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GSU View

University Newsletters

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8-29-2016

## GSU View, 2016-08-29

Office of Marketing and Communications

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gsuview

A newsletter for students, faculty & staff



August 29, 2016

Vol. 32, Issue 5

## News

### Convocation 2016 Rings in the New Academic Year



Governors State University ushered in its 47<sup>th</sup> academic year with Convocation on Friday, August 26. Faculty and staff were joined by students to celebrate the start of a new year and welcome the incoming freshman class.

This year's convocation was emceed by junior Justin Smith, President of the Student Senate. Participants in the Dual Degree Program served as an honor guard, marking the way as the classes of 2017, 2018, 2019, and 2020 were introduced.

Dr. Elaine P. Maimon, President of GSU, welcomed the GSU community and its veteran and new students to the new academic year. She also announced this year's award recipients. Receiving 2016 Excellence Awards were Dr. Darrin Aase, Assistant Professor in CHHS, Dr. Walter Henne, Associate Professor in CAS, and Dr. Gökçe Sargut, Associate Professor in COB. Dr. Maimon also announced the 2016 Baysore Award winner, Vickie Carra of Procurement and Business Services.

[View the video of Convocation.](#)

### Congresswoman Robin Kelly to Open Forum at GSU



Congresswoman Robin Kelly (D-IL-02) will be the special guest participant in the Illinois United Student Senate Forum to be held at GSU on Thursday, September 1, at 10 a.m., in the Hall of Honors.

GSU Student Senate has collaborated with Young Invincibles, a national nonprofit organization that focuses on empowering young Americans with information, to present the forum. Congresswoman Kelly is the guest speaker and will open the forum. All students are invited to attend this vibrant discussion on student concerns.

## Tips for a Healthy Semester

Beginning a new academic year is always exciting. You have goals you want to achieve, and this fall brings you one step closer to reaching them. That's why it's important to begin the school year with a wellness plan to help you stay on top of your game. As prevention is key to taking care of yourself, we'd like to share recommendations for ensuring you have a healthy year.

Read more about how good health is key to academic success on page 7.

## Information for a New Semester

- The **Faculty Gradebook** in myGSU has been updated. The guidebook provides important semester dates, finding your class rosters and schedule, and instructions on grading.
- **Waitlists** have been cleared and closed. Open registration for all classes is available. Students may now register online for any open seats.
- **Online registration closes Tuesday, September 6.**
- **Refund Deadlines** and the last day to withdraw from a course are posted to students' schedules and are available in myGSU under Online Services – Students – Registration – Search of Sections.
- **Classrooms** have been assigned. Remember to check your room assignment in myGSU before your class meeting time. If you have a concern about a room assignment, email [classrooms@govst.edu](mailto:classrooms@govst.edu).

## Important information for all students

**Don't miss your chance to secure money for your education.** You are now able to file your 2017–18 Free Application for Federal Student Aid (FAFSA) as early as Oct. 1, 2016. The earlier submission date is a permanent change. You are encouraged to apply early to maximize financial aid opportunities, including the Illinois MAP grant.

Beginning with the 2017 – 18 [FAFSA](#), students will be required to report income information from an earlier tax year. For example, on the 2017 – 18 [FAFSA](#), students/parents will report their 2015 income information, rather than their 2016 income information. This change is referred to as Prior-Prior Year

taxes. For assistance, contact [Financial Aid](#).

### **FAFSA Completion Workshop**

1. For help completing your FAFSA and guidance searching for scholarships, attend one of the FAFSA Workshops sponsored by the Office of Financial Aid and Office of Admission. The first workshop is on Saturday, October 1 from 10 a.m. – noon. Other dates are scheduled.

[Click here to register online.](#)

## **All-Campus Symposium Slated for September 23**

On Friday, September 23, GSU will continue its tradition of all-campus symposiums when we welcome Dr. Alma Clayton-Pedersen to campus.

Dr. Clayton-Pederson is a Senior Scholar with the American Association of Colleges and Universities (AAC&U) and the CEO of the Emeritus Consulting Group. She is an expert on the topic of diversity – exploring ways in which a diverse campus (such as GSU) can also be a campus of inclusion and equity.

This symposium will also explore ways to use data and research to measure the effects of our initiatives and practices.

More information will be provided soon but, please mark Friday, September 23, from 8:30 a.m. to mid-afternoon, on your calendar.

For more information, contact [Penny Perdue](#).

## **Faculty Profile Page Update Made Easier**

One of a student's first and most accurate introductions to a professor can be the faculty profile page on the GSU website. The information included on that page is what you, the faculty member, want the students and community to know about you: your education philosophy, achievements, and background. Updating your page is the best way to present the most accurate information.

To make the updating process easier, the Office of Marketing & Communications is providing a new [online submission form](#). With this submission form, faculty can simply go online and complete their information. Faculty profiles will be updated each week by marketing staff. All faculty members are encouraged to complete the form to enhance their pages with the inclusion of areas of expertise, website(s), and social media handles. This information will be searchable and useful to students and members of the press. Please note that because new search fields have been added, **ALL** faculty members should fill out the new submission form.

The Office of Marketing & Communications will be taking headshots in E1522, between noon – 2 p.m. on September 1 and 16, October 3 and 17, November 1 and 16, and December 1 and 16.

## **Events**

### **Great Start to the New Semester**

Student Life welcomes our GSU students with robust programming for Welcome Week. With a host of opportunities to meet other students, compete for prizes, join a new club, or just have fun with friends, Welcome Week has the activity for you. Special events include the GSU Carnival and Club and Organization Fair on August 30, the Illinois United Student Senate Forum with Congresswoman Robin Kelly on September 1, and the Secretary of State mobile services unit on campus on also on September 1.

See the complete list of Welcome Week activities on pages 9-12.

### **Win a Backpack Filled with GSU Gear!**



Participate in the Library Scavenger Hunt for your chance to win a backpack filled with GSU gear. The hunt is on Wednesday, August 31, 10 a.m. – 7 p.m. in the library. All students are welcome to participate.

Visit the library and fill out the scavenger hunt request to enter your name in a drawing for one of two backpacks filled with GSU gear and other surprises. There will be an early afternoon drawing and a second one when the scavenger hunt is over.

“We welcome new, transfer, and graduate students to participate in the scavenger hunt,” said Diane Nadler, Reference Desk Manager, Social Media Coordinator, and First Year Student Contact. “The scavenger hunt promises to be an enjoyable event, and an excellent way to learn about the library and GSU,” she said.

GSU gear was donated by the President’s and Provost’s offices, Athletics, the Book Store, Center for Performing Arts, Office of Enrollment Management, Student Life, and the library.

For more information about the Library Scavenger Hunt, contact [Diane Nadler](#).

## Take a Walk through Art



Join the ART WALK on Tuesday, September 6 beginning at 4 p.m. in the Skylight Gallery in the GSU Library with the “Print on Clay” exhibit. The walk continues with clay and print demos in the ceramics and printmaking classroom, E1526, at 4:30 p.m. followed by the “Ways of Making: Abstraction” reception in the Visual Arts Gallery at 5:30 p.m. The walk concludes at 6 p.m. in E-Lounge, adjacent to the gallery, with an artists’ talk.

All exhibits will be open during the entire event for those who cannot join the walk.

## 2016 Student Employment and Part-Time Job Fair

Federal Work Study or regular student-employment positions will be showcased at the 2016 Student Employment and Part-Time Job Fair on Wednesday, August 31 from 2 – 5 p.m. in the Hall of Governors. Some external employers as well as on-campus employers will be participating. Students planning to

attend should dress professionally and bring plenty of resumes. The job fair is sponsored by the Office of Career Services. For more information, contact the [Office of Career Services](#) at 708.235.3974.

## All Program Open House – September 17

The university is hosting a GSU Graduate and Undergraduate Open House on Saturday, September 17, from 9 a.m. – 1 p.m. in E-Lounge. The Open House will showcase the many bachelor's, master's, specialist, and doctoral degree programs offered at GSU and provide information on financial aid, admission requirements, housing, and much more.

Prospective students who attend the open house will receive a waiver code for their application fee. Programs requiring application through Centralized Application Services are excluded.

For more information, contact [Julie Anderson](#) at 708.534.4086. [Register for the open house](#) by September 12.

## Highlights

### GSU Pi Alpha Alpha Chapter and Advisor Win Excellence Awards



NASPAA, the Network of Schools of Public Policy, Affairs, and Administration, announced this year's award recipients for outstanding achievement in public service education. Governors State University received the **Pi Alpha Alpha Chapter Award of Excellence** and Dr. Mary Bruce, professor of public administration, received the Pi Alpha Alpha Chapter Advisor Award of Excellence. The awards will be presented at NASPAA's annual conference in Columbus in October.

"We value the hard work that public service education faculty, administrators, and students put into teaching, researching and practicing public service," said Laurel McFarland, executive director of NASPAA. "It is a pleasure for us to highlight their contributions."

### GSU Student Receives Gilman International Scholarship

GSU is pleased to announce its first recipient of the U.S. Department of State's Benjamin A. Gilman International Scholarship, Akya Gossitt. Akya is a veteran and undergraduate student majoring in Social Work. In June 2016, she studied abroad for four weeks in Accra, Ghana through University Studies Abroad Consortium (USAC).

The Gilman Scholarship's online application is now open for students participating in credit-bearing study abroad programs and international internships during the spring 2017 and summer 2017 terms. The deadline to apply is October 4, 2016. For more information, please visit the [Gilman website](#).

For more information about study abroad opportunities, visit the [Office of International Services](#).

## Well-Deserved Profile

Bringing adults together to learn about myriad subjects has been the purpose of The Knowledge Exchange. In a recent article profiling the program, the [Homewood – Flossmoor Chronicle](#) traces the TKE from its inception more than 23 years to today, noting that no matter what else has changed, the program remains true to its dedication to the joy of learning.

The Fall 2016 TKE schedule includes classes ranging from the Beatles to highways in America to politics at local and federal levels. Classes are held at GSU on Fridays. For more information, visit the [TKE website](#) or contact [Suzanne Patterson](#).



**Governors State University**

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# Your Health is the Key to a Successful Semester

Starting a new academic year is always exciting: You have goals you want to achieve, and this fall brings you one step closer to reaching them. That's why it's important to begin the school year with a wellness plan to help you stay on top of your game. As prevention is key to taking care of yourself, we'd like to share recommendations for ensuring you have a healthy year.

**Plan to eat balanced meals and drink plenty of water.** Hippocrates famously said, "Let food be thy medicine, and medicine be thy food." The father of modern medicine appreciated the important relationship between food and health, and you should too. Your diet should be high in nutrients and composed of mostly "whole" foods — fresh produce, high-protein foods, and whole grains. You can learn more about balanced eating through the [My Plate initiative](#) and find recipes and resources for eating healthy on a college budget [online](#) as well. And don't forget that the [GSU Café](#) features healthy food options.

**Exercise regularly.** Not only does exercise enhance overall body fitness and cardiovascular health, but it also wards off depression, aids in digestion, and improves sleep. The [Governors State University Athletic and Recreation Center](#) is conveniently located on campus and is free to GSU students — just use your [myONECARD](#). In addition to the free weights, exercise machines, and cardiovascular equipment, there is an Olympic-style lap pool, a gymnasium with a full-sized basketball court, and a racquetball court. There are also [team sports](#), special events, and classes to keep you moving.

**Get plenty of rest.** This might seem tough to do. You're in college, after all, and that means you're busy with classes, projects, studying, and maybe even a job. But when you go short on sleep, you become fatigued much more easily. And when you're fatigued, you simply don't have the energy needed to function properly and perform well in anything — school, work, sports, social events, anything — which is reason enough to prioritize your sleep routine. Even with the fullest schedules, there are ways to [ensure that your body and mind are](#)

[getting the rest that they need.](#)

**Practice mindfulness.** Mindfulness is a state of active, open attention on the present. Practicing mindfulness has been linked with stress reduction, improved memory, and increased mental focus, among [other benefits](#). Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience. Every Thursday from 3– 4:30 p.m., starting September 27, Professor [Maristela Zell](#) hosts mindful practice in room A2150, but you don't have to wait until Thursdays to be still, though. Mindfulness can take place in your room, car, or any quiet space you deem fit.

**Seek professional care.** Sometimes we need extra help. Sometimes we have more than a cold or aren't just a little sad. At GSU, you can meet with health professionals who are there to provide you with the care you need. At our [Counseling Center](#), you can speak confidentially with a mental health counselor to discuss emotional concerns, substance abuse problems, sexual health, relationship issues, or any other concerns you may have.

If you're sick, you can see a doctor at [Riverside Immediate Care Center](#), just 10 minutes from campus in Monee. At Riverside you'll find both treatment and prevention services. And if you need a higher level of care, their healthcare professionals will refer you to a physician.

This semester — and every semester — keep yourself in mind. Take care of yourself so that you can do the great thing you've set out to do: succeed at Governors State University.



## Fall 2016 Welcome Week

Governors State University is excited to welcome our students back each semester. During the first week of classes, get familiar with our student organizations, and participate in the exciting activities taking place campus wide. If you need any additional information stop by the Student Life Office A-2100 or contact us at [SLCO@govst.edu](mailto:SLCO@govst.edu).

### Smart Start Welcome Events

#### Monday, August 15:

- **Where's My Classes**, 8:30am – 2pm, Hall of Governors
- **Jaguar Welcome Café: Ice Cream Social**, August 15, 11am – 2pm, Hall of Governors

#### Tuesday, August 16

- **Service Works: Civic Engagement & Food Insecurities**, Noon – 3:00pm, Hall of Governors

### Wednesday, August 17

- **Grill & Chill**, 11:00am – 2pm, E-Lounge Patio

### Welcome Week Events:

- **Convocation**, Friday, August 26, 2016, 3pm - 4:30pm, Center for Performing Arts
- **Prairie Place Resident Floor Meetings**, Sunday, August 28, 2016, 9pm – 10pm, Prairie Place
- **Prairie Place Welcome Picnic**, August 28, 2016, 6pm – 8pm, Prairie Place

### Monday, August 29:

- **Fall 2016 Classes Start**
- **Where's My Classes?** 8:30am—1:00 pm, 3:00pm – 7:00pm, Hall of Governors
- **Student Life Open House**, 12noon – 4pm, Student Commons
- **LGBTQA 101**, 7:30pm - 8:30pm, Lakeside Lounge

### Tuesday, August 30:

- **Where's My Classes?** 8:30am—1:00 pm, 3:00pm – 7:00pm, Hall of Governors
- **Student Clubs & Org Fair**, 12noon – 6pm, GSU Lake

**Welcome Week Carnival**, 1pm – 5pm, GSU Lake

- **Volleyball vs Indiana University NW**, 7pm, GSU Gymnasium
- **Let's Talk About Sex**, 7:30pm – 9pm, Prairie Place Great Hall

### **Wednesday, August 31:**

- **Where's My Classes?** 8:30am—1:00 pm, 3:00pm – 7:00pm, Hall of Governors
- **Student Employment Fair**, 2pm - 5 pm, Hall of Governors
- **International Mixer**, 3pm – 5pm, Engbretson Hall

### **Thursday, September 1:**

- **Illinois United Student Senate Forum**, 10:00am - Noon
- **Farmer's Market**, 11am - 5:30pm, GSU Main Entrance

### **CANCELED**

- **GSU Rocks the Vote!** Noon – 6pm, Hall of Governors
- **Turn Up Responsibility**, 7:30pm - 8:30pm, Prairie Place Great Hall
- **Secretary of State**, 11:30 am - 6pm, Hall of Governors

### **Friday, September 2:**

- **Welcome Back Party sponsored by Black Student Union**, 10pm – 2am, E-Lounge
- **Mr. and Ms. GSU Information Sessions**, TBD

### **Other Key Dates and Events:**

- Labor Day (No Classes) Monday, September 5, 2016
- Volleyball vs Trinity Christian College, Tuesday, September 6, 2016, 7pm, GSU Gymnasium
- Art Exhibition: "Ways of Making: Abstraction"

Closing Reception, Tuesday, September 6, 2016, 5-7pm, E-Lounge

- DDP Welcome Back Social, Wednesday, September 7, 2016, 2 – 5pm, Game Lounge
- Study Abroad Information Session for Students, Wednesday, September 7, 2016, 3- 4:30pm, Engbretson Hall
- Day of Remembrance and Service, Monday, September 12, 2016
- Volleyball vs Purdue University Northwest, Tuesday, September 13, 2016, 7pm, GSU Gymnasium
- Study Abroad Information Session for Students, Thursday, September 15, 2016, 3 - 4:30pm, Engbretson Hall

Events listed will be finalized in the upcoming weeks and are subject to change,