

— HGSE — Weekly

Office of
Student Affairs



Monday, January 8, 2024

WHAT YOU NEED TO KNOW

- [Academic Coaching](#)
- [Accessibility and Accommodations](#)
- [Connecting with OSA Virtually](#)
- [Quick Links](#)
- [Yoga and Mindfulness](#)
- [Work Accountability Groups](#)
- [I Notice/I Care Form](#)
- [Food Insecurity Resources / Clothes & Furniture Resources](#)
- [Support Resources in Times of Crisis](#)

HIGHLIGHTED ANNOUNCEMENTS

LAST DAY TO PURCHASE: Tuesday, January 9



MBTA Spring 2024 Semester Passes - TUESDAY DEADLINE

The HGSE Office of Student Affairs is pleased to share that we are offering MBTA Semester passes at a 25% reduced rate for all students. To receive this discount, students must purchase the pass for the entire four-month period (February 1st through May 31st), through the HGSE marketplace portal.

There are a number of different pass types available, so be sure to check which pass would best fit your needs. For pass descriptions, please visit the [MBTA](#)

[website.](#)

As a reminder, all purchases are final sale and are non-refundable.

To place your order, [click here](#). An email will go out in late January with information on when and how to pick up your pass.

The deadline for ordering is Tuesday, January 9 at 11:59pm EST.

Wednesday, January 24 & Saturday, January 27



Upcoming Events with Chief Minister of Sierra Leone, David Sengeh

Please join Chief Minister of Sierra Leone, David Sengeh, for two events on his work with radical inclusion in education. As the former Minister of Basic and Secondary Education for Sierra Leone, he will discuss how he worked to foster inclusive education and the impact he perceives it making.

Event 1: Discussing Radical Inclusion in Sierra Leone- Wednesday, January 24th, 12:30-1:30pm, Askwith Hall

This public lecture/discussion will be focused on the principles found in the book Radical Inclusion: Seven Steps to Help You Create a More Just Workplace, Home, and World written by David Sengeh. Reception to follow.

Event 2: Radical Inclusion in Schools: A Practical Workshop- Saturday, January 27th, 8am-1pm, GCC 4 &5

Over the course of one 5-hour session, students will learn about the principles of radical inclusion at play in Sierra Leone and will have an opportunity for group coaching with Dr. Sengeh to apply those principles to their own working contexts. Light refreshments will be provided.

[RSVP and find more information here.](#)

THIS WEEK

Wednesday, January 10, 12PM EST



Mindful Beginnings with Meaningful Self-Care Webinar

A new year often means a fresh start, but it's not always easy to sustain new goals and habits when life keeps happening.

Common advice is to "prioritize self-care," but what does that truly mean?

Dr. Lauren Cook, an expert in reducing anxiety and building a life that feels expansive, will coach you to create a personalized self-care routine you can sustain. Join this Care.com webinar for evidence-based insights and practical techniques for reducing anxiety and building resilience, empowering you to take on all that 2024 serves up.

Can't join live? Sign up anyway, and they'll send a recording.

[Register here.](#)

Wednesday, January 10, 6PM-7:30PM EST



VocalMakers: Constructing Conversations

Gutman Conference Center E5

Facilitated by Terence Tan, Ed.M. '16, GM, North America at edm8ker

Dive into the world of STEM with a linguistic twist through our Talking Bot Activity. In this creative project, you'll build a bot that records and replays voice messages, using simple circuitry. This activity not only introduces basic electronics but also serves as an innovative tool for language practice. During this workshop, participants will be introduced to

different techniques to introduce Maker-centric learning in the classroom.

Questions? Please reach out to alumserv@gse.harvard.edu

Thursday, January 11, 12PM-1PM EST



Staying Positive During Your Job Search (Virtual)

Facilitated by Montgomery Thomas II, Associate Director, Career Education at HGSE

Join us for a session on staying positive during your job search. The job search can be an emotional and physical roller coaster. Learn strategies for increasing resiliency and its importance to well-being and balance.

[Register on the Hub.](#)

FUTURE EVENTS AND OPPORTUNITIES

Monday, January 15, 2PM-5PM EST



Volunteer at the 2024 Cambridge MLK Day of Service & Learning with Many Helping Hands

We invite you to lend your helping hands and honor Dr. King by showing up to answer his question: 'What are you doing for others?' Come for the afternoon or just a short time and join with Cambridge neighbors as we work together to help others in our community. Please be sure to register in advance!

Location: Central Square Church, 5 Magazine St, Cambridge, MA 02139

[Register Here!](#)

LAST DAY TO JOIN: Monday, January 15



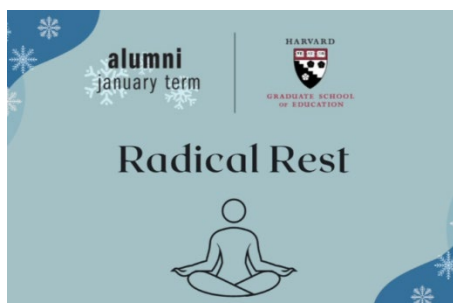
Alumni of Color Conference Call for Volunteers!

Are you interested in being a part of an AOCC committee? **Please complete [this form](#) to express your interest. Deadline to complete the form is Monday, January 15th, 2024. A member of the AOCC planning team will reach out to you in late January with more details.**

Thank you in advance!

Planning on joining us for the conference in March?
[Register for the 2024 Conference here.](#)

Wednesday, January 17, 6PM-7PM EST



Radical Rest (Hybrid Event)

Facilitated by Deaweh Benson, Ed.M. '17

Take time to rest. Join this transformative yoga and meditation practice to experience deep rest. We will start with a gentle yoga flow to release emotional and physical tension from the body. Then, we will transition into a guided meditation to help facilitate a sense of ease throughout the body and mind.

For more information, [click here.](#)

Thursday, January 18, 12PM-1PM EST

HGSE Winter Green Team Meeting

You're invited!



JOIN US FOR THE WINTER GREEN TEAM MEETING

All HGSE students, faculty and staff interested in making our school healthier and more sustainable are encouraged to join the HGSE Green Team! The HGSE Green Team first came together in 2006 to implement school-wide conservation efforts and has since helped create (among many others) our popular events promoting reuse and waste reduction, and communications encouraging you to use your reusable bottle instead of buying single-use, disposable water bottles.

At this meeting, we will enjoy a (free!) plant-based and planet-friendly lunch, connect with each other, share new developments, and hear from:

- Faculty member Dr. Tina Grotzer about her work and her group, Discussions in Climate Education (DiCE)
- Ed.M. candidate Rainee Wang about the Digital QIANG Garden project she is developing that marries ecology, ritual, environmental justice and art education.

Please RSVP by Wednesday, January 10th so we can plan accordingly to avoid food waste. Thank you and see you there!

APPLY BY Friday, January 19



Office of Diversity,
Equity and Inclusion

Application Deadline:
Friday, January 19, 2024

WE ARE
HIRING

Spring 2024 Interns

Positions:

- DEI Accessible Policies
- DEI Accessible Programming
- DEI Affinity Space Support
- DEI Community-Building

All current HGSE matriculated students, including online learners, are eligible to apply!

- \$20/hour
- 10 hours per week
- Professional development opportunity stipend

View Full Job Posting at
bit.ly/hgseodei2024interns

ODEI Spring Student Internships Available

To learn about the position and apply, [click here](#).

The ODEI Internship Program provides HGSE students with paid internship opportunities for those committed to advancing diversity, equity, and inclusion initiatives for all HGSE community members (faculty, staff, students, and alumni). ODEI interns are tasked with project-based assignments aimed at developing inclusive, equitable, and sustainable policies and programming across axes of identity.

Friday, January 19, 2PM-5PM EST



Self-Defense Course offered by Harvard Police Department (HUPD)

Gutman Conference Center 4 and 5

Please RSVP to reserve your space

This course is taught by HUPD officers and tailored towards violence both women and men could encounter. The course will review basic safety and awareness principles and introduce basic options for physical self-defense.

Tuesday, January 23, 11AM-2PM EST

WINTER FREECYCLE

Don't trash it or buy it new... Freecycle it!

GIVE Drop off your donations
Bring in clean, usable school, office and home items that you no longer need to the Gutman lobby through Friday, January 19, or directly to the Freecycle.

TAKE Bring home something new-to-you
No donation necessary to shop. We'll donate the remainders through Harvard Recycling.

**TUESDAY, JANUARY 23
11 AM - 2 PM
GUTMAN COMMONS CAFÉ**

HGSE WINTER FREECYCLE

Gutman Commons Café

Come Freecycle with us! This popular recurring HGSE reuse event, the Freecycle, is like a yard sale where everything is free. The Freecycle promotes reuse by giving you a chance to

- Donate items you no longer need and pass them along to someone who has a use for them, and/or
- Pick up something new-to-you that you could use.

Favorite Freecycle items include books, office supplies, school supplies, toys, and kitchen essentials. Drop off your donations now through Friday, January 19th in the collection bin in the Gutman 1st floor lobby, or directly at the Freecycle. A donation is not required to shop the Freecycle.

Any items leftover will be donated to the Harvard Recycling and Surplus Center in Allston.

Can't make it to the Freecycle? Shop (for free!) at

the Harvard Recycling and Surplus Center every Monday and Thursday from 10am – 1pm.

Thursday, January 25, 5PM-9PM EST



ArtsThursdays at the Harvard Museum of Natural History

Join us for a free, fun night at the Harvard Museum of Natural History!

Come with a date, come with friends, or make new friends while strolling through the galleries.

[Register here.](#)

Contact hmscprograms@hmsc.harvard.edu with any questions or for more information.

Friday, March 1, 12PM-2PM EST

HGSE ALUMNI ENGAGEMENT

ALUMNI IN RESIDENCE



Dr. Claudia Espinosa, Ed.M. '19
*Founder & Executive Director
Latinas On the Verge of Excellence -
L.O.V.E. Mentoring*

March 1, 2024
Gutman Library, Room 260

This session will be held between 12 - 2 ET. Each student will sign up for a 20-minute timeslot to meet with Claudia about their career aspirations and to ask her questions.

Learn more about Michelle & register at
bit.ly/claudiaespinosaAIR

Questions? Email alumserv@gse.harvard.edu

Alumni in Residence

Register: bit.ly/claudiaespinosaair

Meet Dr. Claudia Espinosa, Ed.M. '19, the visionary Founder and Executive Director of Latinas On the Verge of Excellence - L.O.V.E. Mentoring.

Utilize Dr. Espinosa's expertise by booking a 20-minute meeting with her on campus.

Questions? Email alumserv@gse.harvard.edu.

February through April 2024



Queer Women's Group

CAMHS is offering a confidential support group open to undergraduate and graduate women who identify anywhere under the LGBTQ+ umbrella seeking a safe space to share thoughts, feelings, and experiences, learn about available resources within and outside Harvard, and receive support around navigating various life domains, including relationships, family, health, sexuality, and academics.

It's a 12-session group that will be meeting on Tuesdays from the beginning of February through the end of April from 4:30-5:30pm on the 4th floor of the Smith Campus Center and is open to registered Harvard students who have paid the 2023-2024 Student Health Fee. To learn more [visit this site](#).

ONGOING OPPORTUNITIES & RESOURCES



The Harvard University Peer Coaching Initiative

The Harvard University Peer Coaching Initiative (HUPCI) is a non-competitive opportunity for Harvard students and researchers to:

- (1) learn and practice core interpersonal skills,
- (2) build a high-trust relationship with an effective thought partner,
- (3) and stay more centered and intentional during their time at Harvard.

A Culture Lab Innovation Fund winner, it is also a chance to help build a more inclusive community at Harvard. Past participants say "this is not a high time commitment, but very high value."

Learn more and register at www.convu.com/hupci.



ALUMNI

Alumni Engagement Tip

Starting the networking process or looking to get

started? Create an “elevator pitch” (approximately 30 seconds) to describe your educational focus at HGSE and your desired career path. This will help drive your conversations, showcase your goals, and help deepen connections with alumni!



Mindfulness for Students at the Center for Wellness and Health Promotion

As we start the new semester here at [CWHP](#), we are excited to offer a variety of mindfulness programs to support your wellbeing. Subscribe to the monthly newsletter [here](#) for more information on wellness offerings, classes, and workshops!



Work Accountability Groups

Student Support Services hosts weekly Work Accountability Groups (WAGs) on Zoom. These accountability groups will hold space for students to gather and work in a supportive environment. Each WAG is 2 hours long and they are hosted multiple times throughout the week. WAGs will start up in the fall semester, so stay tuned for the official schedule. For more information and to join, and please [visit here](#).

RELIGIOUS RESOURCES



Harvard Chaplains

Harvard Chaplains

The Harvard Chaplains, a professional community of more than thirty chaplains, represent many of the world's religious, spiritual, and ethical traditions, and share a collective commitment to serving the spiritual needs of the students, faculty, and staff of Harvard University. Learn more on the [Chaplains website](#).



Prayer Space on the HGSE Campus

Longfellow 214 is a dedicated prayer space here on the HGSE campus. Recognizing that not all buildings are open during the weekends, Gutman 440 has been reserved as prayer space on Saturday and Sundays, during regular Library hours.



The Memorial Church of Harvard University

The Memorial Church of Harvard University, part of a vibrant interfaith network of Harvard, is an interdenominational Protestant church in the midst of Harvard Yard that serves as a place of spiritual refuge to the entire community. “MemChurch” stands opposite Widener Library as a visible reminder of the historical and spiritual heritage that has sustained Harvard for nearly four centuries. In addition to our regularly scheduled services, we also offer a variety of programming for students, adults, and children.



Harvard Hillel

Harvard Hillel is a Jewish home on campus that seeks to:

- Welcome students to experience the variety of Jewish identity, tradition, practice, values, culture, and community.
- Inspire and enable Jewish connection, celebration, and action.
- Prepare students to join, create, shape, and lead Jewish communities; strengthen the Jewish people, and live proud Jewish lives.
- Share Jewish sources, traditions, ideas, and innovations, and their relevance in our world.
- Forge connection and engagement with the State of Israel.
- Foster friendship in a nurturing and refreshing sanctuary amid the stresses of student life.

- Engage the unique opportunities of Harvard and make Jewish thought and culture integral in the life of the University.



Please Note: In addition to student events and resources, the HGSE Weekly Newsletter is the official communication channel for important information regarding Commencement.