



**GRADUATE & PROFESSIONAL  
STUDENT SENATE**

**NOVEMBER 8TH, 2017**

**HUB 334**



# **CALL TO ORDER**

	<b>Title</b>	<b>Sponsor</b>	<b>Info / Action</b>	<b>Min.</b>
<b>Agenda</b>				
1	Call to Order	Elloise Kim	Action	1
2	Approval of Agenda	Elloise Kim	Action	1
3	Approval of Minutes	Giuliana Conti	Action	1
<b>Guests</b>				
4	Counseling Center Natacha Foo Kune, Director	Elloise Kim	Information	10
5	Student Legal Services Rory O'Sullivan, Dir. & Staff Attorney	Elloise Kim	Information	5
<b>Old Business</b>				
<b>New Business</b>				
6	Bylaws	Tori Hernandez	Information	5
7	2017-2018 Legislative Agenda	Matt Munoz	Action	10
8	SAGE Report & Tax Reform	Matt Munoz	Information	10
9	Resolution in Support of an End-of-Year Celebration	Giuliana Conti	Information	15
<b>Community Updates</b>				
10	Officer Reports	Various	Information	10
11	Announcements	All	Information	5

# GPSS Senate Meeting Agenda

Wednesday, November 8, 2017

5:30 pm HUB 334

For more information, visit our website at [gpss.uw.edu](http://gpss.uw.edu), or contact [gpss@uw.edu](mailto:gpss@uw.edu)





# 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/>
- 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

For more information, visit our website at [gps.uw.edu](https://gps.uw.edu), or contact [gps@uw.edu](mailto:gps@uw.edu)



# Healthy Minds Survey Highlights

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

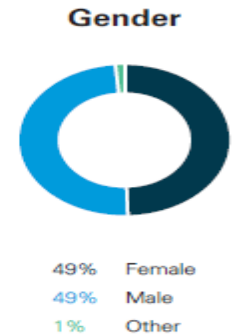
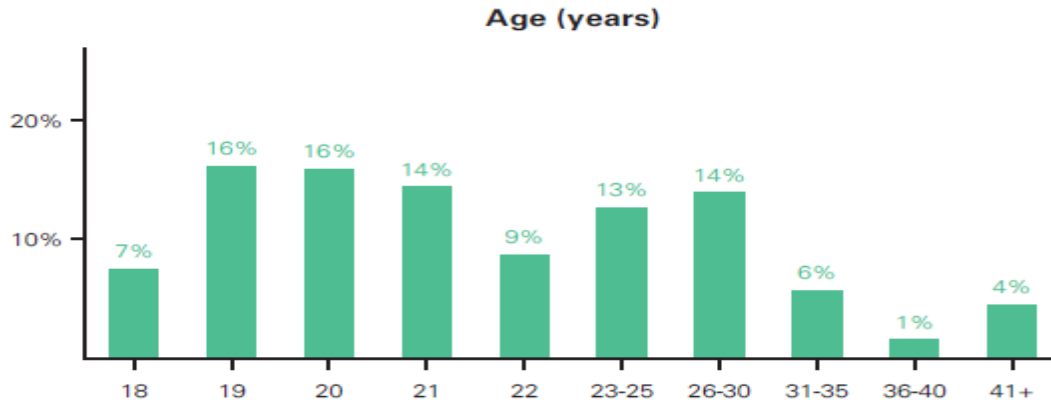


# Healthy Minds Study (HMS)

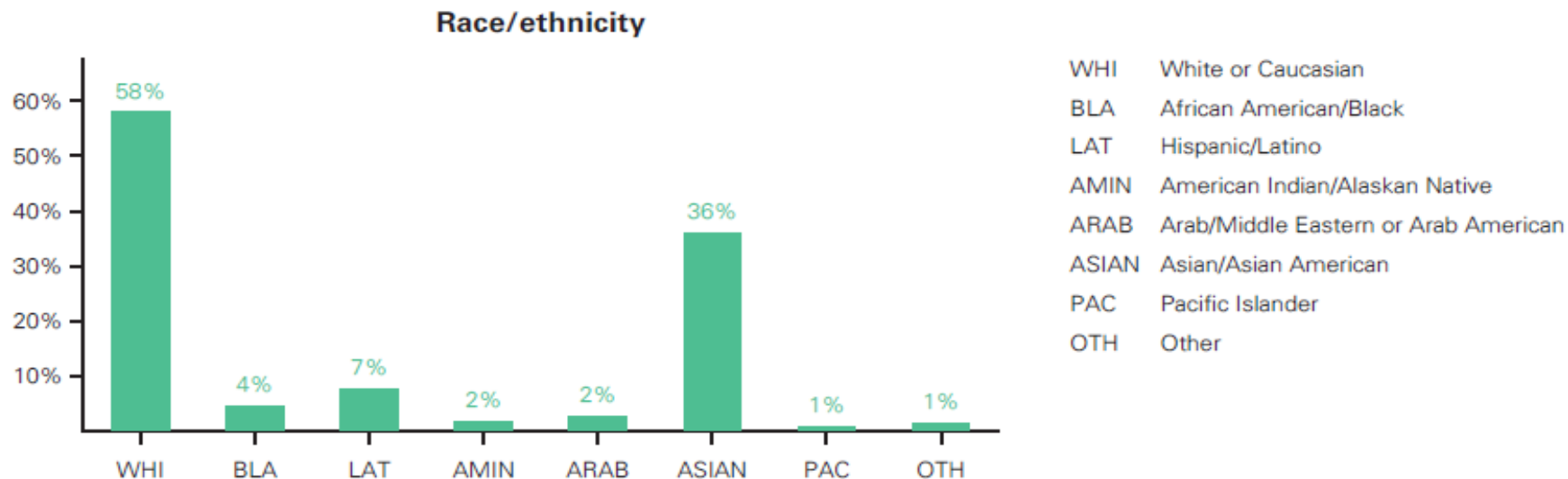
- Conducted Spring 2017

Sli.do #F799

## SAMPLE CHARACTERISTICS (N=668)

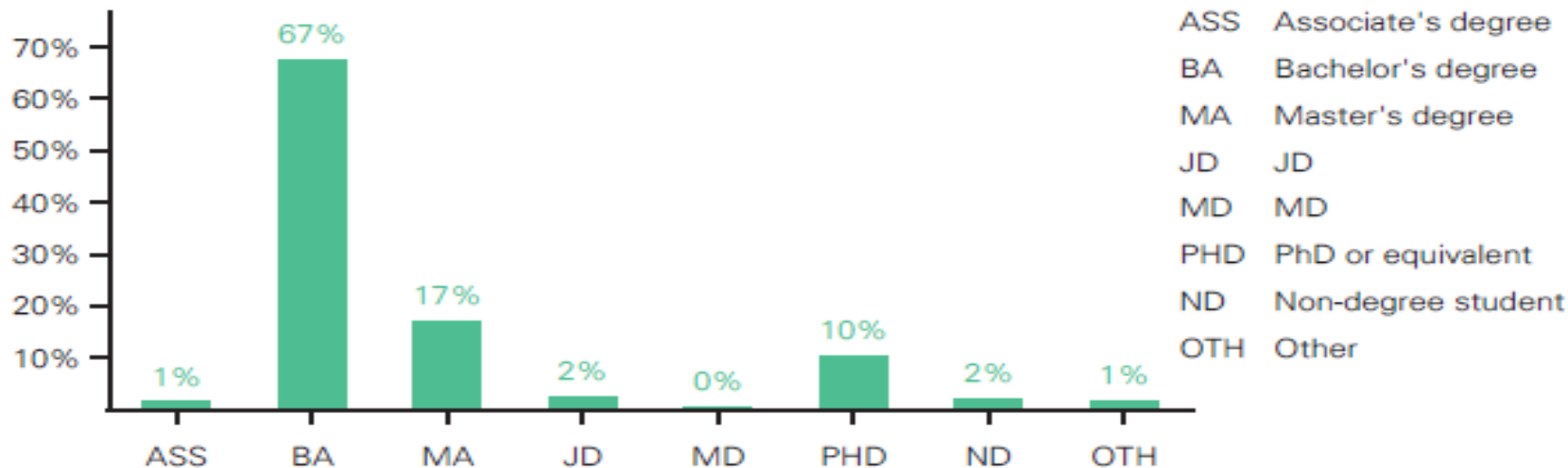


# HMS Demographics



# HMS Demographics

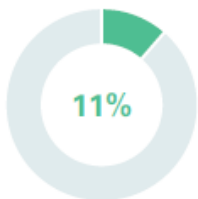
**Degree program**



# HMS-prevalence of Mental Health (MH) problems

## DEPRESSION SCREEN

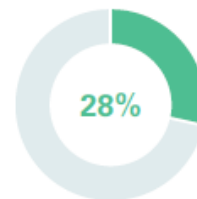
Severe depression



Moderate depression



Any depression

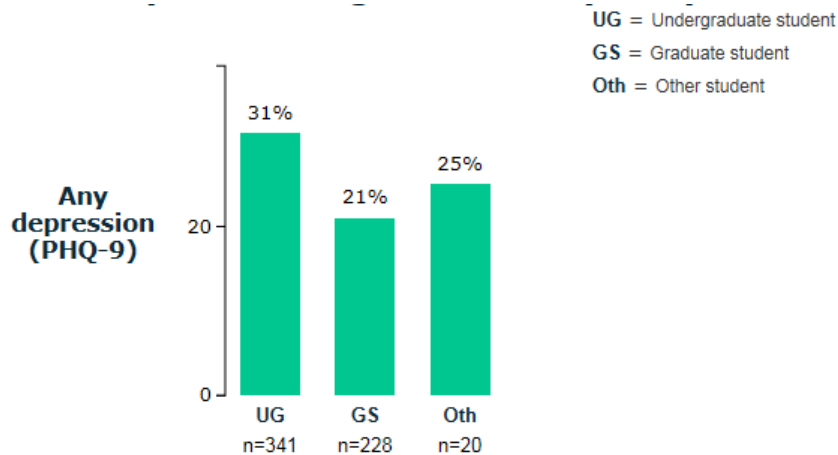


Measured by PHQ-9, screening tool for symptoms in past two weeks.

Severe depression: score of 15+

Moderate: score of 10-14

# HMS-Prevalence of MH problems



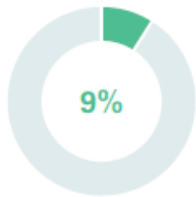
## Degree Level

Survey respondents from University of Washington-Seattle who screened positive for any depression (PHQ-9) grouped by degree level.

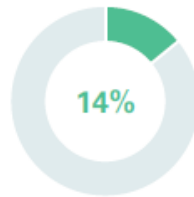
# HMS-prevalence of MH problems

## ANXIETY SCREEN

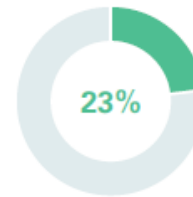
Severe anxiety



Moderate anxiety

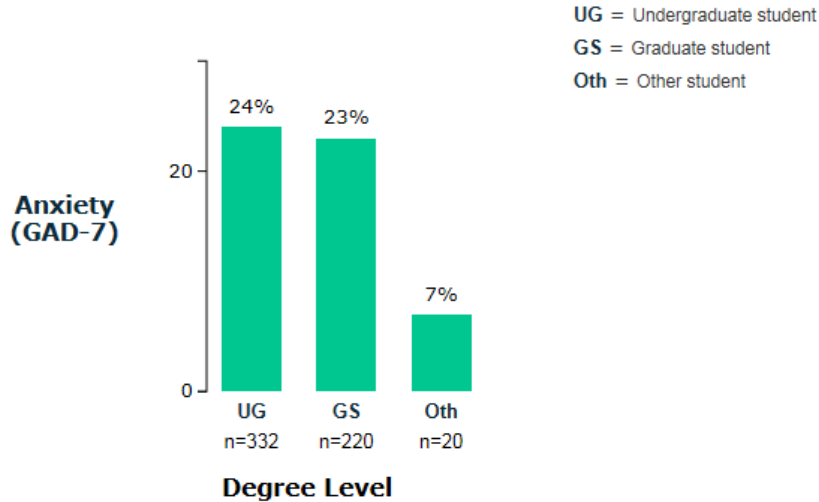


Any anxiety



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.

# HMS-Are the students who need help getting help?

Short Answer: Yes

Estimated values of selected measures for University of Washington-Seattle	Percentage of students
Mental health therapy/counseling (past year)	22%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	46%

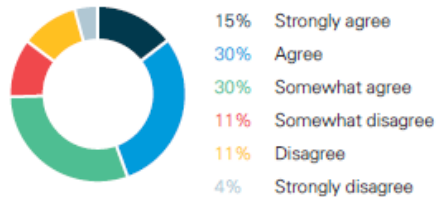


# Attitudes and Beliefs about Mental Health Services

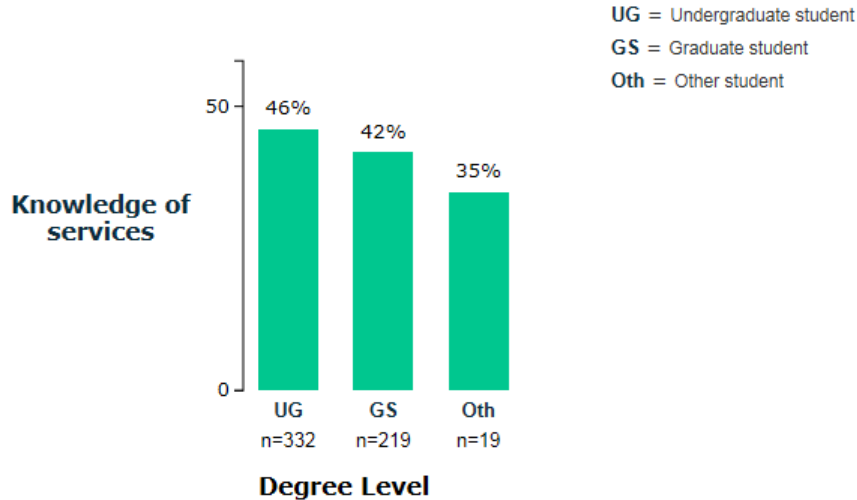
## KNOWLEDGE

### 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.



# Attitudes and Beliefs about Mental Health Services

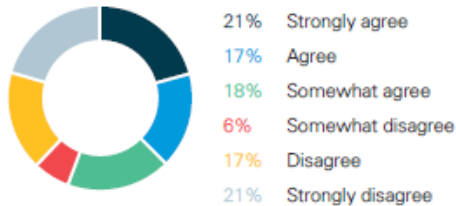


Survey respondents from University of Washington-Seattle who reported knowledge of services grouped by degree level.

# Attitudes and Beliefs about Mental Health Services

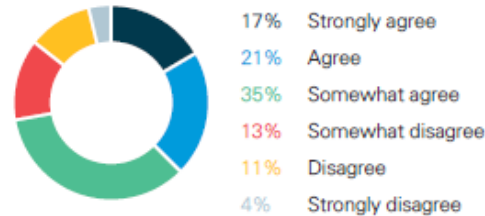
## Perceived need (past year)

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



## Perceived need (current)

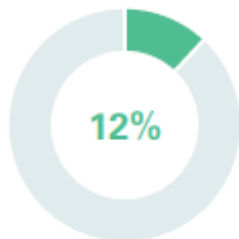
I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



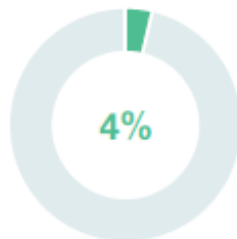
# HMS-suicidality and self-harm

## SUICIDALITY AND SELF-INJUROUS BEHAVIOR

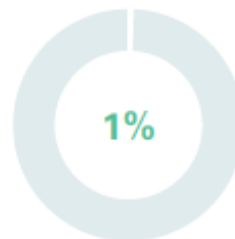
Suicidal ideation (past year)



Suicide plan (past year)



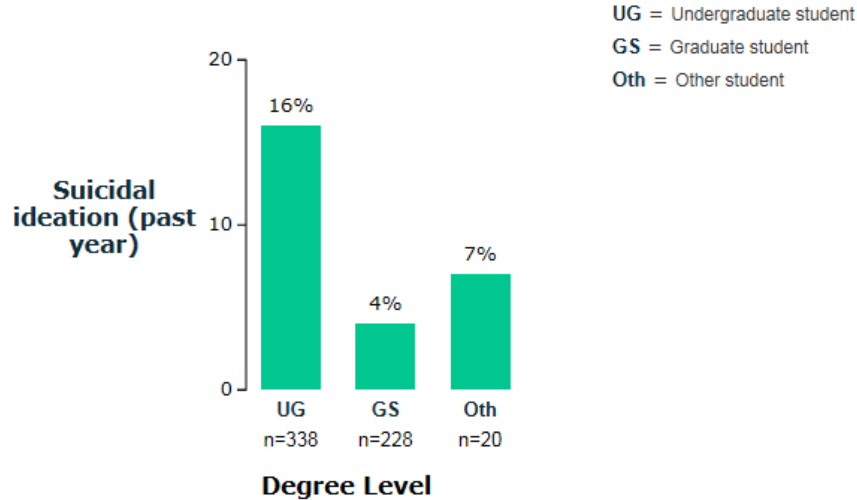
Suicide attempt (past year)



Non-suicidal self-injury (past year)

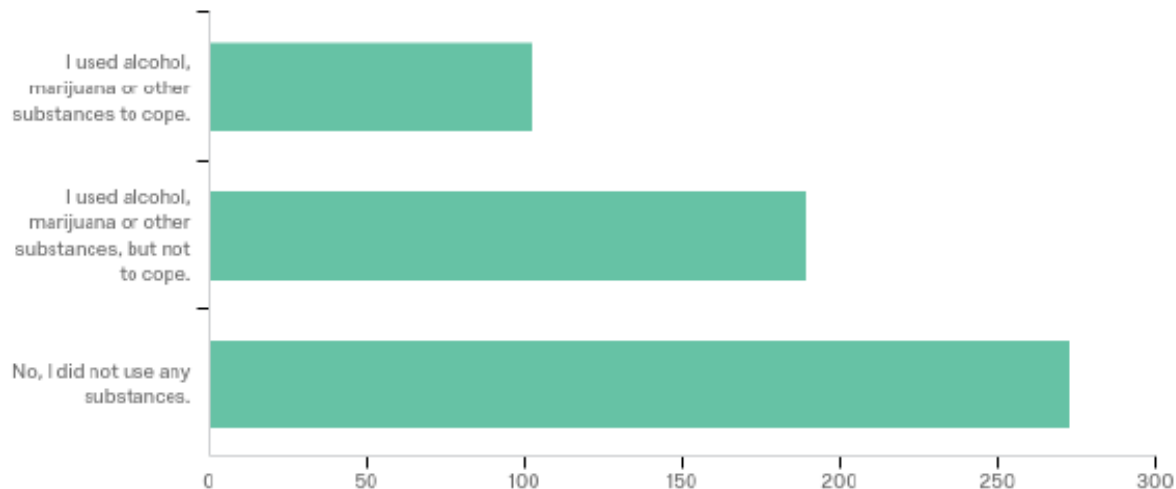


# HMS-suicidality and self-harm

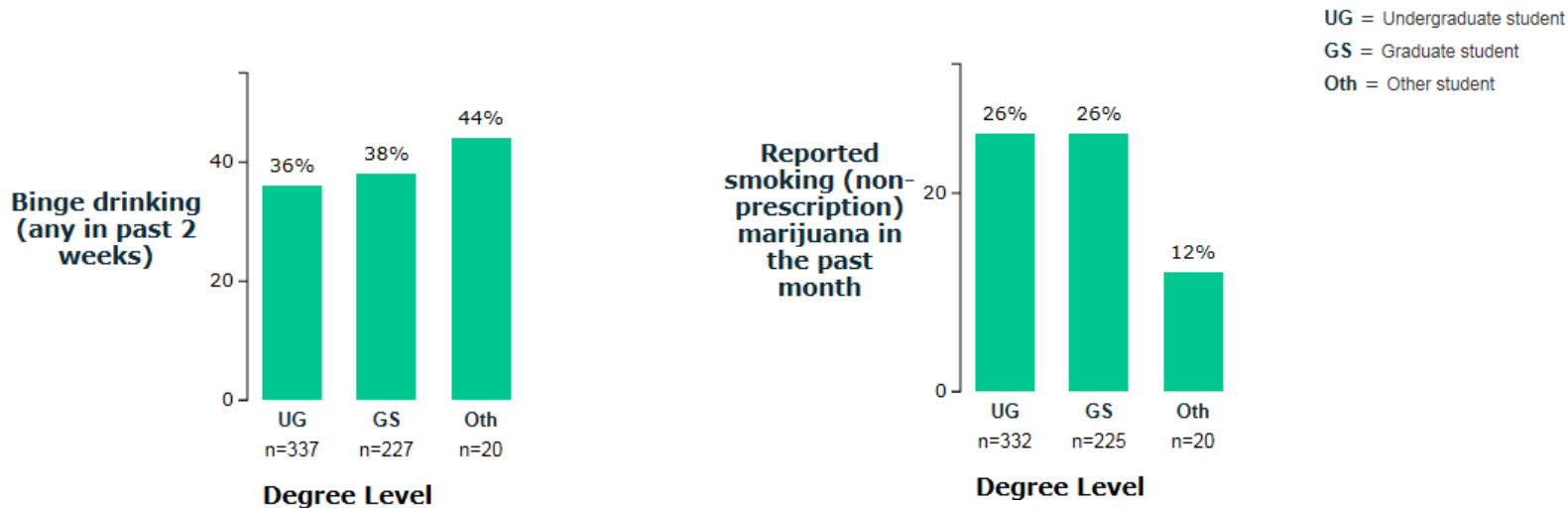


Survey respondents from University of Washington-Seattle who reported suicidal ideation (past year) grouped by degree level.

# HMS-substance use



# HMS-substance use

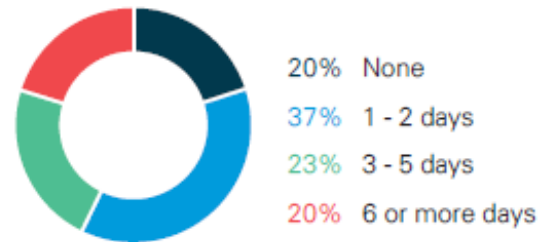


# HMS-MH problems impact on academics

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?





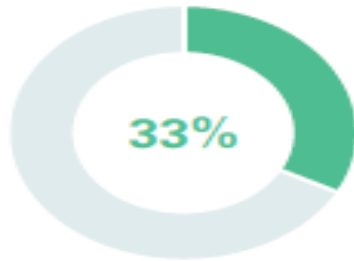
# HMS-stigma against MH

Estimated values of selected measures for University of Washington-Seattle	Percentage of students
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	44%

# HMS measure during year 3

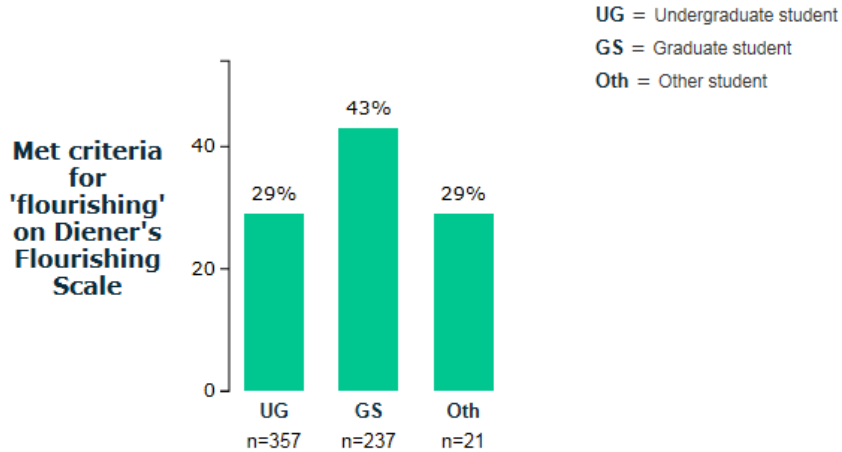
## POSITIVE MENTAL HEALTH

Positive mental health



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



## Degree Level

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

For more information, visit our website at [gpss.uw.edu](http://gpss.uw.edu), or contact [gpss@uw.edu](mailto:gpss@uw.edu)



For Questions - sli.do Code: #M940

UNIVERSITY *of* WASHINGTON

# Student Legal Services

HUB 306

9am-5pm Monday to Friday

206.543.6486

[slsuw@uw.edu](mailto:slsuw@uw.edu)

[depts.washington.edu/slsuw](https://depts.washington.edu/slsuw)

For Questions - sli.do Code: #M940



For Questions - sli.do Code: #M940

## **SLS**

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- > **We provide advice and representation for UW Seattle Students**
- > **40 minute free consultations and ongoing representation**
- > **Seven legal interns and two legal assistants**



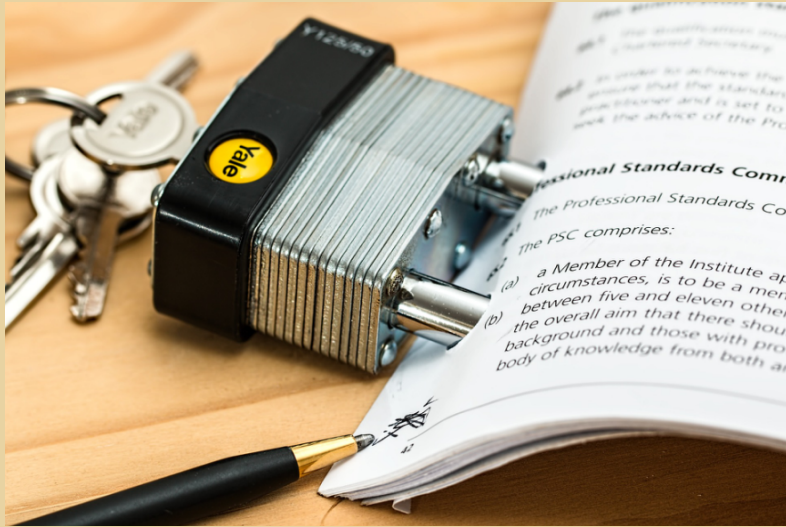
For Questions - sli.do Code: #M940

# Landlord/Tenant



For Questions - sli.do Code: #M940

# Consumer and Credit Issues



W



For Questions - sli.do Code: #M940

# Criminal

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For Questions - sli.do Code: #M940

# Family Law



W

For Questions - sli.do Code: #M940

# Estate Planning



For Questions - sli.do Code: #M940

# Immigration



# W

For Questions - sli.do Code: #M940

# New at SLS

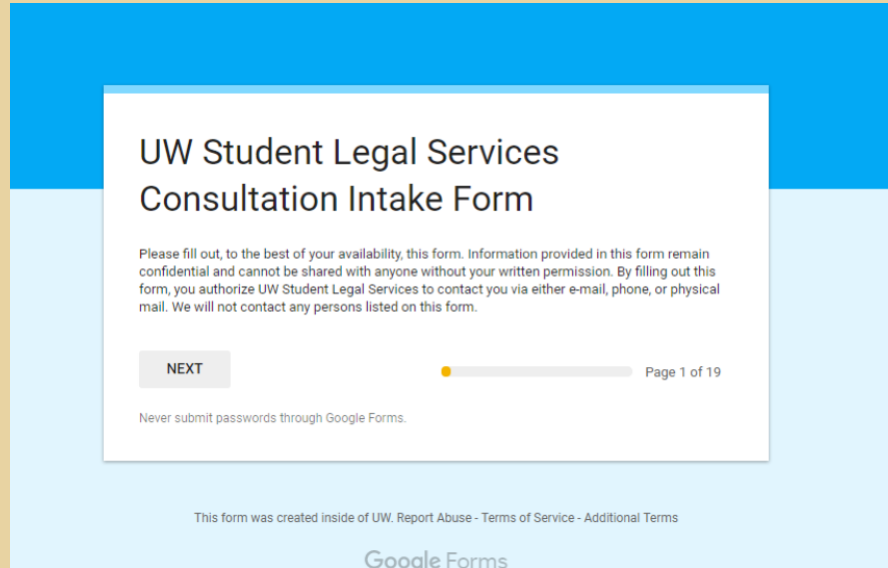
The screenshot shows the LegalServer website with a dark navigation bar containing the logo and links for Features, Clients, News, and Contact. The main heading reads "Justice Simplified" followed by the tagline "The #1 web-based case management platform for the legal aid community". Below this, there is a section titled "Customized Case Management" with a partially visible paragraph: "g LegalServer's suite of tive and customizable, organizations instantly gure their CMS to meet enge of rapidly-evolving and case management irements." To the right, a tablet displays the software's user interface, which includes a sidebar menu, a top navigation bar, and a main content area with a table of cases and various filters.

New online case management software



For Questions - sli.do Code: #M940

# New at SLS



The screenshot shows a Google Forms interface for the 'UW Student Legal Services Consultation Intake Form'. The form is displayed on a light blue background with a darker blue header. The title 'UW Student Legal Services Consultation Intake Form' is centered at the top. Below the title is a paragraph of text: 'Please fill out, to the best of your availability, this form. Information provided in this form remain confidential and cannot be shared with anyone without your written permission. By filling out this form, you authorize UW Student Legal Services to contact you via either e-mail, phone, or physical mail. We will not contact any persons listed on this form.' Below this text is a 'NEXT' button, a progress indicator (a yellow dot on a grey line), and the text 'Page 1 of 19'. At the bottom of the form, there is a small text link: 'This form was created inside of UW. Report Abuse - Terms of Service - Additional Terms'. The Google Forms logo is visible at the bottom center of the page.

## Online Intake Form



For Questions - sli.do Code: #M940

## **New at SLS**

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**Immigration Pro Bono Partnership**



For Questions - sli.do Code: #M940

# More Questions

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Come visit us in HUB 306







**OLD  
BUSINESS**



# **NEW BUSINESS**

# GPSS BYLAWS QUIZ

For more information, visit our website at [gpss.uw.edu](http://gpss.uw.edu), or contact [gpss@uw.edu](mailto:gpss@uw.edu)



# GPSS BYLAWS QUIZ - ROUND 1

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 [gps.uw.edu](http://gps.uw.edu), or contact [gps@uw.edu](mailto:gps@uw.edu)



# Steps for Graduate Student Achievement 2017-2018 GPSS Legislative Agenda

## PRIORITIES

### Commission a New Study on a Graduate Version of the Higher Education Loan Program

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 Academic Excellence and Predictable Tuition

State support of the UW is essential in preventing drastic graduate tuition and 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.

### Promotion of Graduate Student Mental Health and Wellness

GPSS commends 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.

### Sexual Assault Prevention and Care

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.

*As the largest and most robust graduate and professional student body in the state of Washington actively advocating for graduate students, the Graduate and Professional Student Senate (GPSS) recognizes the importance of leading the charge for higher education access and affordability for all graduate and professional students, especially those at the University of Washington (UW). GPSS advocates in partnership with the following state and member organizations: Associated Students of the University of Washington (ASUW), and the Washington Student Association (WSA), when appropriate and not in conflict with the goals of the GPSS legislative agenda.*



# Steps for Graduate Student Achievement 2017-2018 GPSS Legislative Agenda

## ADDITIONAL POSITION STATEMENTS

### ACCESS

#### GPSS supports:

##### Increased Access for Underrepresented Communities

Equitable access to higher education by expanding outreach, pipeline programs, and other resources that support underrepresented communities at the UW and beyond.

##### Empowerment and Access for Students with Disabilities

Expanded support and protections for students with disabilities, including promotion of accessible infrastructure, and streamlining the application and transfer process for students with disabilities.

##### Open Educational Resources

The adoption of policies that increase affordability of educational resources, such as the promotion and use of open access textbooks.

##### Open Access and Open Data

Free access to all scholarly peer-reviewed articles and research data to increase public knowledge of scholarly work, better support reproducibility, and promote higher quality scholarship through access to negative results.

##### Student Representation

Student representation, consisting of one undergraduate and one graduate student, on all state task forces, committees, commissions, and other advisory boards or councils.

##### Voting Accessibility

Increased student voting accessibility, extended deadlines for online voter registration, free postage for all ballots, and same-day and automatic voter registration.

### STATE SUPPORT

#### GPSS supports:

##### 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 2016-2017 academic year, 32.5% 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 lists, 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 dental practice in rural and underserved areas through UW Medicine Spokane and the Rural Initiatives in Dentistry Education (RIDE) program.



Graduate and Professional Student Senate  
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facebook.com/uwgpss  
twitter.com/gpss\_advocacy



# SAGE REPORT AND TAX REFORM

For more information, visit our website at [gpss.uw.edu](http://gpss.uw.edu), or contact [gpss@uw.edu](mailto:gpss@uw.edu)



# 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  
[gps.uw.edu](http://gps.uw.edu), or contact [gps@uw.edu](mailto:gps@uw.edu)



# OFFICER REPORTS

# VP OF INTERNAL AFFAIRS

- ❖ 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](mailto:gpssvpin@uw.edu) for more information. For more information, visit our website at [gpss.uw.edu](http://gpss.uw.edu), or contact [gpss@uw.edu](mailto:gpss@uw.edu)



# 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](mailto:gpssvpex@uw.edu)), Kelsey ([gpsspol@uw.edu](mailto:gpsspol@uw.edu)), or [gpss@uw.edu](mailto: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**

# SECRETARY

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

# President

- ❖ Fee-based programs
  - clear information & unifying communications: **GS & UWC<sup>2</sup>**
  - 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





# ANNOUNCEMENTS

# ADJOURNMENT





**GRADUATE & PROFESSIONAL  
STUDENT SENATE**

**THANKS FOR BEING HERE!**

**[gps.uw.edu](http://gps.uw.edu)**

**[gps@uw.edu](mailto:gps@uw.edu)**

**Secretary: [gpssec@uw.edu](mailto:gpssec@uw.edu)**

**HUB 314**

For more information, visit our website at  
[gps.uw.edu](http://gps.uw.edu), or contact [gps@uw.edu](mailto:gps@uw.edu)

