

## Meeting Minutes

- SEAS Wellness Resources:
  - Associate Director – Asha De Costa
  - Office – Engineering Wellness
  - Objective –
    - Provide support and connect students to appropriate wellness resources
    - Develop culture of wellness through programming and workshops
  - Some things offered by Associate Director of Wellness:
    - Connect students with health and wellness resources
    - Provide non-clinical support to student experiencing challenges
    - Serve as a primary liaison for students with disabilities
    - Provide Wellness Programs, workshops, and virtual resources
    - Collaborate with other universities' wellness offices
  - Engineering Wellness Canvas Page (Pre-recorded events):
    - Record yoga classes and Healthy Eating 101 tutorials
    - Variety of handouts like self-care toolkit
    - Stress, time, and sleep management video
  - Weekly zoom events:
    - Mindfulness Monday (every Mon. 7-8 am ET)
    - Mindfulness Wednesday ( every Wed 2-3 pm ET)
    - Wellness Support Space (every Thurs. 4-5pm ET)
    - Introvert/Extrovert Workshop
    - Overcoming Failure (Netflixcreening)
  - Website: <https://wellness.engineering.columbia.edu>
    - Access tips, articles, and tools to maintain overall well-being
    - Wellness Events Calendar
  - Columbia Health Partners:
    - Columbia Medical Services
    - CPS
    - Alice! Health Promotions
    - Columbia Health Insurance Office
    - Sexual Violence Response (SVR)
    - Gay Health Advocacy Project (GHAP)
    - Office of Disabilities Service (ODS)
  - Questions:
    - How do you make sure the resources is getting to students ?
      - Website was launched Summer 2020
      - Advertising over Instagram, weekly emails (GSA)
    - What is the impact of COVID on students ? Any surveys ?
      - Alice! Health promotions is conducting the surveys
      - Engineering wellness is planning to contribute with them on this
    - Dodge Fitness is not accessible to graduate students. Any support in getting graduate inclusion to Dodge Facilities
      - The director is connected and she will reach out to the Dodge director
      - No guarantees on getting access as there is a very complicated process on who is currently getting access to what facilities

- Resources for people in Isolation ?
        - CPS have expanded their support spaces, even students abroad can access them
        - Check the website to find any resources
  - Q&A with Senator candidates \
  - Previous Senator: Michael Sutton
    - Senate largest policy making body
    - Primarily policy orientated
    - Education Committee – in charge of creating new major opportunity
    - Contact:
      - Website: senate.columbia.edu
      - Email: mms2306@columbia.edu
1. Gary Stockard:
- Why do you want to be a senator ?
    - As senators you are actually legislating instead of hoping things work out
    - Get more results this way as he will have power himself
  - When you started at Columbia ? Expected Graduation
    - MS student, graduation in Dec 2021. May apply for PhD program
  - How to increase funding for MS students ?
    - Be persistent and have a coalition of students with similar thoughts on this issue to get the senate to get this policy passes
  - How can Senate work together with Union, and EGSC ?
    - Had opportunity to talk with Union member during EGSC meeting on 2/10/2021 and was able to create an understanding on how to go about this
  - Delegate voted by SEAS and ? PhD students are not payed by actual work hours/ good child care plan currently – 12 weeks paternity days off. How to better support SEAS students ?
    - While PhD are entirely funded, but MS students are not.
    - Advocate for continued aid for MS students even when COVID -19 severity is over
  - Case Study: You are in Senator Plenary meeting. A resolution is put on floor for vote. The resolution will help majority of non-SEAS students but will be detrimental for SEAS students. For example: Every PhD will make \$30,000 per year. This would be an increase for most PhD student but decrease for SEAS PhD. How will you vote ?
    - What is the current salary discrepancy with SEAS PhD and the lower paid PhD programs ? Ans. Sometimes half of what SEAS students make
    - Vote against the resolution as SEAS students will be unfairly punished
    - For increasing support for graduate students, he wants to address the issue of why Executive Salary is so high rather than take money from one graduate department and give them to another department
2. Cheng Gong
- Why do you want to be a senator ?
    - Help make Columbia Engineering better
    - Columbia is more famous for liberal arts program but want to create awareness of the fact Columbia is one of the oldest engineering school
  - When you started at Columbia ? Expected Graduation
    - Joined PhD in Fall 2021, expected graduation Dec 2024
  - How to increase funding for MS students ?

- Give small part of current fellowships to MS students
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  - Talk with EGSC and SEAS about this platform
  - Vote that will benefit the SEAS rather than all other non-SEAS PhD as the concept of same pay is not fair
  - Need to do increased research on what the work done by different PhD department students are
- Create a social hour for a core class for their graduate program.
  - For majors without Core Classes, try and choose a class with large student attendance to hold this event and gauge interest
  - How does Piazza or Campus Discussion Forum currently serve as a platform ? The goal of this social hour is different from the online forums as it's a more interactive approach to give feedback
  - So many virtual events currently are held, is there any way we can have in-person social distanced event ? ESGC is not able to hold in-person event due to regulations
- In-person Study Spaces:
  - Maybe use empty classrooms
  - Libraries