



AGENDA

GSG Assembly Meeting

December 9th, 2015 5:45pm

Joseph Henry Room, Jadwin Hall, Princeton University

The meeting is called to order at 5:57 PM.

Daniel Vitek (Academic Affairs Chair) motions to approve the November Assembly Meeting Minutes. Joshua Wallace (Astrophysics Rep) seconds. The motion passes unanimously.

Calvin Chin (Director, Counseling and Psychological Services) (15 minutes)

- CPS provides confidential counseling services and workshops
 - Group Counseling, Individual
 - Mindfulness stress reduction workshops
- A lot of people come in for help adjusting to graduate school
- All of psychologists are there for you to talk through issues
- Anxiety is a popular reason why graduate students come to CPS
 - Help graduate students talk to advisors
 - Assist those that are unsure about their career path
 - Work on personal relationships
- CPS works on a short time bases to accommodate all students
 - 21% of all graduate students use CPS each year
- Short term - how to deal with the issue at that time
 - Meet for 1 month and work through a particular interest
 - In situations where you are interested in seeing a therapist long term, they will refer you to someone off campus. They will work with the University insurance plan that we have. There used to be a session limit, but after working with graduate students, this has changed.
- This counseling is confidential (except in cases when someone is a threat to themselves or others)
- They also have an extensive group therapy the graduate student group therapy is the most popular
- Questions:
 - Daniel Vitek (Academic Affairs Chair): Have you had students dealing with transportation to these off-campus facilities?

- There is a building close to campus that has a lot of therapists
 - They have funding through the special needs fund that can help defray the costs of transportation (if you need to take an uber for example)
- Elise Myers (LGSA Rep): Is that special needs fund that could be applied to a deductible?
 - Yes.
 - You need to talk to CPS and they can help you get in contact with an administrator that can help you.
- If the demand is high in graduate students, why are they outsourcing it to outside?
 - It is really a matter of numbers
 - They see 1500 students a year, so to provide ongoing care for all these students, the staff would have to be very large, and they don't have the budget to hire that many clinicians or the space to put them
 - There are situations where CPS will see students for longer terms
 - CPS wants to make sure that students are getting what they need
- Does that same model apply to undergraduates?
 - Yes - grads and undergrads are treated the same
- It would make things easier if medication check-ins could be done by the staff. Would that require that many therapists?
 - There are a lot of different reasons why someone needs ongoing medications
 - In some cases it is easier to have someone to be able to see their clinicians more often
 - CPS wants to be as available students as they can
- What can we as students do, to pressure the administration to get more therapists? Is it funing? space?
 - Both.
 - Don't underestimate the power of the student body. Share with those around you about the facilities and spread the word about it
- Are the same benefits available to postdocs?
 - Not available to postdocs. Postdocs are treated as employees and have the employee health plan. Carebridge offers 6 free sessions of therapy
 - If you have a partner that is on the health plan, they will have access
- Mircea Davidescu (VP): Is there aggregated information about why graduate students seek help?
 - CPS does have data on diagnosis
 - The most common is anxiety, the next is depression
 - Anxiety ranges from stress to panic attacks. Students that have had traumatizing experiences that need help with the stress of that

- There is data on the percentage of students that have had unmanageable stress, depression, etc.
- Janice: Where does the funding for CPS come from?
 - There is a small piece that comes from your tuition, it is not on your bill as a “student health fee”, but it is from the general university
- Comment on the WP incident of last year?
 - What came out of that is the concern about confidentiality.
 - There are a large number of students that have thoughts of suicide, it is a symptom of depression.
 - Staying or taking a leave is up to the student
- Is it really their choice?
 - Legally, the only way that people can be forced to take voluntary leave is if they are a danger of themselves.
- In terms of pressure that is put on students, is there any way to help mediate that? For some students, it seems unreasonable to stand up to someone that is above you to take a leave.
 - Those situations only occur when they feel that the student would be better academically to take the leave.
 - When the student makes that decision, the counselors are often involved and can help advocate for a student.
 - The bottom line is around what is in the best interest for the student’s health. What is the best thing for the student at this time. If the student disagrees
- If you have any follow up questions on what was talked about or anything else, please email Calvin.

Stephanie Landers (Program Administrator, Keller Center) (10 minutes)

- Interdisciplinary center on campus
- The entrepreneurial hub is located at 34 Chambers Street which is not on campus, but not far away
- Mircea (VP) is a part of the hub, to come and do work for the start up, so if you want more background information, feel free to talk to him
- They are looking for more graduate students to engage with them
- The building has 15000 square feet of space that is a co-working space for entrepreneurs in Princeton:
 - White boards, large kitchen
 - Can do catered events and happy hours
- Programs at the Hub
 - eLab Fall/Spring Semester Incubator

- Pursue a startup venture during the academic year, workspace at the Hub, mentorship and advising opportunities, workshops
- eLab Summer Accelerator
 - 10 week intensive program, get seed funding up to 20K/team, campus housing, mentorship and advising, work station in Hub
 - Information session Friday Dec 11th 12:30-1:30 at the Hub
- Faculty and Alumni Startup Office Space
 - Private offices available for license at the Hub; enjoy all Hub amenities
 - Mike Hepler (Treasurer): They are renting that space? If you are a student is that free?
 - Yes. Grads and undergrads can use of the space for free, alumni have to pay a small fee to use the space, the wifi, the lawyers, accountants, etc.
 - How much is it?
 - Depends on the size of the office?
 - 3 desk office \$650/month
 - Can have access to internet, phone, all the amenities
 - As a graduate student it is free! You come there and work on a project
- Workshops, Round Table Talks, Office Hours, Student Clubs/Organizations
 - Try to provide as much contact with others as possible
 - Groups that have an entrepreneurial/innovative purpose can be held at the Hub
- Annual Innovation Forum - open to faculty, postdocs, and graduate students
 - Present an innovation, do a 3-minute “elevator pitch”, have a poster session and demo sessions
 - Prize money totalling \$30,000 to be used for further research
 - Next Innovation Forum: Wednesday, February 24, 2016
 - Entry form opens in December
- Mircea (VP): How does the Intellectual Property work?
 - There are other people can help you out with any issues with figuring out how much Princeton might own in an idea
 - The Hub won’t take any part of the what you are doing with them
- Courses in Entrepreneurship, Innovation & Design
 - If you are interested in entrepreneurship, take a look at the courses that are offered with great people teaching them
 - There are always a few graduate students that enroll in the courses
- Funding available for Graduate Students
 - Always looking for TAs from all areas
 - There is also funding in the summer to help with course development

during the summer

- Internships!
 - Princeton Startup Immersion Program (brand new)
 - It is all at start up companies in NYC
 - There are some internships available: You would live in NYC (housing costs covered) and get a stipend
 - Companies are always interested in graduate students
 - All are listed on the websites
- Questions:
 - Can you share the slides?
 - They will be shared to GSG Assembly
 - Are your incubator programs open to students that have an idea, but don't have a team?
 - Yes! We are actually in the process of creating a database/portal to help students to find teams, mentors, etc.
 - All students are welcome to come in even if they don't have a team

Prescription Drug Provider Change (10 minutes)

- Kay Gabriel (Health and Life Chair): We are all a bit surprised to get an email about the switch from ExpressScripts to OptumRx. The change will be at the end of the month, to correspond to the end of the contract with ExpressScripts.
- OptumRx has different medications that they prefer, that may cause some people to have to pay more for their medications
- Kay met with Health Services to talk about this, and they said that there is a process to make those drugs more affordable. Basically, if you have a medication that has been proven to be therapeutic (it works for you), your prescribing physician (or if out of Princeton Michelle Gregory), they can class the drug for you so that you will still get the lower cost
- If you are a department rep and you have people in the department that have difficulties paying for the new costs, there is a way to work around this
- Michelle Gregory would like to know if anyone is having problems can contact here directly: mgregory@princeton.edu or better yet call 609-258-3138
- If you cannot get in contact with Michell, then email her boss Janet Finnie jfinnie@princeton.edu and you will get a response from Michelle fairly quickly
- Does the deductible start over in January?
 - No. It will not start over.
- Should we email our departments about this?
 - If you are a rep you should be emailing your department anyway. If you typically don't then this might be something to do.

Formation of Election Committee (10 minutes)

- Mircea (VP): Elections are coming up next semester for officers. We need to elect a committee to make an election plan, carry out the plan, and have election results by the end of March
- It requires 5 people, that don't have to be assembly members, typically the chair would be the VP, but if he is running, then there should be another chair (typically taken by an executive member)
- To form the committee, who would be interested in being on the election committee?
- Daniel was on election committee last year, and he never really had to meet in person. The time commitment was at most 5 hours over the course of 3 months - mostly writing emails.
- Volunteers: Julia Wittes (Facilities Chari), Vivian Change (Woodrow Rep), Akil Word (Lakeside Rep), Gabriel Moore (BGC Rep). Daniel Vitek (Academic Affairs Chair) will chair the committee.

Call for Events Board members (5 minutes)

- Mike Hepler (Treasurer): As the treasurer, Mike also heads the events board which appoints the GSG and Grad School funding for events
- They sit down once every other week to decide what events to fund and meet with the groups that ask for funding
- The events board needs more students! It is a good way to know about events and groups on campus.
- If you have any questions or want to be a part of the board, send Mike an email

Executive Committee Summary (5 minutes)

- I. Bike Share Meeting
- II. SHP Advisory Board Meeting
 - A. Transition Surgery Cap
 - B. ACA Compliance
 1. We are going through a certification process, and we will be getting certified that soon
 2. We got some emails on this topic, since one of the stipulations if you work more than "30 hours" a week, then you can have the option to buy into the employee health plan
 - a) If you are a graduate student, this isn't a great idea since you typically get health care through the student health plan that we don't pay for
 - b) A job for which you receive an hourly wage (you get a W2), like teaching, typically get paid for 20 hours

III. CPUC Update

IV. Library Use Panel (announcement)

- A. Next Monday from 4:30-6:00pm in Chancellor Green 106 there is a meeting that you can stop by as long as you want
- B. Since the Library is appointing a new librarian, they want to know about how graduate students use the library

Open forum (your ideas for future policy, initiatives, guest speakers, feedback, ...)

- There is a petition circling around about a student that was expelled that they want to bring back
 - Is this the student that got expelled for drugs? Julia: Not sure if this is something the Assembly should get behind
 - This individual's partner is a president of an influential student club, it seems to be a pretty personal thing
 - The GSG tends to avoid these sorts of "personal" issues
- How did the last U-Services meeting go?
 - It was really great. It would be great for people to come again next month
- The GSG was involved in the delays at Lakeside. Is there any plans in place to prepare a report on the transition? There seems to be a lot of decent in the ranks, and a lot of issues that people have had. Is there any follow up to the issues that have been brought up?
 - Nobody has told Julia in great detail about the problems. If there is some issues, can bring Julia in on it.
 - Liz: There have been a lot of water outages, which has happened 6 times in the last month. Is there any way that GSG can help to get things fixed. Also, looking at the monthly entrances/inspections into the apartments. This isn't allowed in a lot of rental contracts.
 - Julia: Are they offering the option to pick a time that works for you?
 - If you have a pet, they do say that you have to be there and that you can reschedule. Which is helpful.
 - Lily: New units have fire extinguishers, and there is a code that requires the university to inspect the fire extinguishers. It isn't the University that is requiring it, but it is the code. I think they are looking into other options.
 - If there are major issues that the housing committee is not addressing, you can contact the GSG.

Daniel Vitek (Academic Affairs) motions to adjourn the meeting. Tori Luu (Communications Director) seconded. The meeting adjourns at 7:06 PM.

Next meeting: January 13th, 2015 5:45pm