

Office of Student Affairs



Monday, December 18, 2023

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
- <u>Support Resources in Times of</u> Crisis

HIGHLIGHTED ANNOUNCEMENTS



Vote for Your Favorite Gingerbread House!

Calling all HGSE students! It's time to vote for your favorite gingerbread house from the HGSE Gingerbread House Competition. Each member of the winning team will receive an HGSE sweatshirt as a prize! Voting closes this **Thursday**, **December 21st at 12:00PM ET**. Winners will receive an email and be featured on the OSA Instagram account at @hgse_osa.

Note: to keep voting fair, only HGSE students will be eligible to participate. You will be asked to sign in using your Harvard ID.

Vote here!



2024 Lunar New Year Celebration: Join the planning team!

Do you celebrate the Lunar New Year? Are you interested in helping to plan a Lunar New Year Celebration at HGSE? If so, please email Andrea Le (andrea_le@gse.harvard.edu) to be added to the planning team. Our first planning meeting will be scheduled for early January via Zoom.



AOCC Registration, Proposals, Award Nominations & a Call for Volunteers!

Register for the 2024 Conference here.

We also welcome award nominations on the following categories: the Alumni Achievement Award, the Tina Hansar Award for Educational Equity, the Kolajo Paul Afolabi Award for Commitment to Educational Justice, the Faculty Award for Educational Equity, and the Turner Cooper Award for Commitment to People-First Practice in Education.

To submit a nomination, please visit the <u>AOCC</u> website. Deadline: Friday, January 5.

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!

THIS WEEK

Through Thursday, December 21, 12PM-4:30PM EST



Negotiation Study \$10.00 | In-Person | 30 min

Engage in a brief conversation with another participant and earn \$10

Sessions Weekdays: 12:00 PM - 4:30 PM

Until 12/21

Final Negotiation Sessions with the BeLab for the Year!

We have one more HBS Behavioral Lab study this year and we could use your help in filling remaining sessions!

Engage in a brief conversation with a fellow BeLab participant and earn \$10 for your participation in this 30-minute study. We have 15 more sessions to complete before the end of the calendar year and we would love your help in reaching our goal!

Sign up here.

FUTURE EVENTS AND OPPORTUNITIES

PURCHASE YOUR PASS BY Tuesday, January 9, 2024



MBTA Spring 2024 Semester Passes

The HGSE Office of Student Affairs is pleased to share that we are able to offer 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.

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

Wednesday, January 10, 2024, 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 Makercentric learning in the classroom.

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

Thursday, January 11, 2024, 12PM-1PM EST



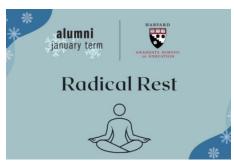
Staying Positive During Your Job Search (Virtual)

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.

Wednesday, January 17, 2024, 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.

Friday, January 19, 2024, 2PM-5PM EST

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



Gutman Conference Center 4 and 5Please 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.

February through April 2024



Queer Women's Group

<u>CAMHS</u> 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. Contact Rebecca Nelson if you are interested in joining: rnelson@huhs.harvard.edu.

ONGOING OPPORTUNITIES & RESOURCES



Job Opportunity Scam Targeting Students

The Office of Student Affairs has been made aware that some students may have received an email from what appears to be a Harvard affiliate sharing information about a job opportunity with Heart to Heart International. We have heard from some of the purported senders of that email that they did not, in fact, send the email and that there is an issue with their email account. Students are reminded to be vigilant in protecting their personal information. The best place to find job opportunities for HGSE students is the HGSE Job Board, managed by the HGSE Career Services Office.



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 <u>CWHP</u>, we are excited to offer a variety of mindfulness programs to support your wellbeing. Subscribe to the monthly newsletter <u>here</u> 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

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.