

JANUARY/FEBRUARY 2024

# IN THE KNOW

Newsletter of EIU's Division of Student Affairs

## VPSA VOICE

Don't leap over reading this newsletter. Yes, pun intended 😊 Happy Leap Day!

February was a full month related to the recruitment of future students. I know many of you played an active role in these events including but not limited to Admissions Admitted Student Days, Access Granted, and Presidential Honors Interview Days. Thank you to those who assisted with these events and helped to recruit our future Panthers! As I often say, recruitment and retention, is work for all of us to be doing.

We continued our annual tradition with the SA Recognition & Professional Development Committee delivering cookies to staff in their areas. On February 9, in honor of Abraham Lincoln's birthday month, we distributed cookies, baked by Panther Catering, with this note attached: "Honest Abe Says, Your work is essential to the learning and growth of our students". Abe is wise! For those who I missed seeing in person, please know I appreciate you and hope to see you soon. Please see photos on following page.

I am pleased that the Student Affairs team has made considerable progress on our Strategic Plan this past year across all five priorities and the majority of our thirty goals. Each of the Strategic Plan Leads have reported out progress at the various Leadership Team meetings since last summer. We are working on publishing the details of this progress on the SA website in the coming weeks. You are encouraged also to attend the University Strategic Plan, Plan 2028 Town Hall, March 26 at 2:00 PM in the Doudna Recital Hall.

Please join me and your colleagues for the student production of Dead Man's Cell Phone at the Doudna Theater on March 7. More details are included about the pre-show dinner and tickets in this newsletter.

Namaste,



# NOW YOU KNOW...



VPSA Flaherty and Georgia Ryan, Health & Counseling Services



Colleen Peterlich, Chris Cougill, VPSA Flaherty, and Karen Beason, MLK Jr. University Union



VPSA Flaherty and Matt Boyer, University Housing & Dining Services



Ruben Gamboa, Shuttle Bus

# 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.

Jan/Feb 2024

Happy New Year...in February! If you are still sticking to your New Year's Resolutions I congratulate and salute your dedication. If you have abandoned your resolutions I support you. And if you don't make resolutions then you are my people.

Several years ago, I broke up with New Year's resolutions. A friend who has been an amazing inspiration in my life suggested that I change my phone screen once a week to something motivating, something to aim for, or something that spoke to me. As I was looking for something for the first week of January, I came across the following quote: "You know all those things you want to do? You should go do them." Boom! Stop putting it off, go do it! And that was it, I never made a resolution again.

Research shows that two of every three New Year's resolutions are abandoned by the end of January and many people feel nothing but failure. We'll talk about my opinion on failure another day (it's good) and focus now on how we create meaningful success. Instead of sweeping changes, lofty and (often unattainable) goals, I suggest we create intention. And we do it weekly, not waiting for the changing of a calendar or a catastrophic life event.

What does this mean, creating intention? It means that you are centering yourself, focusing on the things you would like to achieve, focusing your behavior, on what makes you a better person, and working toward what brings you joy. This is an excellent opportunity to use journaling if you are so inclined to map your intentions and track your progress. But, it's not necessary, so if writing and journaling isn't your jam, that's okay.

Now we know what it is, but how do we create intention in our lives? Let's try this:

- Spend some time determining what it is you really want. When are you most happy? Peaceful? Content? Passionate? These are the moments that help you create intention. If you don't pick something that brings you joy/happiness/peace/contentment, you aren't going to follow through. But know these will change and be willing to accept the change.
- Focus on the journey. While resolutions focus on the end result, intention is about the journey there. For example, "lose weight" is a resolution. But "treating my body better" is an intention. It may lead to losing weight, but that is not the ultimate goal.

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# DO YOU KNOW...

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- Keep it short-term. Intentions can be created daily, weekly, monthly, etc. Starting small helps you do little things to create a bigger picture. As a wise friend often says, “Make good choices.”
- Allow yourself to fail. Because you will. Some days all you want is a donut, a nap, or to never do another load of laundry again. Failure is okay, and inevitable. You can’t beat yourself up over it.

As an example, I will share a couple of my ongoing intentions. Notice they don’t have to change...these are my growth opportunities every day.

- Today’s intention: use positive language with myself, not just everyone else.
- This week’s intention: The past is the past and today can be different. I will look for the successes in me and the world around me for positive inspiration.

As you go forward and create your intentions please keep this in mind: “You don’t need to remain hopeful for a whole month, or even a whole day...just long enough to take a few breaths inward and a few steps forward.” – Paul Wesselmann, The Ripples Guy



John Blue, Executive Director, Senior Diversity & Inclusion Officer joined our Student Affairs Orientation on January 26 to discuss diversity, equity, and inclusion efforts within our Student Affairs Division. The next Student Affairs Orientation will be held on March 5. This orientation being offered to all new Student Affairs employees supports the Student Affairs Strategic Plan Priority 5: Goal 1

# NEED TO KNOW...

Come Join VPSA Flaherty for a  
**Student Affairs Social  
Dinner and a Show**

Sponsored by the Student Affairs Recognition & Professional Development Committee

**Thursday, March 7**

**6:00 Dinner- Brick House Bar & Grill**

You are responsible for your dinner. Your theatre ticket provides a 20% discount off one menu item.

**7:30 Dead Man's Cell Phone-Doudna Theatre**

The student production of a wildly imaginative new comedy by MacArthur "Genius" Grant recipient and Pulitzer Prize finalist Sarah Ruhl.

**\$5.00 Refundable Deposit for Tickets**

Please email [alewis@eiu.edu](mailto:alewis@eiu.edu)

to reserve your seats.



## In Memory of Art Lauderback-

University Housing & Dining  
Services

**Celebration of Life**

**Sunday, March 3 1:00 PM**

**Charleston VFW**

More information can  
be found [here](#).

# CONGRATULATIONS



**Congratulations to Ariel Taylor, Dean of Students Area, for receiving the Alpha Phi Alpha, Inc. Zeta Nu Chapter 2024 Image Award**



**Congratulations and Cheers to Colleen Peterlich. Colleen is retiring at the end of this month from the MLK Jr. University Union.**

# GET TO KNOW...

## Kevin Bence

Kevin Bence recently joined the MLK Jr. University Union as Bowling and Billiards Center Manager. Kevin says he enjoys the challenges of learning how the machines operate and repairing them “under fire” as well as interacting with the students and instructors. Kevin has previously worked as a senior planner for an automotive lighting facility and maintenance planner and machine troubleshooter at a large automobile machining operation. Along with bowling and golf, Kevin enjoys automobile racing and announces races alongside his son Casey at the Coles County Speedway. Kevin and his wife Jill have a dog fur baby named Indy. Please join us in welcoming Kevin.



## Jarrett Williams he/him/his

Jarrett Williams has served in Housing as a Resident Assistant for 3 years, Conference Assistant, Guest Service Assistant and Associate Resident Director. Jarrett’s new role as Complex Director seems a natural progression of his career in University Housing & Dining Services. Jarrett says “When I was hired as an RA and CA I was able to develop leadership skills and understand what Student Affairs was. This gave me my passion for Student Affairs and my drive to want to help students.” Jarrett has enjoyed professional development and making regional connections through the Great Lakes Association of College and Universities Housing Officers (GLACUHO.) Jarrett enjoys going for walks with his girlfriend, playing Magic the Gathering, and board games. As a new professional, Jarrett feels “everyone at EIU wants you to succeed and become a better professional and achieve your goals.” Jarrett was the recipient of one of the 2023 Student Affairs Graduate Assistant of the Year awards last November. Please join us in welcoming Jarrett.



## Josephine Meyer she/her

Josephine Meyer joined University Housing & Dining Services as a Food Service Sanitation Laborer in Tower Dining Hall. Josephine moved here from Springfield, Illinois in October and enjoys working with the “friendly staff at EIU.” Josephine enjoys photography when she is not working and she and her husband, Beckett, have 2 cats named Batman and Robin, and a dog named Chewbacca. Please join us in welcoming Josephine.

# GET TO KNOW...



## John Easter

John Easter is a University Housing & Dining Services Culinary Worker III in South Quad Dining Hall. John is “excited for the opportunity to go to school at EIU as part of my employee benefit package.” John feels that the “staff and students are stakeholders in all that we do each and every day.” When not at work John enjoys music and art. “I love nature and wildlife. I support preservation and sustainability of all living things.” John and his wife have a son, two daughters, a dog, and a cat. Please join us in welcoming John.

## Madeline Wilson

Madeline joined Student Affairs and Campus Recreation after serving as the Wellness Director for the Baxter YMCA in Indianapolis. Madeline is back on campus in the position of Campus Recreation Coordinator. Wilson says she “loved being a student at EIU and enjoyed the intimacy of being on a smaller campus and all the relationships built with friends and professors.” A fun fact about Madeline is that she played every sport her high school offered with basketball being her favorite. Madeline loves to workout, read, work on projects for her house, and spend time with her golden retriever, Arlo. Please join us in welcoming Madeline.



## Amina Feder they/their

The Counseling Clinic welcomes their newest Counselor, former intern, Amina Feder. Amina chose to pursue a career at EIU because, as they say this is their, “favorite population to work with and I feel so energized by our incredible students at EIU. I love that many resources and opportunities are centralized and available to most individuals. I love collaborating and connecting with departments and various offices and entities on campus and creating friendships with familiar faces.” Amina cherishes memories and relationships they made in Pemberton Hall as a student there. Amina enjoys knitting, sewing, beading, reading, painting, refinishing furniture, repairing clothing and household items, dancing, hiking, paddle boarding, and socializing with amazing friends. Amina’s dog, Pudgers, is a pugador (a pug black lab mix) and is their first dog on their own. “She has an amazing personality and brings so much joy to my life.” Please join us in welcoming Amina.

# 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.