October 20, 2020

Dear Grad Students,

Happy Pharmacists Week!

❖ A lot of you are serving as GSI’s for our pharmacy students and you hold an important role in their education. There are all kinds of lessons being learned within this pandemic, but one of them is the value of pharmacists! We were on the front line when the public first learned of the problem. We are educating and treating patients in the community and hospital settings. Pharmacists will be an essential part of the vaccination process that will end this pandemic. It is a difficult time to be a pharmacy student or a pharmacist, but it is also a time to feel proud to be an essential part of the solution!

❖ Research Forum: We are also making plans for the College of Pharmacy Research Forum which will be held on February 12th. It will be virtual and so we need your opinion. Please answer this very short survey using the following link: https://forms.gle/sytTuz5e3iXmJcD47.

❖ Emergency Financial Resources: I also wanted to make sure you are aware of financial resources available to you through Rackham such as emergency funds, CARES funding,
and child care subsidies. You can use this link to check these out:  
https://rackham.umich.edu/covid-19/.

❖ **Graduate Student Support Group:** I also wanted to make sure you saw the message from Dr. Yang our CAPS psychologist regarding the Graduate Student Support Group which occurs every Wednesday from 11:00-12:30pm. This is a virtual space to process the stress and struggles of being a graduate student. If students are interested, they can email her at juemeiya@umich.edu.  https://caps.umich.edu/

❖ **The Wall Street Journal:** Tk Nguyen, our Central Student Government representative shared that central student government has partnered with the Wall Street Journal to provide students, faculty, and staff at the University of Michigan with free access to the WSJ's full site. I was unaware of this, but thought I would share this information with faculty, staff, and other students who may not be aware of this but would like to take advantage of it. Thanks for sharing TK! https://www.csg.umich.edu/wsj?fbclid=IwAR3-b20gzLxexTp39YLL4x0H8u1oH7c4DFvWzvz8ZJaucgv1qlIYRurHpbuc

❖ **Election Resources and Information**

**Election 2020 - A Non-partisan Primer:** Whether you’re a seasoned voter, preparing to vote in your first election, or an international student or scholar at UM, you can play an important role in the 2020 elections coming up on November 3. The series of short slide presentations at the link in the header of this paragraph provides an overview of key election-related concepts and issues, what to expect on and after election day, and how you can participate.

**U-M Student Orgs Vote!** Sign up your student org. for Student Orgs Vote, part of the Big Ten Voting Challenge. By signing up, you’ll get help sending “nudges” to your members to help them form their voting plan as the election draws near, as well as to help you spread the word to your wider networks on social media and publicize your student org’s involvement in this friendly competition for democracy.

**Understanding the U.S. Elections As an International Student:** While international students, like other non-US citizens, cannot vote in US elections, you can participate in other ways. The U-M International Center and English Language Institute have a few ideas for ways that international students can get engaged in this electoral season.

Other election events and engagement opportunities are available at:  
https://speakactivvote.umich.edu/.
YOUR WELL-BEING

- **hEArT Listens** is one of the many support networks and programs offered at the University of Michigan for students. Unlike other programs, **hEArT Listens** is a completely anonymous, one-on-one texting service in which students can connect with a trained peer supporter. (see the attached flyer)

If you or your friends ever feel stressed, overwhelmed, or like you need to talk to someone, **text the hEArT Line at 734-292-8006** and you will be connected with a peer supporter within 24 hours.

**Want to learn more? Check out hEArT Listens online:**

- **Informational video:** [https://www.youtube.com/watch?v=L1_btk2QAtE](https://www.youtube.com/watch?v=L1_btk2QAtE)
- **Website:** [https://www.heartlistens.com/heart-umich](https://www.heartlistens.com/heart-umich)
- **Facebook:** [https://www.facebook.com/heartlistens.umich/](https://www.facebook.com/heartlistens.umich/)
- **Instagram:** @umich_heartlistens
- **Twitter:** @Heart_UMich

- **Free Meditation Resource:** Staying inside isn’t always easy. That’s why Headspace has teamed up with Governor Whitmer to offer a special collection of meditation, sleep, and movement exercises at the link below. To access this offering, please simply visit [http://headspace.com/mi](http://headspace.com/mi) from any desktop or mobile browser. Learn more [HERE](http://headspace.com/mi).

- **Managing Election-related Stress:** While this season can present unique stressors, it is also an opportunity to practice important life skills including how to deal with difficult emotions and circumstances. Counseling and Psychological Services (CAPS) encourages students (and all community members) to regularly check-in with what you are experiencing and develop a self-care plan that works for you. Information for managing election-related stress is available [HERE](https://www.heartlistens.com/heart-umich).

- **The Wolverine Support Network (WSN)** is a student-led peer support program developed by Central Student Government leaders in collaboration with Counseling and Psychological Services (CAPS). It is designed to empower students to create a safe community in support of mental well-being and identity development. The peer-facilitated groups meet weekly and provide a place to discuss day-to-day stressors, build trust, and connect with students from across campus. Join [HERE](https://www.heartlistens.com/heart-umich).
Wellness Coaching Group Taking Care of Ourselves and Others: Well-being and Civic Engagement for graduate and undergraduate students is focused on well-being and civic engagement during the 2020 election season. This group is designed to provide a virtual space to dialogue about the stressors of the university and political climate, as well as to develop self-care skills and coping mechanisms in order to remain mindfully involved in civic engagement while attending to the other dimensions of our lives. The group meets every Monday, 4-5pm, through November 9. Sign up here: https://uhs.umich.edu/wellness-coaching.

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