

The Insider:

The source for graduate student news & events at MSU

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Upcoming Events:

January:

1/11: Coffee Hour

1/13: Workshop

1/18: Coffee Hour

1/25: Coffee Hour

1/26: Workshop

1/30: Coffee Hour

Stop by our office in room 110 Student Services Building or visit our website at grad.msu.edu/wellness

MICHIGAN STATE
UNIVERSITY



Graduate
Student
Life & Wellness

Welcome!

Welcome to the second issue of *The Insider* newsletter! As part of the Graduate Student Life & Wellness program at Michigan State University, this newsletter is your resource for graduate student news and events.

Important Spring Semester Dates

Make sure to mark these dates on your calendar:

Classes Begin Monday, January 10th

Open Add ends January 14th

Last day to drop with refund is February 3rd by 8:00 p.m.

Monday, January 17th, University is closed: No classes

Graduate Student Events:

Grad Student Coffee Hours:

Will resume again starting on January 11th. Tuesdays from 11am-1pm in 110 Student Services. [More.](#)

Stayed tuned for a special coffee hour featuring Dean Karen Klomprens of The Graduate School.



Bite of the Week



Have you seen our Bite of the Week post on our blog? It's a weekly recipe that's quick, inexpensive, and delicious—perfect for graduate students. Have one you think would be great to share? Send it to us at gradwellness@vps.msu.edu.

Upcoming Workshops

"Personal Responsibility in Conducting Research and Advancing Your Career"

Thursday, January 13th, 6:00-8:00 p.m.
Erickson Kiva

This session will highlight issues related to university and other guidelines for authorship, data retention, data rights, and sharing of data; plagiarism and properly crediting the work of others; options and obligations when others are believed to not be fair & honest; why does honesty & fairness matter.

Registration REQUIRED. To register, send an email to: gradwrsp@msu.edu and include your name, department, email address, and the name of the workshop (Personal Responsibility in Conducting Research and Advancing Your Career).

[Find Out More Here.](#)

"How to Find a Job Outside of Academia, Even if You Aren't Sure That You Want One"

Wednesday, January 26th, 5:00-7:00 p.m.
Lincoln Room, Kellogg Center

Dr. Susan Basalla, author of *"So What Are You Going to Do With That: Finding Careers Outside Academia,"* offers real-life examples and practical step-by-step advice for M.A.'s and Ph.D.'s seeking fulfilling work outside academia.

First 100 attendees will receive a **FREE** copy of her book!

Registration REQUIRED. Limit of 200. To register, send an email to: gradwrsp@msu.edu and include your name, department, email address, and the name of the workshop (How to Find a Job Outside of Academia, Even if You Aren't Sure That You Want One).

[Find Out More Here.](#)

Winter Cold or Flu? Check out these natural and homeopathic remedies to help alleviate symptoms

For colds, congestion/mucous and upset stomach:

- Take the juice of 1 lemon, 1 garlic clove, 1/2 ginger root, 1 tsp. olive oil and a pinch of cayenne pepper, then blend in a blender
- For colds, take 1 teaspoon every hour
- For stomach issues, take one hour before breakfast

For stuffy nose/congestion:

- Eat hot, spicy foods; these open up the sinuses without the rebound congestion that comes with over-the-counter decongestant nose sprays
- Three drops of Eucalyptus essential oil in a vaporizer may help to reduce upper respiratory (head, nose, throat) complaints
- You can also make a tea out of fresh parsley; steep the parsley in hot water for a few minutes. You can drink this everyday

For cough and sore throat:

- Gargle with salt water— add 1 teaspoon to 1 pint of lukewarm water
- Take 1 teaspoon honey with the juice of a lemon; you can also serve it hot by adding the honey and lemon to 1 cup of boiled water. You can repeat this hourly
- Hot ginger and orange recipe: juice of 1 orange, 1 teaspoon of honey, 1 teaspoon ginger and 1 cup hot water.

No appetite?

- Try a few minutes of vigorous exercise
- The increased oxygen also encourages you to breathe more deeply and opens the nasal passages

Not sure if you need to see a doctor?

- **Check out the Olin Health Center's Cold and Flu Symptom Checklist**

Sinus problems:

- Drink plenty of water
- Try irrigating them with isotonic salt water or use a nasal irrigation kit

*Sections above taken from Healthy Lifestyle Program: Path To Wellness



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Council of Graduate Students (COGS) News:

Discounted Spring Semester Parking Permits:

The Council of Graduate Students has teamed up with the City of East Lansing to sell reduced cost graduate student parking permits in the Division Street ramp. Cost is \$150 (check or money orders only) and are activated within minutes of purchase. Permits are active for all of Spring

Semester from 1/1/11 - 5/15/11. Bring with you:

1. vehicle registration
2. student ID
3. tuition statement showing you have paid your current semesters COGS tax.



Meeting Space for Graduate Students

Looking for a quiet place to study? The main library offers three graduate student carrels; large study rooms with lockers just for graduate students. To gain access, apply in the Main Library's main office. Approval takes one or more days.

If you want a smaller study room, reserve one online at the Main Library's [website](#).

Click "Reserve a Tech Lab/Plotter" and login with your MSU net ID and select the date and room you would like to reserve.



Graduate Employees Union (GEU) News:

The Graduate Employees Union has begun meeting with University representatives to negotiate a new contract for graduate assistants. The process will be ongoing throughout the semester. You can stay informed by visiting the GEU website (www.geuatmsu.org) and by following GEU on Facebook or Twitter.

If you have questions, concerns, or suggestions for bargaining, please become a GEU member and contact their office (geu@msu.edu, 517-332-2824).

MSU Center for Statistical Training and Consulting

Interested in getting more training in statistics? The MSU Center for Statistical Training and Consulting offers a variety of workshops to faculty, staff and graduate students. Check out their website [here](#).

Stay Healthy This Winter— Exercise!

Did you know IM Sports at MSU offers group exercise classes? Their website has a complete schedule of classes for IM Circle, IM East, IM West and Faculty/Staff. Group exercise classes are offered for \$3 per class for students or a semester pass can be bought for \$60. Learn more [here](#).



Follow Graduate Student Life & Wellness for upcoming events, programs and resources for MSU Graduate Students!



Follow us on [Twitter](#), [Facebook](#), [Wordpress](#), or check out our [Google Calendar](#)

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