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GSU View

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News and Events

Toward a Healthy 2010

Let's Get Fit is back for another year of improving lives through exercise. Persons who didn't take part in last year's health and exercise program can sign up for *Let's Get Fit* at the Human Resources office. If you participated last year, pick up your fitness record card before you start exercising.

During the program, members exercise three times per week for a minimum of 30 minutes, or a total of nine times during January. Participants can qualify for prizes by having fitness record cards validated following exercise sessions.

Participants can choose from a number of exercise options, including walking through the university halls or, weather permitting, the Nathan Manilow Sculpture Park; using the fitness machines and equipment or taking an exercise class at the GSU Recreation and Fitness Center; attending a *Let's Get Fit* educational outreach session; or joining Weight Watchers and attending meetings. These all count as health/exercise sessions.

In addition, participants can go to the doctor for an annual check-up and get a receipt for validation. It is important to set health goals and follow a proper diet. A visit to the doctor counts as a health session and will be validated on the fitness record card.

For more information, contact Human Resources at ext. 4100.

Be Involved

Come one, come all to the Student Involvement Fair on Wednesday, January 20, from 11 a.m. to 7 p.m., in the Hall of Governors. Learn about the many clubs and organizations working to learn more, contribute more, and have more fun at GSU.

Clubs and organizations wishing to have representation at the fair are asked to register by contacting [Chay Wilson](#) at ext. 7653. This event is sponsored by Student Life.

Call for Commencement Volunteers

Once again, GSU staff, faculty, and students are asked to help make commencement a very special time for all of everyone by volunteering. The 2010 Winter Commencement will be held on Saturday, February 6, at 11 a.m., at the Tinley Park Holiday Inn Select and Convention Center.

Volunteers are needed to answer questions, provide directions, assist with robing faculty and students, and assist with guest entry and seating. Volunteers play an important role in making commencement a most memorable experience for our students, faculty, staff and guests.

For more information or to volunteer, please contact [Pulchratia Kinney-Smith](#) at ext. 7466 by Wednesday January 27.

Harris Bank Supports the NMSP

The value of contributions to the Nathan Manilow Sculpture Park can be seen every time visitors to the park look across the pond and see *Horizons*, the 12-figure sculpture by Steinunn Thórarinsdóttir. The sculpture, which will be on display until October, was made possible in part by a generous donation by Harris Bank.



Harris Bank also sponsored the recent NMSP recognition dinner featuring a presentation by Thórarinsdóttir. More than 100 guests attended the event in which the contributions of Lewis Manilow, Dr. Stuart Fagan, Dr. Ora Fagan, and Dr. William H. Dodd, vice president of development at GSU, were acknowledged.

The distance we have traveled in the past 30 years is significant and it was important to recognize the actions and the people who have brought us to where we currently stand,” said park director and curator Geoffrey Bates. “Contributions by so many individuals and by corporations like Harris Bank have made this progress possible.”

Celebrating Literacy

Readers are needed for the 21st annual African American Read-In, which will take place at GSU on February 13, from 6 to 8 p.m., in Sherman Recital Hall. The Read-In, a national event, celebrates literacy as a significant part of Black History Month. Across the country, more than a million readers from all ethnic backgrounds will take part in the event.

Participants should select an excerpt of a book, poem, or other literary work written by an African American author, and read the excerpt at the Read-In.

To sign up for the Read-In or receive further information, contact [Dr. Rashidah Muhammad](#) at ext. 6974.

Professors Offer Services in Thailand

Half a world away, Thailand is ancient and exotic, its culture steeped in Buddhism and unbroken by Western influences. According to Dr. Jon Carlson, University Professor of Psychology and Counseling, our modern world increasingly poses challenges to traditional social systems rooted in family or tribal relationships.



Dr. Carlson will soon return from a visit to Thailand, where he again offered his skills as a mental health practitioner. It is the 10th straight year he has travelled to the Southeast Asia nation to meet with people needing care and local health care workers seeking ways to help them.

On this year’s trip, Dr. Cyrus Ellis, Associate Professor of Counseling, accompanied Dr. Carlson. Their planned itinerary took them to the remote Golden Triangle area in the north of Thailand, the source of much of the world’s opium, as well as Thammasat University in Bangkok.

“I always leave with a set itinerary,” Dr. Carlson said. “But it always changes. The basic plan is to meet with teachers and medical professionals, and to offer assistance to people looking for behavioral change.”

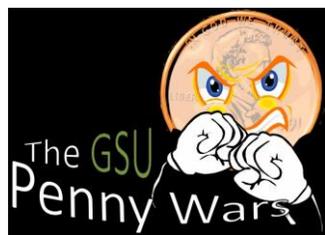
As a psychologist specializing in Adlerian therapy, Dr. Carlson espouses an approach based on understanding an individual’s characteristic lifestyle choices prior to their taking steps that lead to change. He believes Adlerian principles fit in very well with the traditions of Thai society.

Thailand is a poor country and has few services promoting mental health. Many persons seeking advice turn to nurses or pharmacists with no mental health training. Drug addiction is widespread and often untreated.

Dr. Carlson said he sees many persons looking for relatively short-term strategies on how to lead more fulfilling lives. “People are really moved by this type of therapy,” he said. “I met one woman who lost everything in a mudslide. She lost her family, too, and was living in the streets, collecting cans to make money. I treated her as someone who was filled with energy. When she left, she had a different outlook, and was determined to become a local entrepreneur. You could see that she walked out differently. She was ready to face the world.”

Prepare for Battle

GSU’s Penny Wars are about to begin. Prepare to have some fun and raise money for the Civil Service Scholarship Fund and Student Life.



From February 1 to 26, the Penny Wars competition will pit department against department. Each participating department establishes its own sealed container, such as a plastic gallon milk jug. Each container must be labeled with the name of the department. Containers should be placed in a central location, accessible to everyone, but also supervised for security.

Employees, students, and visitors may feed the bank with pennies to support the cause and the department. One point is earned for every penny gathered by the department. However, competing departments can sabotage the bank by adding nickels, dimes, quarters, and folding money to the container. Each silver coin or bill reduces the number of points in that container by the amount of the coin or bill.

Containers will be emptied and points tallied every Thursday. Totals will be posted in the Monday edition of the GSU View. The department with the most points for that week will display a rotating jumbo Lincoln penny. At the end of the competition, the department with the greatest number of points will be awarded the jumbo penny to display for the next year.

Contact [Lisa Carra](#) at ext. 7443 by January 25 with your department name and a contact person’s name and phone number.

Pre-Kindergarten On Campus

The Family Development Center (FDC) is now accepting enrollment in the three-day-a-week, half-day pre-kindergarten program, as well as the five-day-a-week, either full or half day, pre-kindergarten program. Both programs serve the educational needs of three, four, and five year olds. Drop in care is also available for pre-registered children.



Tuition adjustments based on eligibility are available. For more information, visit the [FDC website](#) or call ext. 7300.

Faculty Seminar – Nontraditional Students in Math

Many of GSU students are considered nontraditional based on their age, education background, family background, and part time status. Dr. Dianna Galante of the College of Arts and Sciences will present a faculty seminar on *A Profile of the Nontraditional Student Majoring in Mathematics* on Tuesday, January 19, at 3 p.m., in E1582.

Substitute Teacher Preparation

GSU is hosting a one-day Substitute Teacher Academy with Resources workshop on February 20, from 8:30 a.m. to 3 p.m., in the Hall of Honors. The workshop teaches new subs what to expect, what to do in an emergency, how to maintain classroom control, and how to follow the teacher's lesson plans.

The State of Illinois offers substitute teacher certification to those with a bachelor's degree in any subject. Instruction on how to apply for the certificate is also included in the presentation.

While no special skills are required to get a substitute teacher certificate, many school districts encourage their subs, whether certified teachers or not, to take special substitute teacher workshops, such as this one, to familiarize themselves with the process and pitfalls of subbing.

Participants must hold a bachelor's degree and register by February 15. Registration is limited to 40 participants. The \$50 registration fee includes lunch and materials.

For more information and to register, call 708.534.4024.



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