



Updates From SGA Student Life + Partners

November 1, 2020

A Message From Your VPSL _____

Mykala Sinclair (she/her/hers)

HAPPY NOVEMBER, Folks!

It's the final stretch of the semester. You all have worked tirelessly through the semester and I'm proud of each and every one of you! This month is jam packed with elections, finals, holidays, and travels. With everything happening at once this month, it's VERY important to take care of yourself. If you're not sure what help you need or where to start, **I listed some links below to help**. Always remember that you're not alone. Please contact someone if you're in need of assistance so that you can get the support you need!

[Post-Election Resources](#)

[Self-Care Tips from GT Health Initiatives](#)

[Bhakti Yoga @ GT](#)

[SKY @ GT \(meditation\)](#)

[GT Meditation Club](#)

[Virtual Events and Engagement Opportunities](#)

[List of Spiritual Organizations](#)

[GT CARE](#) - assists with guiding to the proper care for YOU - Crisis Lines also listed at link

Try to get outside for a walk, catch up with an old friend, or watch that show your friend recommended to you that one time. Just remember to take time for you! Good luck with finals, Yellow Jackets! If you have any questions, suggestions, worries, or just want to talk, reach out to me at studentlife@sga.gatech.edu.

Take care and stay well --

Mykala

SGA Student Life _____

2 items total

1 [Quiet/Prayer/Meditation Reflection Space](#)

A

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.

B

Classroom spaces, especially in Clough and the Library can be reserved “instantaneously” via EMS. You can log in [HERE](#). This can be a reasonable way to reserve space periodically for quiet time use.

C

On the campus map, you can identify “Greenspaces” that y’all can use to promote outdoor decompress/put down your screens time. Map.gatech.edu and then select the *Greenspaces* icon on the left hand side.

2 *Current focus areas/projects*

Quiet/Prayer/Meditation Reflection Spaces -- Working on constructing financial support for space around campus.

GT Black Community

1. Working with Kyle Smith, Dr. Gerome Stephens, Dr. Sybrina Atwaters, and BSO leaders to secure BSO community space and storage. Additionally, working toward creating a formal structure for BSOs.

Mental Health

1. [Post-Election Resources](#)
2. Met with GTIA and members of International Initiatives under Vice Provost Yves to discuss how to better support international community mental health.

Arts

1. Arts Committee is currently reaching out to art-related student organizations to establish relations and understand the current culture of the arts at Tech to refine current projects.

International Student Support

1. [Fill your cup - Take Care of Yourself](#) - Made by OIE
2. [Scam Awareness](#) - OIE

Partners of SGA Student Life

7 items total

1 *ICEBERG: An Intercultural Learning Series*

The ICEBERG intercultural learning series is a 3-part (1.5 hour sessions) program for all undergraduate students at GT. It's entirely virtual. This program addresses various topics, including improving communication abilities, developing intercultural skills, and navigating cultural differences. Students build community by engaging with other students at GT, developing skills to recognize cultural differences and the tools to advance their own understanding, gaining self-awareness, empathy, and adaptability, so they may navigate new challenges at GT, abroad, and in their future careers.

Learn more [here](#).

2 *Veterans Resource Center*

Veterans Resource Center Huddle: Virtual and In-Person

Nov 3rd | 11 am – 1pm

<https://bluejeans.com/635985599>

SAFE Project for Veterans

Presented by the Veterans Resource Center

November 5th | 11:00 AM - Noon

"Unpacking your emotional Rucksack." This workshop will help veterans identify life stressors and offer solutions to build new skills to navigate all the surprises, disappointments, and crises that come with military/veteran life.

<https://us02web.zoom.us/j/89209257488>

3 *CARE*

Center for Assessment, Referral, & Education (CARE) Drop-in Hours

Nov 4th | 8:00 am - 12:00 Noon 1:00 - 4:30 pm

Nov 5th | 9:00 am - Noon

Students who need support can call and speak to GT CARE staff to process and talk. To access CARE services, please call [404-894-3498](tel:404-894-3498) and you will be connected with a counselor.

4 *LGBTQIA+ Resource Center*

Coffee Hour with the LGBTQIA Resource Center

November 4 | Noon – 1pm

Join Tegra (they) and Camilla (she) for a Coffee Hour hosted by the LGBTQIA Resource Center. While the Coffee Hour is open to all, we want to specifically invite members of the LGBTQIA community who are student at Tech. Join us virtually, on Wednesday, Nov 4. **BlueJeans Link:** <https://bluejeans.com/783219015> (must use GA Tech email address to join).

Allyship Resources

[Click me!](#)

Trainings and Workshops

Includes Safe Space, Trans 101, Level Up, Greek Allies, and custom trainings

[Click here to learn more](#)

5 *Women's Resource Center*

She Should Run

Nov 9th | 5PM – 6PM | Bluejeans

In this virtual program, staff from the Women's Resource Center will be discussing the legacies of women in public leadership as well as identifying the barriers they face to elected positions. We will also be sharing pathways to public office and organizations that help women get elected. Come learn about women's representation in public leadership and how you can begin imagining your civic future!

6 *Health Initiatives*

Well-Being Weekly

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!

Finding Resilience in Stressful Times

Presented by Health Initiatives

Nov 4 | 2:00 pm

Are you finding it difficult to manage stress at this time of year? Join Health Initiatives on Wednesday, November 4th @ 2pm, during Well-Being Wednesday, to learn skills for emotional balance and mindfulness to help you tap into your resilience. Join at <https://bluejeans.com/426619626>.

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

Appointments are \$5

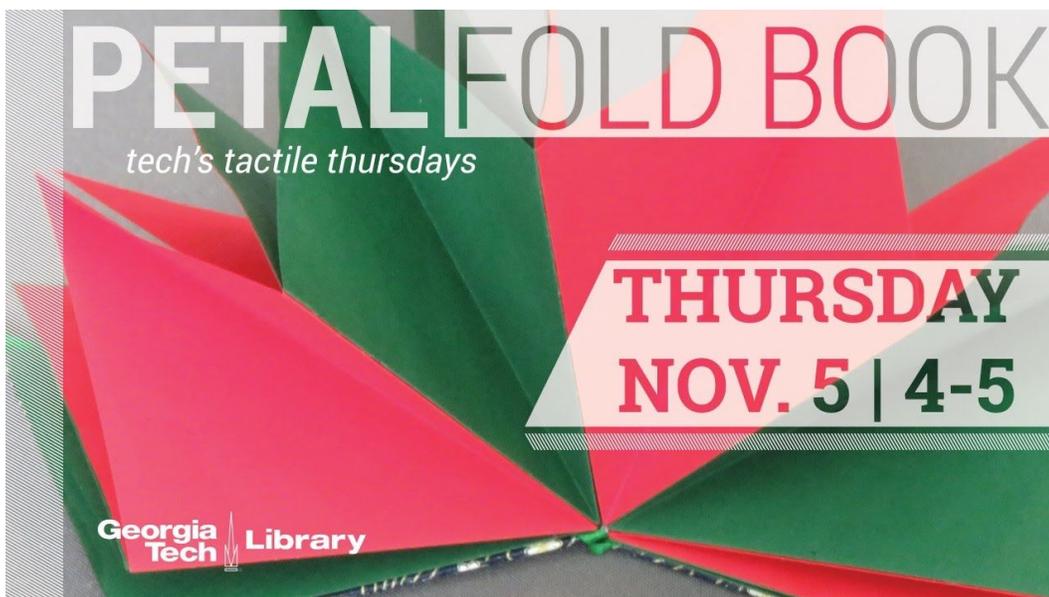
7 *The Arts at Georgia Tech*

Tech's Tactile Thursdays: Petal Fold Book

Date: Thursday, November 5, 2020

Time: 4:00 pm EST

Register: <https://www.eventbrite.com/e/115904239701>



Call for Students: Imagine a Fearless Future with the Fearless Collective Workshop Series

January 2021

Online

Join Shilo Shiv Suleman, artist and founder of South Asian-based public art project Fearless Collective, in a series of workshops that encourage participants to identify problems and work collaboratively to create a re-centered world.

Select a track and meet online with a small cohort of your peers to imagine creative solutions around the topics of Self and Identity; Power, Governance, and Security; Health, Care, and Healing; and Earth, Economy, and Resources. The Fearless Collective will be transforming the discoveries of these online meetings into a community-inspired project in late spring 2021.

Interested undergraduate and graduate students must be available for all three sessions within their chosen track and complete a brief application for consideration. Visit our website for details, dates, and a link to the application.

The application deadline is November 30, 2020, so apply today!

[LEARN MORE AND REGISTER HERE](#)

The Fearless Future series is presented by Georgia Tech Arts in partnership with Georgia Tech's LGBTQIA Resource Center and Women's Resource Center.

8 *Race Dialogues - A Conversation for Students*

Georgia Tech students are invited to register for a two-part educational opportunity called 'Race Dialogues - A Conversation for Students'

More information and registration links are available at:

[Race Dialogues – A Conversation for Students, Part II, November 4](#)