

## **Graduate School Advisory Council**

Friday, September 17<sup>th</sup>, 2021

11AM – Rath Loft & Online via Zoom

### **I. Guest Speaker: Dr. Angela Yoder**

#### **A. Self-Care**

1. *Expressed the importance of establishing a self-care routine while in Grad School to help with stress*
  - a) *Used guided imagery meditation with the GSAC attendees (soft instrumental music, get comfy, close your eyes, both feet on the floor, soft spoken instructions to aid with the meditation)*
  - b) *Used the guided meditation to help the attendees find their safe place*
    - (1) *After the meditation, Dr. Yoder encouraged the attendees to draw their safe space and to answer some questions.*
      - (a) *List 3 positive things*
      - (b) *1 thing that makes us feel better*
      - (c) *1 thing that you could do to feel better*

### **II. Executive Reports**

#### **A. President- Brooke Gibson -not in attendance**

1. *Executive Board -congratulations!*
2. *Thinking ahead for future events (potential planning with new Food Pantry)*
3. *What's going on in your departments*

#### **B. Graduate Student Dean –Faisal Tariq**

1. *Role as Student Dean*
2. *3 Key Areas of Focus:*
  - a) *Building community outreach*
  - b) *Food pantry initiative*
  - c) *Mental health awareness*
3. *Graduate student collaboration*

#### **C. VP of Administrative Activities -Natalie Roberson**

1. *Hello!*

2. *My Job:*
  - a) *Meeting Minutes*
  - b) *Student Gov. Liaison*
  - c) *Uphold the GSAC Constitution*
3. *I am here to support you!*
  - a) *Reach out anytime*

**D. VP of Programming- Anders Voss**

1. *Shortest Welcome Ever*
2. *Idea Generation*
  - a) *Looking forward to putting together events*
  - b) *Need help from all the GSAC members, if you have ideas or are looking to help, please reach out anytime!*

**E. VP of Public Relations- Justin Richards**

1. *Another hello!*
2. *Create Social Media plan to increase engagement and following*

**F. Graduate Student Liaison- Austin Eichhorn (via. Zoom)**

1. *Recruiting graduate student mentors for GN4U*
  - a) *The Graduate Network for Undergraduate Students*
2. *Keeping an eye on the D2LUpcoming 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. *No major updates*

**B. Vote for next PowerPoint theme**

1. *Houseplants or mountains?*
  - a) *Mountains was the winner!*

