



**Get Oriented @ IU 2008 a Terrific Success!**

by Peter Thoresen, GPSO Events Coordinator

After a summer of planning, GPSO was pleased to provide several traditional and new Orientation events and activities to incoming IUB graduate and professional students. Event highlights include:

**Get Oriented @ IU Information Fair**

A major highlight of the fall Orientation occurred on Thursday afternoon, August 28<sup>th</sup>. Held in the lobby of Herman B. Wells Library, GPSO's *Get Oriented @ IU Information Fair* brought forty campus and community organizations to one location to introduce their services and resources to incoming graduate and professional students. Participating organizations included IUB's RPS (Residential Programs and Services), *(continued on page 4)*

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**Help! I'm Not Smart Enough to Be in Grad/ Professional School!**

by Dr. Chris Meno, CAPS

Have you ever wondered if you can cut it in grad/professional school? You're not alone.

Although many new students have this thought, most don't vocalize it. This can lead you to believe you're the only one who feels inadequate. Some people call this experience, "The Imposter Syndrome," that is the sense that you're not smart enough to be in grad/professional school and sooner or later your peers and professors will find out (undoubtedly in the most public and humiliating way imaginable!).

Sound similar to what you've been thinking? Being in grad/professional school really challenges your sense of who you are including how smart you think you are and how successful you think you can be. Think about it; you've probably performed among the top of your class throughout high school and college in order to get to this point in your academic career. The problem is, the other students in your program have too. You've been accustomed to out-performing most of your classmates and feeling confident about your abilities. Now, you're suddenly comparing your abilities to a very elite group!

Unfortunately, this can lead many grad/professional students to feel less self-confident and/or more stressed or fearful. These fears can be especially strong for students who have made large sacrifices *(continued on page 3)*

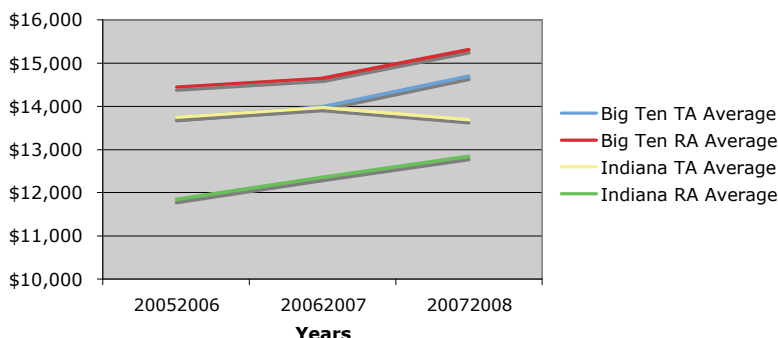
**Are other graduate students financially better off?**

by Csilla Kajtar, GPSO Communications Coordinator

The long awaited letter bearing the IU seal has finally arrived in your mailbox!! You find out that you have not only been admitted to the school of your choice, but you've also received (Congratulations!) a 'full ride': tuition and stipend, all covered! You can finally say 'no' to student loans and perhaps make a down payment for a home...or can you? Based on first impressions of the lovely small town atmosphere, you initially conclude that life in Bloomington won't get too expensive.

Seeds of doubt start sprouting however when your keenness to register in the spring for the upcoming academic year is rewarded with a bill of over \$800 a month before receiving your stipend in August. The thin sprouts (of doubt) form into handsome cabbages by the time you notice that your best friend in the science department can afford to travel to Europe twice a year. How, you wonder?! By now you probably blame yourself for having bought that extravagant pair of suede boots, *(continued on page 4)*

**Big Ten and IU TA and RA Salary Average:**



## Parking

by Amanda Meglemre, GPSO Assistant Moderator

Last Spring, GPSO Assembly members expressed concern about the parking situation on campus especially as it related to the construction of the new Henderson Garage. The Transportation Policy Advisory Committee (TPAC) last met during the 2006-2007 academic year; one of the issues they discussed was whether C parking passes should be permitted in the new garage. A faculty member of TPAC confirmed that allowing C parking passes was discussed and included in the committee recommendations, but that recommendation was never acted upon. TPAC did not meet at all in 2007-2008, so the issue was not reconsidered. In fact, Parking Operations was of the opinion that while TPAC discussed the issue, the recommendation was not an official recommendation. I have been unable to find a copy of the TPAC report, but it seems that the issue of C passes may not have been voted on.

Because of the construction project, a number of other C parking pass spots were lost. There was also some suggestion during a GPSO Assembly meeting that C spots in the Atwater Garage were lost or that the lot had otherwise become more restricted. I asked Doug Porter in Parking Operations about these issues. Parking Operations has never had C spaces in any parking garages. There were some signs up in Atwater that said "A permits only 7-5" that have been taken down, but this does not affect the policy that vehicles parking between 7am and 5pm are to take a ticket and pay for any hours during that time.

The Henderson parking lot had 144 spaces and 97 of them were C. During the garage construction, Parking Operations changed 24 A spaces in the Optometry lot to C. Since the garage opened, Parking Operations changed 75 A spaces to C in surface lots between Third Street and 6th Street and 10 A spaces in the lot next to the Atwater garage to C. The new 4th and Dunn lot changed 19 A spaces to C.

One thing that grumbling graduate students should note is that the A-permit/C-permit distinction is one that was created by the faculty council. IU-Bloomington has a fairly generous policy since graduate students can qualify for the same permits that faculty members have. If you only qualify for a C-permit (poor you says the GPSO Assistant Moderator who can get, at best, an E-permit) then the person to advocate with isn't in Parking, it's your advisor. However, be careful you don't upset the applecart and land us all in C-permits. If you have questions or concerns about parking or about bicycle racks then you can contact me and I will look into it. Or, you can contact Parking Operations directly ([parking@indiana.edu](mailto:parking@indiana.edu)).

### A. Ingredients (makes approximately 2 dozen)

1 (425g) Michigan Small Curd Cottage Cheese (4% milk fat)  
2 tablespoons of sugar  
3/4 of a cup cream of wheat  
1/4 of a cup Old London Classic (non-seasoned) bread crumbs  
2 eggs

### B. For coating mixture:

1/2 cup Old London Classic (non-seasoned) bread crumbs  
2-3 tablespoons of vegetable oil

**Preparation:** In a large bowl mix all ingredients (A) and let stand for 2-3 minutes. The composition should be dense enough to allow you to form walnut-sized balls. In a large pot start boiling water and once the water is boiling place the cheese balls in it. When they're close to ready they will start floating. Boil them a bit longer than that – you can get one out and try it. When ready, place the cheese balls in a strainer.

**Coating:** In a large pan (8-9 inch) mix the breadcrumbs and the oil (B) and heat until slightly browned. Once browned, take the pan off the stove and add sugar to taste (3-4 tablespoons should work). Roll the drained cheese balls in this mixture. Serve warm. According to taste, you can add sour cream and blueberry jam on top.

## NEW: GPSO has allocated funding for Student Conferences at IUB

Last year we received several requests for funding from student groups organizing conferences on the IUB campus. In response to these requests, the GPSO established a budget line that allows us to offer conference support bearing in mind the larger goal of encouraging the academic and professional development of graduate and professional students in Bloomington.

The events must be local events and must be benefiting graduate and professional students on campus. The award amount per event is based on need (maximum of \$250).

In addition to financial support, the GPSO can also offer a space (The Grad Pad, IMU 088) in the Indiana Memorial Union for conference events. The space can be set up for casual receptions with comfy couches and oversized chairs or for more formal events such as symposiums with seating for approximately 50 (projector and screen available).

We encourage all IUB academic departments to consider applying for this award when planning their next graduate-student oriented academic conference or event. To apply, please fill out the application form available on the GPSO website at:

<http://www.indiana.edu/~gpso/academic/conferenceapp/conferenceapp.php>

## Hungarian Sweet Cheese Balls (Turosgomboc—pronounced tOOrhsh-gOHmbohts)

These delicious cheese balls can be eaten as dessert (if one makes them very sweet and garnished with sour cream and blueberry jam) or as a second course for a light meal.



## Reflections on GPSO Survival Week, 2008

by Peter Thoresen, GPSO Events Director

Monday, September 22- Friday, September 26, 2008

GPSO recently concluded its annual graduate student Survival Week with a Social Networking Hour sponsored by the Center for Sexual Health Promotion. Survival Week consisted of six events- advisory and social in nature- aimed at enhancing graduate student life on the IUB campus. Programming decisions were made based on needs and concerns present in the lives of many graduate and professional students. Held primarily in the Grad Pad, events included presentations and discussions on financial literacy and credit control, negotiating university job interviews, and health and wellness.

On Monday, GPSO was pleased to welcome David Sipes of the IU Credit Union. Mr. Sipes serves as the Vice President of Marketing & Business Development for IUCU. His presentation included information on building and maintaining a healthy credit score with special regard to the graduate student experience. By encouraging a discussion based atmosphere, Mr. Sipes provided insights on topics ranging from basic financial literacy to managing the more cumbersome details involved in securing and successfully paying down a mortgage. The evening's questions ultimately developed into a very helpful forum which could have been advertised as 'Everything you ever wanted to ask about credit, but were always afraid to ask.'

On Tuesday Dr. Chris Meno of IU CAPS (Counseling and Psychological Services) met with students to discuss strategies to combat 'The Impostor Syndrome.' Attendance at this event included individuals from numerous departments, providing evidence that this syndrome is not department of discipline specific. See this issue's article on 'The Impostor Syndrome' for more information.

On Wednesday, GPSO welcomed Dean Carol McCord of the Dean of Students office back to the Grad Pad for a lively discussion on negotiating the university interview process. Dean McCord's candor with regard to one and two body negotiation strategies resonated among many in attendance. Attendees included graduate and professional students already in the application process as well as individuals who attended to get a better handle on what to expect when ultimately beginning the search for a university position.

Thursday's Survival Week event focused primarily on issues of Health and Wellness. To address issues including stress management and nutrition, Neva Cottam and Elin Grimes of the IUB Health and Wellness staff answered a host of questions including topics like IU Health Center services and eating well on a graduate student budget.

Immediately prior to Friday's graduate student Social Networking Hour, GPSO sponsored several rounds of Speed Dating and Meeting in the back room of Crazy Horse. Previously held in the IMU, this inclusive event was taken off campus by popular demand of past participants. Although some attendees noted that they could have done without the noise of Crazy Horse, several participants expressed their enthusiasm for meeting so many new people in such a short amount of time. A Friday evening highlight included a surprise birthday celebration for GPSO Executive Committee member Christopher Fisher (Treasurer).

Several of the Survival Week presenters provided resources to supplement their presentations. All leftover copies are available to graduate and professional students in the Grad Pad, IMU M088. GPSO wishes to thank all of the individuals, IUB departments and IUB offices for making GPSO Graduate Student Survival Week 2008 possible.

### *(Imposter syndrome, continued from page 1)*

to enter their program (e.g., moving a partner or family, leaving a successful career, going into debt), for those whose identities are strongly tied to their academic performance, or for those who are doing research or teaching for the very first time.

So, what are you to do if you're feeling like an imposter? First, recognize that this is a NORMAL and very COMMON fear of grad/professional students. Just because you're feeling like an imposter doesn't mean that you really are one. Remind yourself that students around you are doubting their abilities too- even if they aren't saying it out loud. Second, talk about your worries with people you trust and who can support you. These people can remind you of all the hard work and intelligence that have prepared you for this new academic challenge. It can be hard to recall these things yourself or give them adequate weight in your mind when you doubt yourself, so getting support from others is crucial.

Another approach is to find out if other students are really as super-human as you think they are. For example, you might ask a classmate "Wow, Professor X has assigned a ton of reading this week; have you been able to keep up with it all?" Or, be the first to volunteer that you don't know something, such as "Have you heard of that theory before? I haven't." This can break the ice for other students to acknowledge they're also struggling. This can help you keep perspective. (And, it's a good way to make friends!)

Finally, seek help if your fears begin to impact your physical or emotional health (for instance difficulty with sleep, changes in mood or appetite/weight, substance use, or difficulties in meeting your work, school, or relationship obligations). Counseling & Psychological Services (CAPS), on the 4<sup>th</sup> floor of the Health Center, offers individual and group counseling services specifically for grad/professional students. The first two appointments are free for students who've paid the health fee. Contact CAPS at 855-5711 or [www.healthcenter.indiana.edu/caps](http://www.healthcenter.indiana.edu/caps).

**(SAA Stipends, continued from page 1)** but let me assure you, fellow fashion lover, it's not your own (frivolous) spending habits that explain why you can't enjoy those same trips to Europe. As our latest research found, IU really needs improvement where Student Academic Stipends are concerned. We live and study on one of the best campuses and attend a great school, but in terms of stipends, we could do better.

Is the stipend that Student Academic Appointees at IU receive sufficient to cover cost of living in Bloomington? How does IU compare to other Big Ten universities when it comes to the quality of life of student appointees? These are questions that we've sought to answer through a comparative research project analyzing the revenues of student academic appointees across Big Ten universities.

We found that Indiana pays comparatively well in the sciences but falls behind humanities and social sciences which explains the globetrotting behavior of your mathematician friend! For example, one university that is often compared to IU, Iowa, pays a minimum of \$16,277 and up to \$18,938 in mathematics. In contrast, IU has a minimum of only \$8,090 and pays mathematicians \$15,938. The average stipend at IU is only \$14,355 even though, according to estimated costs of living, it is more expensive to live in Bloomington than in Iowa City (\$18,046 and \$14,350 per year, respectively). Clearly, since the math stipend at IU falls barely below the Iowa minimum, one can observe that it must be humanities that keep the average down. Our English majors, philosophers, or language students only receive on average \$11,833 per year.

*Average TA salaries for 2007-2008: Indiana and Iowa compared by field of study*

University	Humanities	Social Science	Physical Sciences
IU	\$11,833	\$13,876	\$17,033
Iowa	\$15,938 (min)	\$15,938 (min)	\$15,938 (min)

In addition, based on data gathered by the Association of American Universities Data Exchange (AAUDE) from 2005 to 2008 it appears that Indiana's TA salaries have declined vis-à-vis other institutions. The time period covered by this analysis is too short to be conclusive, so it remains to be seen if the same trend will persist for the 2008-2009 academic year.

We face two issues. First, what can we do to close the stipend gap between humanities and physical sciences here at IU, and, second, what would be the solution to address the income gap between IU and comparable universities? How can IU compete for and retain the best and brightest graduate students if the compensation packages don't measure up to those of its competitors? I leave you with these questions for further consideration. You may also join us at the GPSO to further investigate the source of the problem and explore solutions. A copy of the report can be found at: <http://www.indiana.edu/~gpso/academic/saaproject/saaproject.php>

**(Orientation, continued from page 1)**

which offered free cookies and apples to attendees. Upon entering the lobby, attendees were given complimentary bags to collect information from participating organizations. Organized in conjunction with IU Libraries and The University Graduate School, nearly 300 individuals attended the two hour event. Highlights included several librarian-led tours of Herman B Wells Library as well as a scavenger hunt organized in partnership with the Graduate Student Emissaries.

### **Social Networking Hour**

GPSO began its yearly schedule of graduate student Social Networking Hours on Friday evening, August 29th in the back room at Crazy Horse on Kirkwood. Over 120 incoming and returning graduate students met to enjoy appetizers provided by GPSO. Held twice a month, GPSO Social Hours are frequently sponsored by graduate departments. Sponsorship provides increased departmental exposure and gives IUB graduate and professional students opportunities to meet and network with graduate students from other departments. For information on sponsoring an upcoming graduate student Social Hour visit <http://www.indiana.edu/~gpso/about/documents.php>.

### **Graduate Student Lunch in Bryan Park**

On Sunday, August 31st GPSO hosted a lunch for incoming and returning graduate and professional students in the Woodlawn Shelter at nearby Bryan Park. Nearly 200 students attended and enjoyed food prepared and delivered by local vendor, Roly Poly Purveyor of Fine Sandwiches, Soups, & Salads. The weather was close to perfect as students had the opportunity to meet individuals from other departments and disciplines. Two separate drawings were held that afternoon for prizes including a free haircut and manicure.

### **Individual Department Visits**

In a major effort to increase GPSO's visibility to the IUB graduate student community, Executive Committee members visited over 30 graduate department orientations to provide an organizational introduction to over 900 incoming graduate and professional students. The department visits were scheduled in response to invitations sent out at the beginning of the summer. Using a newly designed Power Point presentation, GPSO Executive Committee members spoke on the organization's mission to enhance graduate student life in the areas of Academic Support, Advocacy, Community Building, and providing Graduate Resources.

GPSO wishes to thank all of the individuals, vendors, and participating organizations and departments whose assistance and generosity made Get Oriented @ IU 2008.