

## **Graduate School Advisory Council**

*Friday, February 3<sup>rd</sup>, 2023 11 a.m.- Paris Room (in-person and ZOOM).*

### **I. Next meeting- February 24<sup>th</sup> in Buzzard Hall Room 1302.**

### **II. Executive Reports**

#### **a. Board Members:**

##### **i. Tea Wheat**

- First “Books and Bagels” study group 2/10 @ 11 a.m.
- Next meeting is 2/24 with an unannounced guest speaker.

##### **ii. Ruby Oboro-Offerie**

- The GSAC Video will be filmed next week! Michael Babcock, EIU photographer, has been notified and is willing to work on the video!

##### **iii. Jessica Meadows**

- Cheer up Sleepy Jean! Why Sleep Is Important presentation:
  - o Supports brain health.
  - o Supports a healthy immune system.
  - o Emotional regulation.
- How to maintain a healthy sleep schedule:
  - o Be consistent with bed times, even on the weekend!
  - o Plan and prioritize sleep!
  - o Create a restful environment.
  - o Limit naps, caffeine intake, and alcohol intake.
- Facts about sleep:
  - o 18- 60-year-olds need 7 hours of sleep each night.
  - o 1 in 3 adults do not get enough sleep.

##### **iv. Gabe King**

- N/A.

##### **v. Justin Richards**

- Thank you to everyone who attended the Resume and Cover Letter workshop!
  - o Link sent out to all those unable to attend!
- Totally 80’s Murder Mystery Party on 2/23 @ 5 p.m.!
- Future announcements on financial aid, budgeting, Safe Zone Training, and other professional development techniques!

##### **vi. Elian Mackey**

- Marketing committee members needed!
- Member of the Week QR code available!

##### **vii. Attainea Toulon**

- Diversity and Inclusion committee will be attending the Slam Poetry Event as part of African American Heritage Month on Wednesday, February 8<sup>th</sup>!
- 2023 African American Heritage Month: Black Resilience events and times listed on EIU's website!

**viii. Myra Taylor**

- N/A.

**ix. Dr. Timm**

- N/A.

**III. Murder Mystery Voting**

- Done through secret ballot voting.
- Budget: \$475. If event costs exceed \$200, the Executive Board will extend the vote to the GSAC community to vote on whether the event should be held.
- Majority vote wins.
- **Verdict: Yes!**

**IV. Department Updates**

**1. Clinical Psychology:**

- a. 3 potential professors interviewed.
- b. 2<sup>nd</sup> years presenting theses next week!

**2. Human Services:**

- a. Candidate for new professor luncheon was a success!

**3. Aging Studies:**

- a. Counsel and Family Relations Conference- March 31<sup>st</sup> on campus. More information to follow!

**4. Counseling and Higher Education:**

- a. Applications due today and interviews later this month!

**V. Special Announcement!**

- a. The new President for Eastern Illinois University will be announced today at 3 p.m. in the Grand Ballroom!

**VI. Upcoming Meetings**

**Next meeting: Feb. 24<sup>th</sup>, 2023 at 11 a.m. in the Paris Room.**

**Theme: Space!**