

MARCH 2024

IN THE KNOW

Newsletter of EIU's Division of Student Affairs

VPSA VOICE

During Women's History Month in March, I reflected on the many roles I have and the hats I wear every day. I am a Vice President for Student Affairs who is mother to three teen/college aged men, wife, daughter, sister, aunt, friend, mentor, colleague, supervisor, and a pickler (a person obsessed with pickleball—had to throw that one in 😊). Each of these roles are important and require ongoing energy and attention. Even when I am being pulled in different directions, when I step back, I realize that my life is enriched by all of these roles. I know you also wear multiple hats which influences how you show up at EIU each day. I am reminded of the quote, "There are many roles you can play in life, but you know there is one role you must play: to be yourself". I encourage you to take a moment, reflect on your roles, celebrate your accomplishments, and stay true to who YOU are.

April brings a full calendar both of academic year-end celebrations and planning for summer projects. It is an exciting and exhausting time of the year. Our gas tanks get depleted, and our mental well-being may be overlooked. In Sarah's Mindful Moment column, she describes opportunities to learn about mental health support by participating in the Mental Health First Aid training. This training will provide you with mental health resources as well as resources for helping others. I encourage you to take advantage of this opportunity.

My mental well-being is enhanced by self-care and the relationships I nurture. I like to engage in a hobby (pickleball), get out into nature, and spend time with friends and family. These bring me joy and energy. Practicing self-care can do the same for you.

Happy Spring!
Namaste,



NEED TO KNOW...



Arlene Gonzalez she/her/hers

Arlene Gonzalez joined the University Housing & Dining Services team in February and is working in Stevenson Tower Dining. When asked what she likes most about EIU, Arlene says she “enjoys the diversity of the EIU culture.” Arlene earned a bachelor’s degree in Business Management while in the Philippines and her three grown children are actively pursuing degrees while working in California. In her free time, Arlene enjoys cross-stitching and cooking traditional Filipino dishes like adobo, pancit, and lumpia. Arlene has a fiancé named Andrew and a Chorkie, Chihuahua/Yorkshire Terrier mix, named Dillon. Welcome to Student Affairs, Arlene.

Taylor Comer she/her/hers

Taylor Comer, Assistant Director of New Student and Family Programs, already has a lot of experience in Student Affairs. As a former graduate assistant in the Office of Leadership & Engagement and the Student Life Office, Taylor is excited about how closely she is able to work with students. “In the six years I have been at EIU, I have seen how committed staff in various departments across the Student Affairs Division are in promoting the success and wellbeing of the students they support on a routine basis” says Taylor. This is Taylor’s first professional job, and she chose to pursue a career at EIU because of her love for the campus culture. Taylor enjoys cooking, watching sociologically based documentaries, sight seeing, completing diamond art projects, and playing with her three cats, Eve, Benny, and Poe. A fun fact about Taylor is that she owns 75 pairs of Crocs. Welcome to the next level of Student Affairs, Taylor.



Arielle Kindred she/her/hers



Arielle Kindred has joined University Housing & Dining Services as a Complex Director in Lincoln, Pemberton, Powell-Norton & Stevenson Hall. Arielle served in previous roles as Associate Resident Director and Service Assistant during her time as a student. “My favorite part was how welcoming the campus is of everyone and their ideas. I also like the fact that there were many RSOs for people to join.” Arielle is close with her mom, dad, and brother (who also attends EIU) and has a mini Aussie named Peanut. “My reason to pursue a career at EIU was the environment of the school itself and all the opportunities that it continues to give me to be successful.” A fun fact about Arielle is that she is not a big fan of chocolate. Welcome to the next level of Student Affairs, Arielle.

NOW YOU KNOW...



Tasha Fetters she/her/hers

Tasha Fetters joined University Housing & Dining Services this February as a Food Service Area Supervisor in the Food Court. Tasha is currently attending Liberty University online, pursuing a degree in Biblical Studies. Tasha is married, with grown children out of the house and has two dogs, a Chihuahua named Bella and a Puggle named Nava. Tasha loves music, especially live music. When asked what she enjoys most about working at EIU, “so far I love my team members and coworkers.” A fun fact about Tasha is that she is a descendant of the historical Hatfield family. Welcome to Student Affairs, Tasha.

Next Issue:
Marqeita Morris,
University
Housing & Dining
Services



Jeremy Alexander, University Housing & Dining Services, Eric Davidson, and Jessica Cobert, Health & Counseling Services, all presented during the comprehensive update on EIU's strategic plan, Plan 2028.

Anne Flaherty, Penny, and Marisol Gamboa, UPD, presented Increasing Trust Through Community Policing and Reaching Historically Marginalized Groups during the national ACPA convention held in Chicago.



Several Student Affairs employees joined VPSA Flaherty and her parents, Jim and Diane, during the Spring Student Affairs Social: Dinner at the Brickhouse followed by the student production of Dead Man's Cell Phone at the Doudna. Pictured are Laurel Fuqua, Dean of Students Area, Christina Coffey, Textbook Rental, Mark and Donna Hudson, University Housing & Dining Services, and Diana and Tim Taylor, Career Services.

DO YOU KNOW...

A MINDFUL MOMENT with Sarah Daugherty



Sarah Daugherty, Director of Campus Recreation, has worked in the recreation and wellness field for 30 years. An EIU grad (2001) and veteran employee (18+ years), Sarah is certified as a Student Affairs Educator, mindfulness lifecoach, and personal trainer. In addition to leading Campus Recreation she also teaches meditation weekly and is an instructor for the Group Fitness Program.

March 2024

Buzzword alert: self-care. What is it? What isn't it? Do you know? There is so much discussion around the term self-care in the last several years that it seems like we would be aware of what that means. But, like a lot of health-related buzzwords, there is also a lot of confusion about it.

Self-care is what you do for yourself to create balance in your life and promote your overall wellness. It's not about your family, friends, coworkers, boss, dependents, neighbors, or enemies. Does choosing negativity sometimes make us happy? Probably. But is it good self-care? Definitely not. Instead let's make a self-care plan that focuses on the good stuff.

Using the guidelines suggested by the National Council for Mental Wellbeing in the Mental Health First Aid Curriculum we are going to ask the following questions of ourselves:

1. Are you taking care of both your physical and psychological health? (Exercise, healthy eating, meditation, therapy)
2. Are you managing and reducing stress?
3. Are you recognizing your emotional and spiritual needs?
4. Are you fostering and sustaining relationships? (personal, professional, with YOURSELF)
5. Are you achieving balance in different areas of your life? (work/life/play)

Take a few minutes just to think about what each of these things means to you. Then set your intentions (throwback to last month!). Whatever you do, start small. Self-care can be as simple as eating the piece of cake you think you don't need, taking the nap you think you don't have time for, taking a lunch break even though the work is stacked up, or any number of things we make ourselves feel guilty about wanting or needing. It may be uncomfortable at first, but that's okay. Create a small habit, then add to it later. What seems uncomfortable may turn into something you crave.

The absolute center, the core meaning of self-care is YOU. There is nothing selfish about prioritizing yourself. It is instead about protecting and prioritizing your mental health, leading to a happier and healthier you better prepared to support the people you love and #BeTheDifference.

DO YOU KNOW...

This April marks the 23rd anniversary for Sexual Assault awareness month. Everyone is affected by sexual violence. Join the Interpersonal Violence Awareness Team this month as we partner with Prevail,(previously known as SACIS) the HERC, Housing, Counseling Clinic, and many others across campus to increase awareness through programs and outreach events.

Join us April 2nd and wear Teal, the color of sexual violence prevention, to take action and start off the month. On April 10th, Prevail and the Counseling Clinic will be holding a Candlelight Vigil for survivors at the Mellin Steps. Wear jeans with purpose on April 24th, Denim Day, to support survivors.

Follow the Interpersonal Violence Awareness Team on Instagram to stay updated with events, programs, and other awareness efforts: https://www.instagram.com/eiu_ivat/

For more information on Sexual Assault Awareness month, visit <https://www.nsvrc.org/saam> or on Denim Day at <https://www.peaceoverviolence.org/denim-day>



Sarah Daugherty, Campus Recreation, and Emma Noble, Public Health & Nutrition, are two of EIU's eight Mental Health First Aid instructors.

More information on training can be found at

<https://www.eiu.edu/mentalhealth/Mentalhealthfirstaid.php>

#BeTheDifference

These trainings support the Student Affairs Strategic Plan Priority 1: Goal 3.



LeeAnn Dial, Lindsay Wilson, Emily Becker, Amina Fedder, and Jessica Cobert, Health & Counseling Services worked to organize the 2024 Spring Annual Bonine Suicide Prevention Conference Creating Universality: Share Your Story and Learn You Are Not Alone.

IN THE KNOW...

EIU'S DIVISION OF STUDENT AFFAIRS

EIU.EDU/STUAFF



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Do you have an item for the newsletter? [Fill out the submission form here!](#)



VISION

The Division of Student Affairs is committed to being forward thinking and providing transformative life experiences that foster student learning and development, empowering individuals to reach their optimal potential.

MISSION

The Division of Student Affairs welcomes and celebrates our students' commonalities and differences, focusing on development, active citizenship, experiential learning, engagement, leadership, and preparation for a diverse, global society. Collaborating across campus, we ensure student success and retention and are dedicated to cultivating a sense of community on both our campus and beyond. We are committed to the health and well-being of our students and encourage them to lead balanced lives. We advocate for an inclusive environment where students feel safe and secure.

ANTIRACISM STATEMENT

EIU stands in solidarity with all Black, Brown, Indigenous, and racialized members of our communities who are fighting for a more just and equitable society. We resolve to purposefully identify, discuss, and challenge issues of race, color, oppression, white privilege, and power, as well as the impact(s) they have on our community, its systems, and its people.

Racism is dehumanizing to everyone.

We strive to build a community in which all belong, while challenging ourselves to understand and correct inequities we discover. We must examine racism embedded in the very fabric of our society and demand action for positive change from systems of power.