GRADUATE & PROFESSIONAL STUDENT SENATE
NOVEMBER 8TH, 2017
HUB 334
CALL TO ORDER
<table>
<thead>
<tr>
<th>Title</th>
<th>Sponsor</th>
<th>Info / Action</th>
<th>Min.</th>
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<tbody>
<tr>
<td>Agenda</td>
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<tr>
<td>1 Call to Order</td>
<td>Elloise Kim</td>
<td>Action</td>
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<tr>
<td>2 Approval of Agenda</td>
<td>Elloise Kim</td>
<td>Action</td>
<td>1</td>
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<td>3 Approval of Minutes</td>
<td>Giuliana Conti</td>
<td>Action</td>
<td>1</td>
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<td>Guests</td>
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<td>4 Counseling Center</td>
<td>Elloise Kim</td>
<td>Information</td>
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<td>Natacha Foo Kune, Director</td>
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<td>5 Student Legal Services</td>
<td>Elloise Kim</td>
<td>Information</td>
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</tr>
<tr>
<td>Rory O’Sullivan, Dir.&amp; Staff Attorney</td>
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<td>Old Business</td>
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<td>New Business</td>
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<tr>
<td>6 Bylaws</td>
<td>Tori Hernandez</td>
<td>Information</td>
<td>5</td>
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<td>7 2017-2018 Legislative Agenda</td>
<td>Matt Munoz</td>
<td>Action</td>
<td>10</td>
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<tr>
<td>8 SAGE Report &amp; Tax Reform</td>
<td>Matt Munoz</td>
<td>Information</td>
<td>10</td>
</tr>
<tr>
<td>9 Resolution in Support of an End-of-Year Celebration</td>
<td>Giuliana Conti</td>
<td>Information</td>
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<td>Community Updates</td>
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<td>10 Officer Reports</td>
<td>Various</td>
<td>Information</td>
<td>10</td>
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<tr>
<td>11 Announcements</td>
<td>All</td>
<td>Information</td>
<td>5</td>
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</tbody>
</table>
Approval of the Minutes
GUESTS
sli.do

• Way to ask and upvote questions electronically via smartphone or computer
• Computer or smartphone access: [https://www.sli.do/](https://www.sli.do/)
• Smartphone access: Download sli.do in app store
• Enter codes and ask or upvote questions
• Please **enter your name** so that we have a record of who asked what question
• Questions will be moderated by officers
• Questions not answered will be sent to guests
COUNSELING CENTER

For Questions - sli.do Code: #F799
Healthy Minds Survey Highlights

Presented by Natacha Foo Kune, Ph.D.
Counseling Center Director

Sli.do #F799
Healthy Minds Study (HMS)

- Conducted Spring 2017

SAMPLE CHARACTERISTICS (N=668)
HMS Demographics

Race/ethnicity

- WHI: White or Caucasian - 58%
- BLA: African American/Black - 4%
- LAT: Hispanic/Latino - 7%
- AMIN: American Indian/Alaskan Native - 2%
- ARAB: Arab/Middle Eastern or Arab American - 2%
- ASIAN: Asian/Asian American - 36%
- PAC: Pacific Islander - 1%
- OTH: Other - 1%

Sli.do #F799
HMS Demographics

Degree program

ASS  BA  MA  JD  MD  PHD  ND  OTH

1%  67%  17%  2%  0%  10%  2%  1%
HMS-prevalence of Mental Health (MH) problems

Measured by PHQ-9, screening tool for symptoms in past two weeks.
Severe depression: score of 15+
Moderate: score of 10-14
HMS-Prevalence of MH problems

Survey respondents from University of Washington-Seattle who screened positive for any depression (PHQ-9) grouped by degree level.
Anxiety measured using the GAD-7
HMS-prevalence of MH problems

Survey respondents from University of Washington-Seattle who screened positive for anxiety (GAD-7) grouped by degree level.

<table>
<thead>
<tr>
<th>Degree Level</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>UG (n=332)</td>
<td>24%</td>
</tr>
<tr>
<td>GS (n=220)</td>
<td>23%</td>
</tr>
<tr>
<td>Oth (n=20)</td>
<td>7%</td>
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</tbody>
</table>

UG = Undergraduate student
GS = Graduate student
Oth = Other student
HMS-Are the students who need help getting help?

Short Answer: Yes

<table>
<thead>
<tr>
<th>Estimated values of selected measures for University of Washington-Seattle</th>
<th>Percentage of students</th>
</tr>
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<tbody>
<tr>
<td>Mental health therapy/counseling (past year)</td>
<td>22%</td>
</tr>
<tr>
<td>Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)</td>
<td>46%</td>
</tr>
</tbody>
</table>
Attitudes and Beliefs about Mental Health Services

**Knowledge**

Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.

- 15% Strongly agree
- 30% Agree
- 30% Somewhat agree
- 11% Somewhat disagree
- 11% Disagree
- 4% Strongly disagree

Sli.do #F799
Attitudes and Beliefs about Mental Health Services

Knowledge of services

- UG = Undergraduate student
- GS = Graduate student
- Oth = Other student

Survey respondents from University of Washington-Seattle who reported knowledge of services grouped by degree level.
Attitudes and Beliefs about Mental Health Services

Perceived need (past year)

In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.

- 21% Strongly agree
- 17% Agree
- 18% Somewhat agree
- 6% Somewhat disagree
- 17% Disagree
- 21% Strongly disagree

Perceived need (current)

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.

- 17% Strongly agree
- 21% Agree
- 35% Somewhat agree
- 13% Somewhat disagree
- 11% Disagree
- 4% Strongly disagree
HMS-suicidality and self-harm

SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

- Suicidal ideation (past year): 12%
- Suicide plan (past year): 4%
- Suicide attempt (past year): 1%
- Non-suicidal self-injury (past year): 20%
HMS-suicidality and self-harm

Survey respondents from University of Washington-Seattle who reported suicidal ideation (past year) grouped by degree level.
HMS-substance use

- I used alcohol, marijuana or other substances to cope.
- I used alcohol, marijuana or other substances, but not to cope.
- No, I did not use any substances.
HMS-substance use

- Binge drinking (any in past 2 weeks)
  - UG: 36%, GS: 38%, Oth: 44%

- Reported smoking (non-prescription) marijuana in the past month
  - UG: 26%, GS: 26%, Oth: 12%

UG = Undergraduate student
GS = Graduate student
Oth = Other student

Sli.do #F799
HMS-MH problems impact on academics

80% of students reported some academic impairment due to emotional or mental difficulties in past 4 weeks.

Academic Impairment

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?

- 20% None
- 37% 1 - 2 days
- 23% 3 - 5 days
- 20% 6 or more days
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<td>Personal stigma: agrees with &quot;I would think less of someone who has received mental health treatment.&quot;</td>
<td>6%</td>
</tr>
<tr>
<td>Perceived public stigma: agrees with &quot;Most people would think less of someone who has received mental health treatment.&quot;</td>
<td>44%</td>
</tr>
</tbody>
</table>
HMS measure during year 3

Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent’s self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.
Positive Mental Health

Survey respondents from University of Washington-Seattle who met criteria for 'flourishing' on Diener's Flourishing Scale grouped by degree level.
For Questions - sli.do Code: #M940

STUDENT LEGAL SERVICES
UNIVERSITY of WASHINGTON

Student Legal Services

HUB 306
9am-5pm Monday to Friday
206.543.6486
slsuw@uw.edu
dep.ts.washington.edu/slsuw

For Questions - sli.do Code: #M940
We provide advice and representation for UW Seattle Students

- 40 minute free consultations and ongoing representation
- Seven legal interns and two legal assistants

For Questions - sli.do Code: #M940
Landlord/Tenant

For Questions - sli.do Code: #M940
Consumer and Credit Issues

For Questions - sli.do Code: #M940
Criminal

For Questions - sli.do Code: #M940
Family Law

For Questions - sli.do Code: #M940
Estate Planning

For Questions - sli.do Code: #M940
Immigration

For Questions - slido Code: #M940
New at SLS

New online case management software

For Questions - sli.do Code: #M940
New at SLS

Online Intake Form

For Questions - sli.do Code: #M940
New at SLS

Immigration Pro Bono Partnership

For Questions - sli.do Code: #M940
More Questions

Come visit us in HUB 306

For Questions - sli.do Code: #M940
OLD BUSINESS
NEW BUSINESS
1. How many meetings per quarter are senators required to attend?
2. Who may propose an amendment to the bylaws?
3. How often does the Judicial Committee meet?
4. What are members of the Finance and Budget Committee called?
5. How often must the Executive Committee meet?
2017-2018 LEGISLATIVE AGENDA

For more information, visit our website at gpss.uw.edu, or contact gpss@uw.edu
Graduate and professional students have very few options for financial aid from the state and federal governments. The maximum amount of unsubsidized Stafford loan aid barely covers tuition for many programs. The next best option is PLUS loans, which can match the cost of attendance for tuition, but have dangerously high and fluctuating interest rates. Lower and more predictable interest rates will help alleviate potential burdens for graduate students whose future financial security is largely unknown. GPSS believes there is an opportunity and a need for the state to provide loans at a low interest rate through the Washington State Institute for Public Policy (WSIPP).

State support for the UW is essential in preventing drastic graduate tuition fee increases, as well as providing economic opportunities to the people of Washington State. To maintain the UW's status as an exemplary public university, GPSS advocates for an increase in funding to the UW's state-supported budget to ensure continued affordability for graduate students and to maintain the UW's contributions to the Washington State economy.

GPSS supports the UW for sustaining and improving reforms to mental health resources on campus. GPSS advocates for mental health awareness and ending the stigma associated with mental health discussions, and recognizes an increasing number of mental health challenges within graduate student populations nationwide. GPSS supports combined inter-university and state efforts addressing issues surrounding mental health treatment, including need and access.

GPSS recognizes the severe impacts of sexual assault and harassment on campus and acknowledges that current preventative efforts for sexual assault are insufficient. GPSS supports initiatives that help combat sexual assault in order to significantly lower the number of incidents of sexual assault on campus. We also support policies that help the UW reduce barriers to reporting, discussing, and responding to sexual assault in order to provide a broad spectrum of physical and mental health assistance to victims/survivors, while still protecting individual rights and privacy.

Support for Expanded UW Medical Programs to Serve Underserved Populations: Continued funding and expansion of cost-effective, top-ranked training programs that build regional healthcare networks. This contributes to high physician retention throughout Washington and deters practice in rural and underserved areas through UW Medicine Spokane and the Rural Initiatives in Dentistry Education (RIDE) program.

Additional Position Statements:

**STATE SUPPORT**

Keep the Pipeline Open by Funding the State Need Grant:

Full funding of the State Need Grant to attract, retain, and develop diverse, globally-competitive students and faculty who contribute to the UW’s state, federal, and worldwide impacts. Support for the State Need Grant gives students greater ability to achieve their full academic potential, many of whom attend graduate school at the UW.

**Financial Aid Resources for Self-Supported Program Students**

Financial aid resources be established to ease the debt burden of self-supported program students and provide longer-term financial stability. As of the 2015-2017 academic year, 35.2% of all graduate students at the UW were enrolled in self-supported programs, some with debt as high as $100,000. Resources for these students are integral to the sustained success of graduate students at the UW.

**Resources for Student Caregivers**

Initiatives that contribute to more equitable support for student caregivers and their dependents. GPSS recognizes these resources at the UW are insufficient. Limited availability, long wait times, and high costs prevent student parents from getting daycare for their children, and housing opportunities on campus are also limited.

**Support for Expanded UW Medical Programs to Serve Underserved Populations**

Continued funding and expansion of cost-effective, top-ranked training programs that build regional healthcare networks. This contributes to high physician retention throughout Washington and deters practice in rural and underserved areas through UW Medicine Spokane and the Rural Initiatives in Dentistry Education (RIDE) program.
SAGE REPORT AND TAX REFORM
SAGE Report

- Decided the 2017 SAGE Legislator of the Year
- Shared best practices across campuses - Elloise and I are happy to share more in committees or other venues
- New Working Groups (contact me if interested in joining)
  - Finance (student debt, taxes, etc.)
  - Campus Wellness (mental health, etc.)
  - Campus Climate (Title IX, EDI, free speech, etc.)
  - Immigration
  - Research Funding
- SAGE Day on the Hill DC Conference - March 25th-28th
Tax Reform

● House released their tax reform bill on Thursday, November 2nd
● This bill includes:
  ○ Repeal of Section 117(d), making waivers/fellowships tax-free
  ○ Repeal of the Student Loan Deduction Credit
  ○ Repeal of the Lifelong Learning Credit
  ○ Repeal of Section 127, making employer education assistance tax-free
  ○ Consolidation of the American Education Opportunity Credit
● Waivers/fellowships would be counted and taxed as income
● SAGE and NAGPS have been active on this issue - being noticed in DC
● WE CANNOT BE COMPLACENT - Constant pressure is necessary
● Senate bill is expected to drop TOMORROW - keep pressure on both chambers
● Refer to the SAGE Action Alert packet for more info and targeted legislators (on the GPSS Facebook, GPSS Twitter, and External Affairs Twitter)
RESOLUTION IN SUPPORT OF AN END-OF-YEAR CELEBRATION

For more information, visit our website at gpss.uw.edu, or contact gpss@uw.edu
190 students attended the Fall Social!

2017-18 Program Reviews (Winter Quarter)
- Center for Digital Arts & Experimental Media
- Department of Urban Planning & Design

Graduate Student Experience (GSE) committee
- Working on figuring out what resources students want and need on campus through a student survey

Today is the National First-Generation College Celebration!

Please contact gpssvpin@uw.edu for more information
VP OF EXTERNAL AFFAIRS

- Legislative agenda was approved!!!
- SLAB transition - still W @ 1 pm & Th @ 10 am
- Met with two state legislators today
- WSA General Assembly is this Sunday at CWU
- Fee-based programs update
- We have a new ad hoc committee! - all interested, email me (gpssvpex@uw.edu), Kelsey (gpsspol@uw.edu), or gpss@uw.edu
- SAGE Working Groups
- SAGE Report will be out next week
- Keep pressure on Congress!!!
TREASURER

❖ Finance and Budget Committee - Tuesdays at 4 PM
  ○ Still looking for members!

❖ First round of Travel Grants awarded
  ○ 47 Applicants & 13 Awarded Grants
  ○ Next round opens December 1

❖ Updates to the GPSS Budget and Funding website:
  ○ Special & Departmental Funding Apps are live!
  ○ F&B agendas and minutes

For more information, visit our website at gpss.uw.edu, or contact gpss@uw.edu.
SECRETARY

❖ Board meetings!
❖ Enjoyed our first GPSS social!
❖ Updating the website
❖ Email me with questions, comments, concerns, and announcements!

For more information, visit our website at gpss.uw.edu, or contact gpss@uw.edu
President

❖ Fee-based programs
- clear information & unifying communications: GS & UWC²
- presented at GSES & PCE meeting
- online registration project: expected in Spring 2018

❖ Emergency Aid Program

❖ Faculty Council appointments done; total 38 committees filled

❖ Diversity
- GS Diversity Pillar Leadership Committee:
  working on Div. Blueprint Goal 6. Accountability and Transparency
- R&EI Steering Committee in evaluation of its impact

❖ Communicated urgency of tax reform impacts to admin

For more information, visit our website at gpss.uw.edu, or contact gpss@uw.edu
ADJOURNMENT
THANKS FOR BEING HERE!

gpss.uw.edu

gpss@uw.edu

Secretary: gpsssec@uw.edu

HUB 314