Dear BSPS Students,

Fall is in the air. We are already into October, exams have started, student organizations are in full swing and even football is starting. This is as normal as 2020 is going to get it seems. Hopefully you are developing a routine that allows you to study, yet get away from Zoom classes and computer screen time to have time to eat right, get some sleep, and have a social life that lets you do some relaxing and exercising. I am not doing too well on the exercise part if you want to know the truth! I am in Wisconsin visiting my in-laws and my Mom while social distancing. This trip reminds me how lonely our parents might be right now, because they are sitting inside the house too. I don’t know how much Hallmark Channel they can watch, but I am learning that it is a lot! If you can spare the 15 minutes, reach out and call your folks, grandparents, or siblings, or some other family friend. You might be really surprised and happy they are to hear from you!

- **UM Undergraduate Laboratory Research Update:** Beginning 10/12/20, all undergraduate students are now eligible to join, or continue, in-person lab-based research projects. Permission to join a project is at the faculty mentor’s discretion AND students’ adherence to Covid-19 related safety precautions. Please note that all UM research laboratories will be limited to 60% space capacity; laboratory involvement is subject to change if the University determines that it is unsafe for undergraduates to continue to be in labs.

You can connect with a lab by networking with BSPS faculty through class, In the Interim, or viewing faculty research profiles.
GENERAL INFORMATION

❖ DEI Summit, Oct. 26, 10-11:30am: Provost Susan Collins and Vice Provost and Chief Diversity Officer Robert Sellers are hosting a virtual DEI Summit Community Assembly on Arts+Social Change, “Building an Anti-Racist World Through the Arts.” Information is at: https://deisummit.umich.edu/.

❖ Guidance Related to Engagement in Political Activities is available on the U-M Public Affairs website. While U-M students and employees have great leeway to personally engage in political activities, Michigan law prohibits the use of public resources (including university resources) to engage in political activities that are in support of or against particular candidates, parties, or ballot initiatives. As there could be overlap with scholarly, educational, or service activities, it can be confusing to know what is permitted. Please check the website for guidance, and contact Maya Kobersy in the Office of the Vice President and General Counsel if you need further clarification (mkobersy@umich.edu).

❖ “In the Interim” Program: I have not seen many BSPS students at these programs. YOU ARE INVITED!!!! Do a little career exploration!

This week’s networking event will be with Dr. Hanna Phan, Clinical Associate Professor at U-M College of Pharmacy and Clinical Pharmacist Specialist in Pediatric Cystic Fibrosis at C.S. Mott Children’s/Michigan Medicine. Join to learn all about pediatric pharmacy, networking as an introvert, upcoming PDI projects, and much more!

REGISTER

Click HERE to view future events.

YOUR WELL-BEING

❖ Take Control of your Social Media Use: HERE is a great resource highlighting advice for taking control versus letting social media control YOU. “If we all make choices that reflect the technology we want to see in the world, we can regain control and together change the way technology is built.” Simple tips include: 1) turn off notifications, 2) unfollow outrage, 3) be compassionate, and 4) cultivate gratitude.
✓ 2020 Election Sanity Guide: 10% Happier is offering a free toolkit on their website accessible HERE. All of us can use some help and support this election season. Start practicing mindfulness to get through this challenging season.

✓ Hope you are getting enough sleep and eating well! (unlike below!)

Need some good news?


I learned something watching that video link! I always thought Tasmanian Devils looked like this:

https://www.youtube.com/watch?v=tRE522UI0qc&ab_channel=FunbucketattheMovies

Sincerely,
Bruce A. Mueller
Interim Dean and Professor of Clinical Pharmacy