

GSAC General Body Meeting

February 19th, 2021

11AM – Online via Zoom

- I. Guest speaker – Dr. Timm
 - a. Discussion on the feeling of belonging in Graduate School and the Impact of Imposter Syndrome
 - i. Members shared their experiences with Imposter Syndrome and how they work to overcome it.
 - ii. Dr. Timm mentions that it is something that never goes away; it is something that you learn to live with
- II. Executive Board Updates
 - a. President – Zach Sandoval
 - i. PHD panel coming soon
 1. Looking for speakers from the “hard sciences” and asked members for any suggestions they might have
 - ii. VP of Administrative Activities – Carson Gordon
 1. no updates
 - iii. VP of Programming – Lacey Jenkins
 1. Planning to have a trivia night at the end of March and a movie marathon sometime in April; Lacey will have the dates of these events for everyone soon
 2. Lacey is looking into more social media competitions for everyone to participate in
 - iv. VP of Public Relations
 1. Make sure to follow the GSAC social media pages
 - a. Facebook: eiu_gsa
 - b. Instagram: @eiu_gsac
 - c. Twitter: @eiu_gsac
 2. There will be a social media giveaway soon so be sure to follow the pages so that you can be in the know when it happens.
 - v. Student Dean – Brock Hammond
 1. No updates
 - vi. Graduate School Liaison
 1. Headspace update (as of 2/9)
 - a. There are 89 members enrolled.
 - b. The most used features are for sleep and meditation.
 - c. The engagement has been slowing down each month
 - i. Engagement is much lower now than it was in January and in January it was even lower than it was in December

III. Next meeting: March 5th

ii. Austin is hopeful that this means people have found other resources to use on campus.