thinking to your career and life planning**

Based on the book *Designing Your Life* by Bill Burnett & Dave Evans

### Zoom Sessions

TUE. FEB. 9TH 12-1 PM - Start Here

TUE. FEB. 23RD 12-1 PM - Find Your Way

TUE. MAR. 9TH 12-1 PM - Plan Your Odyssey

TUE. MAR. 23RD 12-1 PM - Prototype Your Life

Register: <https://lehigh.joinhandshake.com>

Sign up on Handshake for both of these opportunities.

- Time for reflection included
- Breakout rooms to build community

# Spring Services:

- Writing Consultations
  - Video Chat, Online Drop Off, Face-to-Face (limited)
- Workshops
  - Design Your Life (w/CCPD), Publishing, Working w/Graduate Writers, Grant & Fellowship Writing, Systematic Literature Review (w/Librarians)
- Weekly Writing Accountability Groups
  - Tuesdays 8:00am-10:00am; Fridays 6:00pm-8:00pm
- Writing Retreats
  - March 12-14, May 8-9
- 14-Day Writing Challenge
  - April 5-18
- Classroom Visits

# Contact:

- Email
  - Director Yvonne Lee – [yrl219@lehigh.edu](mailto:yrl219@lehigh.edu)
  - Graduate Writers' Studio – [gradwriting@lehigh.edu](mailto:gradwriting@lehigh.edu)
- Phone
  - Director Yvonne Lee – 610-758-2726



BRING YOUR OWN STITCHING PROJECT,  
START ONE, OR LEARN/TEACH SKILLS!

# STITCH AWAY STRESS

Embroidery, cross stitch, crochet, and  
knitting: you're in charge. Take time to  
create and explore and build community.

Wednesdays at 7:00pm EST via Zoom.  
See caption for link info

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](mailto:tmp218@lehigh.edu).




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

**Teacher Development Series**

A free 5 part non-credit series  
for graduate students to  
improve instructional and  
classroom skills  
Earn your Level 1 or Level 2 certificate

EVERY OTHER THURSDAY  
2:00-3:00  
Sign up for Zoom link.

  
<https://qr.go.page.link/nSQqV>

**DATES:**  
**Spring 2021**  
**Feb 11 & 25**  
**Mar 11 & 25**  
**Apr 8**

TEACHER DEVELOPMENT IS BROUGHT TO YOU BY THE GRADUATE LIFE OFFICE  
AND THE CENTER FOR INNOVATION IN TEACHING AND LEARNING

Done by the Grad Life Office & Center for Innovation in Teaching & Learning

# Graduate Women's Exchange

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

Women's Exchange provides a space for graduate women from all walks of life to develop meaningful relationships and promote personal growth. We will have guest presentations and activities .

**WE MISS YOU!  
COME JOIN US!**

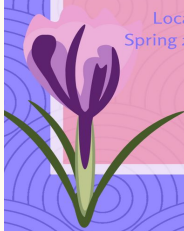


Location: Virtual until we can be together again!  
Spring 2021: February 11 & 25, March 11 & 25 and April 8  
12-1pm

Please sign up to receive zoom link.  
<https://qr.go.page.link/csjEX>



#LUGLOevents



VIRTUAL GAME NIGHTS  
HOSTED BY BOGS

FEATURING  
DRAWFUL & AMONG US



POUR A DRINK & JOIN THE FUN!

Thursday February 25<sup>th</sup> 7-9 PM

<https://lehigh.zoom.us/j/95632944256>

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

GRAD STUDENTS,  
WE ARE INVITING YOU!

## *"In the Heights" Virtual Cocktail Party*

- Thursday, March 4th
- Friday, March 5th

6:00 pm to 6:45 pm on Zoom  
Sign-up: [forms.gle/ZyKhPc56vwK2g9sB8](https://forms.gle/ZyKhPc56vwK2g9sB8)

\*please feel free to register for any screening date/time of your choosing even if it is different from the date of the cocktail party.

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Join your fellow graduate students for some show discussion and to participate in Broadway trivia for a chance to win prizes!

For questions, please email  
[gradlife@lehigh.edu](mailto:gradlife@lehigh.edu) or [jpb320@lehigh.edu](mailto:jpb320@lehigh.edu)

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

- Jeremy Pascua (jpb320)
- Talk about the show
- Trivia
- Don't even need to attend actual Zoom performance
  - Though it's recommended- Lin Manuel Miranda's first Broadway hit!
- <https://forms.gle/ZyKhPc56vwK2g9sB8>

## External Committee Positions

Graduate and Research Committee - Need 1

University Committee on Discipline - Need 2-4

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

**\*\*Please share this with your units!\*\***

# *Graduate Student*



Please visit the following link to find answers to questions on topics such as:

- Semester Break
- Return to Campus
- Coursework
- And more!



[www.lehigh.edu/~inprv/organization/graduatefaq](http://www.lehigh.edu/~inprv/organization/graduatefaq)



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

[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/>

Resources for off-campus testing:

<https://studentaffairs.lehigh.edu/content/covid-19-testing-resources-0>



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

# Covid guidelines for graduate students

<https://tinyurl.com/lehighcovidguidelinesforgrads>

[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 YouTube Channel

<https://youtube.com/channel/UCIVTXEgcMgCJJ8mqxcjTU7A>



The banner features a photograph of a Lehigh University building with trees in autumn. On the right side of the banner, the text reads "GRADUATE EDUCATION at LEHIGH UNIVERSITY" with the university crest and the website "grad.lehigh.edu" below it.

**L** LU Grad Ed and Life  
1 subscriber

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT Q

Uploads

Welcome to the Lehigh University Graduate and Professional School Information Session for URM Students.

Lehigh's campus through the eyes of the Diversity, Belonging and Equity Advisory Board members.  
Premieres 10/19/20, 2:00 PM

PREMIERE REMINDER ON

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

# We need YOUR feedback

On Lehigh's COVID  
response

<https://forms.gle/mQo8BY2csv6xLqPb7>

Or scan the QR code



[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>



# Open Floor

