



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:

- [Home for the Holidays 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

Mindful Mondays

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



What's Research Got 2 Do With It?
Research allows us to dive deeper into a field of study and find its hidden treasures. Join us as we discuss the multiple benefits of research and it's power in setting forth one's exploration of graduate education! Tues 12/1 2:30-3:30 PM

[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](#)



Finding Your Flow: Navigating Final Papers



Feeling stuck with your final paper? Gather what you've got so far (even if it's just the assignment description), and exit this workshop with plenty of tips and tricks for your academic writing!

Wed 12/2 4-5PM

[Join here](#)

FEELING DEPRESSED? DROP IN!



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](#)



GRAD STUDENT ORGS

Join an existing GSO [here](#) or create your own [here](#):

- Association for Computing Machinery (ACM). Contact samit1@umbc.edu
- 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). Ingyuen4@umbc
- Plus many more Graduate Program GSOs [here](#)

