

Graduate School Advisory Council

Friday, October 14th, 2022 11 a.m.- Arc/Tuscola Room- Student Union (in-person and via ZOOM).

- I. Next meeting: Oct. 28th in the Arc/Tuscola Room**

- II. Guest Speaker: Cynthia Kmety- Mental Health Promotion Coordinator from the HERC!**
 - a. What is self-care?
 - i. Why practice it? To manage stress!
 - b. How to practice self-care?
 - i. Physical: quality sleep, good nutrition, and exercise!
 1. Sleep cycles are important: waking up and sleeping within one hour daily!
 2. Exposure to sunlight or bright lights is good!
 3. Avoid going to bed until drowsy!
 4. Avoid long (over an hour) naps!
 5. Limit electronics in sleep environment.
 6. Establish a relaxing bedtime ritual.
 - ii. Emotional
 - iii. Practical
 - iv. Spiritual
 - c. Rewarding yourself!
 - i. Activities or hobbies that bring you joy.
 - ii. Music and podcasts can lift you up!
 - d. Social Connections!
 - i. Provide support during difficult times and create and promote healthy relationships.
 1. Includes acts of kindness
 2. Active listening
 3. Appreciation
 4. Calls or letters!
 - e. Mindfulness and Relaxation!
 - i. The HERC offers mindfulness classes
 - ii. YouTube and Headspace are also good apps!
 - iii. **Classes at the HERC: Mindfulness!**
 - f. Organization and Maintenance!
 - i. Taking care of practical aspects of your life such as:
 1. Meals
 2. Schedules
 3. Budgeting

4. To-do lists

g. Study Tips!

i. A routine is important

1. Find a place to study that works for you and go as often as possible!
2. Select a time to study and make sure you remain active and alert.
3. Implement the time into your schedule!
4. Eliminate distractions and take a 5-min break each hour.

h. Connect with your Values!

- i. Spend time in nature.
- ii. Participate in yoga, meditation, or something that clears your mind!
- iii. Write in a journal and keep track of your thoughts and emotions!
- iv. Do something that you enjoy.

III. Executive Reports

a. Board members:

i. Tea Wheat

Updates: Homecoming!

- Block Party- Tonight 7-10 p.m.!
- Parade- Tomorrow 9:30 a.m.!
- Tent City!

- GSAC T-Shirts available!

- Reminder to sign Thank-you for Dr. Tanya Willard

- Next Meeting: Activity with the DEI committee

ii. Ruby Oboro-Offerie

- Updates: GSAC Video Project
- Constitution Review Committee

iii. Jessica Meadows

Updates: Self-care tip!

- Breathing: anxiety breathing technique.

iv. Gabe King

Updates: Headspace updates!

v. Elian Mackey

Updates:

- Need people for marketing committee!
- Send your program flyers that we can promote!
- Open to social media ideas!

vi. Taylor Comer

Updates: Pop-Up Project on 10/21 from 4:30- 5:30 in the Charleston-Mattoon Room!

- Making fleece blankets for One-Stop Community Christmas!
- Halloween/Costume attire encouraged and Halloween music!
- Any suggestions? Let Taylor know!

vii. Attainea Toulon

Updates: Diversity and Inclusion Activity at 10/28 GSAC meeting!

- Exploring various DEI concepts through artistic expression!
- New committee members: Okewa, Alex, Tyler, and Chavionee!
- Anyone else interested in the committee? Let Attainea know!

viii. Myra Taylor

Updates: Not getting GSAC emails? Email metaylor@eiu.edu !

ix. Dr. Timm

Updates: Come to homecoming and connect with current and former students!

IV. Department Updates

a. Aging Studies: Recruitment was a success!

- i. Next recruitment in November.
- ii. Info at Tent City!
- iii. Alzheimer's Conference next Tuesday!

b. Counseling and Higher Education:

- i. Second years: NCE's over!
- ii. First years: figuring out practicum.
- iii. Safe Zone training Oct. 24th 4-6 p.m.
- iv. Play Therapy Conference!
- v. RISE conference last week was a success!
- vi. November- School Counseling in Illinois Conference!

c. Student Affairs:

- i. Conference in 2 weeks!
- ii. Theses almost complete!

- d. MBA:
 - i. Will be attending Tent City!
 - e. Health Promotion:
 - i. Professional Development Week flyers!
 - ii. Discusses how to write a resume, application, LinkedIn profile, etc.
 - iii. Bottom floor in Klehm all week next week or online!
 - f. Human Services
 - i. Taught students various lessons.
 - ii. Tour of child practicum lab to high school students!
 - iii. Will be attending Tent City!
- V. Upcoming Meetings:**
Next Meeting: Oct. 28th in the Student Union Arc/Tuscola Room.
Theme: Ghosts!