

February 5, 2021

Dear Graduate Students,

With this note, I am continuing the practice from last semester of sending you biweekly notes (or more often as need be) to draw your attention to items of particular relevance to grad students.

I hope this helps you sift through the many different communications that you receive. Grad students serve in so many important roles in the university - as students, as instructors, as researchers, and I am glad that you are receiving communications directed to each of those roles. But I also realize that this means a lot of email traffic for you. I hope a regular digest for you will be helpful in making sure you see what you need to see. Other resources that offer timely summaries include the Th Weekly News and Updates sent out by the CRU, and the GSU regular emailings.

Here's the round-up for #1:

1. Happy Black History Month. Here are resources for creating and sustaining an inclusive and equitable environment at ND for all (thanks to the Black Graduate Student Association for curation)
2. Free Calm app subscriptions available for you
3. Academic Code Changes
4. Deadlines for defense and submissions for May Graduation
5. Toolkit for student well-being (targeted to grad students in instructor and TA roles, but contains resources all may find helpful)
6. 2021 Commencement announcement related to the Grad School Ceremony.

I hope you had a positive first week of classes.  
Stay warm and find time for yourself this weekend.  
And, as always, reach out if I can help in any way.  
--Laura



Here are more details:

1. In conjunction with Black History Month, please see here for a list of resources for self guided education and reflection and actions we can all undertake to create and sustain an environment in which all members of our ND community, especially BIPOC members, feel included and valued. While February is a good time to renew our commitment and call to action to each other, this is certainly a year-round effort, worked on each day.

I thank the Black Graduate Student Association for curating these resources: [here](#) and [here](#).

2. In response to this great idea from students, the University has invested in a partnership with Calm, an app that provides tools to help you relax, focus and rest, offering guided sessions on sleep, meditation, and relaxation. Sign up for a free, premium subscription using your netID email by [following these instructions](#).
3. These changes to the Graduate School Academic Code were recently passed that extend many of the COVID-related policy changes from last spring. See here: [COVID-19 Academic Accomodations](#).
4. The deadlines for defense and submission of theses and dissertations for May Graduation have been extended as follows:  
Formatting checks - from March 8 to March 15  
Defenses - from, April 5 to April 12  
Formal submissions - from April 12 to April 19  
If you anticipate a challenge with meeting these, please reach out to us.  
See here for the complete list of deadlines: [Academic Year Deadlines](#).
5. If you are a graduate teaching assistant or instructor of record, you may find this toolkit helpful. Designed by the staff at the McDonald Center for Student Well-being, it contains information and resources to help you support your students. Reach out to the director, Megan Brown, with any questions or follow ups.  
[Supporting Student Well-being Guide for Faculty/Instructors SPRING 2021 \(nd.edu\)](#)
6. We plan to host a Grad School Commencement Ceremony for our 2021 doctoral and masters graduates. See here for the [announcement](#).

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