



THE UNIVERSITY GRADUATE SCHOOL

THE GRADUATE MENTORING CENTER

VISIT OUR NEW WEBSITE!

The **GRADUATE MENTORING CENTER** provides mentorship to graduate students through a variety of programs and services. Five tenets guide the center's holistic approach to mentoring: balance, community, culture, mentorship, and scholarship.

Dear Graduate Mentoring Center Community:

Welcome to the fall 2019 semester and to The Graduate Mentoring Center (The GMC). We hope that during these first few weeks that you are finding who and what you need to work at your best. We also hope that if you and your family have been impacted by recent difficult events in the world (e.g., Hurricane Dorian, El Paso, Odessa) or by unexpected personal changes, that you are finding the support you need on or off campus through family, friends, or the professionals at CAPS. Most importantly, we want you to know that you are welcomed at IU and at The GMC.

What's happening at The GMC this fall 2019?

New Graduate Assistants. Say hello to Shanalee Gallimore, Programs Assistant and to Jennifer Park, Operations Assistant. Ms. Gallimore is a third year doctoral student in Higher Education with a minor in Counseling Psychology. She has organized programs for the Baneker Community Center, the Black Graduate Student Association (BGSA) and the I CAN PERSIST (ICP) STEM Initiative. She has a strong research interest in Women of Color and their persistence in STEM, mental health and mentoring. Ms. Park is a third-year doctoral student in the Instructional Systems Technology program in the School of Education. Her research interests are in mentoring, coaching, and using technology in career and leadership development. Before joining IU, she completed her master's degree in Education at McGill University where she has researched minority students' silence in classrooms. I am looking forward to all the new and wonderful ideas they bring to the center this year. Please do not hesitate to contact them with questions or suggestions. My gratitude to former assistants Yoo Young Ahn and Aleia Gardner, who graduated in spring 2019.

Expanding the Mentoring Cohort. Through the generous support of the Office of the Provost and the University Graduate School, where we are located, we will expand the mentoring cohort. The cohort pairs an

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discuss a range of topics that include being a person of color at a primarily white institution; being successful at conferences; working with your advisor; finding mentors outside the cohort; where and how to publish; and transitioning from graduate student to the next step in your life. This semester, we will work with other units to help members of the cohort learn about and use IU resources to create professional profiles. Our first cohort meeting will be on September 18. **If you are a faculty member or a graduate student** who would like to join the cohort, please email me at maehamil@iu.edu.

Not sure what type of mentor or mentoring you need? Take a moment to complete this [mentoring map](#).

Sitting for Peace. We will continue to offer Sitting for Peace meditation on Fridays, 11am-Noon, at Neal-Marshall Black Culture Center, Room A221. Don't worry if you've never meditated before, or if you think you can't sit still for more than 5 minutes. We offer this every Friday to help you rest and rejuvenate; to encourage you to listen to yourself; and to build community through the practice of balance. Meditation is one of many contemplative practices that help us develop mindfulness practices. Registration is not required. To learn more about contemplative practices (research and information by discipline) check out [The Center for Contemplative Mind in Society](#).

Writing Group. In line with writing practices suggested by the National Center for Faculty Development and Diversity, we encourage you to find 30-60 minutes to write a day. From September 9th, we will add two virtual writing groups for those unable to attend the Wednesday evening group. These groups will be led by Ms. Gallimore and Ms. Park for 60 minutes each. The first 15 minutes will be dedicated to reviewing your writing SMART goals; the last 15 minutes to review your writing. The 30 minutes between them will be dedicated to writing. What can you get done in 30 minutes? A lot! Most importantly, the 30 minutes is a way to build a regular practice of writing so you don't binge write. Check out [this article](#) for more about writing for 30 minutes a day. Note: throughout the semester, we also participate in the 14-day writing challenge with NCFDD.

- On Mondays from Noon-1pm: <https://iu.zoom.us/j/752769363>
- On Thursdays from 9-10am: <https://iu.zoom.us/j/865206981>
- On Wednesdays from 5:30-6:30pm at The GMC, UGS, Wells Library E544R

Let's Talk About Mentoring. We will have cohorts for faculty and graduate students who are interested in learning The GMC's contemplative approach to mentoring relationships. This will include sessions on cultural understanding, reciprocity, accountability, and the role of contemplative practices in creating and sustaining successful mentoring. Selected faculty and graduate students will receive a small stipend to develop a program in their department(s). We will share more information about this in a separate email. However, if you are interested (faculty and/or

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Bicentennial Events. We will offer a few bicentennial programs with the University Graduate School. UGS will send more information about these events to students, faculty, and staff.

Other Events happening at IU. When we receive information about events and programs that may interest graduate students, we are happy to share with you.

- Unequal Profession: Race and Gender in Legal Academia

Friday, September 13th from 1-2pm in the School of Education, Room 2101 Professor Meera E. Deo will discuss her book, Unequal Profession: Race and Gender in Legal Academia (Stanford University Press, 2019). The book draws from Professor Deo's landmark Diversity in Legal Academia (DLA) project, the first formal empirical study to investigate raceXgender challenges and opportunities facing law professors from diverse backgrounds around the US. Professor Deo's data expose ongoing biases - but also individual strategies and structural solutions to maximize success.

As always, we welcome your comments and questions. These may be sent directly to iugmc@indiana.edu.

Finally, not sure where and how to begin the semester? [Click here](#) to learn more about how to develop a semester plan. We encourage you to [join NCFDD](#). Do so by creating an account to access the resources with your IU membership.

We look forward to working with you and seeing you at an upcoming event.

Dr. Maria Hamilton Abegunde, Ph.D.
Director

Shanalee Gallimore
Graduate Assistant - Programs

Jennifer Park
Graduate Assistant - Operations



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