October Meeting

Stress: We all experience it at some point during the day or week. As graduate students, sometimes every day of the week! Join us this October for the GMP monthly meeting to find out practical ways to manage our stress levels and find that healthy balance!

Our October monthly meeting: "**Healthy Balance: Increasing Productivity by Mitigating Stress**" will feature speakers who will tackle both physical and mental ways to reduce the effects of stress and consequently become more effective, productive scholars and researchers! Come ready to have some fun and release some stress!

What: October Monthly Meeting
When: October 17, 2013
Where: Amelia’s Café in ARMS
RSVP by: October 15, 2013
RSVP link: [https://engineering.purdue.edu/WIEP/Surveys/GMPrsvp](https://engineering.purdue.edu/WIEP/Surveys/GMPrsvp)

To join MIXABLE, visit [http://www.purdue.edu/mixable/Open/Join/yaypurdue](http://www.purdue.edu/mixable/Open/Join/yaypurdue)

Toastmasters: Practice Public Speaking

Toastmasters International is a great opportunity to exercise public speaking and leadership skills using a “learn-by-doing” workshop method.

There are several [Lafayette area clubs](http://www.purdue.edu/mixable/Open/Join/yaypurdue). Check this out! It’s a great resource!
Feature of the Week

Looking for a fun fall day trip during the month of October? Head south to Parke County to check out the Covered Bridge Festival! The annual festival will take place from October 11th-20th, featuring beautiful scenery, delicious food, and a large arts-and-crafts fair. For more information, visit the Parke County Covered Bridge website: www.coveredbridges.com

Small Group Invitation

Interested in a WEIP intramural volleyball team? Indoor intramural volleyball is running October 14 - 30. We have two options, either Monday at 6:45 or Wednesday at 9:45. If you think you may be interested in taking part, please fill out the Doodle poll to let us know what time you would prefer and add a note to let us know if you will be sure to be there on time every time or if you'll try to make it but might not be there every time. Either way is okay!

Doodle Poll

If you want to hang out on Fridays and play some pick-up volleyball, DeLean will be at the Co-Rec VB court at 5:30 pm, starting after fall break. Want us to host a different sport? Let Ana (arynears@purdue.edu) or DeLean (dtolber@purdue.edu) know!

GMP in the News

Don’t forget to nominate your friends or yourself so we can feature GMP members who are making a splash here at Purdue!