

Graduate School Advisory Council

Friday, September 30th, 2023, 11 a.m. - 7th Street Martinsville (in-person and ZOOM).

I. Next meeting: Sept. 29th in the 7th Street Underground.

II. Executive Reports

Board members:

- i. Elian Mackey
- ii. Okewa Owoeye
- iii. Gabe King
- iv. Attainea Toulon
- v. Myra Taylor
- vi. Lois Tetteh
- vii. Efosa Ojomo

III. Word from Makayla Castle (Health Education Resource Centre)

She talked about managing stress and if it's not monitored it can degenerate to distress because it can lead to heart diseases and burn out. She talked about the following:

Having a consistent sleep pattern.

Creating a space that's just used for sleep.

Remove electronics.

Avoid going to bed until you are drowsy.

Having an organized schedule, and prioritizing self-care.

Words from Gabe

He mentioned the need to sign up for headspace sign up, It helps manage stress.

Words from Elian

He talked about homecoming and encouraged people to participate in the parade and tent city.

Words from Okewa

She encouraged people to be involved in student activities on campus.

Word from Attainea

She encouraged people to reach out when there is a need via email and mentioned the upcoming Illinois Sociological association 2023 conference holding Nov 3rd, 2023.

Word from Myra

She encouraged graduate students to reach out to their graduate coordinators to be nominated for Thesis award. She also mentioned that Boo Bags would be packed soon and GSAC t-shirt would be made available soon and everyone should take photos with that.

Words from Lois

She would be planning GSAC activities here on campus and hoping to get support.

Words from Efosa

He is looking forward to receiving information from different department, so it can be added to our newsletters. He also talked about inclusion of all student association.

Words from Alex

Her goal is to reveal the goal of DEI- diversity, equity, and Inclusion into GSAC

IV. Voting for providing \$500 for campus tree planning:

The request was submitted by Interim Provost, Dr. Hendrickson. Planting trees is an event GSAC has been supporting and its importance was discussed and the representatives from different departments voted.

Department Updates

- a. Human services are working on getting junior college events to encourage student to enroll into EIU, and a couple of other engaging events.
- b. Sustainability doesn't have any upcoming event but they have biweekly meetings on Mondays, where they discuss issues with.
- c. Health doesn't have anything going now.
- d. Chemistry dep would be having their first social tonight.
- e. MBA- is having a networking event at Brick house today.
- f. Communication Disorders and Science: started diagnosing people. They are having a conference today.
- g. History wants to know if there is a way they can.
- h. Cybersecurity is having a speaker in their industry.
- i. Political science next week has a three-day conference coming up in Chicago for people that have their research in political science.
- j. School of psychologice they have test.
- k. Technology has an upcoming meeting on Oct 3RD about negotiation, they had a career fair.
- l. Clinical psychology
- m. College of student affairs

VI. Upcoming Meetings

**Meeting Oct. 13^h, 2023, at 11 a.m. in Martinsville 7th Street Underground.
Theme: Dog**

