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THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

Indiana University Bloomington

The GMC Newsletter

March 2020

Dear Graduate Mentoring Center Community,

When I originally wrote the March letter (at the end of February) we were operating under different circumstances. I began by writing that March is the month of hope. We hope that the “real” spring will arrive sooner than later. We hope that we will have all our assignments done before spring break. We hope that spring break is warm. We hope that we will rest during that one week that signals a turn toward the end of the semester. ...

Little did I know that we would be in a position where we would have to implement protocols that would force us to rest and, especially, revision how we work, live, and interact with each other – globally. My hope, then, has changed: I hope that we can be kind to each other as we adjust to “social distancing” and other procedures that may heighten anxiety for some. I hope that this is an opportunity for us to choose our best human qualities and be compassionate and patient with each other.

As you negotiate these next few weeks until returning to campus and/or classes, please:

- Remember to breathe and stay focused on the things you want/need to stay healthy and to accomplish.
- Make certain to keep in contact with advisors and faculty, with family and friends.
- Keep emergency and medical information updated.
- If you are unable or unwanted to go home, please know which of your peers or colleagues are here with you.

- To avoid isolation or feeling isolated, maintain contact with peers, colleagues, friends, and families via phone or video contact (if possible).
- If you need assistance during this time due to heightened anxiety or uncertainty, please read the following information from [CAPS](#).
 - CAPS will be offering limited services by phone/video starting Monday, March 23. Limited counselors will be available. Appointments, including 30-minute CAPS Now visits for new clients, can be made by calling: 812-855-7688. For emergency situations, please call 812-855-5711 and select option 1 or contact your local hospital emergency department. You may also contact the National Suicide Prevention Lifeline at 1-800-273-8255.
 - This short [posting](#) from the American Foundation for Suicide Prevention has some good tips on protecting your mental health in the face of uncertainty.
- If you are still wondering how to move to online teaching or learning, or have questions: [CITL](#)
 - Students:
 - Adhere to your designated class time to work on assignments, read/watch texts, complete projects ahead of time.
 - If you do not have internet access and rely on the library and other resources, please inform your instructors immediately.
 - Download and store needed texts.
 - If you have a family, including children, for whom you are responsible, your ability to work at home will be impacted. Let instructors know this, as it is likely that your children will be home with you during this time.
- If you are experiencing food insecurity or other issues, [please use this resource](#), created by IU Librarians.
- Also, consider how to take advantage of IU's immense technological resources as we all learn or (re)learn ways to gather information, use it, effectively, and learn how to communicate with and to each other in different ways. The [CITL](#) resources contain such information.

Please stay up to date through the following sites and pay attention to any emails IU sends:

- [CDC](#)
- [WHO](#)
- [Working to Protect the IU Community](#)
- [Office of the President](#)

During this time, The GMC staff will be working remotely: we have moved our meetings and gatherings to Zoom (see events) and checking email frequently. As in previous years, we will “spring break” in order to rest and renew so we can be at our best to serve you once break is over, and when we return to face-to-face teaching.

Most of all, although it may seem impossible, please pay attention to what is necessary: how and when you get rest, your supporting communities, and how and where to get accurate information to be alert and to not panic. Bodies and minds in states of well-being and assurance also have higher chances of staying healthy or returning to health faster.

Events – PLEASE READ CAREFULLY

Thank you to everyone who attended the mixer on February 21. Over 80 people attended and had a good time meeting new people, eating, and relaxing in a beautiful space. Thank you to Tracey Bradley at the College of Arts and Sciences, Katie Beck at Maurer School of Law, the members of the Black Graduate Student Association, and the members of the School of Education Graduate Student Association. Thank you to Dimension Mill for such a beautiful and sunny space. Always, thank you to Jen Park and Shanalee Gallimore for their assistance in planning a wonderful event.

For upcoming events, please read information below. Pursuant to [President McRobbie's directions](#), The Graduate Mentoring Center has cancelled events. The campuses of our scheduled speakers have implemented similar no-travel or face-to-face with students and group protocols. Future programs are subject to change based on updated university directives.

MARCH 2020 – ALUMNI WEBINARS, 2 PM – *online only via Zoom*

- How can great mentoring change your life and research? How can great mentoring challenge you to become a better mentor? Join three GMC alumni to hear their answers and to learn about their current career paths and research.
 - March 23 - [M. Nicole Horsley](#), Ph.D. - Ithaca College
 - March 24 - [Katrina Overby](#), Ph.D. - Rochester Institute of Technology
 - March 26 - [Maurisa Li-A-Ping](#), M.S. Ed. - Brown University

APRIL 2020 - We appreciate your attention to the information below and look forward to seeing you in person soon again. We will reschedule selected events at a

later date.

Event Cancelled *The GMC Mentoring Training Workshops for Faculty and Graduate Students* April 2-4, 2020

Mentoring with and for Underrepresented and Marginalized Students

[Buffy Smith](#), Ph.D., St. Thomas University

Event Cancelled *Trailblazers 2020*

April 13-17, 2020

Doing Work That Matters: An Activist in the Academy

[Mintzi Martinez-Rivera](#), Ph.D., Providence College

NOTE: The following activities will resume face-to-face scheduling **the week of April 13th**. We are, however, offering Zoom meeting options (March 25-April 8) until then. **IF you register for the 14-Day Writing Challenge with NCFDD**, please let us know. This will be a perfect time to write together to meet your goals for the challenge. If you don't have an NCFDD account, please create one for free by "[becoming a member](#)" through Indiana University's membership.

- Drop In, Write On (Wednesdays, 5:30 pm)
 - The GMC E544R
 - [Zoom](#)
 - NCFDD 14-Day Writing Challenge – March 23-April 5, 2020
 - [Registration Ends Thursday, March 19, 2020](#)
- Sitting for Peace (Fridays, 11:00 am, NMBCC Grad Resource Room, 2nd Floor)
 - [Zoom](#)

LET'S TALK ABOUT MENTORING. In lieu of these scheduled programs, would you like to learn more about how The Graduate Mentoring Center approaches mentoring? Then, we invite you to view "[Mentoring as a Contemplative Practice in the Academy](#)"

The GMC Mentoring Cohort. We will meet via Zoom.

- [Mentoring Cohort Monthly Meeting](#), March 25, 2020, 9:00 am-10:15 am
- [Monday Handbook Working Group](#), 10:30 am-12:30 pm
- [Wednesday Handbook Working Group](#), 5:30 pm-7:30 pm

Mentoring during this time. We are experiencing uncertainty and quickly changing protocols at levels unfamiliar to many. At the same time, there are some who may be re-experiencing their lives in ways that challenge their feelings of safety. For

example, those who have experienced war, refugee status, living through recent hurricanes/tornadoes, food insecurity, homelessness – by far not an exhaustive list - may be feeling these events related to dealing with changes related to the coronavirus events very differently.

It is possible that some students may be experiencing anxiety over the events and information being shared on multiple media sources, or from having to make a quick change to different teaching methods. Please offer students links and connections to resources provided in this newsletter and other information you are receiving from units trying to assist all of us in the best way possible.

For faculty and staff who may also be experiencing similar emotions, having access to these resources, and being able to provide them to students and colleagues, may alleviate some of the anxiety and uncertainty, and remind us all that we are part of a larger community.

We encourage everyone to “bear witness” to mentors and mentees, each other, faculty, students, and staff, and community, with patience, compassion, and reliable information:

- when and if asked to, and if able, take time to listen to someone in a mutually agreed upon designated space.
- acknowledge immediately when you are not able to do this. it is up to you whether or not to provide a reason. please respect each other’s decisions.
- offer a suggestion of who might be able to do so, if you are unable to bear witness.
- ask what is needed/wanted before giving what you think is needed.
- ask how you can help before giving help. recognize that sometimes the person asking for assistance may not know what they need or want, or might not want anything at all.
- have available resources and connections in case they are requested, or you observe they could be helpful. you may ask: would it be helpful if you had some resources for future reference?
- disconnect from social media for a few hours a day.
- keep abreast of reliable sources:
 - [CDC](#)
 - [WHO](#)
 - [Protect IU](#)
 - [Office of the President](#)
- reassure students and mentees that they are valued, seen, heard, and that while their work is important, that their well-being is even more so.

- say thank you to each other.
- take time to rest -whether or not - you are mentor or mentee.

On behalf of The Graduate Mentoring Center staff, thank you everyone for your patience, fluidity, and flexibility during this time. Thank you for taking the time to read this.

Please feel free to contact us: iugmc@indiana.edu.

In service, and also on this journey,

Dr. Maria Hamilton Bispo de Jesus Abegunde
Director



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