



# The Insider:

The source for graduate student news & events at MSU

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### Upcoming Events:

4/12: Coffee Hours

4/19: Coffee Hours

4/26: Coffee Hours

4/29: Guest Speaker

5/2: Late Night Breakfast

5/3: Meditation

Stop by our office in room 110 Student Services Building or visit our NEW website at [Careersuccess.msu.edu/wellness](http://Careersuccess.msu.edu/wellness)

## Welcome!

Welcome to the eighth 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.

## Graduate Student Events:

### Grad Student Coffee Hours:

Every Tuesday from 11am-1pm in 110 Student Services. [More.](#)



## Graduate Student Late Night Breakfast

Step away from your papers, lab, and exams and join other MSU graduate students for the Graduate Student Late Night Breakfast. Consider it a stress reducing study break with FREE breakfast.

Monday, May 2nd

6-8pm

Room 6 (Basement), Student Services Building

**Limit of 75 people**



**Registration REQUIRED!** Email [gradwellness@vps.msu.edu](mailto:gradwellness@vps.msu.edu) with the following information: Name, Department, Email address, "Late Night Breakfast," and the date (5/2/11).

## Want more updates from Graduate Student Life & Wellness?

Join our Listserv and stay up-to-date with the latest events, newsletters and workshops. To subscribe, email [listserv@list.msu.edu](mailto:listserv@list.msu.edu) with the message "Subscribe gradwellness"

\*Please note, e-mails will be kept at a minimum including only the newsletter and significant events occurring.

## "Stressed is Desserts Spelled Backward" Brian Luke Seaward, Ph.D.

Friday, April 29th, 2011

Anthony Hall

Large Auditorium (Room 1281)

6:00-8:00pm



Educational, entertaining and inspiring, this by far, is Dr. Seaward's most popular presentation. Dr. Seaward will touch on: Increasing productivity, Completing your degree on time, Different competencies that employers are looking for in new graduates, How to define the term "stress," and help identify three effective coping techniques to handle life stressors.

Brought to you by: Graduate Student Life & Wellness, the Council of Graduate Students, The Graduate School, Teaching Assistant Program, Olin Health Center, PhD Career Services and the Graduate Employee Union.

## Thinking about your career and life after graduation?

Whether you are interested in pursuing an academic career or exploring the diversity of nonacademic professional options, PhD Career Services has workshops, services, and online resources that can help you with every stage of the job search process. The website has a plethora of useful tools as well as access to great resources like BioCareers (for life sciences) and Versatile PhD (for humanities and social sciences).



Also, our career counselors, Dr. Matt Helm and Pam Henderson, are happy to meet with you confidentially to assist you with your career goals. To learn more and to access these resources, please visit [www.grad.msu.edu/careerservices](http://www.grad.msu.edu/careerservices).

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](mailto:gradwellness@vps.msu.edu).

Check it out [here](#).

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## Council of Graduate Students (COGS) News:

A new executive board was elected with many of the same officers staying on to keep up the good work. We will, however, say good-bye to our executive law liaison John Petkus, Nicholas Madaj, current COGS Parliamentarian, and treasure Amanda Herzog and welcome in new Vice President of External Affairs Leigh Ann Jordan. COGS also hosted its third annual Graduate Academic Conference on March 25th, which was host to a great many presentations about all the exciting work graduate and professional students are doing on campus, and a very engaging talk by keynote speaker Nigel Paneth. COGS, through the leadership and efforts of President Stefan Fletcher, also voted at its full council meeting to provide up to \$1000 in matching funds for the Japan relief effort, and has partnered with the Panhellenic Council, the Residence Halls association, the Office of International Students and Scholars, MSU Japan Club and MSU cullinary services in the fundraising effort which has already more than doubled the pledged amount from COGS.

In a meeting with Vice President of Finance and Operations Fred Poston, Assistant Director of Human Resources Brent Bowditch, Director of Benefits Renee Rivard and Assistant Director of Benefits Corie Snellenberger, COGS President Stefan Fletcher and Vice President for Internal Affairs Adam Lovgren raised several concerns regarding the manner in which this year's Student Health Insurance Request for Proposals (RFP) was run. Find out more [HERE](#).

## Graduate Employees Union (GEU) News:

The Graduate Employees Union and the University are still working to finalize a new contract for the 1300 Teaching Assistants on campus. Tentative agreements have been reached in many areas, but negotiation is still taking place, primarily around stipends and tuition waivers. Keep up-to-date on the bargaining process by visiting [www.geuatmsu.org](http://www.geuatmsu.org) or by contacting your department's [GEU Steward](#). If your department does not yet have a steward, consider becoming one yourself. Contact [geu@msu.edu](mailto:geu@msu.edu) for more information.

To lend your support to the collective effort to secure a new contract, (a) wear your GEU t-shirt every Wednesday, (b) write a letter to the editor of the State News or the Lansing State Journal in support of MSU's teaching assistants, (c) come to the Board of Trustees meeting on April 15, and (d) attend the next GEU Member Meeting on April 19.

Additionally, the GEU is currently accepting nominations for its [officer positions](#) as well as for the [GEU Outstanding Supervisor Award](#) and the [GEU Outstanding Department Award](#).

## Graduating in May?

Make sure you know everything you need to know to be prepared for your upcoming graduation. Check out the commencement page [HERE](#) for information on advanced degree instructions.

Congratulations to our MSU Graduates!

## Meditation With Bob Eubanks

Tuesday, May 3rd, 2011

5:00 pm

Room 110 Student Services

In this experiential session, graduate students will be provided with an initial experience in the transformative potential which lies in moving toward a Mindful way of living. Mindfulness as a term will be defined, as well as instruction on Mindfulness based meditation and stress relieving practices that can be put into personal use to help in the completion of your graduate degree.

**Registration REQUIRED!** Email [gradwellness@vps.msu.edu](mailto:gradwellness@vps.msu.edu) with the following information: Name, Department, Email address, "Meditation," and the date (5/3/11). Find out more [here](#).

**Limit of 25 people.**

## MSU Graduate Programs Rank Among Nation's Best

A host of Michigan State University graduate programs – from nuclear physics to elementary education to African history – rank among the nation's elite, according to U.S. News & World Report's 2012 edition of America's Best Graduate Schools. Check out the full article [HERE](#).



Looking for a way to stay active? Check out [active.com](http://active.com) for a list of activities, events and things to do near you!

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](#)

## The Academic Job Talk

THE "JOB TALK" is perhaps the single most important thing you'll do during an academic interview. On the basis of your presentation, you'll be evaluated as a scholar, teacher and potential colleague. A dynamic talk is likely to result in a job offer, while a poorly organized, flat or uninspired presentation will almost certainly eliminate you from consideration.

Read our full blog article [HERE](#)

## Brought to you by:

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