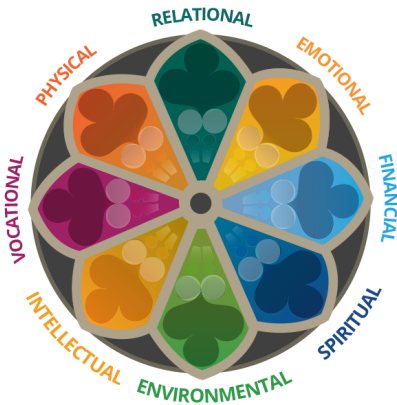


# GSD Staff News

## Community and Wellness Resources



### Distance Learning Resources for Families

Working remotely with kids in and out of school? As part of a growing suite of services offered through the [Care@Work](#) program, families can create learning pods and find subject tutors or remote learning facilitators. Don't forget to [register](#) before you need it to access this Harvard-supported benefit! Learn more about the reduced copays for agency-placed caregivers to support your back-up care needs too.

### D.I.B. Event: When Health, Well-Being, and Social Justice Became the Same Conversation

Thursday, October 1 | 4:00 pm EDT | [Zoom Registration Required](#)

2020 has been a year of heartbreak, chaos, and unrest, and while we should feel all those raw emotions, we should add two more feelings to the mix: awareness and hope.

In this keynote, Dr. Darnisa Amante Jackson will discuss holding our institutions more accountable and rebuilding them from the inside out by leveraging awareness and diversity to establish a foundation of equity and inclusion within the faculty, student body, and the design community at large.

### Title IX Bystander Intervention & Beyond Session

Tuesday, October 13th from 10 -11 am  
[Zoom link](#) | Password 224479

Save the date for this upcoming training for GSD staff with Rachel DiBella, Assistant Director, Title IX Education Programs.

Community input has clearly signaled that staff, students, and faculty are eager to adopt practical tools to enable them to detect, disrupt, and discourage sexual harassment and other misconduct in their learning and work environments. The Title IX Office's primary prevention program, Bystander Intervention & Beyond, invites participants to reflect on their own experiences as bystanders, discover opportunities to improve community climate, and develop strategies to intervene in the spaces where they live, learn, and work.



### Applause Award

The GSD Reward and Recognition Committee is now accepting Applause Award nominations for **September**. Please complete this [form](#) and email it to Lisa Plosker by **Tuesday, October 13** to nominate a staff member who you feel deserves special recognition for their work here at the Graduate School of Design!

The Reward and Recognition Committee is made up of the most recent recipients of the annual GSD Dean's Award for Employee Excellence, and an ex-officio from human resources. Please note that present and past committee members are not eligible for the Applause Award as well as staff who have received the Applause Award within the past 2 years. Staff must also be employed with the GSD for 1 year - please check with HR on hiring dates.

To view our past winners of both the Dean's Award and the Applause Award, please visit: [gsd.harvard.edu/resources/staff-awards-recognition/](https://gsd.harvard.edu/resources/staff-awards-recognition/)

### Work/Life Program

#### Mindfulness and Anxiety

Tue 10/6/2020 3:00 - 4:00 PM Zoom with Paul Fulton Register online

#### Mindfulness and Anxiety 2.0

Tue 10/27/2020 2:00 - 3:00 PM Zoom with Paul Fulton Register online

### Harvard 2020 Flu Clinics

The [Flu clinics](#) are being offered in the Science Center Plaza tent every Monday and Wednesday from 12- 3 PM beginning on Monday, September 14, 2020 - Wednesday, October 28, 2020.

- Flu vaccine will be available for anyone with HUID.
- High-dose vaccine will be available for those age 65 and older.

### Diversity, Inclusion & Belonging Anti-Racist Resources

#### ACTION

- [6 Action Items for White People in the Workplace & Beyond](#)

#### READ

- [Caste: The Origins of Our Discontents](#) by Isabel Wilkerson
- [The Color of Law: A Forgotten History of How Our Government Segregated America](#) by Richard Rothstein

#### LISTEN

- On Being with Resmaa Menakem — 'Notice the Rage; Notice the Silence'

#### FOLLOW

- [Wee The People](#) A Boston-based social justice project for kids, parents, & educators. Exploring equity and racial literacy through interactive workshops.

#### WATCH

- [Post Traumatic Slave Syndrome by Dr. Joy Degruy](#) (5:41)

#### CONVERSATION

- [9 Phrases Allies Can Say When Called Out Instead of Getting Defensive](#)

## Harvard Resources

Below is a comprehensive list of resources offered by Harvard to address the challenges with COVID and working home.

### The Center for Workplace Development

- [Building Personal Resilience Courses](#): A suite of workshops designed to “help you strengthen your resiliency by learning and practicing cognitive science-based tools, and techniques that foster greater ‘bounce-back’ ability.” This includes: Optimism, Mental Agility, Connection and Self-Regulation.

### Office of Work/Life

- [Care @ Work](#): The benefit now includes temporarily [reduced copays](#) for in-home back-up care, as well as an expanded online database that gives you access to [distance learning resources](#) such as tutors and learning facilitators.
- [Harvard's EAP](#): Provided by KGA, Inc., EAP is free, confidential, and has counselors available 24/7 to help with personal, workplace and dependent-care related issues. Call for a private consultation at 1-877-327-4278.
- [Ten Percent Happier](#): Employees are now eligible for a free membership to this app which offers guided mindfulness meditations, practical teaching, and a 30% discount for family members of subscribers.
- [Flexwork Guidelines](#): Harvard's updated flexwork guidelines
- [COVID-19 Workplace Policies](#): A page to find several temporary workplace policies such as the new addition of paid leave to care for well dependents and more information on Emergency Excused Absence.
- [Dependent Care Information Sheet](#): This sheet summarizes the many additional work/life supports that Harvard provides to sustain productive work while attending to care responsibilities.
- [The Office of Work/Life Program Calendar](#): The fall schedule of free programs available from the Office of Work/Life for benefits-eligible faculty and staff.

### COVID related

- [Harvard University's COVID Dashboard](#): The University's dashboard shares data gathered from regular screening put in place as part of the University's health and safety protocols with the greater public.
- [State of MA Higher Ed Data](#): Last week, the State released for the first time COVID-19 data on college students, faculty, and staff which spanned from 8/15-9/15.

## Louder Than A Riot

Rhyme and punishment go hand in hand in America. [Louder Than A Riot](#) reveals the interconnected rise of hip-hop and mass incarceration. From Bobby Shmurda to Nipsey Hussle, each episode explores an artist's story to examine a different aspect of the criminal justice system that disproportionately impacts Black America. Hosted by NPR Music's Rodney Carmichael and Sidney Madden, this podcast is invested in power from all angles. Listen [here](#) or where ever you listen to podcasts.



## James Baldwin's Fire

In a moment when America is undertaking an uncomfortable reckoning with its racial inequality and violence, we wanted to look back at someone who concentrated on race in America his entire life. Considered to be one of the greatest writers of the 20th century, James Baldwin wrote incessantly about the societal issues that still exist today. The [Throughline](#) podcast looks at the meaning and purpose of Baldwin's work and how his words can help us navigate the current moment. Listen [here](#).



## Your Stargazing Guide To Fall: One 'Halloween Blue Moon,' Two Eclipses And A Once-In-397 Years Sight

A new season of stargazing has begun—and it's set to be incredible. The equinox on Tuesday signals the beginning of fall or autumn in the northern hemisphere while below the equator, it's now spring. Both of these seasons will cease on December 22, 2020 when the solstice occurs. So what has the night sky got lined-up for us stargazers in the three months ahead? Read more [here](#).

## Listen, Open Up, Connect: A Mental Health Expert's Advice On Living Through A Crisis

Sometimes when someone we know is struggling, it's hard to figure out how help. Sometimes we don't know how to help ourselves. Writer Terri Cheney has been there. We need to have compassion with ourselves and others, she says, and if someone is having a hard time, try to resist the impulse to give advice. Instead draw them out and give them a chance to open up. Because when "they can express some of the darkness that's inside them and it dissipates when it hits the light," she says. Read more [here](#).