

# The Mānoa Monthly

Provided by UHM Graduate Student Organization

We are nearing crunch time in the semester, with project deadlines fast approaching! Take time for self care, whether that be an at-home spa day, or just three deep breaths between meetings. Remember you have resources if you are feeling overwhelmed. Reach out if you need help locating them, or have any issues in general. We are here to help each other. Now stay strong to finish up the semester!

- Maya Ward, GSO Vice President

Provost Bruno will join GSO's Executive Council and General Assembly meetings this month for **formal consultation** regarding the University's Post-Pandemic Reorganization strategy. Please come prepared with your questions and suggestions. GSO will facilitate an effective and professional conversation. We will begin promptly at 4pm to accommodate conversation. *As always, all graduate students are welcome to join.*

## UPCOMING MEETINGS



General Assembly  
[Click for Zoom Link](#)

(November 19th, 4PM)



Executive Council Meeting  
(November 5th, Zoom, 4PM)

### Follow Us:

@gsomanoa @uhmgso @gsomanoa



### News and features

- 2 Upcoming Events
- 3 What We are Doing for You
- 4 How to Use Zoom

## Important Dates

November 2: Last Day for Restricted Withdrawals  
November 3: Election Day (non-instructional day)  
November 6: Theses and dissertations due in Graduate Division  
November 11: Veterans' Day (non-instructional day)  
November 25: Last Day for Exams Before Finals  
November 25: Thanksgiving (non-instructional day)  
November 26: Non-instructional Day

November 5: EC Meeting (4pm, Zoom)  
November 9: MBA for Excellence in Mentorship [Application Due](#)  
November 12: Self-Compassion Hour (7pm, Zoom, [Registration](#))  
November 18: Coffee Hour - DIY Spa (12pm, Zoom, [Registration](#))  
November 19: General Assembly (4pm, [Zoom](#), PW: GSOga2o)  
November 26: Grants & Awards Applications Due ([Website](#))  
December 2: Coffee Hour - Paint & Sip (4pm, Zoom, [Registration](#))  
December 3: Grants & Awards Letter of Recommendation Due

## Upcoming GSO Events

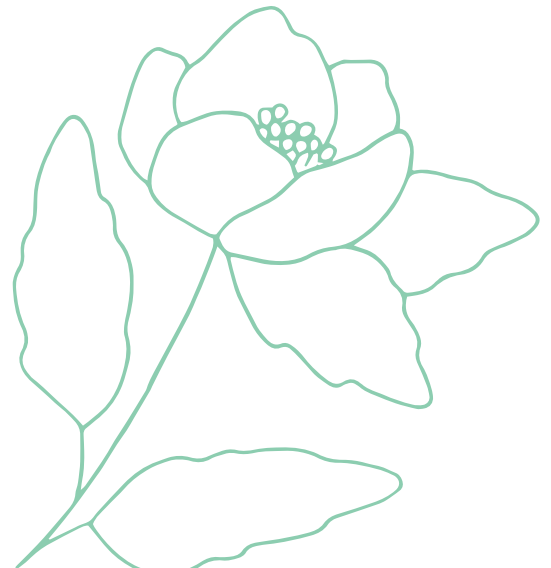
## Upcoming Workshops

The Graduate Student Professional Development Series (GPS) offers a variety of sessions to support graduate student success at UH Mānoa:

November 5: Staying Healthy in Mind & Body (3pm, Zoom)  
November 18: Fulbright-Hays Doctoral Dissertation Research Abroad Info Session (11am, Zoom)

**FOR REGISTRATION AND DETAILS, PLEASE VISIT THIS [LINK](#)**

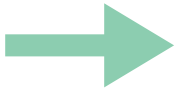
**Don't see your event listed?  
Email [gsoinfo@hawaii.edu](mailto:gsoinfo@hawaii.edu) to  
suggest events and promote  
your research!**



# UNIVERSITY REPRESENTATIVES (UR)

## *What is it?*

A University Representative (UR) is an optional member of the thesis committee and a required member of the dissertation committee (more information [here](#)).

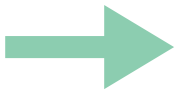


**Who:** Member of the graduate faculty on UH Mānoa campus, unrelated to Committee Chair and student, dissertation topic knowledge not required

**What:** Ensuring the integrity of the process and appropriate treatment of and participation by the student

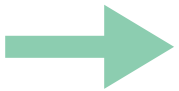
**When:** Required member of dissertation committee

## *What needs to be changed?*



### **Problems:**

- Faculty often feel uncomfortable because different programs run committees differently with different expectations for committee members. Some URs drop out due to program-specific expectations they are not accustomed to
- Students have learned of committee issues/biases that were not reported by their UR as the policy intends



### **GSO Reform Proposal:**

- Require each program enumerate its expectations, and apply expectations uniformly through each thesis and dissertation committee
- URs required to sign a form that explains expectations of URs within the specific requirements of specific programs

If you have questions, comments, or hope to get involved, please contact [gsoaa@hawaii.edu](mailto:gsoaa@hawaii.edu)



## POST-PANDEMIC REORG UPDATES



- [Deans' presentations](#) (10/12)
- [New recommendations](#) (10/20)
- Contact Emilee if you want to join the committee ([emileet@hawaii.edu](mailto:emileet@hawaii.edu))
- Formal Consultation: 11/5 (EC) & 11/19 (GA)

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# General Assembly



## HOW TO ZOOM

Keep your microphone muted if you are not speaking

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

EC/Program Reps vote by clicking "Participants" then selecting aye (green), nay (red), or abstain (coffee cup)

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.



Who may attend GSO General Assembly meetings? I want to participate and inform campus priorities, but I don't know how. How can I bring a new issue to the group?

We welcome all graduate students to attend our General Assembly meetings. If you can't make it, your department representative will keep you updated on testimony opportunities & GSO priorities! If you have a new issue to bring to the General Assembly Meeting, introduce the topic in the "New Business" portion.

Who may vote at the general assembly meetings? Are there any formalities or requirements for participating? How else can I contribute to GSO efforts?

There is one vote per department, and the department representative votes. Please state your name and department before speaking! :) Low pressure. Send us an email if you'd like to get more involved ([gso@hawaii.edu](mailto:gso@hawaii.edu))!



# Self-Compassion Hour

Hosted by GSO



**November  
12**

**7-8 PM**

**The fundamental  
connectedness of  
humankind: Fostering  
self-compassion and  
well-being in an  
uncertain world**

## Overview

This session will focus on how principles and practices from acceptance-and mindfulness-based cognitive behavioral therapies can be utilized to promote psychological health and well-being for all individuals, regardless of whether one calls themselves a therapist or client. Key takeaways from this series of workshops and how to incorporate these processes into ongoing self-care will also be emphasized. This final session will involve a brief presentation, followed by small-group discussion.

## With

**Samuel Spencer, MA**

Sam is a doctoral student in the Clinical Studies Program in the Department of Psychology at UHM. His research interests focus on acceptance- and mindfulness-based cognitive-behavioral therapies. He also teaches undergraduate psychology courses

To Register, Scan:



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HOSTED BY UH MANOA'S GSO

# DIY AT HOME SPA DAY!

*Enjoy an afternoon with GSO's Hannah Kline as she leads you through a virtual do it yourself (DIY) spa day!*

**NOVEMBER 18, 2020 | 12 - 1 PM VIA ZOOM**

**CLICK HERE TO RSVP**





## We want your feedback!

I'm Brenna, a doctoral student, inviting **international doctoral students whose strongest language is not English** studying in the U.S. to participate in a research study about their writing needs during their PhD program. Take 15-20 minutes to complete a confidential online survey about your writing needs.

Enter a raffle for 1 of 20 books on scholarly writing, or for 1 of 10 \$15 Amazon Gift cards! All potential participants can receive a scholarly writing guide that includes videos and a handout with resources.

**Link to participate in study:** <https://tiny.utk.edu/IDS>

For more information, please contact:

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Jennifer Ann Morrow, Ph.D.  
Associate Professor  
The University of Tennessee  
Email: [jamorrow@utk.edu](mailto:jamorrow@utk.edu)

Scan QR code to participate  
in the study:



IRB APPROVAL DATE: 10/13/2020  
IRB EXPIRATION DATE: 09/06/2021