

# PHD NEWSLETTER

December 2022

## HIGHLIGHTS

### THAW

Happy Holidays!

New Module of PEERS: Toxic Academia:  
Dispelling the Culture of Exceptionalism

Please fill out the PEERS survey!

### Student Affairs

Personal and Professional Growth  
Workshops in 2023.

### URISM

Implementation of moving stipend for BMS  
students and Coordination with the Office  
of Disabilities to assist students.

### Student Council

Next GBM: January 13th @ 7:00 pm.

Winter Formal on Sunday, January 15th,  
2023 @ 6:00 pm.

### GET TO KNOW COPHE!

Introduction of Committee on  
Professionalism in Healthcare for handling  
mistreatment in Graduate School.



January Dissertation  
Defenses



## EVENTS IN JANUARY

**January 11th: Come Chill with THAW @ 5:45pm**  
**Location: TBD**

**January 12th: Graduate School Sushi Party**  
**Time & Location: TBD**

**January 15th: Winter Formal @ 6:00 pm**  
**Location: The Sanctuary at Roosevelt Island**

**DECEMBER PLM MINUTES FOUND HERE**

## STAY CONNECTED



[ismmsphdmsbsprep.slack.com](https://ismmsphdmsbsprep.slack.com)



[phdstudentcouncilreps@icahn.mssm.edu](mailto:phdstudentcouncilreps@icahn.mssm.edu)



# STUDENT



# FEEDBACK

[Click here for the extended version of the Student Feedback!!](#)

*By: Adriana Sistig, Anna Bright and Anina Lund*

A thank you to the people who participated! We at PLM thank you for taking the time to voice your concerns; we appreciate the drive of the students to improve the quality of student life here at Sinai and look forward to receiving your continued feedback.

## Major Topics

- Coffee Access for graduate students
- Student Finances
  - Stipend increase
  - Conference and travel reimbursements
- Housing
  - Issues with Aron Hall
  - Equivalent housing subsidies
- Course Concerns
  - Curriculum issues
  - Course calendars released ahead of time.
- First-year move in
  - Receiving move-in instructions earlier
  - Adjusting to moving to Sinai
  - Direct deposit issues
- Lab/MTA Issues
  - Issues with MTAs
- Faculty Concerns
  - Faculty hiring
  - Diversity training for faculty

We want to remind everyone about the student council subcommittees, who are here to help with issues (from housing to composting). Feel free to reach out to them with issues or questions!

Want to give feedback? Look out for the "Pheedback Form" email next month!

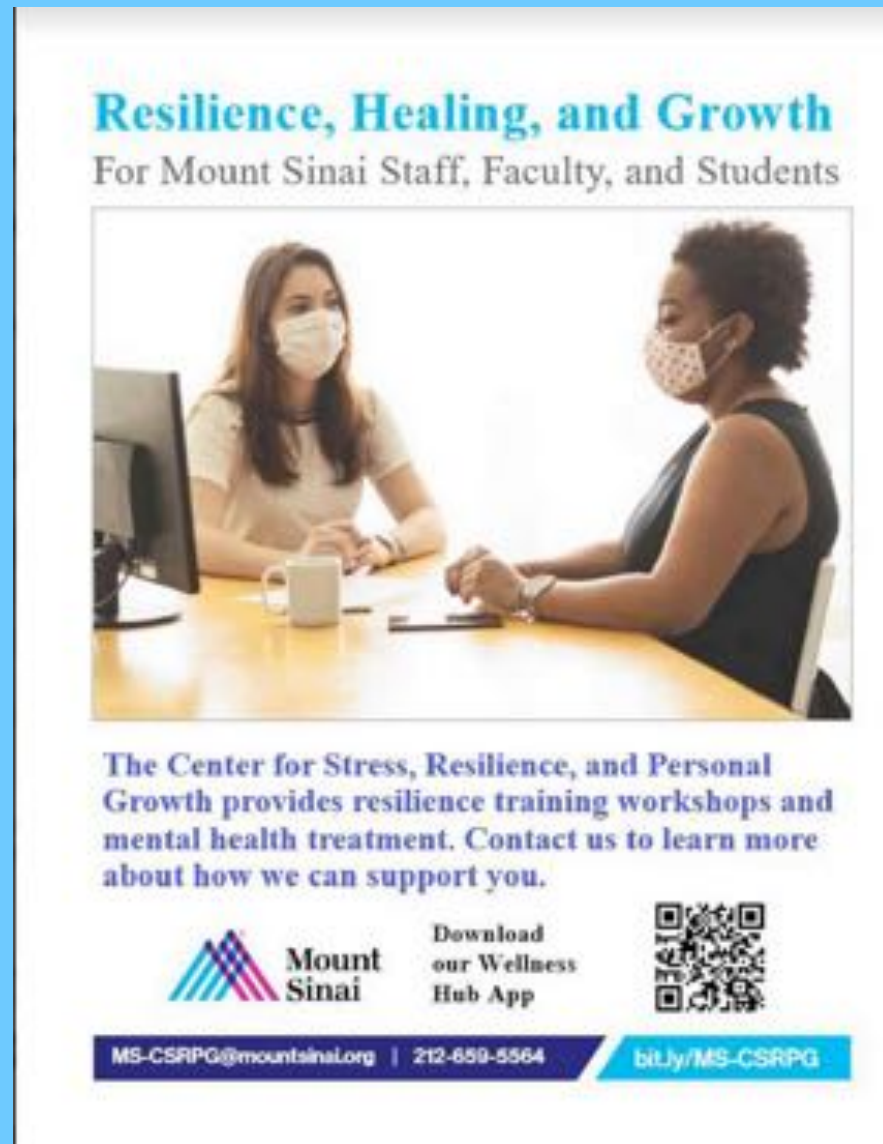
All replies will be discussed with the Graduate School Deans and student members of the PhD Leadership Committee.



# THAW

By: Bryce Rowan, Mackenzie Herb and Sally Claridge

The holidays are approaching and bring about different emotions for different people. Some find it a time of joy and celebration, while others find it as a time for grief. Please remember these resources and feel free to reach out for help at any time.



We are having another Come Chill with THAW on January 11th at 5:45 pm. The event will have food and a chance to meet some of the members at THAW. We hope to see you there, and if you have any ideas or questions on how to improve mental health and wellness within Sinai, please attend and share with us!

Happy holidays,  
THAW

## PEERS

Our next module, Toxic Academia: Dispelling the Culture of Exceptionalism, happened during the week of November 14th. If you want to connect with your Wellness Advisor or Social worker to continue building on the foundations of your last session prior to the holiday season, please reach out so we can get you connected. Modules will resume at the start of next term, kicking off with Theory in Practice: Tackling Cognitive Distortions (the week of January 23rd).

Reminder: We are still taking an inventory of learner well-being, burnout, and resilience, to provide interventions for our students and assess barriers to well-being that occur throughout your graduate school training and education. If you participated in PEERS at any point or even if you just started this year, please fill out our survey or use the QR code below. At the end of the survey, please take a screenshot of the final page and email it to [peers\\_grad@icahn.mssm.edu](mailto:peers_grad@icahn.mssm.edu) for a chance to win a gift card from Sinai Bookstore!

Happy Holidays and congratulations on making it through the fall semester!  
We hope that you all get to enjoy some time with loved ones!

We all can be reached via email at [peers\\_grad@icahn.mssm.edu](mailto:peers_grad@icahn.mssm.edu) or reach out to us personally at [sally.claridge@icahn.mssm.edu](mailto:sally.claridge@icahn.mssm.edu), [mackenzie.langan@icahn.mssm.edu](mailto:mackenzie.langan@icahn.mssm.edu), and [alissa.valentine@icahn.mssm.edu](mailto:alissa.valentine@icahn.mssm.edu).



## Student Affairs

By: Pushkala Jayaraman and Sally Claridge

2023 will be focused on "growth" both on the personal and professional front. SAC has developed a survey that will be sent out to students on what "development/growth" workshops they would like to see in the next year.

It ranges from surviving grad school on a budget to networking, and tools for the development of a career ladder beyond grad school. We will send these out in partnership with the Grad School Office.

Stay tuned for more updates on this front.

If you have any cool ideas on your wishlist, have questions regarding the SAC, or want to say hi, please do not hesitate to contact us!





# URiSM

By: Qixiu Fu and Kristie Oluyemi

We are continuing to work on implementing a moving stipend for incoming BMS PhD students and will be appointing representatives from the BMS to help with implementing this initiative.

In response to some concerns about the quality of transcriptions from lecture recordings, we are working to connect with the Office of Disability Services to address the potential for additional accommodations for students with regard to this issue.

After an abundance of feedback from students, the Friedman Brain Institute's DiverseBrains "You Said What " event scheduled for October 28th was promptly canceled, and an apology was issued over email. In place of this, DiverseBrains collaborated with Students for Equal Opportunity in Science (SEOS) for "Mental Health Week" (October 24-28) which included various mental health programming and social events. We hope to continue collaboration between student-led and faculty-led groups moving forward to help plan events aimed at students.

If you have any questions or want to reach out, please feel free to contact either Qixiu (qixiu.fu@icahn.mssm.edu) or Kristie (kristie.oluyemi@icahn.mssm.edu).



## Student Council

By: Anina Lund, Adriana Sistig and Anna Bright

We, on the ISMMS Student Council, aim to support our students and improve student life however we can. We greatly appreciate the time and effort that our student body takes in filling out the feedback forms. This input allows us to make targeted changes that better the lives of everyone. If you're passionate about your cohort, finance, greening, or sports join Student Council today! If you have any questions or would like to get involved, please email us at studentc@icahn.mssm.edu.

- January General Body Meeting (GBM) of the year- open to all!: Wed, January 13th at 7 PM, in Annenberg A5-205 with dinner and a hybrid option
- Social Committee Update: Winter Formal will be held on Sunday, January 15! Ticket sales start on Wednesday, December 21, at 12 PM EST! Please read the student social committee email for more details.

## GET TO KNOW COPHE!

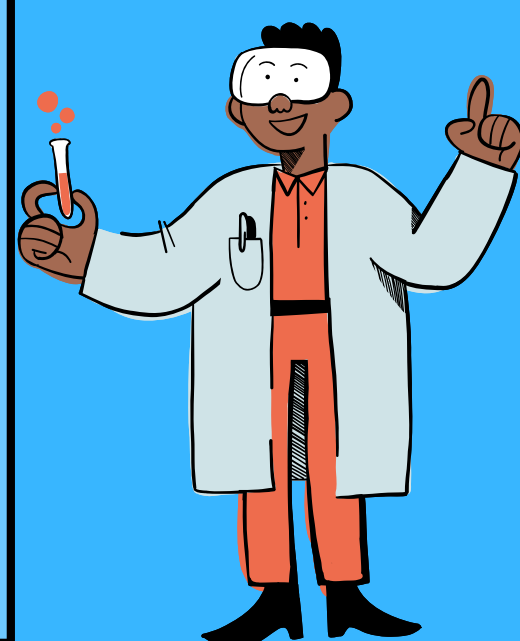
By: Basil Hanss

COPHE, which stands for Committee on Professionalism in Healthcare, is a policy and process for addressing instances of exemplary behavior or mistreatment in the Mount Sinai Health System. Its mission is to foster a just culture and to address and reduce instances of unprofessional behavior and mistreatment. It strives for cultural change, education, and remediation for those who are not meeting expectations. As an important part of the process, COPHE provides a graded response to incidents of mistreatment, which allows the remediation process to match the gravity of an infraction. Remediation ranges from a low-stakes peer-mediated discussion to formal disciplinary action.

The Office of Postdoctoral and Student Affairs provides a series of informational sessions about COPHE. These sessions aim to ensure you know about the process and feel comfortable engaging in it. We cannot reduce the incident of mistreatment if it goes unaddressed.

Reports of mistreatment or exemplary behavior can be submitted using the Feedback Form found [HERE](#). Graduate and medical students and postdoctoral fellows should use this form.

[Click here for the full mistreatment policy!](#)



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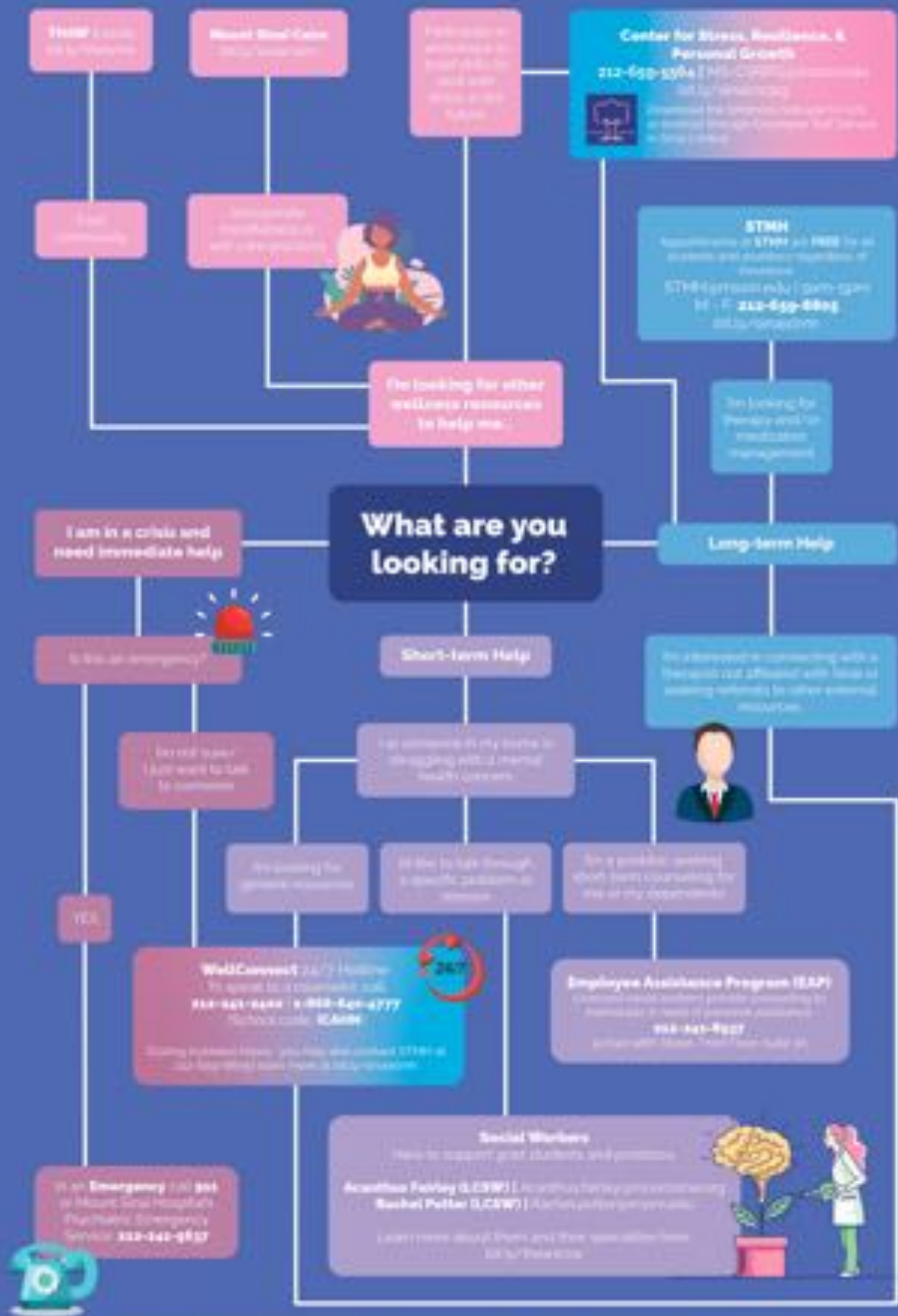
### URiSM

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# Mental Health Resources for Grad Students and Postdocs

Take this quiz to find out what well-being resources are right for you.



You can find more info and helpful resources at our THAW website: [bit.ly/thawresources](http://bit.ly/thawresources)