

Graduate School Advisory Council

Friday, March 8, 2024, 11 a.m.- 7th Street Tuscola (in-person and ZOOM).

I. Executive Reports

Board members:

- i. Elian Mackey
- ii. Okewa Owoeye
- iii. Gabe King
- iv. Attainea Toulon
- v. Lois Tetteh

II. Words from Elian

He encouraged people to keep attending events for points. He also brought up the petition to increase the number of all gender restrooms on campus.

Words from Okewa

She wished the women of GSAC a happy International Women's Day, encouraged them to invest in themselves and encouraged the men to keep supporting women.

Words from Lois

She asked for events people would like to have on campus.

Words from Attainea

She is finalizing the graduate student satisfaction survey. She advised people to keep practicing self-care.

Words from Gabe

He asked those that ordered shirts to pick up. He also mentioned that head space spots are still open. Gabe also spoke on behalf of Myra; she thanked the executive committee for selecting the winners of GSAC award. Congratulated the winner and encouraged them to send their pictures.

Words from HERC (Makayla Castle)

In today's meeting, Makayla Castle from HERC shared valuable insights on avoiding burnout, emphasizing the importance of maintaining physical, mental, and emotional well-being amidst chronic stress. Burnout, she explained, accumulates over time and manifests through feelings of exhaustion and depletion. Causes of burnout include lack of control, unclear job expectations, dysfunctional workplace dynamics, and poor work-life balance.

Signs of burnout were highlighted as chronic exhaustion, detachment, avoidance, poor boundaries, cynicism, anger, isolation, illness, diminished self-care, and loss of productivity. Stress, as Makayla pointed out, serves as the precursor to burnout, with signs including over-engagement, reactive emotions, a sense of urgency, and diminished energy.

Furthermore, Makayla explained the indicators of burnout, such as disengagement, a sense of helplessness, lack of motivation, and feelings of depression. To prevent burnout, she recommended seeking support, finding value in work, taking time off, cultivating workplace friendships, and setting boundaries while prioritizing self-care.

Speaking on self-care practices, Makayla stressed the importance of preserving and enhancing wellness. These include exercises, journaling, expressing gratitude, engaging in spiritual activities such as prayer and reading the Bible, and attending to daily tasks like laundry and meal preparation. Makayla reiterated the significance of self-care, emphasizing its role in fostering healthy relationships with oneself, managing stress effectively, and preventing burnout. She also shared a 30-day self-care plan and provided the contact information for assistance: 1-866-567-2400.

She concluded with a call to prioritize self-care and implement strategies to safeguard well-being in both personal and professional spheres.

III. Department Updates

College of student's affairs

First year students would start internships at the beginning of next semester.

They are also going for ACPA conference in March 18-21st in Chicago. Alex and Attainea would be attending.

Human services

They have hired graduate assistants for next year.

Sustainability

They had their very first general meeting.

History

No update, comprehensive exams start next week.

Communications Disorders

Currently taking midterms, they have admitted new graduate students.

Counselling

Today is interview day and they started applying for graduation.

Students are signed up for summer internships, upcoming first year has been selected.

MBA

Preparations ongoing for exams

Political science

No update

Clinical psychology

Applying for internships and doing interview for next academic year.

Upcoming Meetings

Meeting March 29th, 2024, at 11 a.m. Arc/Tuscola Room

Okewa Owoeye
Executive Vice president