



GSA NEWSLETTER

A Bi-Weekly Graduate School Journal



WRITING CENTER TIP

WRITTEN BY GSA WRITING CENTER ADVISOR MARIA COLE

Have writer's block? Feeling overwhelmed? Please take 10-15 minute breaks from your screen! Relax, have a glass of water, make some physical movement, and prepare your mind to get back to writing! You can do it, but do not be afraid to reach out for help!

Upcoming News/Events Links:

- H<u>ome for the Holidays</u> Community Dinner 12/3
- MINDFUL MONDAYS WITH LSAMP 11/30
- -LET'S TALK GRAD SCHOOL SESSION 2 12/1
- RETRIEVER IMMIGRANTS UNITED 12/15
- -NAVIGATING FINAL PAPERS WRITING WORKSHOP 12/2
- -PEER HEALTH EDUCATORS SEASONAL DEPRESSION 12/2
- JOIN OR CREATE A GRAD STUDENT ORG TODAY!



UPCOMING EVENTS

tips, and tools

* underlined text indicates hyperlinks



Home for the Holidays **Community Dinner**

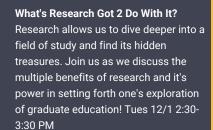
Retriever Essentials would like to invite you to our Home for the Holidays (Virtual) Community Dinner. We hope to bring the UMBC community together even when everyone is feeling a sense of isolation. All members of UMBC are welcome and encouraged to attend this event. Join us here, Thurs, 12/3 7-8PM



We would like to invite you to the fourth of five conversations on mindfulness this fall. In these sessions you will join members of the LSAMP community across the University System of Maryland as we learn the benefits of mindfulness and engage in exercises to help us appreciate the present moment. Mon, 11/30 5PM-6PM. More info



LET'S TALK GRAD SCHOOL SESSION 2



More info here

RETRIEVER IMMIGRANTS **UNITED:** HERITAGE, FAMILY. &CULTURE

Focus on celebrate our heritage, our languages, and honor our loved-ones as we wind down for the winter break. This structured, topic-based program discusses the diverse immigrant experiences. Tues 12/15 12-1PM More info here





Feeling stuck with your final paper? Gather what you've got so far (even if it's just the assignment with plenty of tips and tricks for your academic writing! Wed 12/2 4-5PM



Dealing With Seasonal Depression and stress. Join the Peer Health Educators on Instagram live to learn ways to deal with seasonal depression, loneliness, and school-related stress! Wed 12/2 12-1PM More info here







- Association for Computing Machinery (ACM). Contact <u>samit1@umbc.edu</u>
- Bangladesh, Chinese, Indian, and Iranian GSOs. Contact info here
- Black Graduate Student Organization. Contact ntelfer1@umbc.edu
- Meyerhoff Graduate Student Association (MGSA) Contact fleming3@umbc.edu
- Society for Industrial and Applied Mathematics (SIAM). lnguyen4@umbc
- Plus many more Graduate Program GSOs here





