

PHD NEWSLETTER

September 2022

HIGHLIGHTS

PLM Leadership

Introduction to PLM leadership for 2022-2023

URiSM

Introduction and representatives for 2022-2023

THAW

Introduction to THAW, PEERS, and its representatives for 2022-2023

Student Affairs

Introduction and representatives for 2022-2023

Student Council

Introduction to Student council and representatives for 2022-2023

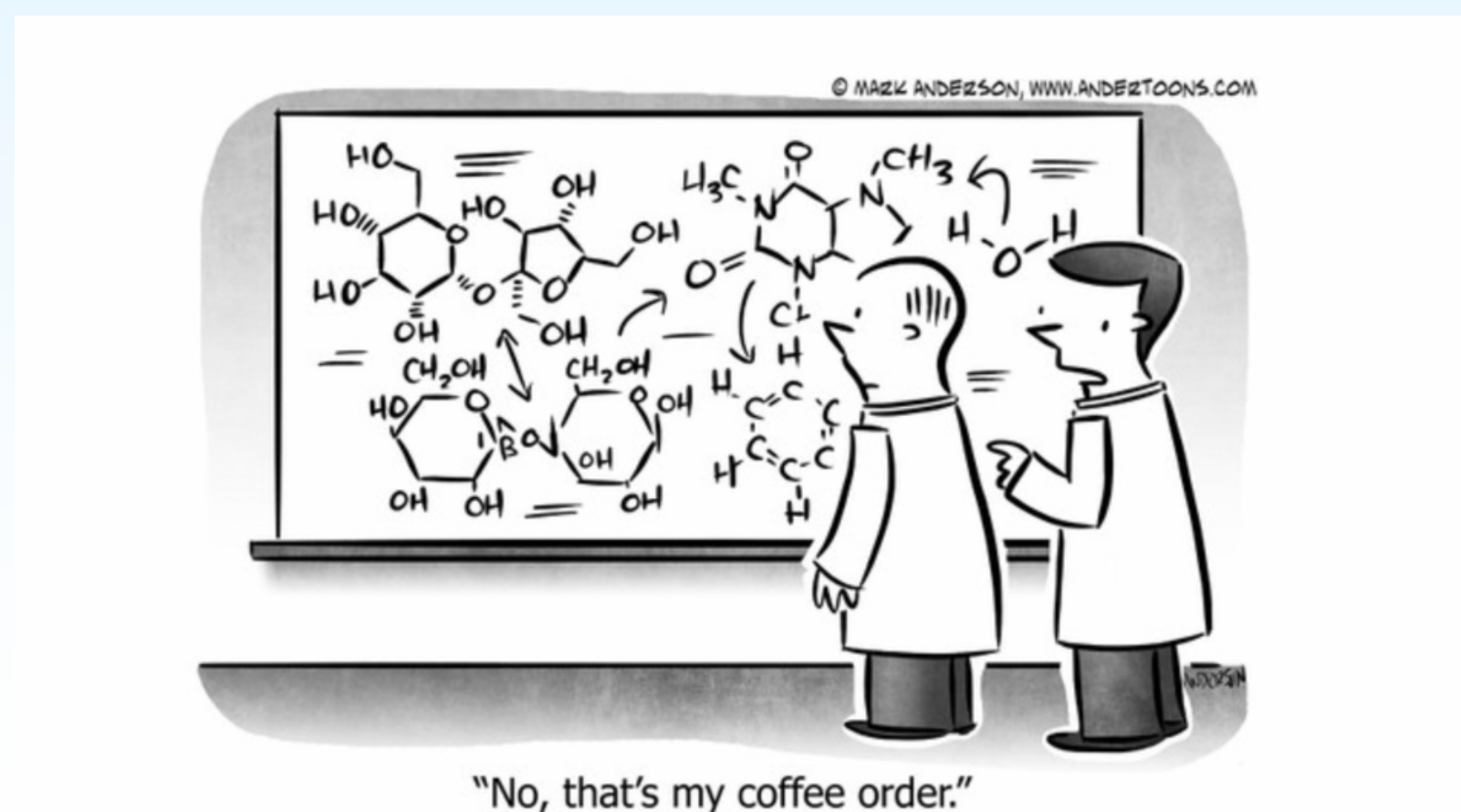
Student Council elections are this month!

Curriculum Committee

Introduction to Curriculum Committee



September Dissertation Defenses



EVENTS THIS MONTH

September 7th: Come Chill with THAW - Hess 8-101 @ 5:00 - 6:00 pm

September 8th: Student Activities Fair in Aron Hall Courtyard

September 11th: Nominations for Student Council close. Nomination form [HERE](#).

September 19th: First week of PEERS sessions

September 21st: Student Council General Body Meeting - Annenberg A5-205 @ 7:00pm

Dates TBD: Postdoc Appreciation (THAW)
Games Night (THAW)

AUGUST PLM MINUTES FOUND HERE

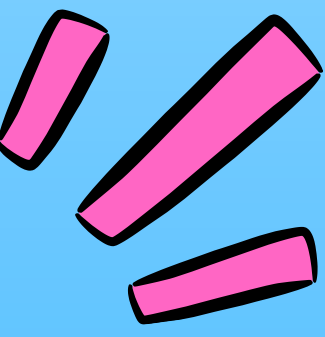
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PLM Leadership 2022-2023

By: *Carisse Lansiquot and Sally Claridge*

The PhD Leadership Meeting (PLM) is a representative body comprised of the Deans of the Graduate School and PhD students in various leadership positions. At the monthly meetings, these representatives respond directly to student submissions to the monthly PheeDback forms, identify and discuss issues within the PhD program, and develop action plans and solutions to these issues.

For the 2022-2023 school year, Sally Claridge (sally.claridge@icahn.mssm.edu) and Carisse Lansiquot (carisse.lansiquot@icahn.mssm.edu) will serve as the PLM Chair and Vice-Chair, respectively, with key roles in facilitating PLM meetings and disseminating information to the general student body.

We are honored to lead such an important role in Graduate School and look forward to a productive year!

THAW

By: *Bryce Rowan, Mackenzie Herb and Sally Claridge*

THAW is a group that focuses on improving the mental health and wellness of graduate students and trainees. We do this through various events, from career development and empowerment workshops to building social events to help everyone destress. We also connect students with different mental health resources Sinai provides. We are recruiting and open to new ideas to aid in our efforts!

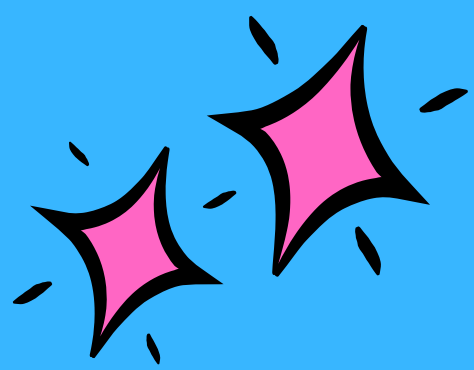
If you have any questions at all, feel free to reach out to us via email at thaw@icahn.mssm.edu.

PEERS

PEERS (Practicing Enhancement Engagement Resilience and Support) is a mental health and wellness initiative that's offered for first-year PhD students to promote well-being, resilience, and community among Students and Trainees within the Mount Sinai Health System and the Graduate & Medical School. PEERS consists of sessions run by students in conjunction with social workers to discuss all aspects and challenges that many first-year students may face. All sessions are extremely beneficial for dealing with the stress of grad school, building community, and learning better resilience techniques, tools we hope you will use throughout the rest of your professional/academic careers here at Sinai and beyond.

The PhD PEERS team consists of two Co-Managing Directors, Sally Claridge and Mackenzie Herb (Langan), and a Communications Director, Alissa Valentine.

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.



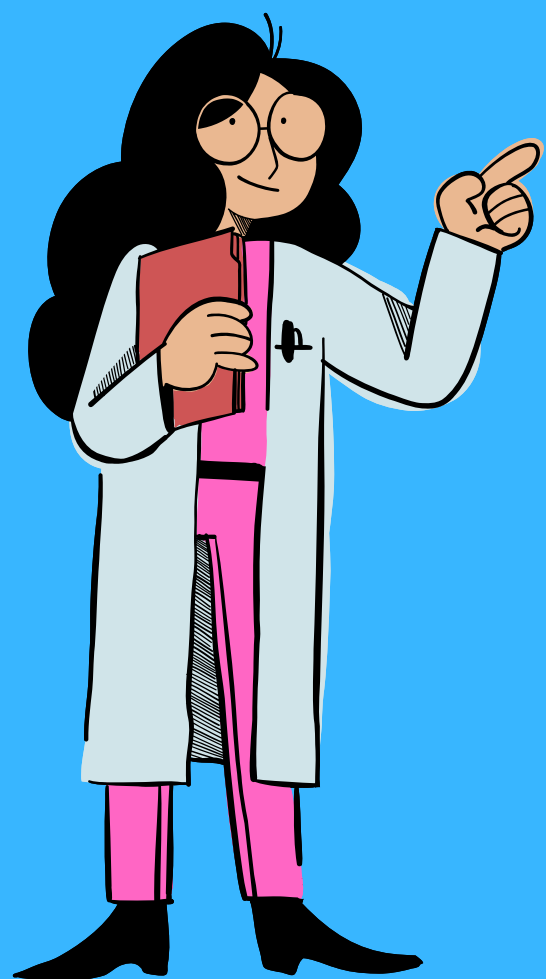
URiSM

By: *Qixiu Fu and Kristie Oluyemi*

The Underrepresented in Science and Medicine (URiSM) representatives are defined based on the Notice of NIH's Interest in Diversity (NOT-OD-20-031), and we serve as representatives for the underrepresented student community at the PhD Leadership Meetings (PLM). As URiSM representatives, we are here to advocate for students and to communicate advice and concern within the underrepresented student bodies. We are also here to help propose and facilitate programs/initiatives for underrepresented students and connect with the Student Council to help implement these initiatives via collaboration with the graduate URiSM Student Council representative.

Qixiu Fu and Kristie Oluyemi are both second-year Ph.D. students in neuroscience. Qixiu officially joined PLM in 2022 Fall as one of the URiSM representatives. She is on her way to learning more about women's rights, queer history, and social justice in general. Kristie officially joined PLM as a URiSM representative in Summer 2022 and hopes that through this position, she can help advocate and support the well-being of other underrepresented students in science at Mount 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

The Graduate Student Affairs Committee (SAC) serves as an entity composed of students through which Student Affairs issues can be identified and brought to the attention of the Graduate School. We work in conjunction with the Graduate School to develop action plans and solutions for these issues.

Pushkala Jayaraman (Year 3 in ALET) and Sally Claridge (Year 4 in CAB) have co-leadership roles. We're always looking for enthusiastic, driven students to join SAC and take the lead on tasks (that are also shared goals in the SAC) they are passionate about.

We also want to extend a huge thank you to Sindhura Gopinath (Year 7 CAB) for all the incredible work she has done to establish and continue the SAC! We also work with the International Students Committee (ISC) to liaise between the international students at Sinai and the Sinai International Students Office (ISO).

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 consists of faculty from different MTAs and graduate programs, members of the graduate school administration, and two graduate student representatives. The committee meets monthly to review course proposals, amendments to existing coursework, and course evaluations submitted by students as presented by the instructors.

The student representatives on the curriculum committee are the voice of the student body at these monthly meetings.

Each month, we will inform the student body of the courses reviewed or approved by the 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.

Please stay tuned for updates from the course evaluations and new course proposals submitted to the curriculum committee. The next meeting is in October.

Student Council

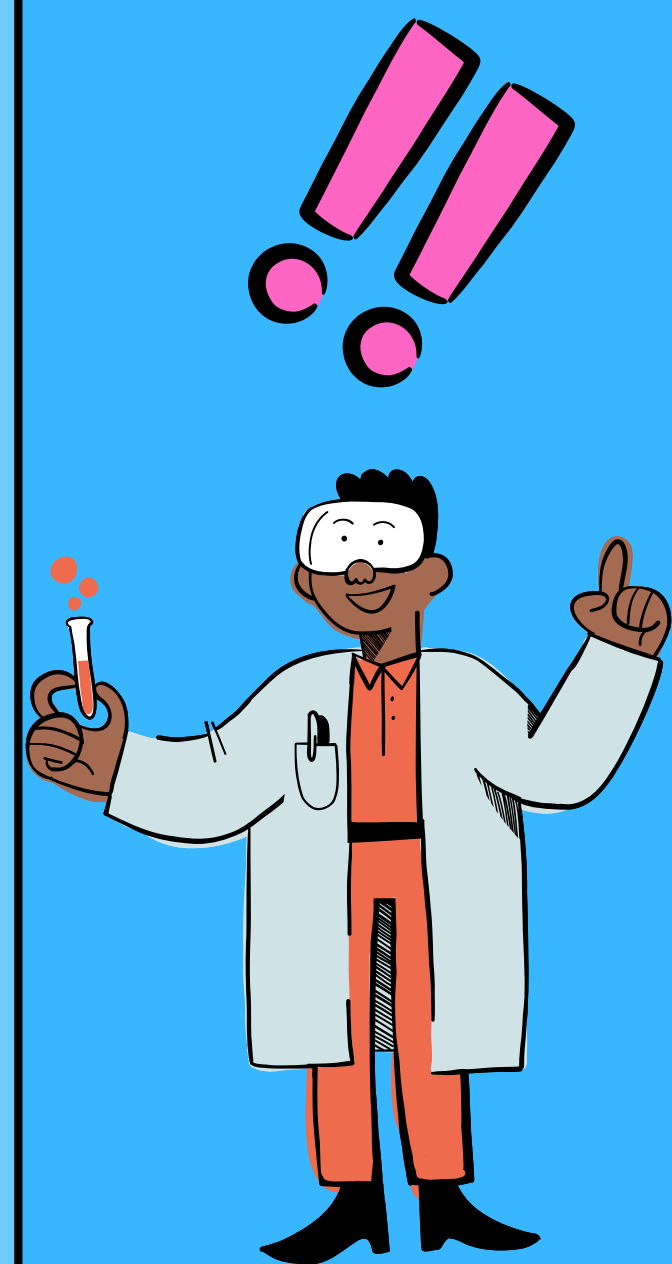
By: Anina Lund and Ally Magee

The ISMMS Student Council aims to represent the student body's perspectives on all aspects of student life and effect positive changes by working with the school administration. We also provide numerous funding opportunities for initiatives students are passionate about, such as forming student groups, putting on social events, and attending conferences.

The Student Council team consists of student representatives for every program, class year, and over 10 committees! This year's President is Jakleen Lee (MD/PhD Y4), and Vice Presidents are Ava Adler (MD Y3) and Anina Lund (PhD Y3).

Students who are passionate about advocating for their program, cohort, and/or various aspects of student life (eg, financial aid, community service, mental health, equity & allyship) are invited to join us! Elections will run during the first half of September- a current roster of open positions and current members can be found [here](#).

If you have any questions or want to get involved, please email us at studentc@icahn.mssm.edu.



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Special Thanks to Ally Magee for the redesign of PhD Newsletter !