Message from the President:

Hello, Lerner grad students! I am so excited for Graduate Student Appreciation Week this year. Our team has done an outstanding job preparing a week full of fun and informative events for you. This year, we wanted to emphasize health and wellness. The goal was to create fun and informative events that should not strain your schedules too much. We also wanted to put particular emphasis on wellness and health this year. Our roles as graduate students are demanding and it is important to have an opportunity to pause and reflect on how we are able to incorporate self-care into our own lives. When we feel our best, we do our best. LGSA’s continued commitment to career development will also be highlighted in our closing event, a unique panel with speakers in a variety of scientific roles within Cleveland Clinic.

I hope to get to know many of you better during this week at our various events! I encourage as many students as possible to be involved in LGSA—whether as an event attendee or by joining in the planning of events. We will be electing a new Leadership Team in the summer and we would love to have some new faces. Look out for more information on a Summer Social Barbecue and other chances to get involved!

LGSA Mission Statement

The Lerner Graduate Student Association is dedicated to providing a link between graduate students, LRI faculty and staff, and the surrounding Cleveland area. Our main goal is to represent all LRI graduate students and advocate for their unique needs and concerns in order to maximize academic and professional development.
A Snapshot of Past LGSA Events!

**Halloween Townhall**
The goal of the event was to bring together Lerner graduate students and introduce them to the current Lerner Graduate Student Association (LGSA) Chairs, discuss future programming, and provide an opportunity for questions and communication between the board and graduate students. The event began with a reception, followed by a presentation on LGSA by the current chairs, and a Q & A session. Following the presentation, we awarded door prizes and survey participation prizes. About 35 students attended the event.

**How to Make and Present a Good Poster**
The goal of the event was to have three Principle Investigators (PIs) bring a poster from their lab and share key components and how to present the information effectively. The event began with an introduction of the PIs: Justin Lathia, Sujata Rao, Brian Perkins. Then, there were two 20-minute breakout sessions, consisting of trainees choosing a poster and interacting with the PI about proper poster etiquette. Lastly, the group reconvened and had a Q & A session. About 35 graduate students and post-docs attended this event.
A Snapshot of Past LGSA Events!

Volunteering at the Greater Cleveland Area Food Bank

The November Food Bank volunteer session was a great success! Seven graduate students from the LRI spent two hours on the floor of the Greater Cleveland Food Bank sorting through food. They packaged nearly 8,570lbs of food to be distributed across Northeast Ohio.

The Greater Cleveland Food Bank serves almost 400,000 people in need of food assistance in Cuyahoga, Ashtabula, Geauga, Lake, Ashland and Richland counties. The LRI Graduate students volunteer on the repackaging floor for two hours once a month, and encourage others to also give back to the Cleveland community and help those in need of nutritious meals.

The Importance of a Good Laboratory Notebook

Our Chair of Professional Development, Kristin Allan, and her committee hosted Dr. Tara DeSilva, who gave a seminar on keeping a complete lab notebook.

Hope for the Holidays Toy Drive

LSGA and LPDA worked together to collect toys for the Cuyahoga County Division of Children and Family Services! Pictured right is a thank you letter from Kristin Gardner of the Cuyahoga County Division of Children and Family Services.
National Graduate Student Appreciation Week

Join us April 1st-5th to Celebrate National Graduate Student Appreciation Week

Let’s celebrate all of your hard work and accomplishments with a week dedicated to you! Find out what resources are available to all of you through Lerner and your home university, stop by for some tips to help balance wellness and grad student life, relax with some morning yoga, learn how to leverage all the skills you’re acquiring during grad school and join us for a luau with dinner and drinks. We look forward to celebrating with you!

MONDAY APRIL 1ST, 2019: RESOURCE FAIR
TIME: 11:00AM-1:00PM
LOCATION: NC1-202

LUNCH PROVIDED! Come join us for lunch to learn about all the resources your university has to offer! Stop by your university’s booth for information on Graduate Student Services including health and wellness services, disability services, counseling services, minority groups, healthcare options, and more! Materials will be available for Case Western Reserve, Cleveland State, Kent State and the University of Akron.

TUESDAY APRIL 2ND, 2019: WELLNESS SEMINAR
TIME: 3:00PM-4:00PM
LOCATION: NA5-03

Refreshments will be provided! Learn tips on maintaining your health and wellness as a graduate student from Health Coach, Kevin Heine, ASCM EP-C! Enjoy some fruit and drinks while receiving information on managing stress and balancing a busy lifestyle!

WEDNESDAY APRIL 3RD, 2019: MORNING YOGA AND CONTINENTAL BREAKFAST
TIME: 9:00AM-10:00AM
LOCATION: NA5-03

Yoga will begin at 9:00AM, breakfast will be served at 10:00AM.

Join us for relaxing yoga, breakfast, or both! Yoga will be instructed by Laura Hogan. Start your morning off energized and fueled for the day!
THURSDAY APRIL 4TH, 2019: CELEBRATION OF GRADUATE STUDENT ACCOMPLISHMENTS
TIME: 4:30PM-6:30PM
LOCATION: NE1-205

Happy Hour will begin at 5:00 PM

Let’s celebrate! Join us for a luau-themed celebration of all the accomplishments of our Lerner Graduate Students in the past year! Grab some food and drinks and enjoy yourselves for the evening! We will be recognizing grad student accomplishments during the celebration. Stop by and grab a Lerner Grad Student Association T-shirt and be entered to win door prizes. Congratulations on all of your accomplishments here at the Lerner Research Institute!

FRIDAY APRIL 5TH, 2019: PROFESSIONAL DEVELOPMENT SEMINAR — LEVERAGING YOUR PhD SKILLS FOR A VARIETY OF CAREER PATHS
TIME: 10:00AM-11:00AM
LOCATION: NA5-04

Donuts and coffee provided! Join our Q & A session with a panel of experts sharing the skills they acquired during graduate training and how they use those skills in their careers today!

PANELISTS:

- **Abby Bifano, PhD**: Research and Regulatory QA Manager
- **Jay Brock, PhD**: Staff Scientist in Molecular Pathology
- **Belinda Willard, PhD**: Mass Spectrometrist in the Proteomics and Metabolomics Core
- **Chris Nelson, PhD**: Scientific Writer in the Department of Neurosciences
Mark your calendars!

**Upcoming Food Bank Opportunities | April 25**
Caroline Schuerger, Chair of Community Outreach, has organized a recurring volunteer opportunity with the Greater Cleveland Area Food Bank! If anyone is interested in getting out of the lab and giving back to the Cleveland community, please contact Caroline at [schuerc@ccf.org](mailto:schuerc@ccf.org).

Future dates include: May 23rd, June 27th, July 25th, August 22nd, September 26th, October 24th, November 21st, and December 26th, 2019.

*Stay tuned to hear more about the exciting events being planned by our Chair of Student Affairs, Emma Keller, and her committee members.*

**RESOURCES**

**LGSA Website**
For additional information about LGSA or other resources for graduate students, please visit our newly renovated website! Please pardon our dust as we update it throughout the year!

[intranet.lerner.ccf.org/education/lgsa/](http://intranet.lerner.ccf.org/education/lgsa/)

**LinkedIn & Facebook**
Connect with other Lerner Graduate Students, Post Docs, and Alumni on our LinkedIn Page! Find us on LinkedIn with the QR code below or here: [linkedin.com/groups/13534210](https://www.linkedin.com/groups/13534210)
Find our Facebook Group here: [facebook.com/groups/LR1gradstudents/](https://www.facebook.com/groups/LR1gradstudents/)