

MARCH 2021

IN THE KNOW

Newsletter of EIU's Division of Student Affairs



VPSA VOICE

With great anticipation, I am very happy to share with you the first edition of Student Affairs In the Know. Shout out to Anne Lewis for her creativity and dedication to bring this idea to fruition. Our hope is this newsletter will be inclusive of all 250 plus members of our team and that you will look forward to receiving it each month.

This past week marked the one-year anniversary of the official start of the COVID-19 pandemic in the United States. In my first year, I have witnessed the Division of Student Affairs team tirelessly serve the EIU community with compassion and dedication throughout these challenging circumstances. Your commitment to maintaining our EIU excellence has been unwavering. You have been **ALL IN**.

Thank you, thank you, thank you!

I know it has not been easy, and I know you are weary. I give you permission to practice self-care. What does this look like for you? For me, it means setting healthy boundaries, getting enough sleep, nurturing relationships, using food as medicine, daily meditation or yoga, and getting some type of exercise every day. Lake Charleston is a gem for our community!

On this St. Patrick's Day, I'll close with an Irish Blessing ... "May your troubles be less, and your blessings be more and nothing but happiness come through your door." I sign my note in the way I end my yoga practice by saying "Namaste," meaning "the light in me honors the light in you."

Namaste,

Anne G. Flaherty
Anne



KNOW WHAT IS COMING UP ...

Womxn Up Conference

FRIDAY, MARCH 26 | 1-4:15 PM

Civic Engagement and Volunteerism is thrilled to host our second Womxn UP conference again this year! This is a great way to learn and engage with other womxn on campus to talk about issues we face walking through the world as womxn. Register for our Womxn UP Conference and enjoy it from the comfort and safety of your own living space.

Sessions topics will include: Womxn of Color, Intersectionality, Womxn's Health and more! This event is free and a free t-shirt is included while supplies last! [Click here to register.](#)



Adventure EIU

FRIDAY, APRIL 9 | 2-4 PM

Join us in teams of 4 for an adventure on foot across campus. Teams of 4 people will solve clues, take selfies, collect medallions, solve trivia, and complete challenges.

Adventure EIU will take place on Friday, April 9 from 2-4 pm. The first team to finish will get internet fame and adoration and all participants will receive a commemorative EIU medallion. [Click here to register.](#)



Panther Service Day

SATURDAY, APRIL 17 10AM-12PM

We need YOU to help make Panther Service Day a success! For the safety of our community we will be staying on campus this year while still making a difference. This annual day of volunteering and service began in 2003, when EIU Student Government initiated an effort to improve the relationship between EIU students and the citizens of Charleston through encouragement of acts of volunteerism and service in the community.

What will Panther Service Day 2021 look like?

Most of the students will gather, socially distanced, at the Library Quad and in pairs work on making fleece blankets for One Stop Community Christmas. We will also have one small group helping to staff a community car wash to raise funds for EIU Library Snack Stations and the campus food pantry efforts. [Click here to register.](#) Look for the project that says "Panther Service Day."

DID YOU KNOW?

Student Recreation Center

As an Eastern Illinois University employee, you are invited to join the Student Recreation Center and enjoy all the programs and facilities. As with everything COVID, some activities and options are temporarily unavailable; but there is plenty going on in the Recreation Center to get you moving and on the road to a healthier lifestyle.

The cardio floor, strength equipment, weight room, group fitness classes, open swim, intramural sports, and e-sports arena are all currently (at the time of publication) available for your use. For only \$20 a month, you are welcome to join and take advantage of this 70,500 square-foot, air-conditioned facility.

The mission of Campus Recreation is to provide EIU students, faculty, and staff with informal and formal recreation activities regardless of ability. Promoting a safe and enjoyable environment and encouraging participation from staff, like you, are what keeps Sarah Daugherty, Director of Campus Recreation and Kevin Linker, Assistant Director, Intramural Sports, on their toes, literally.



Along with several Graduate Assistants and Student Workers, Sarah and Kevin are committed to keeping everyone COVID safe! All machines are sanitized by Recreation Center staff after every use and cleaning stations are available. EIU's masking policy applies at all times to anyone participating in the Recreation Center. Locker rooms are not available, so employees must arrive in work-out attire. Lockers with locks are available on the lower floor and water fountains with bottle fillers are currently running.

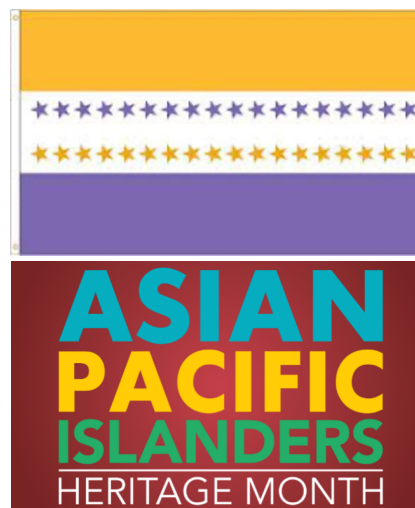
Employees have several options to choose from when joining the Recreation Center. A monthly fee (non-prorated) of \$20 or a (pro-rated) semester fee of \$75 can be paid by cash, check, credit card, or Apple Pay at the Campus Recreation Office.

Information about membership or the Student Recreation Center programs and facilities is available on the website at www.eiu.edu/campusrec or by calling 217-581-2820. Open 7am - 9pm, Monday thru Friday, 10am - 5pm on Saturday, and Noon - 9pm on Sunday, the Recreation Center offers a wide range of opportunities to help employees meet their physical and mental goals.

We Are EIU Flagpole

The "We Are EIU" flagpole was established in August 2020 as a reflection of the University's commitment to equity, inclusion, and fostering a learning community where all members feel welcomed and valued. Per IGP 166, Vice President for Student Affairs, Dr. Anne Flaherty, and Dr. Mona Davenport, Director of the Office of Inclusion and Academic Engagement, coordinate and approve flags flown on the "We Are EIU" flagpole in the South Quad.

Currently, the 19th Amendment flag is being flown as part of Women's History and Awareness Month (WHAM). Next month, Eastern will celebrate Asian American and Pacific Islander Heritage Month and fly the flag below.



NOW YOU KNOW!

Thank You Opportunities

More than one-third of respondents to the Student Affairs Recognition, Well-Being, and Professional Development Survey indicated that receiving a handwritten note is the preferred type of recognition. Here are a couple of opportunities to recognize fellow EIU employees for a job well-done, an act of kindness, or just a simple thank you.

- Write a note using a Student Affairs thank you note. You should have received one of these attractive note cards with the caption of **WHAT YOU DO AT EIU MAKES A DIFFERENCE** in the campus mail. Additional cards can be requested through the VPSA office using [this link](#).
- Another way to acknowledge a fellow employee is to submit an employee's name as a [ShoutOut](#). Shout Outs are a public recognition of thanks or appreciation. These can be anonymous, or you can "own it" and list your name.



EIU designated a Voter Friendly Campus

Eastern Illinois University was one of less than 250 colleges and universities nationwide designated as a Voter Friendly Campus by NASPA-Student Affairs Administrators in Higher Education and the Fair Election Center's Campus Vote Project.

The goal of the Voter Friendly Campus designation program is to bolster efforts that help students overcome barriers to participating in the political process, and to develop a culture of democratic engagement on campus.



EIU is First-Gen Forward!

The Center for First-generation Student Success, an initiative of NASPA - Student Affairs Administrators in Higher Education and The Suder Foundation, recently announced Eastern Illinois University as a member of its 2021-22 First-gen Forward cohort. As a member of the cohort, EIU joins a devoted community of higher education professionals dedicated to sharing evidence-based practices and innovative resources that will continue to advance the success of first-generation students throughout Illinois and across the country.

The First-gen Forward designation recognizes institutions of higher education who have demonstrated a commitment to improving experiences and advancing outcomes of first-generation college students. Selected institutions receive professional development, community-building experiences, and a first look at the Center's research and resources.

Student Affairs has established a [webpage for our very own First-Gen Friends](#). If you, too, are a First-Gen Friend, please let us know by [filling out this form](#), and we can include you on our Student Affairs First-Gen Friends page. The hope for this page is to identify Student Affairs employees who were first-generation college students so that our current first-generation students and employees can connect and see that success in college is possible!

GET TO KNOW ...

Bernadette Mangialardi

Bernadette Mangialardi, MS, LPC is new to Student Affairs, but she definitely KNOWS her way around our campus. Earning all three of her degrees here at EIU – BS in Health Studies, MS in Family/Consumer Science, and MS in Counseling – Bernadette is happy to now work as a Panther. Having had several different work experiences – community mental health, private practice, college settings, forensic work, and justice system family work – it was Bernadette's goal to return to her alma mater and continue her passion of working with college students. Beginning this spring semester in the Counseling Clinic, Bernadette says she enjoys most "being able to help students learn, grow, and make positive changes for themselves now and for the future."

When Bernadette was a student at EIU, she appreciated her class sizes, knowing her professors, and not feeling like she was getting lost in the shuffle. As a way to escape and relax, Bernadette and her fiancé love to travel with their two rescue dogs, hike, and go to the beach. Cooking and trying new recipes are also a passion of Bernadette's. Bernadette can be found in the Counseling Clinic, Human Services Building. Welcome home, Bernadette.



KNOW HOW YOU CAN HELP

Non-Profit Drive to Benefit the Children's Advocacy Center

The Office of Civic Engagement and Volunteerism has announced that their monthly non-profit drive will benefit the [Children's Advocacy Center of East Central Illinois](#).

The Center provides a safe and caring environment for specialized interviews with children who are victims of abuse. Because of the Center, children only need to tell their story once to a trained interviewer who knows the right questions to ask in a way that does not retraumatize the child.

Items for donation can be dropped off from March 15 through March 26 in the Office of Civic Engagement and Volunteerism located in the Student Programs Office located on the third floor of the Martin Luther King, Jr. University Union.

High priority donation items include:

- backpacks & reusable bags
- gallon & quart-sized ziploc bags
- bath towels
- bedding, blankets, & pillows
- toiletries & hairbrushes
- gas & restaurant gift cards

EIU'S DIVISION OF STUDENT AFFAIRS



EIU.EDU/STUAFF

Vice President: Anne G. Flaherty, Ph.D.

1031 Old Main, 600 Lincoln Ave., Charleston, IL 61920

217-581-3221 | agflaherty@eiu.edu



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.

EIU DIVERSITY & INCLUSION STATEMENT

Eastern Illinois University is committed to fostering a learning community where all members feel welcomed and valued. The university provides equality of opportunity in all areas of campus life and we strive to recognize and appreciate the unique value of our students, faculty, and staff. Every member of campus has the right to learn and work in an environment free of discrimination and harassment, and beyond that, our goal is for all members of our community to develop a strong sense of belonging to Eastern Illinois University.

The Division of Student Affairs embraces and respects diversity in all forms and upholds these values through our programs and services.