

# Grad Student Life



To reach the Murray Graduate Student Center exit McElroy and cross Beacon to Hammond Street. The Center is the third house on the left.

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Edited by Brenda Marvin

Contributing Writers:  
Justin Lauzon and  
Kaitlin Martorelli

## Veritas et Vinum Returns This Friday!

*Listen to a story; discover a path. Veritas et Vinum is a Friday gathering of graduate and professional school students featuring BC faculty and administrative leaders telling their stories. The format is both informal and conversational, with each featured speaker talking with graduate students about their career paths in higher education, how they arrived at Boston College, and what it means to do their work in a Catholic and Jesuit University.*

Our first conversation is with Dr. Jennie Purnell, Professor in the Department of Political Science. Her research focuses on social movements and other forms of contentious politics with an emphasis on Latin America. Her most recent publication is "Citizens and Sons of the Pueblo: National and Local Identities in the Making of the Mexican Nation," in *Ethnic and Racial Studies* (2002). She is working on a book on 19th century state formation and the persistence of communal identities, institutions, and conflicts in southern Mexico. Dr. Purnell currently serves as the Director of the newly formed Center for Student Formation.



Students will have the opportunity to ask questions and chat with Dr. Purnell. Food and drink will be served.

Sponsored by the Office of Graduate Student Life and The Church in the 21st Century Center.

## Boston College Office of Graduate Student Life

Graduate Student Life offices are located in

The John Courtney Murray, S.J.  
Graduate Student Center

292 Hammond Street  
Chestnut Hill, MA 02467  
(phone) 617-552-1855  
(fax) 617-552-1839  
(web) [www.bc.edu/gsc](http://www.bc.edu/gsc)  
(email) [gsc@bc.edu](mailto:gsc@bc.edu)

Murray Graduate Student Center  
2009-2010 Hours of Operation

Monday-Thursday, 9am-10pm  
Friday, 9am-5pm

DVD Lending Library Hours  
Monday-Thursday, 11am-9pm  
Friday, 10am-4pm

## Upcoming Programs Sponsored by the Office of Graduate Student Life

### BC Graduate Intersections The Tightrope and the Trapeze: Tools for Building a Balanced Life

With the demands of school, work, family, and friends has your life become a balancing act? Learn ways to reduce stress, fight anxiety, and maintain your equilibrium during this weekend program at the Warren Conference Center and Inn in beautiful Ashland, MA.

You'll have the opportunity to meet other students and learn valuable skills to combat tension and navigate the

tightrope. A variety of tools will be offered for participants, from time management and meditation to poetry and Ignatian reflective practices.

Learn from each other and from student and faculty facilitators.

The event will take place from Saturday, October 24th through Sunday, October 25th. Students will return to campus by 2:00pm on Sunday.

For more information and an application please visit our website:

<http://www.bc.edu/offices/gsc/programs/gradintersections.html>

Applications are due by October 9th. Sponsored by the Office of Graduate Student Life.

**A View of  
the Warren  
Conference  
Center and  
Inn**



### Boston College Graduate Mentorship Program

The Boston College Graduate Mentorship Program matches Graduate Students as mentors with undergraduate students from low income, first generation, or underrepresented backgrounds. The program is designed to help participants share experiences around graduate studies, how the choice was made to pursue a particular discipline, and the challenges and rewards of being a graduate student.

This year's program will run

from October 2009 through May 2010. The fall term schedule will require one training session with all participants and mentees, two informal one-on-one meetings between Mentor and Mentee between October and December, an educational meeting in November, and a final event with all participants in December. The spring term session will have a similar format pending the recommendations of program participants.

The undergraduate students will read and select a mentor based on academic and

personal interests. Therefore, it is important to describe your experiences and interests carefully.

Applications are due on 9/30/09 and can be found at: [bc.edu/offices/gsc/programs/mentor.html](http://bc.edu/offices/gsc/programs/mentor.html)

Sponsored by the Office of Graduate Student Life.

## Conserving Energy Helps You Conserve Cash!

### Living in Boston on a Budget can be tough...

By: Justin Lauzon

New students might have begun to notice the high cost of living, particularly in terms of your energy bill. There are many ways that you can reduce the effects of high energy costs on your bank account while also reducing your impact on the environment.

#### Appliances:

Turn off as many appliances as possible when not in use. Even turned off, many appliances continue to draw power whenever plugged into an outlet. Your stereo, TV, computer, and battery chargers are wasting energy when you're sleeping or in classes. If

bending over and digging behind the computer desk is a little ambitious, try using a multi-outlet power strip which can be turned off with the flick of a single switch, cutting off the supply of electricity.

#### Lighting:

Compact fluorescent bulbs use 1/3 the energy of a traditional incandescent light to produce the same amount of illumination. While they are a little more expensive than traditional light bulbs, they can save you up to \$30 over the course of their life – which can be 8–15 times longer than that incandescent lamp. If you make the change though, the US Energy Star program warns that not leaving compact

fluorescent bulbs on for at least 15 minutes after you turn them on can reduce their lifespan by 85%.

#### Laundry:

Save money on hot water by setting your washing machine to a cold setting. New detergents make it possible to wash out most stains without using warm water. Washing in cold water can also protect your fabrics and help them retain colors. Go further by skipping the dryer. Collapsible indoor drying racks are a great way to "line dry" clothing. This technique is even more effective if you can use it to avoid that over-priced Laundromat dryer. Don't forget that air drying is another way to protect your clothes' color and quality, not to mention, avoid unfortunate shrinking incidents.

## Health and Wellness Resources on Campus

### As Boston College Graduate Students...

By: Brenda Marvin

You have access to some great resources to stay healthy and well. Did you know, for example, that full-time graduate students are able to make regular appointments with a university counselor? Part-time students can meet with a counselor, free of charge, to get a referral to a practitioner within the community.

Students meet with counselors to discuss a variety of topics and to explore options for improving the quality of their day to day living. In particular, many students discuss the myriad demands of

school, work, family, and social obligations upon their time. Working with a counselor can give you solid tools to overcome a wide range of concerns.

Many students worry about making the right connection with their counselor. It is, however, quite common to ask for a referral if you feel that you are not making the best connection. In addition, many of the staff have specialties such as substance abuse or eating disorders that might fit better with your particular needs.

Psychiatric services, or those requiring medication, are also available at University Counseling Services in conjunction with regular meetings with a psychologist. Those seeking

medication only can visit the office for a community referral.

Making an appointment with UCS is easy. Simply call their main number (617) 552-3310. Be sure to ask if they have a specialist for your particular concerns. To learn more about the department and staff please consult their website at:  
[www.be.edu/counseling](http://www.be.edu/counseling)

## Updates from Graduate Student Organizations

### BC's Graduate Martial Arts Group

There are many reasons to practice martial arts, including self-defense, exercise, and social opportunities. Furthermore, the martial arts teach disciplined, graceful bodily control. Still further, the martial arts aim at integral living-- philosophically, socially, and physically. For all of these reasons, and more, please consider joining us.

DATE: September 14th (and recurring every Monday throughout Fall Semester)  
WHEN: 7-9 PM.

Interested students are encouraged to attend the initial class on September 14th; however, students are welcome to join at any point during the semester.

For more information please contact:  
Matthew.sherman.1@bc.edu

### Graduate Student Association (GSA) Committees Seek Volunteers

Individual Conference Grants Committee, Social Committee, Service Committee, Scholarship and Excellence Committee, and Spirituality Committee are all looking for students who would like to get involved this upcoming year in planning our graduate student activities.

If you are interested, please contact Meaghan Clark our New GSA Vice-President at (clark.meaghan.3@gmail.com)

### Intercollegiate Event for Local Boston Universities

Would you like to meet other graduate students in the Boston area? Are you interested in making connections and doing activities with other graduate students outside of your university?

The Boston Graduate Leadership Organization (BGLO) plans social events for graduate students from Boston College, Boston University, Harvard, MIT, Northeastern, Suffolk, and Tufts. The first BGLO event, last April at the Roxy Nightclub in downtown Boston, drew over 700 students from these universities.

Join Boston College graduate students and other graduate students from local universities for our event this semester:

DATE: October 15th, 2009.  
WHERE: Tequila Rain on Lansdowne St. next to Fenway Park.  
WHEN: 8pm-2am

We hope to see you there!  
Interested in hearing about our events?  
Join our Facebook group: Boston Graduate Leadership Organization.

### Get Involved with the Graduate International Student Association (GISA)

Join GISA for its informational meeting on Thursday, September 17th at 5:00pm in the Murray Graduate Student Center. All are welcome to attend!

### Join Grad AHANA

Grad AHANA will have it's first Executive Board Meeting of the semester on Wednesday, September 23rd at 4:00pm in the Murray Graduate Student Center. All are welcome to attend!

## Campus Updates for Graduate and Professional Students

### From Campus Ministry

For information about campus liturgies, consult the web page ([www.bc.edu/offices/ministry](http://www.bc.edu/offices/ministry)).

You're invited... **The Mass of the Holy Spirit**, to ask for God's blessing on our work this new academic year, will be celebrated on Thursday, September 17, at noon on O'Neill Plaza.

**Multi Faith Service** of prayer and music will take place on Monday, September 21, at 5:30 pm in Gasson 100. Join with men and women from various religious traditions.

**A day of retreat for graduate students** is scheduled for Saturday, September 19, from 10am-4pm at St. Joseph's Chapel. Fr. Michael Boughton, SJ will be joining us to reflect on the theme, "With What You Have Been Given." Cost: \$10/\$5 refundable. To register, get in touch with Sister Mary at [Mary.Sweeney.4@bc.edu](mailto:Mary.Sweeney.4@bc.edu) Spouses are welcome.

**Twilight Retreat for Graduate/Professional Students** will take place at Murray House on Wednesday, September 30th, 6:30-9pm. This is an opportunity to meet folks from other graduate and professional programs, to gather for dinner, conversation, some quiet time for personal reflection and sharing. RSVP Sister Mary at [Mary.Sweeney.4@bc.edu](mailto:Mary.Sweeney.4@bc.edu)

If you're **thinking about becoming a Catholic or receiving the sacraments**, the RCIA program might be for you. For more information, email Sister Mary to set up an introductory conversation. The program begins on Tuesday, September 22.

If you're a former **Jesuit Volunteer**, check in with Sister Mary. Each semester we plan gatherings for fJVs who are on campus.

**Growing through Grief** is a support group for those who have lost a loved one. If you would benefit from sharing in this kind of group, email Sister Mary at [mary.sweeney.4@bc.edu](mailto:mary.sweeney.4@bc.edu)

### From the GSAS Dean's Office Doctoral Support Group Lunch

The Graduate School of Arts and Sciences invites all doctoral students on the campus to attend a support group. Doctoral students determine the topics to be addressed, and a professional academic facilitator provides assistance and guidance to the group. Time: 12:15 to 1:15 p.m. Meeting place: 21 Campanella Way, Room 328 for all dates, except November 5th which will be in Room 380. Dates: September 24, October 8, October 22, November 5, November 19, December 3, and December 10.

### From the Volunteer and Service Learning Center

#### Welles R. Crowther Red Bandanna 5k Run/Walk

When: Saturday, September 19th 2009  
Where: On campus at the Gasson Hall Eagle  
Time: 9am Start, Check-in begins at 7:30 in Gasson 100. To pre-register and to learn more about Welles, a '99 BC grad and 9/11 hero, visit: [www.redbandannarun.com](http://www.redbandannarun.com)  
Questions: Contact the VSLC at 2-1317 or [volunteer@bc.edu](mailto:volunteer@bc.edu)

### Submit Student Achievements

The Grad Life Newsletter wants to know what Boston College's Graduate and Professional Students have been up to. Did you present at a conference or publish an article? The Student Achievements page wants to highlight the great work you and your friends have accomplished. Please submit your name, department, and the degree you are seeking along with a description of your achievement and a photograph. Information can be emailed to Brenda Marvin at [marvinb@bc.edu](mailto:marvinb@bc.edu).

## Mark Your Calendar...

### September

- 17: Mass of the Holy Spirit (12:00pm, O'Neill Plaza)
- 17: GISA Informational Meeting (5:00pm, Murray Graduate Student Center)
- 18: Veritas et Vinum (4:00-5:30pm, Fulton Honors Library)
- 18: Last Day to Waive Medical Insurance
- 19: Welles Crowther Red Bandanna 5k Walk/Run (9:00am, Gasson 100)
- 19: Day of Retreat (10:00am-4:00pm, St. Joseph's Chapel)
- 21: Multi-Faith Prayer Service (5:30pm, Gasson 100)
- 23: Grad AHANA Executive Board Meeting (4:00-5:30pm, Murray Graduate Student Center)
- 24: Doctoral Support Group (12:15-1:15pm, 21 Campanella Way, Rm 328)
- 30: Twilight Retreat (6:30-9:00pm, Murray Graduate Student Center)

### October

- 9: Graduate Intersections Applications Due Today
- 15: BGLO Social (8:00pm-2:00am, Tequila Rain)
- 16: Veritas et Vinum (4:30-6:00pm, Fulton Honors Library)
- 24-25: Graduate Intersections (Warren Conference Center, Ashland, MA)

BC Calendars  
On the Web:

Student Life Calendar  
[www.bc.edu/studentevents](http://www.bc.edu/studentevents)

University Calendar  
<https://events.bc.edu/cgi-bin/publish/webevent.cgi>

Academic Calendar  
[www.bc.edu/acal](http://www.bc.edu/acal)