

# GRADUATE STUDENT WELLNESS INITIATIVE

In partnership with the Ball State Graduate School



This past summer, Ball State went completely online. This situation has placed a vast amount of anxiety onto its students. Graduate School itself is not easy, and we understood these unprecedented times may be contributing to more stress. For this reason, our initiative went virtual. GSWI created a virtual safe space for students to

express their concerns, celebrate great moments, and gave the opportunity for students to connect from a distance. Make sure to follow our social media for up-to-date information and resources.

## Faculty Fellow for Inclusive Excellence

[Dr. Phelps-Ward](#) is excited to support equity and mentoring in graduate education at Ball State University. Her research centers on those who are racially marginalized in postsecondary education, and she studies mentoring and formal mentoring programs for Students of Color, the role of intersectionality in the examination of identity development and systemic oppression, and pedagogical practices for critical consciousness-raising.

## Virtual Orientation

The Graduate School held our [Fall 2020 Orientation](#) for Graduate Students on Wednesday, August 19th at 9 a.m. and Thursday, August 20th, 2020 at 5:00 p.m. EST.

Email GSWI at  
[gradwellness@bsu.edu](mailto:gradwellness@bsu.edu)

## FOLLOW US ON SOCIAL MEDIA

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 <https://www.facebook.com/BallStateGSWI/>

## 2020 Review:

### Cognitive Workshop

In this workshop, participants learned the basics of identifying and challenging unhealthy thoughts associated with being a graduate student. In the future, we will be doing a similar 5-week online program that will cover material from this workshop as well.

### Webex Coffee Talks

The GSWI Virtual Coffee Talks provided a laid-back space to build community with other graduate students through the discussion of topics pertaining to the grad school experience. We are looking forward to continuing these weekly sessions into the Spring 2021 semester.

### Strava

The GSWI club on the FREE [Strava](#) platform was developed to provide a community for graduate students at Ball State to encourage and inspire each other regardless of fitness/activity level.

### Mindful Movement

The class focused on reducing stress through breathing and a series of easy stretches. GSWI will have free classes for graduate students next semester taught by our very own instructor Lauren Wruble.

### Netflix Party

This platform allows anyone to watch the same movie at the same time without having to be in the same room. The chat box allows interaction without disturbing the video. Thank you to everyone who joined us for "Wreck It Ralph", "Spiderman: Into the Spideverse", and more.



## 2020 Award Winners

### 3 Minute Thesis Competition

1st Place:

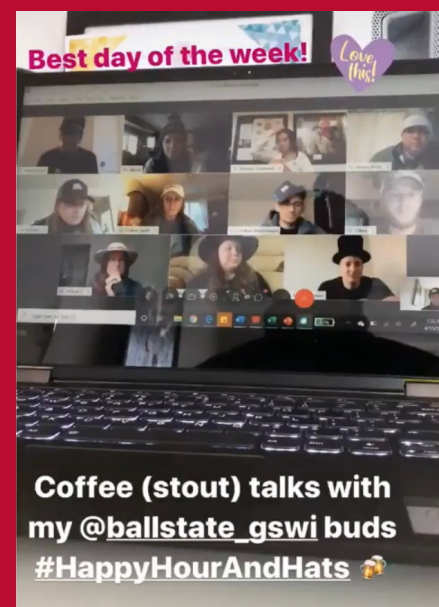
Amber Urban: [Her presentation](#) educated audience members about different menstrual issues that exist around the world.

### 2019-2020 Graduate Student Inclusive Excellence Award:

Bin Zhang: In his research and teaching, he has continuously engaged both undergraduate and graduate students on the topics of race, gender, and sexual orientation to raise multicultural and diversity awareness.

### 2020 Student Symposium Program Graduate Student Award Winners:

Xinye Wu  
Christina Perez-Herrera  
Jessica Harvey



Virtual Coffee Talks  
Summer 2020