

**Graduate School Advisory Council- Next meeting: 10/22/2021 WEAR EIU
APPAREL SO WE CAN TAKE A PICTURE TO PROMOTE GSAC**

Friday, October 1st, 2021

11AM – Rath Loft & Online via Zoom

I. Guest Speaker: Dr. Dianne Timm

A. Imposter Syndrome in Grad School

1. *Psychological pattern in which people doubt their accomplishments and have a persistent, often internalized fear of being exposed as a "fraud"*
 - a) *Had us list 3 things we are good at and why and then asked us to think about how we feel/react when someone tells us we are good at those things*
 - b) *Explained that it can be related to mental health and personality factors such as: anxiety, depression, tiredness, stress, unknown identity.*
 - (1) *Research in the 70s found that it is commonly found in women*
 - (2) *25-30% are High Achievers*
 - (3) *70% of adults may experience imposter syndrome*
 - c) *Ways to overcome imposter syndrome:*
 - (1) *Change your mindset*
 - (2) *Talk to someone and surround yourself with support*
 - (3) *Reflect on concrete achievements*
 - (4) *Realize that others deal with it too*

B. Q & A

1. *What are some tools to change your perspective?*
 - a) *Talk to other people and reflect on yourself*
 - b) *Online: form a group chat/group study session*
2. *How to take positive feedback in a group setting?*
 - a) *"Thank you", be humble and try not to doubt yourself*

II. Executive Reports

A. President- Brooke Gibson -via Zoom

1. *Headspace voting*

- a) *Proposal: To purchase 150 Headspace for Work passes for graduate student use to support mental health and wellness at the cost of \$9.43 per pass for a total of \$1114 from GSAC funds*
 - b) *Motion to approve Headspace done by Faisal Tariq and seconded by GSAC rep, all those in favor said yeah and the motion for Headspace passes was approved*
2. *Tent City (Homecoming, Saturday, October 23, 2021)*
- a) *Different events: pumpkin painting, create your own EIU poster board, games for kids, candy for kids, and prizes!*
 - b) *Any one can help, not just members or GSAC reps! Invite friends from your cohort or program!*

B. Graduate Student Dean –Faisal Tariq

1. *EIU Food Pantry Opened w/ a Ribbon Cutting Ceremony on September 30th*
- a) *Monday 10am-12pm and 4pm-6pm
Tuesday 4pm-6pm
Wednesday 3pm-5pm
Thursday 10am-12pm
Friday 10am-12pm and 3pm-5pm*
 - b) *For Students: bring your EIU Panther Card, can go twice a month!*
 - c) *Can Volunteer and/or Donate food, clothes, and money (\$10 donation = \$100 food buying!)*
2. *Be on the lookout for the Grad Student Survey (online students will be focus first)*
3. *Let us know some different ways that we all can connect on campus or off campus!*

C. VP of Administrative Activities -Natalie Roberson – no agenda

D. VP of Programming- Anders Voss

1. *Jackson Avenue Coffee (YAY!)*
- a) *10/7/2021, 5pm*
2. *CEVO Collab Ideas*
- a) *Pop-up Services*
 - b) *Food Pantry Volunteering/Clothing Closet Donating*
 - c) *Service to-go boxes and animal shelter help!*
 - d) *Lumpkin Hall School of Business has a professional dress closet that is available to everyone!*

E. VP of Public Relations- Justin Richards

1. *Looking for social media content for more engagement from Grad Students*

2. *Will be creating a welcome video starting with the Executive board to post soon that will include some photos!*
3. *Will be sending out the monthly newsletter*
4. *Send extra things to Justin for some extra social media support and more advertising for your department and GSAC!*

F. VP of Diversity and Inclusion- Dahlia Martinez

1. *Quick Introduction! Second Year Grad Student in Biology*
2. *Goals for her role: Be a resource to students, especially issues regarding inclusion, Graduate student involvement, Awareness of resources*

G. Graduate Student Liaison- Austin Eichhorn

1. *Still recruiting graduate student mentors for GN4U*
 - a) *The Graduate Network for Undergraduate Students*
2. *Textbook Rental Committee Representative: Samantha Phillips volunteered!*
 - a) *Will attend the meeting once a semester to be the representative for the Graduate School*
3. *Keep 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. *Political Science: brought up the fact that graduate students teaching classes could use some possible conference prep and better teaching prep*
2. *Chemistry: National Chemistry Week is coming! Please feel free to attend and enjoy the games and activities with the Chemistry department!*
3. *Counseling: if you see a counseling grad student, give them a little pat on the back for their hard work on upcoming assignments and testing!*
4. *Clinical Psychology: also give them a little pat on the back for their hard work on their thesis!*

B. Vote for next PowerPoint theme

1. *Coffee or Books?*
 - a) *Coffee was the winner! "We're grad students, we see enough books" lol*

