

Dartmouth Graduate Student Council  
Regular Meeting  
February 4, 2020 | 5:30PM



## AGENDA

### New Business:

#### GWISE and BIAS - Chris Callahan

- Conversation surrounding implicit bias, potential ways of combatting it, videos, strategies for how to combat it (e.g., blind grading, teaching evaluations, etc.)
- Recurring event? Again to discuss more specific manifestations, clearer suggestions on how to combat it.
- Type of idea that the diversity chair could be doing for the GSC
  - Reach across graduate students. Organizing and planning challenging, so need multiple people involved (NYT license agreement, additional funding)
  - Need for this really badly at this school in particular
- Next steps: Turned to broader issues of explicit and “institutional failures” at Dartmouth – what resources are needed for students to succeed
  - Idea: Graduate student unionization – murmurings
    - Institutional power
- Thoughts that GSC is not adequately representing students as a whole – graduate students may not be happy
  - Unclear thesis requirements, unnecessary faculty requirements for certain students
  - Feel that GSC and administration are not doing anything
- **Question: Were there any solutions offered?**
  - Other Ivy League schools have had poor experiences with unionization
    - Would be geared at TA/RA requirement programs (“worker” component) – not sure how it would fit in with MALS/TDI
    - **Demands: Anonymous reporting source for power dynamics issue, other things, ombuds officer**
    - Center for Professional Development/Grant source database
- **How can the executive board be more transparent – what is GSC focusing on this year?**
  - Build on work – training for professors and graduate students for leadership training
  - GSC as a body can function well “if there is a desire to function well”
- **Send out a blast to GSC general body after meetings with Deal Kull, Kerry, etc.**
- Publicize anonymous ways to access GSC through the website
- **GSC exit survey for graduating students – student experience, things that worked well, and that could go back to the GSC**
  - Selection bias – how do we get to students who may not be as successful

#### Todd Gibbs on Student Wellness Coaches (3<sup>rd</sup> Floor Robinson Hall)

- SNAP – medical school has an individual per class that all individuals can go and talk to. Through conversations with people around campus, ended up at Wellness Center!
- Mental health from the perspective of public health – promote student mental health

- Peer driven, driven by positive psychology – how to advance here at Dartmouth based on work elsewhere
- Wellness Center not specifically charged with graduate students, but resources available through their department right now
  - Student involvement (internships)
    - Brief, motivational interventions for individuals
  - Self-Care & Outreach (free giveaways, massage chairs, sun lamp, etc.)
  - In-Person workshops – open to all graduate students
    - Stress-less workshops on request
    - Private, not-confidential resources
  - **Mondays at 4 – Collis 101 Yoga Session**
    - Thursday evenings in the works
  - **Fridays at Noon – Mindfulness guided meditation**
  - Online resources
- “Empowering our community to *thrive*”
- Focus areas – reflection, connection, intention
  - Student wellbeing
  - Mindfulness & yoga
  - Healthy relationships
  - Alcohol & other drugs
  - Sexual health
  - Sexual violence prevention
- Multiple dimensions (intellectual, financial, physical, etc.)
  - Community of care
- Wellness Coaching
  - *You* (the client) are the expert
  - Instill confidence and resources available
  - Not intended to be a cure-all, institutional change
  - In every situation, always some choice available and changeable
  - How do we keep people feeling empowered
- Tentative Plan:
  - Recruit 3-8 people for initial pilot
  - Training sessions during spring
  - System for scheduling and documentation
  - Hosting session
  - Co-facilitation at beginning
- Commitment
  - 6-8 hour of direct training provided
  - 3-4 hours/week of availability for entire Dartmouth student community
    - Provide for both undergraduate and graduate
  - 1 hour/week team meetings/prof development etc.
- Question: Differences between what is currently offered between undergraduate and graduate students
  - No differences in services right now, but workshops designed with undergraduates in mind (mindfulness is mindfulness, though)
- Questions: Ensure access to graduate students
  - Hard to get a new service off the ground, and will be pitched to graduate students first – all will be open right out the gate
  - If over time things change:
    - In addition to central things, working with resident fellows who will also be trained in coaching (all undergrads would hopefully use those sources and the ones localized in Wellness Center would be mostly graduate students)

- If that didn't work, open for students providing coaching sessions both out of wellness center and graduate office
    - Different appointment types (could keep spots open)
- Questions: Paid position
  - Yes, could be paid and work on resources to get more students paid for
- Questions: How does the structure allow for coaching and training sessions outside of standard 9-5 hours
  - Hope is that this would be predominately evening and weekend hours so that graduate students can access
- Questions: How successful has this been at other institutions?
  - Ohio State: By fifth year, 3,000 students
    - 300% growth-ish each year
    - Needed offices that would refer students their way – the biggest thing that Dartmouth does not have that OSU does.
    - Word of mouth
    - Consistent across 5 years, graduate students made up about 25% of the service utilization
- Questions: Mechanisms for diverse mental health
  - Wellness coach prepared to manage first session for anyone – not ultimate service for everyone that walks through door.
  - Referral is an important capacity (higher level of care) – mutual relationships with other services (want to develop the pipeline so people don't just get put on a waitlist)
  - This is not counselling – want to recognize and hand-off appropriately
    - Need to market it in that particular way
- Question: How is this beneficial for the graduate student serving as the wellness coach?
  - Broad sense of transferrable skills into whatever you want to have (listen, communicate, support, encourage)
    - Teaching, management, involves development and support of other people

#### Funding Request – Public Health Week

- First week of April (6<sup>th</sup> through 12<sup>th</sup>)
  - Focus on events Monday through Friday
  - Aim to connect with other graduate schools and undergrads, but want to focus on graduate students
- Seminal event for TDI – put a lot of energy into it, want to connect with larger graduate community
- Advertise through GSC, fliers
- Dickey Center – global health perspective
- Dick's House
  - Want to increase partnerships and resources available to grad students
- Advertise with physical fliers as BINGO
  - Once you get a BINGO, can submit card for a raffle
- Currently have \$500 from TDI, so need \$1,000 more
  - Spaces
  - Hop rental room for mini film fest
- Note: Guarini does a big event during that week, so need to partner
  - Raffle prizes – 7 or 8 “swag”
- Question: Reach?
  - Want to access more people
- **Motion passes -- \$1000 funding**

## Housing Update

- Michaels is building four buildings near the hospital
- Nice, many beds
  - 1 Bedroom, 1 Bathroom (\$1,400/month)
  - 2 Bedroom, 2 Bathroom (\$1,190/month)
  - 4 Bedroom, 2 Bathrooms (\$995/month)
  - Washer/dryer units included
  - Garage \$75/month
- Furnished, but “on the table”
  - They want it furnished because they don’t want to damage the building
- Asking for costs for modifying factors (e.g., 2 bedroom, 1 bathroom)
- All utilities included, but maybe cap (e.g., they will pay x amount and you pay y extra)
- Costs not currently affordable to graduate students
  - They have a minimum, so want to get closer to that
  - Another meeting in April – want information from them on how much each additional amenity would cost and send out a survey to graduate students on whether they would be willing to pay an extra XYZ for certain amount (extra bedroom, shuttle, garage)
    - Want more people to show up at the meeting – abysmal attendance makes it look like we are complacent
- Need to clarify that it is discussing costs, etc.
- Need to talk to school about possible subsidized housing (how would that work?)
  - What about stipend increases?
    - Larger issue than school – PI grants
      - What about Dartmouth endowment?
  - Why strip amenities – school should help out somehow
    - Is this okay? Process maybe to get into housing (lottery)
  - Subsidize housing for everyone? Not particularly possible, probably
- Question: How to pull in how it will impact recruitment?
  - Will impact individuals who are particularly sensitive to cost and on edge of not being able to afford
  - International students, etc.
  - Incoming students who don’t have a voice, Master’s students
- **What choices can we make, how can we subsidize housing, will that come with a tradeoff of increasing stipends**
- What does 600 additional beds do the Hanover housing market
  - Goal is to make overall pricing cheaper, but assumes market will behave a specific way
- How to get administration to “care”
  - Need to come together as a graduate student community
  - Petition?
  - How would graduate students care?
- Mandate that they can’t call it graduate student housing
  - Prioritize students who sign-up first and then other students
  - Graduate students sign-up
  - Not just graduate students – DHMC staff members
  - Need to bring the price down – we were not the only ones considered
- No conditions that they have to move out, so what if it just becomes staff housing
- How would Upper Valley community feel about it?
  - How do we guard against it and protect the graduate students body

- Meetings with the College
  - Application through Guarini → developer may not be the best way to go.
- Finance
  - January was expensive because things not billed in December were billed in January
  - Winter Semi-Formal was expensive
  - Motion passed to publish

### **Announcements:**

Mental Health Month – lots of things

1. Baker Tower Tours Friday, Feb 7th
2. IGMP/North Park Rock Climbing Saturday, Feb 8<sup>th</sup>
3. Mental Health Monday: Fitness Center Orientation at Alumni Gym Monday, Feb 10<sup>th</sup>
4. Wellbeing and Learning, Wednesday, Feb 12<sup>th</sup>
5. Suicide Prevention workshop, Wednesday, Feb 12th and 25<sup>th</sup>
6. Baker Tower Tour, Friday, Feb 14<sup>th</sup>
7. Coloring and Careers with Kerry, Wednesday, Feb 26<sup>th</sup>