

The Mānoa Monthly

Provided by UHM Graduate Student Organization

Aloha Fellow Graduate Students,

It is hard to believe that March is upon us as we rapidly approach the middle of the semester. There is much to appreciate as well as look forward to. During the month of February, GSO worked tirelessly to advocate for all graduate students and provide meaningful online events. This month, we continue that same passion and drive as we prepare for some exciting events ahead. Some things to look for include the application deadline for the Merit Based Awards in Diversity, Mentorship, Service and Outreach, and Teaching. Furthermore, the monthly Grants and Awards program continues to operate, offering graduate students a source of funding for research expenses as well as online conference fees. We strive to provide our constituents the most meaningful graduate experience while attending the University of Hawaii. As always, please do not hesitate to contact your department representative or one of your fellow GSO Executive Council members. Mahalo for your continued support.

Sincerely,

Donovan Delgado, Events Chair

Call for Peer Reviewers

- Help review Merit Based Awards applications
- Give back to the community & grow professionally
- Fill out this [form](#) if you're interested!
- More info on page 5

General Assembly
[Click for Zoom Link](#)
(March, Zoom, 6PM)
PW: GSOga20

News and features

- 2 Upcoming Opportunities
- 2 Merit Based Awards Info
- 3 Grants & Awards Info

Important Dates

March 1: Last day for returning classified graduates to file for summer readmission

March 15-19: Spring Recess

March 25: Last day for restricted withdrawals

March 26: Kuhio Day (non-instructional day)



Upcoming Events

March 1: Mo'olelo Monday - Tangarō (4pm, [Register here](#))

March 5: GSO Merit Based Awards Q&A (1:30-2pm)

(email GSOmerit@hawaii.edu to register)

March 22: GSO Sustainability Series, Co-Author an Earth Day Resolution (2pm, [Zoom link](#))



Merit Based Awards



The Merit Based Awards Program recognizes graduate students who excel in Diversity, Mentorship, Research, Service and Outreach, and Teaching:

- Each Merit Based Award is worth **\$5,000**
- GSO will fund up to **three** students in the categories of Diversity, Mentorship, Service & Outreach, and Teaching; GSO will fund up to **four** students in Research (two for Master's students, two for PhD students)
- Visit our [website](#) to apply!



APPLICATION DUE MARCH 8TH
LETTER OF RECOMMENDATION DUE MARCH 15TH

Do you have questions regarding GSO's Merit Based Awards?
Join our Merit Based Awards Q&A on March 5th from 1:30-2pm
(email GSOmerit@hawaii.edu to register)!



Apply Today!



GSO Grants & Awards

- Up to **\$2,000** to fund research materials, professional development opportunities, attending/presenting at conferences (online due to COVID-19 restrictions) and more!
- Money is awarded on a **monthly** bases (next deadline is **March 25th**)
- For more info & to apply, check out our website!

General Assembly

HOW TO ZOOM

Keep your microphone muted if you are not speaking

Check-in via Google Form (found in Zoom chat & Agenda)

To ask a question, "raise your hand" by clicking "Participants" then selecting the hand button. When the meeting facilitator calls on you, please state your name and department before speaking.

UPDATED: Due to the Zoom update, our voting protocols have changed:

Executive Council Members and Department Representatives may vote by responding to the Zoom poll ("aye," "nay," or "abstain") or verbally (state "aye") as prompted by the meeting facilitator.



GET MORE INVOLVED!



(small monthly stipend, lots of fun, & professional development!)

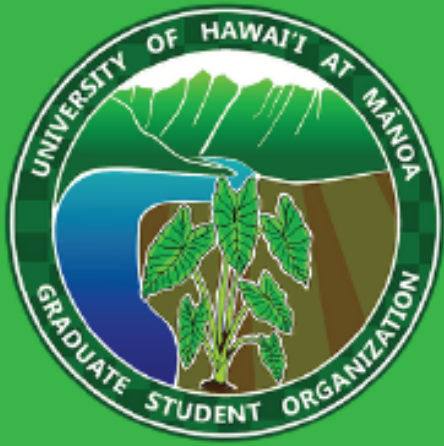
GSO Information & Communications Chair

- Manages GSO social media accounts; i.e. advertising GSO events/publications, taking pictures at GSO and other campus events, etc.
- Coordinates media relationships with outlets such as Ka Leo and the Star Advertiser
- Maintains/updates the GSO website
- Attends monthly GSO and committee meetings
- Creates flyers, innovates new communications methods, and more!

GSO Academic Affairs Chair

- Maintains awareness of department- and system-level academic concerns for graduate students, investigating academic concerns, and working to address them at the appropriate level
- Serves as the GSO representative on various committees (Graduate Council, Student Conduct Appellate Board)
- Forms committees as necessary to deal with academic concerns or developing programs (e.g. Grad Student Bill of Rights)
- Elicits feedback from the General Assembly on academic concerns within their departments
- Attends monthly GSO Executive Council and General Assembly meetings, and Chair EC committee meetings as needed

Interested in applying for a GSO Executive Council position? Email GSO@hawaii.edu by **March 25th** indicating your preferred position!



REVIEW DATES:
APRIL 20 OR
APRIL 27
(5:30 - 7:30PM)

MERIT BASED AWARDS: PEER REVIEWERS

Help select finalists
for our \$5,000
Merit Based
Awards!



GIVE BACK TO
OUR COMMUNITY
& GROW
PROFESSIONALLY

INTERESTED? PLEASE FILL OUT THIS
SHORT FORM!

SPONSORED
BY
GSO



COAUTHOR AN EARTH DAY RESOLUTION

Let's work together towards a
greener planet.

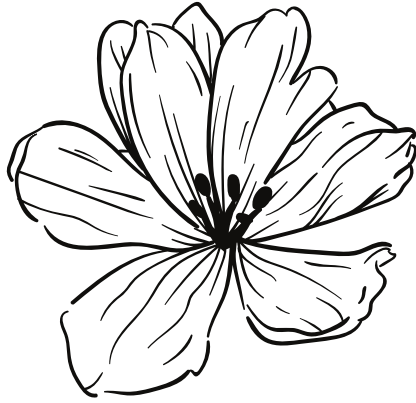
MON. MARCH 22 | 2 PM

zoom



The Spring Refresh: Lunch Break Mindfulness Series

**PRESENTED BY:
Miku Lenetine &
Center for Teaching Excellence**



Join us for an inspiring and nourishing mindfulness practice designed for all skill levels. This practice is custom tailored for productive scholars to help reduce stress, increase energy and improve mental clarity. It is designed to be your perfect mid-day practice you can do without skipping a beat.

Each class is divided into two parts to suit your needs. The first half will feature a seated 30-minute meditation practice and the second half will feature a 30-minute all-levels hatha yoga flow. You can join both, or just attend one.

This practice is accessible for all skill levels. You will have an option to practice with a chair or you can practice on the floor depending on your space availability and fitness needs. There is no need for a yoga mat or yoga clothing, simply show up as you are.

Tune in, refresh and tune out to carry on for a more productive day with more energy and overall feelings of wellbeing. That's it!

DATES

Wednesdays - March 3, 10, 17, 24, 31 & April 7

TIME

11:30am – 12:30pm

Register Here



ACCEPTING FEAR AND FINDING REFUGE

FACILITATED BY:

DR. WINONA K. LEE

ASSOCIATE PROFESSOR AND DIRECTOR
'IMI HO'ŌLA POST-BACCALAUREATE
PROGRAM

Join us to hear Dr. Lee discuss how mindful
meditation can be a place of refuge and a
source of strength in times of fear.

*About the Session: Trained facilitators share various topics,
perspectives & experiences helpful during this pandemic. We hope
you will join us on the 1st Friday of each month from 1:00-1:30 pm to
learn & practice skills that will boost your mindfulness & resilience.*



FRIDAY, MARCH 5, 2021

1:00 TO 1:30 PM

VIA ZOOM

[CLICK HERE](#) TO REGISTER

For more information, contact
Crystal Costa -costaca@hawaii.edu

2021

Rappa Fellowship

Sustainable Coastal Development

Rappa Fellows further their knowledge and understanding of sustainable coastal development through research, extension, and community-based education. They focus on the topics of coastal smart growth, community planning, hazard mitigation and climate change adaptation.

- 8 week summer fellowship
- Fellows receive a \$6,000 stipend
- Open to both undergraduate and graduate students
- Mentors from Hawai'i Sea Grant

APPLICATIONS DUE MARCH 12, 2021

QUESTIONS?

Contact: Maya Walton (waltonm@hawaii.edu)

