Graduate School Advisory Council
Friday, November 5, 2021
11AM – Rath Loft & Online via Zoom

I. Guest Speaker: The Counseling Center

A. The Counselor Center
   1. Individual & Group Counseling and Consultation; Crisis Intervention; Teletherapy
      a) Individual Counseling: depending on the severity of the presenting issue will have sessions once every 2 weeks
      b) Group Counseling: GAD group, trauma, grief, art expression
   2. A lot of depression and anxiety in freshman and Identity issues
   3. What do you self-care?
      a) Setting boundaries
      b) Time-management

B. Sending out a Survey
   1. The counseling center is very short staffed
      a) Please fill out the survey and send it to friends to get the word out that EIU needs more counselors and more mental health resources
      b) Life Links Grant w/EIU will help get some services

II. Executive Reports

A. President- Brooke Gibson
   1. Gratitude cards for departments
      a) Today – writing to departments
      b) Next Friday 11/12 - Exec will hand deliver
   2. GSAC Executive Members have a challenge for November
      a) Food drive canned food challenge

B. Graduate Student Dean – Faisal Tariq
   1. Food Drive to support Hunger Action Month
a) Department with most canned foods or donations will win a pizza party!
b) Let us know where a good place to put the donation boxes in your departments!

2. Faculty Engagement Video Series
   a) Nominate faculty members for the video

3. Please give us more suggestions for graduate student events!

C. **VP of Administrative Activities - Natalie Roberson**
   1. Your job as a representative
      a) Communication with your department
   2. Ways to get the word out!
      a) Send the GSAC emails
      b) Send the meeting minutes
      c) Use or create your student group
   3. Ask us for help/suggestions!

D. **VP of Programming- Anders Voss**
   1. Virtual Jeopardy 11/15 @7pm
   2. Holiday Mixer – 12/8 @ 6 PM in Underground of Union

E. **VP of Public Relations- Justin Richards**
   1. If not in the GroupMe, come talk to one of the Execs after the meeting
   2. Working on what we want in the Newsletter
      a) IF department is putting on an event, tag us on social media or send flyer to jrichards2@eiu.edu so we can help promote event

F. **VP of Diversity and Inclusion- Dahlia Martinez**
   1. Williams & RCA Grant Due Today @ 4:30.
      a) Don't forget to apply!
   2. Global Culture Night on November 12
      a) 7-9 pm on November 12th in the University Ballroom, located in the MLK University Union.
      b) Food, Music, and performances!
      c) Hosted by: Office of International Students and Scholars

G. **Graduate Student Liaison- Austin Eichhorn**
   1. Winner of $10 Jimmy John’s gift card
2. Need help starting a student group for your program? We have resources for you!

3. D2L Events discussion board – post your department's events here
   a) Look here for weekly slides, meeting minutes, and other updates
   b) Also check your emails!

4. NAGPS conference November 19-21 -Virtual
   a) All paid for! Let us know if you want attend.

III. Department Updates

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

   1. Political Science: internship on 11-16-2021 info session
   2. Counseling Clinic: PLEASE fill out the survey
   3. CSA: capstone projects & CSA days in person are coming
   4. Aging Studies: distributed an alumni & current student survey
   5. School Psychology: had a research expo today 11-5-2021
   6. Business Administration: women in tech! Lumpkin
   7. Education: past Wednesday virtual school fair

B. Vote for next PowerPoint theme

   1. Pumpkins or Baked Goods?
      a) Pumpkin Baked Goods was the winner lol