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
Genna Albano - Fitness Center
- Physical and mental health interconnects!
- 45 min free classes
- Cardio & strength
- Brief meditation @ end
- Recorded class library

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
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/Yy6kXGRH2KPBWmy7 or email Teresa Carotenuto at 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
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. Chantal A. Hailey

@ChantalAHailey

Passing along some good advice: When entering grad school, a friend told me to write down the non-negotiable things that sustained my well-being and joy. She said no matter how difficult and hard things get, never negotiate on your list. That list kept me going all six years.

5:01 PM · Feb 3, 2021 · Twitter for iPhone

553 Retweets 91 Quote Tweets 3,461 Likes

Dr. Hailey said this kept her going through her program. What's 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 🌷

Mental Health - Self-Care

https://tinyurl.com/LehighSelfCare

https://docs.google.com/spreadsheets/d/1pdoAf-MkxeOB8pAM4qGge4TagEry1DXJzjiaoDCM7pY/edit?usp=sharing
Healthy. Happy. Here we come.

Start your free membership on February 1, 2021

go.lehigh.edu/headspace

Need help?
teamsupport@headspace.com

headspace
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

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FEBRUARY 23, 2021
11:30 am - 1 pm

FOR FACULTY, STAFF, AND GRADUATE STUDENTS
Visit go.lehigh.edu/CGEWorkshops to register

(Disregard - this was yesterday)
acs517@lehigh.edu - External affairs

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

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

**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
  - Graduate Writers’ Studio – 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 Teas Pyne IN ADVANCE at mp23@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.

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
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 2023: February 11 & 25, March 11 & 25 and April 8
12-1pm

Please sign up to receive zoom link.
https://rego.page.link/c5fEX

#LUGLOevents
VIRTUAL GAME NIGHTS
HOSTED BY BOGS

FEATURING
DRAWFUL & AMONG US

POUR A DRINK & JOIN THE FUN!

Thursday February 25th 7-9 PM

https://lehigh.zoom.us/j/95632944256
"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/ZyKhPc56vK2g9sB8

*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.

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 or jpb320@lehigh.edu

- Jeremy Pascua (jp320)
- 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/ZyKhPc56vK2g9sB8
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!**
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
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
Covid guidelines for graduate students

https://tinyurl.com/lehighcovidguidelinesforgrads
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 YouTube Channel

https://youtube.com/channel/UCrVTXEgcMgCJu8moxcTJU7A
We need YOUR feedback

On Lehigh’s COVID response

https://forms.gle/mQo6BY2csv6sLgPb7

Or scan the QR code
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