

## **GSAC General Body Meeting**

*Friday, September 18<sup>th</sup>, 2020*

*Virtual meeting via Zoom*

- I. Guest speakers
  - a. VP of Student Affairs – Anne Flaherty
    - i. Focused on improving mental health services on campus
    - ii. Wants students to reach out to her if they have any concerns or ideas about improvements on campus (agflaherty@eiu.edu)
  - b. “Mental Health in Grad School” – EIU Counseling Clinic
    - i. Counseling clinic
      1. Offers individual and group counseling, crisis intervention, psychiatric care, consultations, and outreach
      2. Setting up an appointment
        - a. Call 217-581-3413
    - ii. Reasons students seek services
      1. Adjustment/transitional issues, relationship issues, depression, anxiety, anger/irritability, suicidal ideation, grief, trauma, substance use, eating disorders, race related stress, identity issues, family issues, stress/time management, and more
    - iii. Finding balance in your wellness
      1. Physical, mental, emotional, spiritual wellness
    - iv. Maintaining connection
      1. Virtual Netflix parties and dinner dates
      2. Socially distanced activities
      3. Establish group chats with classmates
    - v. Tips for working from home
      1. Designate a workspace
      2. Get ready for the day like you normally would
      3. Create a schedule
- II. Executive reports
  - a. President – Zachary Sandoval
    - i. Pantherpalooza on Monday from 4-7PM
      1. Going to register GSAC for this event
      2. If anyone is interested, reach out to him
        - a. Carson is signed up
    - ii. Cross-disciplinary research
      1. Looking into this topic, might be presenting on this topic
  - b. VP of Administrative Activities – Carson Gordon
    - i. No new updates
  - c. VP of Programming – Lacey Jenkins

- i. Working on social events for us to participate in this semester
    - d. VP of Public Relations – Kristy Workman
      - i. Going to be highlighting GSAC members on social media
      - ii. Probably going to be emailing the group soon; be on the lookout for an email
    - e. Graduate student dean – Brock Hammond
      - i. Voter registration drive
        - 1. September 22<sup>nd</sup> from 10AM-12:30PM in South Quad
          - a. Organized by CEVO
          - b. Hoping GSAC members will be willing to help
          - c. Could also be a good networking opportunity
          - d. Let Brock know if you're willing to help
      - ii. Sending out a survey to international graduate students about their experiences
        - 1. A few open-ended questions
          - a. Why they chose EIU, how COVID-19 has impacted their academic experience, how we can better support them during this time
        - 2. A good opportunity to get some insight; ties into our mental-health theme
- III. Departmental updates
  - a. Aging studies - no updates
  - b. Biology – no updates
  - c. Communication Disorders and Sciences – no updates
  - d. Chemistry – no updates
  - e. Communication – no updates
  - f. Curriculum and Instruction – no updates
  - g. Counseling (clinical) – no departmental updates but most students in department are taking the NCE in October, comprehensive exam next Thursday
    - i. Keep them in your thoughts
  - h. Clinical psychology – no updates
  - i. College student affairs – no updates
  - j. English – new faculty member meet & greet via Zoom
    - i. One faculty member per month featured in these meetings
    - ii. October 2<sup>nd</sup>
  - k. Geographic Information Sciences – No updates
  - l. History – No updates
  - m. Health Promotion and Leadership – no updates
  - n. Human Services Program and Administration – accepting nominations for ambassador program
  - o. Business Administration – No updates
  - p. Music – no updates
  - q. Political Science – tentative event plans

- i. Promoting the topic of intersectionality
      - 1. 2-3 movie chats
      - 2. First movie: Chisolm '72: Unbought & Unbossed
      - 3. Also wanting to discuss the LGBTQ community and feminism
      - 4. More details to come
    - ii. Coles County Election Authority website has important voting resources for Coles County
  - r. Special Education – no updates
  - s. School Psychology – a conference on November 6<sup>th</sup> for interns to come back and talk about experiences
  - t. Sustainable Energy – no updates
  - u. Technology – no updates
- IV. Reminders
- a. Be on the lookout if you are emailed for social media highlights and for more information on social events
  - b. Next meeting: October 2nd