Graduate Student Association  
Senate Meeting Agenda  
November 21, 2019

1. Welcome  
   a. Breakfast  
   b. Introductions  
   c. Attendees

2. Updates from members of the Senate  
   a. Updates on events/ programs over the past month  
      ● GISA: Two events. Pumpkin carving, watched Coco for Day of the Dead, got sushi, would like to put together a Chinese food night and would like to do their second brewery tour.  
      ● STM: Potluck organized by social group and international student group, music ensemble, upcoming caroling at St. Ignatius Church  
      ● GSCA: Were planning to do a friendsgiving but not enough time to put it together. Will do another holiday event.  

   b. Updates on Provost Advisory Council from LSA Rep  
      ● Discussion about older students and online learning  
      ● Jesuit Mission; Presentation on what BC is doing to be considered a Jesuit Institution. Broadening how the different schools understand and claim the Jesuit label.  
      ● Creating a good atmosphere and community for faculty and staff at BC.

3. Presentation from Makayla Davis of the Office of Health Promotion
• Programs and Services:
  □ General Health Education
  □ Health Coach Institute
  □ Let’s Talk Health
  □ Screening Events
  □ Alcohol and Drug Education
  □ Nutrition Education and Counseling
  □ Health focused on mind, body, and soul.

• Messages Around Health
  □ How do you define health?
  □ How do you hear grad students talk about their health? Anxious, sleep deprived, overwhelmed.
  □ What are health successes and challenges grad students are having?
    Challenges include finances, participating with club sports, being excluded from activities and resources benefitting undergrads.
    Successes include grad students creating supportive communities within their schools, majors, etc.
  □ What would a healthy BC campus look like for grad students?
    A more inclusive campus that makes resources and necessities more affordable for grad students. Advocating to the administration ways the BC can better support grad students. More grad student inclusion especially for things like club sports.

• Health is a Journey of Mind, Body, and Soul
  □ Sustainable practices
  □ Doing things you enjoy

• Why is Health Important?
  □ Foundation of what we do
  □ Taking care of our bodies helps us to feel energized and maintain a healthy and clear mind.
A healthy and clear mind allows us to live with meaning and purpose.
Living with meaning and purpose fuels our soul and helps us to cultivate belonging and connection to ourselves and others.

- Four Pillars of Body
  - Nutrition
  - Exercise
  - Sleep
  - Alcohol

- Four Pillars of Mind
  - Mental health
  - Stress
  - Time
  - Resilience

- Four Pillars of Soul
  - Relationships
  - Spirituality
  - Social Life
  - Community

- Grad Student Data
  - Cost of living is a main source of stress and anxiety
  - Work and time management impact academic progress
  - Access to Campus Recreation to better support health and wellness
  - Most interested in health coaching, nutrition, services, relaxation events
  - Most satisfied with relationships/social life, alcohol/drugs, sleep
  - Want more information on stress, nutrition, mental health
  - Biggest stressors--finances, time management, the future
  - What OHP can do--free food, massages, gym membership, mental health resources (for specific
demographics), email outreach, alumni as mentors, peer support.

- What are your thoughts?
  1. Reactions
  2. Progress
  3. Opportunities

a. Follow-Up Q&A

4. GSA Executive Board Updates

a. Executive Director Updates

- Met with Joy Moore, VP of Student Affairs to discuss grad student issues.
- Upcoming meeting with Provost Office. Will discuss more opportunities for faculty and grad students to meet together and collaborate.
- Alec and Marquise met with Career Center to talk about events to collaborate on for grad students. Professional development events; 5 sessions throughout Spring Semester geared towards resume, cover letters, interviewing skills, working outside academia, alumni panel.

b. Director of Programming Updates

- Women’s Center
• DISH: Tacos and Transitions (tentative)
• CARE: call for event proposals going out in January.
• Women’s Summit: looking for grad student volunteers
• Take Back the Night: Trying to get a grad student speaker to be involved.

• AHANA
  • Tentatively planning a meet and greet b/t grad and undergrad students of color.

• EMS
  • Two to four emergency training sessions planned. One in the winter months (January-February) and another in the spring months (March-April). And CPR certification training.

• Living to Learn
  • Defining first gen, what that means for grad students. Figure out if we can unite the various first gen grad groups on campus under one banner.

c. Director of Finance Updates

• University is transitioning to a digital process for P-card reconciliations using PeopleSoft
  ○ Tyler, Hannah, and Procurement Services will be training all graduate treasurers in mandatory training sessions to teach
5. OGSL Updates
   a. Introducing Carole, The OGSL Director

6. Open Space for Discussion
   a. Questions/ Concerns
   b. Ideas for Collaboration
   i. Destress December
      Espresso Dave coffee cart:
      Looking for co-sponsorships
      Taco Tuesday will be co-sponsored by GPA.
      Chicken and Waffle Wednesday: Looking for co-sponsorships
   ii. Career Center Sessions

This is the last senate meeting of the semester! Good luck on finals and enjoy the upcoming breaks!! See you all next semester!