I. **Guest Speaker: Dr. Dianne Timm**

A. **Imposter Syndrome in Grad School**

1. Psychological pattern in which people doubt their accomplishments and have a persistent, often internalized fear of being exposed as a "fraud"

   a) Had us list 3 things we are good at and why and then asked us to think about how we feel/react when someone tells us we are good at those things

   b) Explained that it can be related to mental health and personality factors such as: anxiety, depression, tiredness, stress, unknown identity.

      (1) Research in the 70s found that it is commonly found in women

      (2) 25-30% are High Achievers

      (3) 70% of adults may experience imposter syndrome

   c) Ways to overcome imposter syndrome:

      (1) Change your mindset

      (2) Talk to someone and surround yourself with support

      (3) Reflect on concrete achievements

      (4) Realize that others deal with it too

B. **Q & A**

1. What are some tools to change your perspective?

   a) Talk to other people and reflect on yourself

   b) Online: form a group chat/group study session

2. How to take positive feedback in a group setting?

   a) “Thank you”, be humble and try not to doubt yourself

II. **Executive Reports**

A. **President- Brooke Gibson -via Zoom**

1. Headspace voting
a) Proposal: To purchase 150 Headspace for Work passes for graduate student use to support mental health and wellness at the cost of $9.43 per pass for a total of $1114 from GSAC funds

b) Motion to approve Headspace done by Faisal Tariq and seconded by GSAC rep, all those in favor said yeah and the motion for Headspace passes was approved

2. Tent City (Homecoming, Saturday, October 23, 2021)
   a) Different events: pumpkin painting, create your own EIU poster board, games for kids, candy for kids, and prizes!
   b) Any one can help, not just members or GSAC reps! Invite friends from your cohort or program!

B. Graduate Student Dean –Faisal Tariq

1. EIU Food Pantry Opened w/ a Ribbon Cutting Ceremony on September 30th
   a) Monday 10am-12pm and 4pm-6pm
      Tuesday 4pm-6pm
      Wednesday 3pm-5pm
      Thursday 10am-12pm
      Friday 10am-12pm and 3pm-5pm
   b) For Students: bring your EIU Panther Card, can go twice a month!
   c) Can Volunteer and/or Donate food, clothes, and money ( $10 donation = $100 food buying!)

2. Be on the lookout for the Grad Student Survey (online students will be focus first)
3. Let us know some different ways that we all can connect on campus or off campus!

C. VP of Administrative Activities -Natalie Roberson – no agenda

D. VP of Programming- Anders Voss

1. Jackson Avenue Coffee (YAY!)
   a) 10/7/2021, 5pm
2. CEVO Collab Ideas
   a) Pop-up Services
   b) Food Pantry Volunteering/Clothing Closet Donating
   c) Service to-go boxes and animal shelter help!
   d) Lumpkin Hall School of Business has a professional dress closet that is available to everyone!

E. VP of Public Relations- Justin Richards

1. Looking for social media content for more engagement from Grad Students
2. Will be creating a welcome video starting with the Executive board to post soon that will include some photos!
3. Will be sending out the monthly newsletter
4. Send extra things to Justin for some extra social media support and more advertising for your department and GSAC!

F. VP of Diversity and Inclusion - Dahlia Martinez

1. Quick Introduction! Second Year Grad Student in Biology
2. Goals for her role: Be a resource to students, especially issues regarding inclusion, Graduate student involvement, Awareness of resources

G. Graduate Student Liaison - Austin Eichhorn

1. Still recruiting graduate student mentors for GN4U
   a) The Graduate Network for Undergraduate Students
2. Textbook Rental Committee Representative: Samantha Phillips volunteered!
   a) Will attend the meeting once a semester to be the representative for the Graduate School
3. Keep an eye on the D2L Upcoming campus events and updates will be posted there

III. Department Updates

A. Updates from your department? Updates from students in your program? Upcoming events?

1. Political Science: brought up the fact that graduate students teaching classes could use some possible conference prep and better teaching prep
2. Chemistry: National Chemistry Week is coming! Please feel free to attend and enjoy the games and activities with the Chemistry department!
3. Counseling: if you see a counseling grad student, give them a little pat on the back for their hard work on upcoming assignments and testing!
4. Clinical Psychology: also give them a little pat on the back for their hard work on their thesis!

B. Vote for next PowerPoint theme

1. Coffee or Books?
   a) Coffee was the winner! “We’re grad students, we see enough books” lol