



## Updates From SGA Student Life + Partners

October 1, 2020

### A Message From Your VPSL \_\_\_\_\_

*Mykala Sinclair (she/her/hers)*

Happy October, folks! Time has been flying by and I'm sure many of you may be or have been feeling some weight on your shoulders. The weight may come from a multitude of directions like class, career, personal health, social circles, and the list goes on.

I want to tell you all that you are not alone. This year has been challenging for most, including myself. Students, staff, faculty, and admin have all shared sentiments mental and emotional strain, social struggle, and fatigue. This is a time to connect, relate, and take charge of your health. Believe me, it's easier said than done. However, it's a necessity for the growth and prosperity of self and others. As I stated before, you're not alone. You have some of the most caring, compassionate, and wise allies on your side. Reach out to Health Initiatives, GT CARE, STAMPS, Women's Resource Center, LGBTQIA Resource Center, Dean of Students, Office of Disability Services, Academic Success, OMED, and/or STAR for any of your needs or questions.

Always remember: you're human first. Please prioritize your health because you are worthy of that much. If you have any questions, confusion, comments, or simply need help navigating our many resources, never hesitate to reach out to me at [studentlife@sga.gatech.edu](mailto:studentlife@sga.gatech.edu).

**Take care and stay well --**

Mykala

### SGA Student Life \_\_\_\_\_

2 items total

#### **1** *Quiet/Prayer/Meditation Reflection Space*

Space is available for those who need it in the Exhibition Hall. There is a reflection space in the **Exhibition on the 2nd floor past the Post Office**. At the end of the hall you turn right and you should see the space on the left. **The room serves as a space to practice mindfulness, prayer, reflection, and is available to all GT students of all identities, religions, and cultures.**

Face coverings **must** be worn at all times in the space. The **max occupancy** in the room is **8 people** using the designated **marks on the floor**. **Bringing your own mat** is advised.

If others are waiting, please keep time in space at 15-20 minutes. Please **remain quiet** in the space. The space is closed from 2-4 PM daily for cleaning.

## 2 *Current focus areas/projects*

**Quiet/Prayer/Meditation Reflection Spaces** -- looking to find and utilize space around campus to serve as quiet/prayer/meditation reflection spaces.

### **GT Black Community**

1. [Ongoing] Black Student Recruitment
2. **Continuing conversations:** utilizing community listening circles. Looking into developing continued and intentional discussions with collaborations between student life departments and BSOs.
3. Currently investigating the creation of a Black GT Archive.

### **Mental Health**

1. Strategizing mental health support for Spring 2021.
2. [Ongoing] Strategizing how to improve the culture of mental health at Tech through evaluation of current processes and systems.
3. Planning and ideating on institutional support for the mental health of BIPOC communities.

## **Partners of SGA Student Life** \_\_\_\_\_

7 items total

## 1 *October is Domestic Violence Awareness Month -- VOICE*

In honor of Domestic Violence Awareness Month, Georgia Tech is gearing up to participate in an exciting new public awareness campaign. **The Red Flag Campaign addresses dating violence on campus. Designed with a “bystander intervention” strategy, the campaign encourages friends and other campus community members to say something when they see warning signs (“red flags”) for dating violence in a friend’s relationship.** Unfortunately, we know that one in three women and one in four men will experience relationship violence in their lifetimes, and all of us will be in an unhealthy relationship at some point in our lives. One study found that 36% of college students had experienced some form of violent and abusive dating behaviors including physical, sexual, tech, verbal, or controlling abuse.

[VOICE](#) has incorporated The Red Flag Campaign into our prevention programming and partnered with Residence Life to engage students in conversations about how to recognize red flags and how to intervene.

Join VOICE during October for **VOICE Message Thursdays** or **email us to request a presentation by staff or a VOICE Peer Educator.** VOICE Advocates remain available to provide confidential support for survivors of sexual and relationship violence or those who want to discuss any unhealthy relationship dynamics.

There will be a Red Flag display at Noonan Courtyard and Harrison Square during the week of October 19th. We also plan to have a film viewing and discussion on October 22nd.

## 2 October is PRIDE MONTH: What's happening?

### LGBTQIA+ Resource Center Programs and Events



**WHEN I KNEW**  
(A NIGHT OF STORYTELLING)

Join the LGBTQIA Resource Center, Pride Alliance, Grad Pride, and Student Government Association for a night of storytelling.

**TUES. OCT 6**  
**6:00-7:30 PM**

When I Knew isn't about coming out stories, it's about sharing the when and how we discovered our queer and/or trans identity. We invite folk who have "always known" and those who are "still figuring things out".

Georgia Tech OCTOBER 2020

## PRIDE MONTH — VIRTUAL\* EVENTS

|        |             |  |
|--------|-------------|--|
| OCT 2  | 12:00-1:00  | Pronouns Workshop  |
| OCT 5  | 6:00-7:00   | Makeup Night w/Pride Alliance                              |
| OCT 6  | 2:00-4:30   | Trans 101 Workshop   |
| OCT 6  | 6:00-7:30   | When I Knew: A Night of Storytelling                       |
| OCT 7  | 5:30-9:00   | Safe Space: Peer Education                                 |
| OCT 8  | 9:00-10:30  | Level Up: Trans 201  |
| OCT 8  | 6:00-7:00   | Guest Speaker, Taylor Alxndr<br>Southern Fried Queer Pride |
| OCT 9  | 6:00-7:00   | Intersectionality w/Pride Alliance                         |
| OCT 15 | 6:00-7:00   | LGBTQIA History @ Tech Archive Project                     |
| OCT 16 | 12:00-1:00  | Body Positivity in Queer & Trans Communities               |
| OCT 20 | 5:00-6:00   | LGBTQIA Faculty/Staff Social                               |
| OCT 21 | 7:00-8:00   | QPOC Q Chat  |
| OCT 22 | 9:00-10:30  | Level Up: Queer People of Color                            |
| OCT 27 | 11:00-12:00 | Coffee Hour: Ace/Aro                                       |
| OCT 28 | 6:00-8:00   | Netflix Party  |
| OCT 29 | 11:00-12:00 | Instagram Live Crafting                                    |
| OCT 30 | 11:00-1:00  | Netflix Movie  |
| OCT 30 | 6:30-8:00   | Ace/Aro Game Night   |

\*RSVP on Engage for Event Link

BROUGHT TO YOU BY: LGBTQIA RESOURCE CENTER, GRAD PRIDE,  
PRIDE ALLIANCE, & SGA

If you would like to share a 2-3 minute story of "When You Knew" or a moment when you started to question your gender or sexuality, [please fill out this form.](#)

Check out more details [here](#)

## 3 Hispanic Heritage Month

Hispanic Heritage Month (HHM) events at Georgia Tech celebrate and recognize the economic, scientific, cultural, and social contributions of Hispanics and Latinos in the United States. OHI advises a student committee to coordinate efforts with several Hispanic/Latino student organizations in organizing the Hispanic Heritage Month celebration from mid-September to mid-October.

Take a look at the events happening this month [click me](#)

## 4 *LGBTQIA Resource Center Art Request*

The LGBTQIA Resource Center is looking for the next logo/image to feature on a tote bag, sticker, button, and shirt!

Submit your work to [lgbtqia@gatech.edu](mailto:lgbtqia@gatech.edu)

## 5 *Well-Being Weekly -- Health Initiatives*

Mindful Mondays - 4pm

TEDxTalk Tuesdays - 7pm

Well-Being Wednesdays - 2pm

VOICE Message Thursdays - 4pm

Flavorful Fridays - 12pm

Register [here](#) to get access to the Blue Jeans links!

Flavorful Fridays will be on Instagram Live!

## 6 *Virtual Nutrition Consults*

All students can meet with Health Initiative dietitians to receive **individual counseling via BlueJeans**. Each initial visit includes a one-hour appointment, an analysis of your current eating plan, and an action plan addressing your individual goals. Our dietitians see students who want to address disordered eating habits, change their eating habits, manage a medical diagnosis or concern, or learn how to stay nourished while following specific food restrictions or allergies. Our dietitians are also members of Georgia Tech's multidisciplinary Eating Disorder Treatment Team.

To make an appointment, email [nutrition@gatech.edu](mailto:nutrition@gatech.edu)

Appointments are \$5

## 7 *Coffee with Care: "Dealing With the Culture of Stigma"*

October 7th @ 11:00 AM

**Blue Jeans Link:** <https://bluejeans.com/238269647>

A conversation for students of color who are hesitant to pursue mental health services due to social stigma. This is an opportunity to talk about obstacles in getting the help you need or desire when you don't feel supported. We will discuss what to expect when receiving mental health services, confidentiality, boundaries and possible financial limitations when trying to get connected to mental health and well-being options.

If you are a student of color and have an idea for future Coffee with CARE events, please submit them email Ariyanna White at [ariyanna.white@studentlife.gatech.edu](mailto:ariyanna.white@studentlife.gatech.edu)

## 8 *The Arts at Georgia Tech*

### **Georgia Tech's Alpha Kappa Alpha Sorority, Incorporated®, Nu Beta Chapter 40th Anniversary Art Unveiling and Dedication Live Event**

Friday, October 16, 2020 | 5:30 - 6:30 p.m.

Facebook Live with [Georgia Tech Arts](#)

Free and open to the public

**Register for #NB40 Art Unveiling [here](#)**

Celebrate with Georgia Tech's Alpha Kappa Alpha Sorority, Incorporated®, Nu Beta Chapter, and Alumnae Members as they share highlights from the past four decades and announce a new phase of the Nu Beta Endowment Scholarship. They will then unveil two commissioned paintings by Atlanta, Georgia-based artist Tracy Murrell, who will join them for a live Q&A with viewers. Register now to receive updates and submit your questions for Murrell in advance!

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### **DramaTech presents 45 Plays for 45 Presidents ONLINE**

Friday, October 2, 2020

8:00 pm - 10:00 pm

Fee(s): \$8-25

**More details [here](#)**



45 Plays for 45 Presidents is exactly what it sounds like, but every turn it takes is entirely unexpected. In each of these espresso shots of American history, a member of the flexible ensemble dons the star-spangled coat of the presidency and the group explores a surprising aspect of that administration. The short plays run on a spectrum from elections to impeachments, from personal stories to political battles, and from funny to tragic. Whether it's a comedy roast of Thomas Jefferson, a nuanced monologue about social upheaval during the Johnson administration, or a mini-musical about George Bush Sr., you're never going to know what's coming next. A unique, thought-provoking, and wildly entertaining evening of theatre.

