Graduate School Advisory Council

Friday, September 17th, 2021

11AM – Rath Loft & Online via Zoom

I. Guest Speaker: Dr. Angela Yoder

A. Self-Care

1. Expressed the importance of establishing a self-care routine while in Grad School to help with stress
   a) Used guided imagery meditation with the GSAC attendees (soft instrumental music, get comfy, close your eyes, both feet on the floor, soft spoken instructions to aid with the meditation)
   b) Used the guided meditation to help the attendees find their safe place

   (1) After the meditation, Dr. Yoder encouraged the attendees to draw their safe space and to answer some questions.
      (a) List 3 positive things
      (b) 1 thing that makes us feel better
      (c) 1 thing that you could do to feel better

II. Executive Reports

A. President- Brooke Gibson -not in attendance

1. Executive Board -congratulations!
2. Thinking ahead for future events (potential planning with new Food Pantry)
3. What’s going on in your departments

B. Graduate Student Dean –Faisal Tariq

1. Role as Student Dean
2. 3 Key Areas of Focus:
   a) Building community outreach
   b) Food pantry initiative
   c) Mental health awareness
3. Graduate student collaboration

C. VP of Administrative Activities -Natalie Roberson

1. Hello!
2. My Job:
   a) Meeting Minutes
   b) Student Gov. Liaison
   c) Uphold the GSAC Constitution

3. I am here to support you!
   a) Reach out anytime

D. VP of Programming- Anders Voss
   1. Shortest Welcome Ever
   2. Idea Generation
      a) Looking forward to putting together events
      b) Need help from all the GSAC members, if you have ideas or are looking to help, please reach out anytime!

E. VP of Public Relations- Justin Richards
   1. Another hello!
   2. Create Social Media plan to increase engagement and following

F. Graduate Student Liaison- Austin Eichhorn (via. Zoom)
   1. Recruiting graduate student mentors for GN4U
      a) The Graduate Network for Undergraduate Students
   2. Keeping 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. No major updates
   B. Vote for next PowerPoint theme
      1. Houseplants or mountains?
         a) Mountains was the winner!