

PHD NEWSLETTER

October 2022

HIGHLIGHTS

THAW

Check out THAW events for October.

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

Please fill out the PEERS survey!

URISM

Implementation of moving stipend for 1st
and 2nd-year NEU students.

Student Affairs

Welcome Mackenzie Langan to SAC!

Great interest was shown at Student Fair.

Student Council

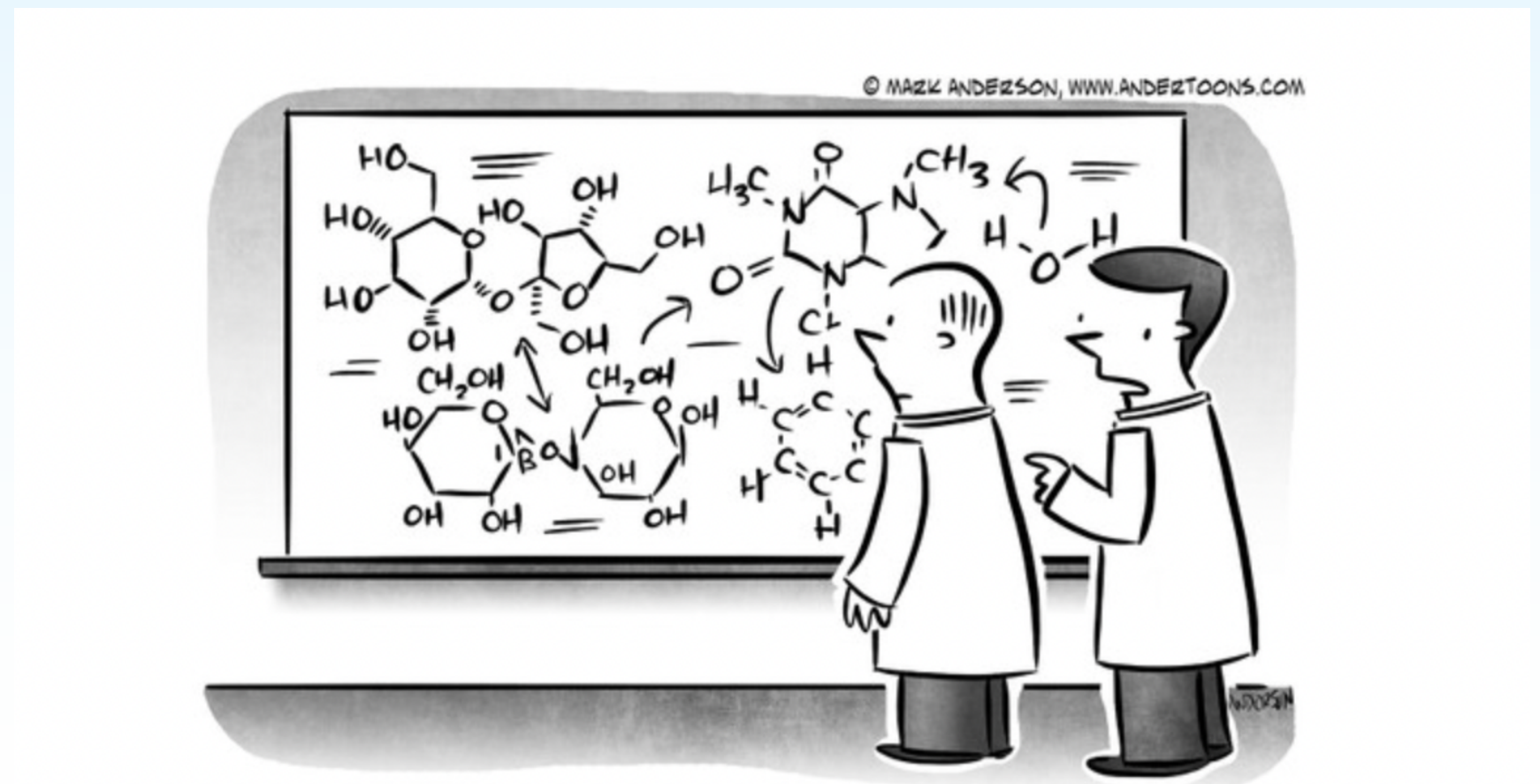
Thanks for coming out to Phun Phriday!

Curriculum Committee

There was no meeting in October.



October Dissertation
Defenses



"No, that's my coffee order."

EVENTS THIS MONTH

**October 18th: Office of Wellbeing's work-life
balance in Hess 2nd Floor Seminar B @ 12:30 pm**

**October 20th: Mindfulness Yoga @ 5:00 pm
[Location TBD]**

**October 27th: Pumpkin Carving and Movie Night
in Annenberg 5-205 @ 6:00 pm**

SEPTEMBER PLM MINUTES FOUND HERE

STAY CONNECTED



ismmsphdmsbsprep.slack.com



phdstudentcouncilreps@icahn.mssm.edu

THAW

By: Bryce Rowan, Mackenzie Herb and Sally Claridge

Check out our mental health resources and 2 events are on the way for October:

October 20th at 5pm will be a mindfulness event with some yoga! Stay tuned for the location of the event.

October 27th at 6pm will be a pumpkin carving and movie night in Annenberg 5-205

Check out the Office of Wellbeing's work life balance event on October 18, 12:30 - 2pm at Hess 2nd Floor Seminar B

If you have any questions at all, feel free to reach out to us via email at thaw@icahn.mssm.edu.

PEERS

Now that fall is in full swing the PEERS team is excited to share that our next module, Toxic Academia: Dispelling the Culture of Exceptionalism is only one month away (week of November 14th)! In the interim, connect with your Wellness Advisor or Social worker to continue building on the foundations you set during last month's session.

We also are currently taking an inventory of learner well-being, burnout, and resilience, in an effort 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 for a chance to win a gift card from Sinai Bookstore!



We all can be reached via email at peers_grad@icahn.mssm.edu or reach out to us personally at sally.claridge@icahn.mssm.edu, mackenzie.langan@icahn.mssm.edu, and alissa.valentine@icahn.mssm.edu.

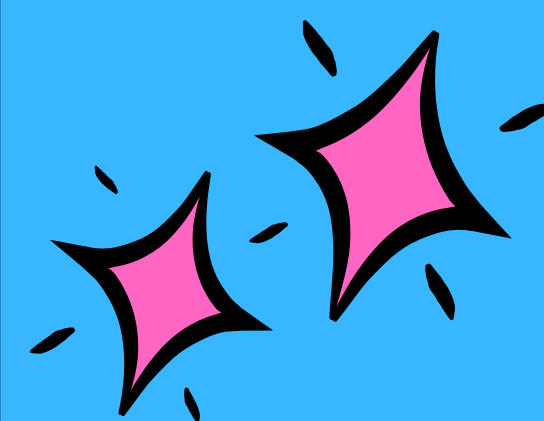
URiSM

By: Qixiu Fu and Kristie Oluyemi

We were able to implement a moving stipend for 1st and 2nd year Neuroscience PhD students, after expressing financial burden to the program directors. For the future, we plan to negotiate and implement a moving stipend for incoming PhD students from all MTAs.

We are collaborating with student council URiSM representatives to discuss potential future initiatives to improve the experience of URiSM students at Sinai.

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 Affairs

By: Pushkala Jayaraman and Sally Claridge

We're very excited to welcome our newest member, Mackenzie Langan to SAC!!

In other news,

SAC had a table at the recent Student Fair in the Aaron hall courtyard and we were able to break new ground with many students registering (almost 25) to be a part of the SAC. We received a lot of interest from many of the Masters programs and have been very excited to put together a framework to expand the SAC to represent not just the student affairs for PHD students but also provide a conduit and some visibility for the Masters students. Keep an eye out for more details in the coming months!

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



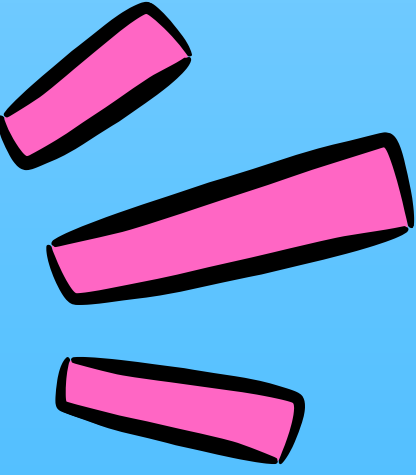
Curriculum Committee

By: Matthew O'Connell and Carisse Lansiquot

The Curriculum Committee did have a meeting in October. We are planning to commence meeting in November.

Please stay tuned for updates from the course evaluations and new course proposals submitted to the curriculum committee.

If there is any information you would like to relay to us about particular classes or if you have any questions or concerns about any course, please feel free to reach out to us at curriculum.committee@icahn.mssm.edu.



Student Council

By: Anina Lund and Ally Magee

Happy Fall! We hope you all have gotten settled into classes and are enjoying one of the most beautiful seasons in the city!

Here are a couple of updates from the student council:

- Thank you to everyone who made it to Phun Phriday this month! It was great to see you all. We're hoping to be able to host another one soon!
- We loved the turnout for October's GBM. It was great to see you all, and we loved the discussion. The next GBM is November 9th at 7 pm. We'll be providing dinner again, going through committee announcements, and voting on topics, so be sure to come!

As always, feel free to reach out to us if you have any questions or comments studentc@icahn.mssm.edu.

The Office of Postdoctoral & Student Affairs & The Office of Well-Being and Resilience

Present

LUNCH AND A WORKSHOP

Work Life Balance:

Time Management, Setting Boundaries, Communication

When: Tuesday, October 18th from 12:30 to 2:00PM

Where: Hess, 2nd Floor, Seminar Room B

What: Learn about healthy boundaries, how to manage your time to help you succeed within those boundaries, and how to effectively communicate those boundaries to those that matter

Workshop Leaders:



Laura Huckins, PhD
Associate Professor,
Department of Psychiatry
Yale School of Medicine



Acanthus Fairley, LCSW
Licensed Clinical Social Worker,
Employee Assistance Program



Click Here to RSVP
or scan the QR code



Office of Postdoctoral
and Student Affairs
AND
Office of Well-Being
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STUDENT



FEEDBACK

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

By: Ally Magee and Anina Lund

There were a lot of topics addressed this month in the feedback form (thank you to everyone who submitted a response!) In order to make these easier to address, we've broken them down by topic.

If you want to read more about the responses, you can find them at the link above!

Major Topics:

- **DEI:**
 - Diverse Brains event titled "You Said What?!"
- **International Student Affairs:**
 - The international office response rate
 - International student's eligibility for SSNs
 - current vacation policies
- **Lab/MTA issues:**
 - work time limits
 - more social events
 - better MTA organization
 - yearly surveys for MTAs
- **Student Orgs and Events:**
 - more events
 - better mailing lists
 - reimbursements
- **Housing**
 - Guest photos
 - Icahn inpatient unit privacy
 - Lights in Icahn
 - Payment issues
 - Money-back options for off-campus housing
 - Moving stipend for all students
- **Student Finances**
 - Increase in stipend and address disparity between students who live in Aron and those who don't
 - First years payment plans
 - Finance office delays

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.