I. Voting: Secretary, VP of Events and Programming, and SGS Senator
II. Recognition of Late Groups
III. Report on the State of GSA
IV. GSA’s open positions
V. Updates from the Senate
VI. GSO Announcements
VII. Any Other Business
VIII. Adjournment
I. Vote to Approve New GSA Appointments
Newly Appointed GSA Members

Rahul Upadhya
Secretary

Matilda Mercer
VP of Events and Programming

Danielle Kozlosky
Senator
III. Report on the State of GSA
President
Student Advisory Meeting

1. Meeting with Dean’s, Faculties, and Representatives from various Rutgers services.

2. Updates:
   a. Big focus on student’s mental health. Conversation with:
      i. Dr. Jennifer Jones-Damis, Associate Director of Counseling and Psychiatric Services.
      ii. Dr. Bindi Shah, Director of Psychiatric Services.
      iii. PLEASE REACH OUT if you are in need of help- GSA, HOPE, CAPS, Your Advisor and someone in the department, Friends, Anyone…
      iv. Resources for mental health will be posted on the GSA website (under Resources tab)
   b. To get a better understanding of OUR or graduate student needs, please fill out the “Rutgers National College Health Assessment 2021”
      i. https://achasurveying.co1.qualtrics.com/jfe/form/SV_0VDNdnCkHFcQVXE?Q_DL=Nc2LJ5aiTFfHNpM_0VDNdnCkHFcQVXE_MLRP_2h4e4RgJ03I9B7U&Q_CHL=email
1. Meeting with Vice-Chancellor’s, Dean, Faculty, student organization’s leaders, and more.

2. Updates:
   a. Understanding of student needs (both for undergraduate and graduate students)
      i. For UGs, food insecurity was higher while housing insecurity for grads.
   b. Food Pantry: Located in College Avenue Student Center, Room 115 (Basement)
      i. Please reach out to the office if you are in need of food assistance.
   c. NJ Campus Hunger Grant/Conference (Feb 10/11, 2021: Virtual): Rutgers received $200,000 to:
      i. fight student hunger
      ii. leverage more sustainable food solutions
      iii. raise awareness of current campus services
   d. Dean of Students Integration Plan (completed by May 2022): All Dean’s office under one unit for increased access and efficiency.
Academic Master Plan Meeting

1. Meeting with Dr. Conway (Chancellor-Provost, NB), Dean’s, Department’s Chair, and Faculties.

2. Initiative to improve graduate student life at Rutgers. Topics include:
   a. Ways to improve mental health of grad students
      i. Better services and counsellors at CAPS
   b. Ease of collaboration for research between departments and school
   c. Easy registration procedure for taking interdepartmental and inter-school courses
   d. Transparency between the Higher Administration and graduate students, including clear communication
   e. Initiatives focused towards grad students life after school (career fairs, workshops, etc.)
      i. Rutgers Career Exploration and Success initiatives for graduate students

3. In the next few months, the university will send out surveys, organize Town Halls, and will start an online suggestion box. PLEASE UTILIZE THIS OPPORTUNITY to convey your concerns.
GSA Banner Templates

Banner #1

Banner #2
Questions? Concerns? Feedback?

- **Contact:**
  - Email: [president@gsa.rutgers.edu](mailto:president@gsa.rutgers.edu)
  - **Office Hour:**
    - Virtual and Weekly
    - Zoom information shared via GetInvolved Platform
    - GetInvolved → GSA → Events
      - [https://rutgers.campuslabs.com/engage/actioncenter/organization/gsa/events](https://rutgers.campuslabs.com/engage/actioncenter/organization/gsa/events)
Executive Vice-President
Electronic Lab Notebooks (ELNs)

- SGS Deans Alder, Millonig, Gelinas
- Vice Chancellor Scotto
- New VP for Research Mike Zwick
- Options:
  - Lab Archives?
  - SciNote?
  - Arxspan?
- Draft Senate proposal
Event advertising

● Concern in SGS that events are not widely publicized

● Channels for advertisement:
  ○ getINVOLVED (required)
    ■ Make public to students and fac/staff
  ○ Email distribution
  ○ GSA advertisement list and social media

● Limited seats:
  ○ Should reserve 50% of seats for members not of your GSO
  ○ Make RSVP date known ahead of time (before opening for responses)
  ○ Fill remaining seats with GSO members only after a certain time is allowed for outside members to respond
Update on In-Person Events
GSA In-Person Event Guidelines

I. GSO’s must:

A. Obtain explicit, written departmental review for any in-person event
B. Submit documentation via the website for GSA pre-approval
C. Submit events to EACS where necessary (25+ attendees)
   1. Provide documentation of submission and outcome
D. Must complete these steps & receive GSA clearance before holding event
E. Documents must be included in final reimbursement submission
F. Masking still required at all times indoors
EXAMPLES:
Non-academic GSO holding an In-Person event of ~10 people would email GSA Treasurer and Business Manager with a description of their event and their planned safety precautions. Then, submit 1 PDF to the Pre-Approval Google Form containing: public getINVOLVED listing, written description of precautions, and note indicating approval from GSA.

Academic GSO holding an In-Person event of ~20-30 people would submit 1 PDF to the Pre-Approval Google Form containing: public getINVOLVED listing, written description of precautions, Departmental or Advisor approval of precautions, and EACS Approval.

NOTE:
If the event is In-Person, Pre-Approval Process must be completed before submitting Honoraria request!

Blue Border on chart indicates clickable hyperlink!
I. All GSOs must advertise events on getINVOLVED for reimbursement
   A. No exceptions
   B. Provide documentation in reimbursement submission

II. Future GSA meetings:
   A. Remote: Zoom link shared via getINVOLVED
   B. To do:
      2. Ask to join GSA organization
      3. An officer will approve your request
University Senate

I. GSA appoints all SGS senators
   A. One vacant seat

II. Monthly meetings (Friday afternoons) with additional sub-committee duties

III. Recommend changes across all aspects of RU to administration

IV. Email: evp@gsa.rutgers.edu to learn more

Senate Webpage: https://senate.rutgers.edu
Treasurer
Recognition of Late Group GSOs

I. GSOs that missed the Academic Year Allocations cycle may submit for recognition and funding on a rolling basis until the GSA’s budgeted funding is depleted.

II. Funding allocated to following GSO’s:
   A. Materials Science and Engineering Graduate Student Association
   B. Anthropology Graduate Student Association
   C. Bloustein Women’s Leadership Coalition

Welcome!
Vice President of Events and Programming
Fall 2021 Events

1. Virtual Mindfulness
2. Fall Treasure Hunt at Zimmerli Art Museum
3. Holiday Cookie Decorating
Virtual Mindfulness

New Series for Mental Health in Graduate School:

Virtual Mindfulness

Wednesday, November 10th 7pm

FREE 3-month Calm Subscription for Amazon Prime Student Attendees

1. Event to reflect and explore how to be more mindful
   a. Speaker: Waiting for approval
   b. 1 Hour event

2. Speaking points:
   a. 7 Principles of Mindfulness
   b. Book Recommendations
   c. Practices

3. Calm subscription tutorial
   a. Using Rutgers email
Fall Treasure Hunt

1. Fun Treasure Hunt throughout Zimmerli
2. Free Apple Cider & Donuts for all

Join us for Apple Cider and Donuts!

For all Graduate Students!
Holiday Cookie Decorating

1. Gingerbread/ Sugar cookie decorating
2. Candy beads, gum drops, and icing will be provided
3. Known Allergies section will be on sign in sheet for preventative measures
   a. Nut free event!
   b. Better safe than sorry

Tuesday
December 7th
7pm @
Graduate Student Lounge

Cookie Decorating

HOLIDAY
COOKIE
DECORATING

❤️
Health and Nutrition Committee
Past Event
---Milk tea with customized toppings!
---Oct 12th and Oct 19th
Health and Nutrition Committee
Planning Events

WINTER BEVERAGES:
Apple Cider and Hot Chocolate

Also Apple Cider and Hot Chocolate in December!

Oats “cook with us” in-person at GSL in November!
Social Media posts

Happy National Chocolate Cupcake Day
Oct. 18th

Cupcake is a classic and delicious treat after a long day! Check this delicious recipe with less sugar, less fat, and more fiber:


Fall Semester Kick-Off With Milk Tea
Oct. 12th, 2021
9:00am - 10:30am

Milk tea is a mix of milk, tea, and a variety of toppings, so the nutrition is different based on the ingredients.

- Base
  - Milk and tea
  - Polyphenols in tea have shown promise against heart disease.
  - Milk is not only a good source of protein but also packed with important nutrients, such as calcium, phosphorus, vitamin B, potassium, and vitamin D.
  - Added sugar should be limited in the diet.
  - Adults should have added sugars <10% of energy daily calories (pre: less than 2000kcal from added sugar in a 2000 daily calorie diet)

- Toppings & Tapioca
  - Made from tapioca flour and brown sugar
  - Full of carbohydrate and added sugar
  - Some tapioca flour has added sulfite, so beboe may not be your best choice if you have a sulfite intolerance

- Basil Seeds
  - Packed with calcium, magnesium, iron, Omega-3 fat, and fiber
  - Good source of calcium and iron for people who don’t eat animal and dairy products
  - Promote gut health, blood sugar control, and weight management
  - Rich in plant compounds like flavonoids
  - May provide antioxidant and anti-inflammatory benefits

Ayu Jelly
- Made from the fruit of creeping figs.
- Contains Vitamin A, B, and several essential minerals.
- However, high in fruit sugar.
Health and Nutrition Committee

Social Media posts
Questions?

Email: healthandnutrition@gmail.com

Actively Recruiting Members!
Mental Health Committee
MHC Goals for 2021-22

Goals for 2021:

- Analyze results of the Graduate Student Mental Health Survey
- Create new mental health resources to support graduate students
- **Reduce stigma** around mental health/seeking help by creating a safe space and community
- More virtual wellness events
- Reach out to other GSOs → Representative from GSOs to act as a **Mental Health Liaison** in their GSO!
  - Pass on info and news about events from the MHC
  - Advocate for mental health resources/events
Mental Health Survey

Survey opened in May 2021
245 responses

Deadline: End of the Fall Semester

Link: https://rutgers.ca1.qualtrics.com/jfe/form/SV_4GH9M9TB3Gu4hRI
Q2 - What is your gender identity?

- Male
- Female
- Non-binary/unrelated gender
- Prefer not to say

Q12 - At any point in your graduate program thus far, have you ever seriously contemplated quitting your program?

- Yes
- No
Q18 - Are you afraid/concerned that disclosing mental health issues could have an impact on how other students, faculty, and/or staff perceive you?

Q28 - Since the start of your graduate school experience, would you say that your mental health has:
Emotional Wellness & Mental Health in Graduate School

Dr. Francesca Maresca
Interim Assistant Vice Chancellor for Health & Wellness, Director of Health, Outreach, Promotion & Education (HOPE)

https://sites.rutgers.edu/gsa/resources/health-and-wellness/

- List of downloadable resources
- How to find a therapist
- Recorded talk from Dr. Maresca
The MHC is recruiting new members!

Please contact us if interested:
mentalhealth@gsa.rutgers.edu
IV. GSA’s Open positions
Current Open Positions

● Open Positions:
  ○ Vice President of External Affairs
  ○ Social Media Chair
  ○ SGS Senator (1)

● Interested in serving for any of the positions? Want more information?
  ○ Please reach out to us at president@gsa.rutgers.edu
V. Update: Senate
Update: Senate Meeting

- The University Senate met on October 22, 2021
  - Meeting agenda
  - President Holloway gave an administrative report
  - Voted on student members of executive board and board representatives
- Next Senate Meeting: November 19, 2021 at 1:10pm
- Budget and Finance Committee Update
  - Met with Tony Calcado, Executive Vice President and Chief Operating Officer
    - Emergency Preparedness
- Instruction Curricula and Advising Sub-Committee Update
  - Charge in progress - Office of Disability Services (ODS)
    - Pandemic effect
    - Issues impacting the interaction between: ODS, undergraduate & graduate students, faculty
VI. GSO’s Announcements
VII. Any Other Business?
VIII. Adjournment