

**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
(email) gsc@bc.edu

**Murray Graduate Student Center
2007-2008 Hours of Operation**

Monday-Thursday, 9am-10pm
Friday, 9am-5pm
Sunday, 1pm-6pm

DVD Lending Library Hours
Monday-Thursday, 10am-9pm
Friday, 10am-4pm
Sunday, 2pm-5pm

Grad Student Life

VOLUME 7, NUMBER 12

FEBRUARY 27, 2008

Spring Break DVD Special!

Staying in Boston over Spring Break? Want to *finally* watch those movies on your list? Have we got a deal for you!

The DVD Lending Library at the Murray Graduate Student Center is running a Spring Break Special...registered lenders can take up to 3 (that's right -3!) DVDs for the entirety of the break. We have over 350 DVDs that graduate students may take out. We'll even throw in a bag of microwaveable popcorn to aid in your movie viewing pleasure!

So stop in to the MGC on Thursday, February 28th or Friday, February 29th and take advantage of this limited time offer! Not a member? Stop by and ask a Center Assistant how you can join. It's free!

NEW ARRIVALS

Hairspray *Evan Almighty* *Knocked Up*
Wild Hogs *The Namesake* *Spider-man 3*
Say Anything *Transformers*
Fantastic 4: Rise of the Silver Surfer



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8 Tips to Conquer Anxiety and Apprehension

Brought to you by Beatriz Cantada

Excepted from: <http://www.newlifehypnosiscenter.com/rickinfo/Stress%20Articles/Eight%20Helpful%20Tips%20in%20Dealing%20with%20Anxiety.pdf>

Anxiety is the feeling of fear or apprehension that is intense enough to disrupt one's daily activities. As graduate students, we worry about our classes, our next job, how to pay the bills, and how to balance the different aspects of our lives—just to name a few. If we allow anxiety to dominate our lives, we may not have any room for happiness. Here are eight tips that can help ease your anxiety:

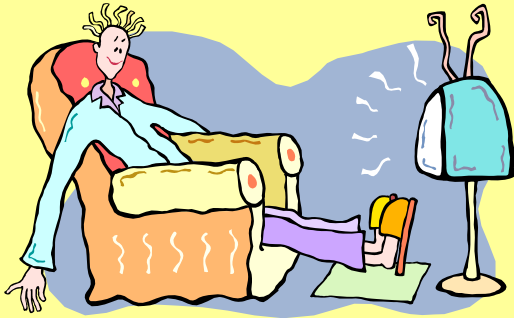
1. **Be the master of your thoughts.** The inability to control what you think strengthens your tendency for anxiety. Anxiety gains momentum when you entertain negative thoughts.
2. **Practice self-discipline and control over your feelings.** Anxiety is like taking a ride on a rollercoaster: once you start entertaining negative thoughts and fears, they become a mantra and become self-perpetuating. The best thing to do is to cut them off right then and there. Distract yourself, divert your thoughts, or go talk to someone and have him or her validate your fears. Most of the time, anxious thoughts are distortions of reality. It is best to have someone tell you the objective facts, and show you that you are grossly exaggerating your fears. If they are valid, you can seek reassurance of a happy outcome or have the other person suggest ways to work around the problems you face.
3. **Think positive.** Whenever possible, try to think of the glass as being half-full. Thinking it is half-empty will only result in a never-ending cycle of negative thinking. The key is not to go "I won't think negatively. I won't think negatively." Rather, focus on positive thoughts. Write a list of the things you want to be and the things you want to happen in your life, enough that you could say every single morning within 3 minutes to yourself. Then every morning, when you wake up or before you leave for work or school, say your affirmations to yourself. Then all throughout the day, when you catch yourself worrying, stop in your tracks, and enumerate 5 things you are thankful for today. Repeat as needed.
4. **Keep yourself busy and on the go.** Never allow yourself to have idle moments. The moment you get up from bed, keep yourself busy right away and keep moving throughout the day. Being idle will not solve your problems and the moments when your mind isn't busy doing something worthwhile will only invite more anxiety.
5. **Work out a plan and try to accomplish it.** Whether it's how to improve yourself or a plan to solve the very problem that is causing your anxieties, doing this exercise will let you see that you can do something about your situation. This will also help you realize that you have control over yourself. Increasing control over your own life leads you to feel less anxious, because anxiety is an issue of control: the lack of it.

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"8 Tips to Conquer Anxiety and Apprehension" continued from page 2...

6. Consult someone who can be trusted. Sharing your worries with another person lightens the worries and puts them in the proper perspective.

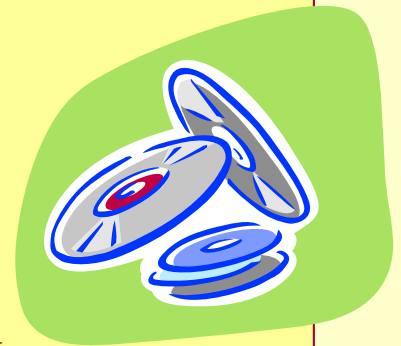


7. Laughter is the best medicine. Laughter can ease your burdens. Be in the company of amusing friends or indulge in activities that put laughter in your life.

8. If current issues make you anxious, switch off the television. Reduce the time you spend watching news or consider only watching shows that put a smile on your face!

UNCOVERING BC'S RESOURCES: O'NEILL LIBRARY MEDIA CENTER

The Media Center has many resources available to graduate students and their coursework. We all know how research, thesis, and dissertation work has been changing in the 21st Century and in the era of the Internet. Library media collections are not only wonderful places to go to for entertainment and enrichment, but a dynamic arena in which to explore the best use of existing and new media for graduate level work. As a graduate student at BC, you can truly find a vast array of media resources. The O'Neill Library Media Center holds over 20,000 DVDs/videos/CDs. You may not even know about the Libraries' online video collection.



Come and enjoy the company of your fellow graduate students and let us tell you about some of these resources, as well as some other useful teaching tools available to you from the Libraries and other departments on campus. Pizza and drinks will be provided!

When: Tuesday, March 18th 12-1pm
Where: O'Neill 211

Space is limited. Please RSVP to Beatriz Cantada at cantada@bc.edu by Friday, March 14th.

Campus Updates for Graduate and Professional Students



From the Intersections Office...

VOLUNTEER OPPORTUNITY

The Intersections Project is looking for a graduate volunteer to work with a project entitled "Building Social and Cultural Capital for Business." This project envisions a one week summer program for incoming freshmen entering the Carroll School of Management to increase the "cultural capital" of first generation college students. The ideal graduate volunteer will be motivated, enthusiastic, and possess student leadership as well as retreat experience. First generation college student and/or business major preferred. This position involves helping with recruiting, program development and being present with the students during the week before school starts. The commitment will be 1-2 hours per week from March-August 2008 and all day August 23-29th. Email resume to Paula Gonzalez at gonzalpb@bc.edu or call 617-552-01784 for more information.

From Sr. Mary Sweeney, Campus Minister...

Lenten Twilight Retreat

Wednesday, February 27: 6:30-8:30

Join us at the Murray Graduate

Student Center for dinner and some time to reflect on the message of Lent. Interested? Email Sister Mary at mary.sweeney.4@bc.edu

"15 Minutes of Peace and Quiet and Prayer"

Is life moving too quickly for you? Treat yourself to a time to regroup and center yourself. Every Thursday, 4-4:15 in the Cushing Chapel, next to Room 326 in the School of Nursing.

Graduate Student Association

Open Chair Positions

For more information about any of these positions, please contact gsa@bc.edu.

Community Service Committee Chair: Chairs the Community Service Committee, which organizes opportunities for graduate students to give back to the greater Boston community.

Marketing & Outreach Committee Chair: Chairs the Marketing and Outreach Committee, which facilitates communication about activities, events, and important issues within the graduate student community and between the graduate student community and larger University community. Works with the Executive Board to appoint graduate students as members of University committees. Works to increase awareness in the greater Boston community of the impact that our graduate students have on intellectual, cultural and social life of the area.

Spirituality Committee Chair: Chairs the Spirituality Committee, which provides multi-faith programming to address the religious and spiritual needs of the diverse graduate student body. Develops programming to increase awareness of Jesuit educational values.

Grad Student Group News

Greetings from the GSA Social Committee!

Thanks to everyone who came out for our Winter Ball—it was a smashing success!

Upcoming Events:

GRAD NIGHT OUT

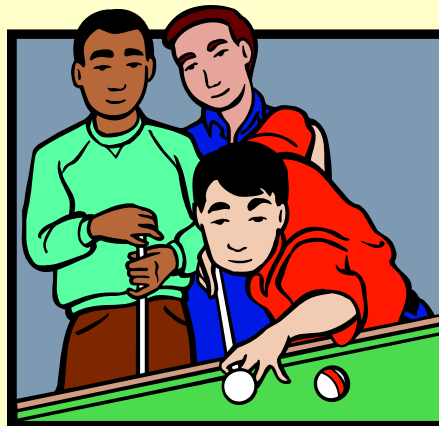
Thursday, February 28th 7-9pm

Big City

138 Brighton Ave, Allston

(T: Harvard Ave)

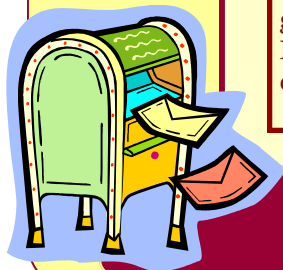
Join your fellow grad students for drinks, pool & free food!



GRAD NIGHT IN

Wednesday, March 26th: Gasson 100, 7-9 pm

We're always looking for new members for the GSA Social Committee. If you're interesting in getting involved and helping plan events, join us at our next meeting, March 12th from 7-9pm in the Dining Room, Murray Graduate Student Center. Questions? Contact Marley at oneilmx@bc.edu or Christina at holdvogt@bc.edu.



Visit the GSA Website: www.bc.edu/gsa

The Notice Board

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XVI Annual Conference in Romance Studies

“Behind the Cape: Heroes & Antiheroes in Romance Studies”

April 4-5th, 2008
Friday: Devlin 100, 4-7pm
Saturday: Fulton, 9am-6pm

Featured Keynote:
Professor John Cull, Holy Cross
“Famous Infamy? The Hero’s Paradoxical
Quest in the Works of Cervantes”
Friday, Devlin 100, 5pm

Questions? Please e-mail bcrlsa@gmail.com

Monthly Liturgy for LSOE students

The Center for Catholic Education is sponsoring monthly liturgies for all students, faculty, and staff of the Lynch School of Education. The liturgy schedule for the remainder of the spring semester is: Monday, March 17th and Monday, April 28th at 3:45pm in Campion Hall Room 139. Snacks will be served following the liturgy and students and faculty will be able to make their 4:30pm classes. Please come join the Lynch School community.

Questions? catholic.education@bc.edu

Hey Baby, Did You Know?

Baby Changing Stations are installed in the following locations:

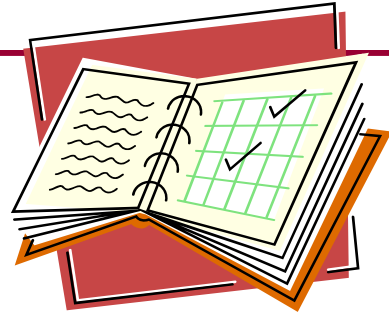
O’Neill: 2nd floor men’s & women’s restrooms
21 Campanella Way: 1st floor men’s & women’s
McElroy : 1st floor men’s and women’s
Campion: 1st floor, men’s and women’s
Murray Graduate Student Center: 2nd floor unisex bathroom

In addition there are seven baby changing stations in Conte Forum.

Coming soon:
Gasson on the first floor
McGuinn, men’s and women’s restrooms on the first floor.



Mark Your Calendar...



February...

27th, 6:30-8:30pm: **Lenten Twilight Retreat** (Murray Graduate Student Center)

28th, 7-9pm: **Grad Night Out** (Big City, Allston)

March...

12th, 12-1pm: **Reality Bites: Dislocations in College Writers (and Teachers): A Panel on Turning Difficult Moments into Teachable Ones**
(Connors Family Learning Center)

14th-15th: **Biennial Boston College Conference on the History of Religion: "Religious Identities"**

18th, 12-1pm: **Uncovering BC's Resources: O'Neill Library Media Center**
(O'Neill 211)

26th, 7-9pm: **Grad Night In** (Gasson 100)

April...

1st, 12-1pm: **Creating your own Syllabus**
(Connors Family Learning Center)

4th, 4:30pm-6pm: **Veritas et Vinum Presents "A Conversation with Dr. Patrick Maney, Dean of Arts and Sciences"**
(Fulton Honors Library, Fulton Hall)

4th-5th, **XVI Annual Conference in Romance Studies: "Behind the Cape: Heroes & Antiheroes in Romance Studies"**
(Friday: Devlin 100; Saturday: Fulton)

10th, 12-1pm: **Teaching Portfolios and Teaching Philosophy Statements**
(Connors Family Learning Center)

23rd, 12-1pm: **Bringing the Semester to a Good End**
(Connors Family Learning Center)

BC Calendars On the Web:

Student Life Calendar
www.bc.edu/studentevnts

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

Academic Calendar
www.bc.edu/acal