
From: Mueller, Bruce

Sent: Tuesday, October 27, 2020 10:55 AM

Subject: Weekly Update from the COP Dean's Office for BSPS Students



Office of the Dean

428 Church Street, Ann Arbor, MI 48109-1065

Bruce A. Mueller, PharmD, FCCP FASN, FNKF

Interim Dean and Professor of Clinical Pharmacy

734-764-7144 • Fax: 734-763-2022

Email: muellerb@med.umich.edu

October 27, 2020

Dear BSPS Students,

I am really excited about our next guest on In the Interim. Miriam Mobley Smith is an alumna of the College of Pharmacy, but more importantly, she is a true pioneer in pharmacy. I originally invited her because we both are “interim deans” but after meeting her in a pre-show meeting, I came away so impressed. This was her quote to me: *“Many times in my career, I have been not only the first person of color to do something, but also the first person with a pharmacy background in a position, things that I never would have imagined that pharmacists could do when I first started out.”* ALSO - because Dean Mobley Smith is the Interim Dean of Northeastern University School of Pharmacy, we have invited Northeastern pharmacy students to participate in the program! Don't miss this opportunity to represent the College and network with a living legend who has broken just about every rule that she has come across.

❖ **Advising Appointments:** If you have not already, please schedule a Fall semester academic advising appointment with Dr. Holliday. Winter 2021 backpack opens up on 11/9, and registration appointments are 11/19-12/4.

❖ **Election Information:**

If you're voting in Ann Arbor, you can register, get a ballot, and drop it off all at the same time at the Ann Arbor City Clerk's [satellite office at U-M Museum of Art](#). **PLEASE NOTE: the [Washtenaw County Health Department's Stay in Place Order](#) for undergraduate students has been revised to specifically exempt voting or election related activities (including registering, working at polling locations, campaign**

outreach and leafletting). If you would like more information about candidates or issues, the non-partisan League of Women Voters maintains [Vote 411](#), which provides accurate information on issues and candidates at all levels on your ballot. You may find this resource helpful as you make your plan and [vote](#).

[Looking to Election Week: Counting Votes and Determining Results](#) is the first in a series of Community Conversations. With the election almost upon us, two sets of issues are foremost on voters' minds--counting votes and how the results (or contested results) might be determined and covered by the media. Join 4 U-M experts for a lightning round of conversation about absentee ballots and voter fraud; voter suppression; Electoral College and implications for 2020; and media coverage, followed by individual breakout rooms with a chance to ask your questions.

Post-Election Support: There is a lot of speculation regarding what will happen once the upcoming election has concluded and we understand that many of you may experience some anxiety or stress surrounding the election. We want you to know that we are here and available to support you. We have set-up an open drop-in session to "Meet with the Deans" on Wednesday, November 4 from noon – 1 p.m. This session is open to all students and will be an open discussion. You can join us at that time by clicking [HERE](#).

We also have additional time set aside post-election should you need to meet with one of us individually. Please reach out to Aimee Falk at faimiee@umich.edu and she will work with you to find a time that fits your schedule.

YOUR WELL-BEING

❖ **Produce @ UM:** Central Student Government (CSG) is offering a limited number of \$100 Instacart gift cards to promote wellness and healthy eating! These gift cards must only be used on grocery items, and they will be provided virtually, so there is no need to be on campus to receive one. If you are interested in receiving a gift card, please fill out [this brief form](#). Members of the Dean of Students Office will also confirm that these gift cards, if received by a student, won't jeopardize their financial aid status. However, filling out this registration form does not jeopardize any form of existing aid.

❖ **Virtual Group-X Passes:** Group-X passes (offered semesterly and mid-semesterly) provide students with access to every fitness class held by Recreational Sports on

campus. In recognition of physical fitness's importance in holistic student wellness, CSG is excited to subsidize 100 virtual fall semester passes for students on Pell-grants and/or other forms of need-based grant aid. Students can fill out this form to apply for a virtual pass through the remainder of the fall semester.

Note: No member of Central Student Government will conduct verification of a student's financial aid. Backend verification will be conducted by the Dean of Students Office, in conjunction with the Office of Financial Aid. Completion of this form does not jeopardize a student's existing aid package.

- ❖ **Self-care Tips for Student Activists, Advocates, and Allies:** Self-care and well-being are critical for anyone who is civically engaged, especially during a pressurized election season.

- ❖ **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.](#)

- ❖ **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](#).

- ❖ **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 Mueller
Interim Dean and Professor of Clinical Pharmacy

