October is here and we’ve almost reached the midpoint of the semester. This is always the part of the year where things get the most hectic and I start wondering where the time went! If you’re like me, once the deadlines start creeping up as you work on multiple projects at the same time it gets harder to make time for yourself. There’s SO much to do! Many decisions to be made, articles to read, papers to write and meetings to attend. The list of competing priorities gets longer and longer. With all of the goals you set at the beginning of the semester this is when it’s time to draw from your favorite sources of inspiration, eliminate distractions and push yourself to stay focused. You’re almost there! Below are 5 of my favorite quotes that keep me pushing towards excellence when I feel my productivity dwindling.

“The only thing standing between you and any goal you set is dedication and consistency.”

“You can teach everyone around you about healthy boundaries by enforcing yours.”

“No decision will pay off more than prioritizing where you invest your time and giving extreme focus to the things with the highest return.”

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

“An investment in knowledge pays the best interest.”

Wishing you a fruitful semester!
EVENTS

Wine Tasting
SAT, OCT 5TH

Halloween Party
THUR, OCT 31ST

Decolonizing Academia
WED, OCT 9TH

Presidential Politics Brunch
TUE, NOV 12TH

Unwritten Rules of Graduate School
THUR, OCT 17TH

General Body Meeting
SAT, NOV 23RD

Community Service Event
SAT, OCT 26TH

Write In
SAT, DEC 7TH

SUN, DEC 8TH
Call for Submissions: Mental Health Conference at U-M

Dear Graduate Student:

Are you conducting research on mental health in communities of color? If so, we invite you to submit a poster presentation proposal for the upcoming conference, Young, Gifted, @Risk & Resilient (YGARR), taking place at the University of Michigan on October 24th. This day-long conference will bring together leading researchers, practitioners, administrators, faculty, and students to focus on campus climate and mental health among young adults/college students of color.

As part of the conference, there is a session reserved for student researchers – Conducting Innovative Mental Health Research as a Graduate Student – where students will share their research with conference attendees during a poster presentation.

Following the poster presentation, we are thrilled to be joined by Cleopatra Caldwell (Chair and Professor of Health Behavior & Health Education, University of Michigan) and Daphne Watkins (Associate Professor of Social Work, University of Michigan) who will engage with students and explore the experiences of conducting and disseminating research on the mental health of people of color, including questions about studying one particular racial group, incorporating critical theory, and navigating academic structures as a scholar of color.

We invite you to submit your proposal abstract by Friday, October 11th at the link below.
https://forms.gle/VTxQHMVc1jgSpPcV8

Best,
Tabbye Chavous, PhD
Director, National Center for Institutional Diversity
Professor of Education and Psychology
Associate Vice President for Research
University of Michigan

Shanice Battle, MPH
Doctoral Candidate in the School of Public Health
Students of Color of Rackham (SCOR) President
National Center for Institutional Diversity Research Fellow
LatinX History Month Event: Decolonizing Academia

SW First Generation subcommittee and collaborators present:

DECOLONIZING ACADEMIA WITH DR. CLELIA RODRÍGUEZ

Date: Wednesday, October 9th
Time: 12:00pm to 1:00pm
Location: School of Social Work, ECC
Light Refreshments will be served
RSVP using QR Code

Join us as we celebrate Latinx Heritage Month by welcoming Dr. Clelia O. Rodríguez, author of Decolonizing Academia: Poverty, Oppression, and Pain at the University of Michigan. Dr. Rodríguez is a woman of color and an educator, born and raised in El Salvador. The seminar will foster dialogue that encourages students to challenge inequalities, disrupt racist ways of learning, and inhibit the exploitation of communities through scholarly practice.

Sponsored by: CEW+, SCOR, Rackham Graduate School, & School of Social Work
JOIN US!

FIRST GEN GRAD STUDENT MIXER!

Thursday October 3
5:30 - 7:00 PM
Fellows Lounge, 8th Floor
Munger Graduate Residences
540 Thompson St., Ann Arbor, MI 48104

Sign up here
https://sessions.studentlife.umich.edu/track/event/session/19353

M | STUDENT LIFE
It's in the Syllabus and Other First-Generation College Student Experiences

October 8th, 2019 from 12:00pm-2:00pm
Assembly Hall, 4th Floor, Rackham Building

REGISTER at the link below
https://sessions.studentlife.umich.edu/track/event/session/15195

An immersive, playfully disorienting encounter, It’s in the Syllabus and Other First Generation College Student (FGCS) Experiences offers participants a complex view of a heterogenous identity group: students who are the first generation in their family to attend college.

Because this session focuses on interventions instructors can make in the classroom, it is appropriate for faculty, graduate student instructors, and staff who have an instructional role.

Participants witness several different intersecting stories about FGCS experiences and challenges, which confront stereotypes about who FGCS are and what they bring to the classroom. Through facilitated activities and discussion, instructors strategize about ways to make their classrooms more inclusive and foster belonging for FGCS. **The theatrical portion of this session contains strong language. In this session, participants will:**

- Discuss barriers that create challenges for FGCS.
- Identify specific classroom strategies to better support FGCS.
- Consider how to deploy resources on campus relevant to FGCS.

**Early departures can be disruptive to the performance and other participants. Please only register if you are able to attend the entire workshop. This event is co-sponsored by LSA.**
This group is designed to provide a brave space for sharing experiences and engaging in meaningful dialogue around the celebrations, challenges, and complexities of life unique to graduate students of color.

This group aims to increase connection, self-empowerment, and advocacy as professional students advance in a complex world.

Grounded by a feminist and multicultural framework, the specific focus of the group will be determined by members’ needs with an emphasis on social justice and navigating through systems of oppression.

**When:**
Fall 2019 Semester
Thursdays from 2:15pm-3:45pm

**Where:**
122 S. Main St., Suite 290, Ann Arbor

**Cost:**
$20 per session (10 sessions)
Or save $50 by paying full term in advance!

**Contact:**
Kulkiran (Kulky) Nakai, Psy.D., LP
groups@integrativeempowerment.com
SAVE THE DATE!

Wellness in Color

Young, Gifted, at Risk & Resilient student focused pre-conference.
Designed and facilitated by students of color.

WEDNESDAY, OCTOBER 23RD
5:30-8:30PM
MICHIGAN LEAGUE

FREE FOR ALL STUDENTS.

CO-SPONSORS:
The Steve Fund, National Center for Institutional Diversity (NCID), Program on Intergroup Relations (IGR), Trotter Multicultural Center (TMC), and the Multi-Ethnic Student Affairs (MESA) office