

# GSS Newsletter

December 2019



Graduate Student Senate



## A BRIEF UPDATE FROM THE GRADUATE STUDENT SENATE



We're wrapping up a busy semester that included our first **Town Hall** event, a **visit with graduate students at the UNH Manchester campus**, and many **First Thursdays** at the Thirsty Moose. In addition to these events we passed a number of resolutions, including: a resolution regarding the campus climate survey results, a resolution on athletic ticket prices for graduate students, and a resolution requesting timely notice to changes in public transportation. These resolutions and more can be found on our website [here](#).

Stay tuned next semester for another Town Hall and for the GSS elections coming up in the spring. Any graduate student who is interested in working to improve grad student lives and representation on campus should consider running for a position.



Students at the Foundry Restaurant in Manchester at the UNH Manchester Grad School Open House.

## LOOKING AHEAD



### [Upcoming GSS meeting](#)

Stay tuned for a new schedule of GSS meetings for the spring semester. GSS meetings are open to all graduate students.

### [First Thursday](#)

Join us for a grad social with free pizza, co-sponsored by GSS and the Graduate School. **When:** Thursday, December 5, 7:00-9:00pm.

**Where:** Thirsty Moose, Dover NH.

### [Other resources: How Mindfulness Helps Grad Students](#)

A new [study](#) found that a few minutes of daily mindfulness practice can significantly improve PhD students wellbeing.

Source: <https://bit.ly/3633LLD>

UNH Health & Wellness offers many resources to help grad students prioritize their wellbeing. Check them out [here](#).

For more GSS meeting times during the month and new event listings, visit <https://www.unh.edu/gss/upcoming-meetings-events>

You can also contact us directly [here](#) with any questions or comments.

Never Miss a Single Issue!

[Click Here to Subscribe](#)

