



GSO Senate Resolution 23.13

A Resolution to Prioritize Graduate Student Wellness Further and to Communicate Graduate Students' Distinct Group Counseling and Fitness Program Requests & Preferences to the Barnes Center

Author(s): Kirin R. Taylor (APS Political Science, DEIA Committee Vice-Chair)

Sponsor(s): Daniel J. Kimmel (GSO Interim President & Vice President of Internal Affairs); Kellin Tasber (University Senator, DEIA Committee Chair)

Date(s): 26 April 2023 (Voting Date)

Action(s): Passed (25 Yes; 0 No; 1 Abstention)

Chair of the Senate: Daniel J. Kimmel

President Pro Tempore of the Senate: Vito Iala

Parliamentarian: Zafar Ali

President of the Student Body: Daniel J. Kimmel (Interim)

Whereas, physical and mental obstacles can arise for any person, and are typical human responses to the pressures of graduate school; and,

Whereas, stigmatization of mental health needs, services, and spaces must still be worked towards; and,

Whereas, the graduate student body is not a target audience for many of the existing physical education classes and almost all of the group counseling offerings currently available; and,

Whereas, the Barnes Center currently offers one Graduate support group once a week called "Understanding yourself and others" which, though important, is broad and not targeted to specific graduate student needs; and,

Whereas, it is not always the case, but often the case that there are age and/or maturity differences between the undergraduate and graduate student bodies; and,

Whereas, graduate students who are teaching assistants (TAs) or hold other leadership positions on campus may not feel comfortable being in vulnerable spaces such as fitness classes and counseling opportunities where they may run into their students; and,

Whereas, Graduate student desires for the following programs have already been communicated to the resolution's author, and presumably there are others yet to be specified (e.g. yoga, grief group counseling, chronic & life-impacting disease/disorder group counseling); and,

Whereas, the Barnes Center and its current leadership have expressed openness to input from graduate students and commitment to changes needed to pursue DEIA with action and through reflexivity; therefore be it,

Resolved, that the GSO DEIA committee will add a question to their upcoming survey (assessing the diverse needs of graduate students) before it is finalized and disseminated, that asks what support groups or other graduate specific wellness programming students may desire; and be it,

Resolved, that the GSO, through the DEIA committee, will look into graduate student interest for establishing community group meetings and/or spaces, to compliment the requested extended program offerings from the Barnes Center with the ultimate goal of increasing graduate student wellness; and be it,

Resolved, that the GSO will cultivate the wellness of its representative body and leadership, through committing to include stretch breaks during Senate meetings to support students' posture and blood flow; and be it,

Resolved, that the GSO will invite the Barnes Center staff to Senate meetings at least once per academic year for two purposes: 1) to inform Senators of their available wellness opportunities, which they can disseminate to their respective constituents and 2) to encourage an ongoing dialogue between the Barnes Center and graduate student leaders and thereby keep the assessment of graduate student wellness programming desires consistent; and be it,

Resolved, that the GSO Communications Secretary will include on its calendar and share on its social media accounts graduate specific programming from the Barnes Center and, when relevant, other wellness increasing opportunities.