Graduate Student Association

Student Council Meeting
December 06, 2021
In memory of Dean Mark Schuster
I. Voting: VP of External Affairs, Rutgers Graduate Students for Rare NORD Chapter

II. Recognition of New Graduate Student Organizations

III. GSA Awards 2020-21 - Ceremony

IV. Report on the State of GSA

V. GSA’s open positions

VI. Town Hall

VII. GSO Announcements

VIII. Any Other Business

IX. Adjournment
I. Confirm New GSA Appointments
Newly Appointed GSA Members

Arthur Lee
VP of External Affairs
II. Recognition of New Organizations
Rutgers Graduate Students for Rare NORD Chapter

Mission: The purpose of the organization shall provide a network for students with a strong interest in rare diseases. We shall work to promote awareness, education, and advocacy alongside NORD, or the National Organization for Rare Diseases, in the New Brunswick area.

President: Ruhi Shah
  ● shahr12@hginj.rutgers.edu
Vice President: Alexandra Bowen
  ● alexandra.bowen@rutgers.edu
Secretary: Carly Scarborough
  ● scarborough@dls.rutgers.edu
Treasurer: Sydney Clevenger
  ● clevenger@dls.rutgers.edu
III. GSA Awards 2020-21 - Ceremony
Graduate Student Organization of the Year

Italian Graduate Society
2020-2021: Nutrition, Endocrinology & Food Science (NEFS) 2021 Graduate Student Conference organized by the Nutritional Sciences, Endocrinology, and Animal Biosciences, and Food Science GSO’s
Excellence in Graduate Leadership

2020-2021: joint recipients:

- **Ashley Bernstein** (Department of Chemistry and Chemical Biology)
- **Jordy Padilla** (Department of Civil and Environmental Engineering)

Recognition of Excellence- Che Gossett and Vimmi Surti
Excellence in Graduate Service

2020-2021: **Kristyn Lambert** (Department of Nutritional Sciences)

Recognition of Excellence – Aakanksha Deoli
Excellence in Graduate Advocacy

2020-2021: Rulaiha Taylor (Department of Pharmacology and Toxicology)

Recognition of Excellence: Giuseppe Grispino
Outstanding Faculty Support to the Rutgers Graduate Community

2020-2021: Prof. Alessandro Vettori (Professor of Italian and Comparative Literature, Department of Italian)

Recognition of Excellence – Prof. Deborah Gray White
Outstanding Support Service to the Rutgers Graduate Community

2020-2021: Dr. Matthew Winkler (Assistant Dean for Advisement Dean, Graduate School of Education)
IV. Report on the State of GSA
Treasurer
Reiterating GSO Meeting Inclusivity

I. Events *and* meetings must be open to **ALL** Rutgers Graduate Students.
   
   A. getINVOLVED Organization page
      → Must say meetings are open to all graduate students
   
   B. getINVOLVED Events
      → Visibility must be set to **Public**
   
   C. Constitution
      → Must not have restrictions on members

BY WEDNESDAY: SEND A SCREENSHOT TO treasurer@gsa.rutgers.edu OF YOUR GSO’S ORGANIZATION PAGE AND THE LINK TO YOUR getINVOLVED PAGE (example on next slide)
SUBJECT LINE: [GSO Name] getINVOLVED Verification
TO: treasurer@gsa.rutgers.edu
BODY:
→ Screenshot (e.g. below)
→ URL to the getINVOLVED GSO page (e.g. https://rutgers.campuslabs.com/engage/organization/gradient)
→ If your GSO needs to make a correction to its constitution, please attach it in this email

BY 11:59 PM WEDNESDAY, DECEMBER 8TH
Why?

TWO MAIN REASONS

- **GSA MISSION**
  - Provide resources to enrich graduate student life and promote unity in the graduate student community

- **GSO FUNDING**
  - GSO’s are funded by student fees. All graduate students pay these student fees, thus GSO participation must be open to all graduate students.
Durable Goods

Durable Goods Google Form application will open this week! → Rolling basis until AY budgeted funding is depleted

For more information on what qualifies as a durable good and their restrictions, see the GSA Funding Guidelines.

Note: due to the winter break, some application requests may not be processed until we return in January.
Health and Nutrition Committee
Past Event

Cook with Us - Overnight Oats

GSA Health and Nutrition Committee presents...

Cook with Us
Overnight Oats

Where?
Zoom - sign up on GetINVOLVED
When?
Nov. 28, 8pm
What else?
print out google form w/ ingredients!

@HealthNutritionGSARU
@Health_GSA_RU
@healthnutrition_gsa_ru
@Health_GSA_RU
Health and Nutrition Committee

Planning Events

Apple Cider and Hot Chocolate in December!

Location:

Time:
10am-11:30am on Dec. 17th (Friday)
Social Media posts

HAPPY NATIONAL FIG WEEK!
The week of Nov. 1st

- Help to control high blood pressure
- Help to regulate gut health
- Good source of calcium and K+

HOW TO PREPARE FIGS:
- Mix them with dough and make pastries
- Roast your figs that seasoned with honey and cinnamon
- Or simply put cutted figs in salad to add some flavors

BE MINDFUL OF PORTION SIZE! ONE MEDIUM FIG IS ONE SERVING AND EAT TOO MUCH FIGS AT ONE TIME MAY INCREASE YOUR BLOOD SUGAR SUDDENLY

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:


HEALTH AND NUTRITION COMMITTEE

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

Milk Tea Nutrition Sheet

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
- Added sugar
  - Should be limited in the diet
  - Adults should have added sugars <10% of energy daily calories (i.e. less than 200kcal from added sugar in a 2000 daily calorie diet)

IF YOU ADD TOPPINGS TO THE MILK TEA, THE HEALTH BENEFITS MIGHT BE CHANGED!

- Made from tapioca flour and brown sugar
- Full of carbohydrate and added sugar
- Some tapioca flour has added sulfite, so bebe may not like your best friend if you have a sulfite intolerance

BASIL SEEDS
- Packed with calcium, magnesium, iron, Omega-3 fatty acids, 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
- Aysu Jelly
  - Made from the fruit of creeping figs
  - Contains Vitamin A, C, B6, and several essential minerals
- However, high in fructose

Suggestions:
- Always provide a Water bottle. Bring your own bottle! (https://www.water协会.org)
- Use the Nutrition Value of Foods (https://www.food associations.org)
- Healthy Beverages Association
- Healthy Eating, Healthy Life (https://www.healthy eating, healthy life.org)
- Nutrition Information on Foods (https://www.foodinfo, nutrition.org)
- World Health Organization (WHO) - Diet, Nutrition, and the Prevention of Chronic Diseases
- Nutrition and Food Information Center (http://www.nuffic.org/)
- Health, Nutrition, and Food Information Network (http://www.hnfn.org/)

Social Media
- Facebook: https://www.facebook.com
- Instagram: https://www.instagram.com
- Twitter: https://www.twitter.com
- LinkedIn: https://www.linkedin.com
- YouTube: https://www.youtube.com
- Pinterest: https://www.pinterest.com
- Reddit: https://www.reddit.com
- Medium: https://medium.com
- Blog: https://www.blog.com
- Google+: https://plus.google.com
- Deviant Art: https://www.deviantart.com
- Daily Mail: https://www.dailymail.co.uk
- The Guardian: https://www.theguardian.com

Health and Nutrition Committee
Health and Nutrition Committee

Social Media posts
Questions?
Email: healthandnutrition@gmail.com

Actively Recruiting Members!

@healthnutrition_gsa_ru @HealthNutritionGSARU
@Health_GSA_RU RUHealth&NutritionCommittee
Mental Health Committee
Mental Health Survey

Survey opened in May 2021
251 responses

Deadline: End of the Fall Semester

Link: https://rutgers.ca1.qualtrics.com/jfe/form/SV_4GH9M9TB3Gu4hRI
The MHC is recruiting new members!

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

- List of downloadable resources
  - How to find a therapist

- Recorded talk from Dr. Maresca

Please contact us if interested:
mentalhealth@gsa.rutgers.edu
Update: Senate Meeting

- The University Senate met on November 19, 2021
  - Meeting agenda: [https://senate.rutgers.edu/meeting/senate-meeting-14/#](https://senate.rutgers.edu/meeting/senate-meeting-14/#)
  - President Holloway gave an administrative report
  - Voted on and approved recommendations to the “No Smoking” policy to be inclusive of all tobacco products
- Student Caucus met for first time
- Next Senate Meeting: December 10, 2021 at 1:00pm
V. Join the team!

Contact:
Sonal: President@gsa.rutgers.edu
Shawn: EVP@gsa.rutgers.edu
VI. Town Hall
Open floor
Town Hall - Talking Points

How is the GSA doing?

● Pre-approval necessity?
● Funding/reimbursement challenging
● Supportive and responsive, efficient communication, love the activities

GSA advocates for the most important issues

● Not sure what they are advocating for
  ○ Who to turn to for “faculty abuse”?
● Yes, addressing mental health, social wellbeing, etc
Town Hall - Talking Points

Quality of GSA events?
- Great diversity and types of events!
- Monthly meetings not focused

What kind of events would you like?
- Policy changes around parenting
- Advocacy for international students

Access to information, getting answers to questions?
- Website and responses great, but emails too wordy/redundant

Improving GSA emails
- Send event notices further in advance
- Links blocked, not clickable, or redirect to another page
Town Hall - Talking Points

GSA website: https://sites.rutgers.edu/gsa/

- Allow more student interaction
- What website?
- Well organized, professional, easy to find documents

Other comments:

- The GSA is burdensome, frustrating, and is stifling the desire of students to plan events.
- Resource with examples of events, costs, how the event went, etc.
- GSA members only working for their CV
- Great job, love the hard work, keep it up!
Open floor
We VALUE your feedback!

- Please reach out to any GSA member at any time!
- We value your comments
- We need you to know what to do better!
VII. GSO’s Announcements
VIII. Any Other Business?
IX. Adjournment