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GSU View

University Newsletters

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GSU View, February 21, 2018

Office of Marketing and Communications
Governors State University

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News

RSVP Today for Friday's All-Campus Symposium



On **Friday, February 23**, faculty, staff, and students will meet on the CPA stage for the Spring 2018 All-Campus Symposium. **[Please RSVP to Penny Purdue today, Wednesday, February 21, to attend and receive a code for the Gallup StrengthsFinder test to be used throughout the symposium.](#)**

Tom Matson, Senior Executive Leadership Strategist at Gallup Education, will give the keynote address. Matson is the strategist, architect, and senior writer for *Clifton Strengths for Students*, and the symposium will explore the ways that GSU uses students' StrengthsFinder results to increase student success. It will also address ways that individuals can use their own assessments to build their skills. A continental breakfast will be available at 8:30 a.m., and the lecture will begin promptly at 9 a.m. Lunch will be served and the symposium will end in the early afternoon. **RSVPs are required, and all attendees must take the StrengthsFinder test before the symposium.**

To RSVP and receive your test code and instructions, please email [Penny Purdue](mailto:Penny.Purdue) or call x4130.

Nationally Ranked GSU Men's Basketball Team to Host Olivet Nazarene in Tonight's CCAC Quarterfinals



The GSU Men's Basketball team opens the CCAC Tournament for its final home game tonight **Wednesday, February 21** at 7 p.m. against Olivet Nazarene. Come out and support the Jaguars for their first-ever postseason game and enjoy free hotdogs and popcorn.

Wear your GSU gear and come to the Spirit Pep Rally this afternoon from noon – 1 p.m. in the Athletics & Recreation Center (Building A).

The Jaguars are ranked 16th in the NAIA Division II Coaches' Top 25 Poll. GSU has jumped eight spots since entering the Top 25 on January 23!

For live stats and video stream of tonight's game, click [here](#).

Admission is \$5 for adults and \$2 for children (under 12). **GSU students, faculty and staff gain free admittance with myONECARD.**

Find Out About Covering Summer Tuition with Your Pell Grant



Were you awarded the Pell Grant this academic year? Great news! You are now eligible for money to [help you pay for your summer courses](#).

Registration for summer courses begins **March 19**, but you can get a jumpstart on preparing for a productive summer by viewing the summer schedule in your [MyGSU portal](#) now.

Contact the [Office of Financial Aid](#) to learn more about covering costs for the upcoming summer semester.

Updates to GSU Organization Chart

GSU's organization chart has recently been updated. To view the latest version, click [here](#).

Bring Friends and Family to the Upcoming Graduate Open House



The annual Graduate Open House will be held **Saturday, February 24** from 10 a.m. – 1 p.m. in the Hall of Governors.

Meet with program advisors, coordinators, and staff. Attend breakout sessions on financial aid, housing, GRE preparation, program admission requirements, and much more. Prospective students who attend the Open House will receive a waiver code for their application fee. Programs requiring application through the Centralized Application Service are excluded. [Register here](#), or for more information contact [Julie Anderson](#) at 708.534.4086.

Conversations with Leaders: Elizabeth Cada



[Dr. Elizabeth “Beth” Cada](#) moved frequently across the country as a child, following her father’s climb up the corporate ladder. It was her mother who led Cada and her sister to lives of service.

“My mother, the first in her family to attend college, was a librarian and a huge supporter of public education. She was always working for others in the church and community. She believed in giving back and really instilled that in us,” said Cada, an occupational therapist by profession and trailblazer by birthright.

The founding Chair of the GSU [Department of Occupational Therapy](#) and later Dean of both the [College of Health and Human Services](#) (CHHS) and Graduate Studies, Cada helped implement the law that today provides children with disabilities the opportunity to receive services such as occupational therapy in schools.

Indeed, for four decades Cada has followed her mother’s lead by serving children and families in need of occupational therapy services.

[Read more . . .](#)

Tornado Drill Day – Tuesday, March 20

GSU will host a campus-wide Tornado Drill Day, **Tuesday, March 20** at 10 a.m. and 6 p.m. All persons on campus at the time are required to participate. If you are on campus, please proceed to the nearest tornado shelter and stay there until a member of the campus safety team directs you to leave the shelter. For faculty members who are in class at the time, please guide your students to the nearest shelter. We know this drill will be a brief disruption to class instruction and the workday, but it is imperative to participate in preparation of tornado season and assessment of campus readiness.

You will find Tornado Drill resources on GSU's [Emergency](#) webpage that includes:

- Listing of Tornado Shelters
- University's Emergency Preparedness Checklists
- Campus Safety Booklet

There are separate checklists for faculty and staff. Please familiarize yourself with the processes and procedures contained within. This drill is a university-wide effort. We thank you for your cooperation in making GSU a safe environment for its entire community.

GSU Votes!



Make sure you are registered and exercise your right to vote in the upcoming Illinois primary election on March 20. Even though the primary falls during Spring Break this year, it is still easier to vote than you think. You can even vote by mail! Just go to the [Illinois Board of Elections site](#), select an application for regular Illinois citizens, then follow the instructions. Remember that applications need to go to your local election office. The Board of Elections site will show you the right place to submit your application to vote by mail.

A lot can happen between now and Primary Election Day to keep you away from the polls, so the surest way for your vote to be counted is to register today to vote by mail, Vote as soon as you receive your ballot.

President Maimon's *Leading Academic Change: Vision, Strategy, Transformation* Available in GSU Bookstore



Copies of GSU President Elaine P. Maimon's recently published book [Leading Academic Change: Vision, Strategy, Transformation](#) are now available in the GSU's Follett Bookstore.

The book, published by Stylus Publishing, takes the reader through a series of academic principles and best practices, but instead of rolling out dry concepts, Dr. Maimon demonstrates how these ideas actually work by telling her university's story. From instituting the university's first freshman class to guiding it through the Illinois State Budget Crisis, Dr. Maimon's lessons abound, and throughout the book, Governors State emerges from the text as the lead character in the story.

Stop by the bookstore to purchase your copy today!

Announcements and Events

Heart Health Awareness Fair

On **Thursday, February 22**, come learn about health education and screening questions to assess disease risk. Event activities include blood pressure checks, benefit enrollment education, flu vaccines info, chair massages, medication education, giveaways, raffles, and more. This event will be held from 11 a.m. – 3 p.m. in the Hall of Governors. This event is free and open to the public.

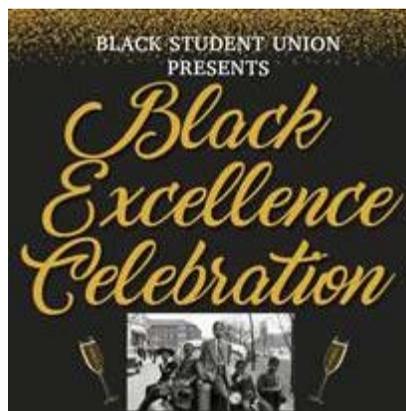
Sexual Assault Awareness Month

Sexual Assault Awareness Month (SAAM), recognized throughout the month of April, works to raise public awareness about sexual violence and educate communities on how to prevent it. This year SAAM is celebrating its 17th anniversary with the theme "Embrace Your Voice" to inform individuals on how they can use their words to promote safety, respect, and equality to stop sexual violence before it happens.

All student clubs/organizations, faculty/staff and departments are invited to submit a program for the 2018 SAAM. While one month isn't enough to solve the serious and widespread issue of sexual violence, the attention April generates is an opportunity to energize and expand prevention efforts throughout the year.

Please [submit your program](#) by **Friday, February 23**. For more information about SAAM, click [here](#). Please direct further questions to [Amanda Evans](#), or call x4379.

Black Excellence Celebration



All in the GSU community are invited to join the Black Student Union for the Black Excellence Celebration this **Saturday, February 24** at 7 p.m. in the Center for Performing Arts. Entry is \$10 and includes a night of food and entertainment. Dress to impress!

Call for Readers: African American Read-In

Join over a million readers from all backgrounds in celebration of literacy and Black History Month! Select an excerpt to read from a book, poem, or other literary work written by an African American author. The event will be held on **Monday, February 26** from 6 – 8:30 p.m. in the Hall of Honors.

To participate, please contact [Dr. Rashidah Muhammad](#) or [Merri Wilkerson](#). This event is sponsored by the College of Arts and Sciences, the English Department, Student Life, and the [Black Caucus of NCTE](#).

GSU Saves

GSU and members of its surrounding communities are invited to GSU Saves, a week of financial literacy events inspired by [America Saves](#). From **February 26 – March 1**, between 11:30 a.m. and 5 p.m., industry professionals will promote ways for you to save, budget, and invest. Prizes and giveaways will take place throughout the week.

GSU Saves is funded by a GSU Intellectual Life grant and hosted by the Interdisciplinary Studies (IDSS) program. Email [Leslie Grange](#) for more information.

Safe Zone Training Registration Extended



The Spring 2018 Safe Zone Training will take place on **Tuesday, February 27** from noon – 2 p.m. in the Hall of Honors. Safe Zone is a training program open to faculty and staff only at this time. The goal of this program is to raise awareness about the dynamics of gender and sexual orientation while exploring different ways to embody inclusive allyship for people of all orientations, genders, sexualities, identities, and levels of being out.

Participants must [RSVP](#) by **February 23**. Space is limited. For updates or more information call x4551 or email diversity@govst.edu

Student Organizations to Host Literacy Project

Throughout March, The Student Education Association (SEA) and Kappa Delta Pi Honor Society (KDP) will host a Literacy Project. The project will celebrate the nationwide Read Across America (NEA) and Literacy Alive! (KDP). Donations of children's books (new and used, in good condition) will be collected throughout the month of February for the following shelters and centers.

Student leaders and other volunteers will read and facilitate literacy activities at four different sites:

- South Suburban PADS (4411 W. Gatling Blvd, Country Club Hills): **Thursday, March 1**, 4 – 6 p.m.
- The Garden of Prayer Youth Center (657 E. Court Street, Kankakee): **Friday, March 2**, 4 – 6

- p.m.
- Together We Cope (17010 Oak Park, Tinley Park): **Thursday, March 8**, 4 – 6 p.m.
 - Ronald McDonald House (211 E. Grand Ave, Chicago): **Friday, March 23** 7:30 – 9 p.m.

Literacy activities will vary by location but will include an assortment of read-alouds, book creations, and crafts. All materials will be provided for the activities and then donated to the location at the culmination of the event.

This project is an extension of the Education for Sustainability event launched in November. For more information or to RSVP, contact [Hannah Gruben](#).

S.H.E.R.O. Registration Open

The S.H.E.R.O. Women's Leadership Symposium inspires women to seek their highest level of personal and professional development through a greater understanding of leadership and the acquisition of new ideas to optimize and sustain personal potential. S.H.E.R.O. — sharing her story of empowerment, resilience and opportunity.

This year's theme "Reclaiming My Time" encourages women to use their voices, celebrate how valuable they are, and take ownership of their destiny. It is a time of reclamation to celebrate the beauty of their multiple identities that makes them powerful leaders beyond measure.

Please [register](#) by **Friday, March 16**. For more information email diversity@govst.edu.

Panera Fundraiser Hosted by Students of Addictions Studies Club



GOVERNORS STATE UNIVERSITY
STUDENTS OF ADDICTIONS STUDIES
CLUB

Help support the Students of Addictions Studies Club by dining at Panera in Matteson on **Wednesday, March 28** from 4 – 8 p.m. [Bring this flyer](#) or show an electronic version to the cashier for a portion of proceeds to benefit the club.

Panera is located at 4864 211th St., Matteson, IL 60443.

Nursing Student Town Hall



Those interested in learning more about nursing can ask questions about the field, as well as meet or get to know professors and members of the department, at the Nursing Open House **Tuesday, April 10** from 4:30 – 6:30 p.m. in Engbretson Hall.

This gathering will allow students from all Nursing programs (undergraduate, graduate, and doctoral) the opportunity to meet the Director, clinical coordinators and instructors.

Two-Day Comprehensive Suture Training Workshop

A two-day Comprehensive Suture Training Workshop will be held April 21 – 22, starting at 8 a.m., in the G-Wing Nursing Simulation Lab.

This two-day (16-hour) course is directed to nurse practitioners and physician's assistants. This course provides broad exposure to various types of procedural suturing. Learners at any level of experience will gain knowledge using integrated lecture and hands-on training as follows under the expert guidance of experienced suture training instructors using surgical-grade instruments.

The program cost is \$300 and includes the two-day course tuition, 16 CE contact hours, and training materials for home practice.

For more info or to register, click [here](#).

Highlights

Five Ways Good Friends = One Good Life



Take heart, Cupid. It's the season of love, but [one GSU expert says all connections should be embraced](#).

"All good relationships —solid support systems —can be beneficial to your health and well-being," said

[Dr. Shea Dunham](#), Associate Professor of Psychology and Counseling. "Romantic love is the most exciting this time of year, but good friendships can help us be like Benjamin Franklin—healthy, wealthy, and wise."

Research shows people in supportive relationships, including marriage and platonic friendships, have lower stress levels, fewer health issues, and more fun.

Dunham offers Jaguars [five benefits of making friends](#).

Jalen Miller Named CCAC Men's Basketball Player of the Week



For the second time this season, forward [Jalen Miller](#) has been named Men's Basketball Player of the Week by the Chicagoland Collegiate Athletic Conference.

Miller averaged 22.0 points and 8.0 rebounds and shot 64 percent from the field as 18th-ranked GSU closed its regular season with wins over IU South Bend and Cardinal Stritch.

The 6' 5" Miller tallied 25 points, six rebounds, four assists and four steals in a 97-75 victory over Cardinal Stritch on Feb. 17. That effort was preceded by a double-double (19 points, 10 rebounds) performance in an 80-71 win versus IUSB on Valentine's Night.

A graduate student from Riverdale, Miller finished fifth in CCAC conference scoring, averaging 17.4 points over 20 league games. He also stands 30th nationally in steals (51).

"It's great to see Jalen recognized for the hard work he's put in this season," said GSU Head Coach [Tony Bates](#). "Jalen's been a selfless player for us this season and a great leader."

Come see GSU in its home game against Olivet Nazarene in the CCAC Quarterfinals tonight!

Workshops & Trainings

A complete list of workshops for students, faculty, and staff can be found [here](#). Check out the Thought Leadership Workshop Series or workshops from Career Services.

Faculty: If you have not already done so, it's time to have a new headshot photograph taken. Please refer to the [schedule](#) to find a convenient time.

Do you have a story or event you want to submit for the GSU View?
[Click here to learn about our submission guidelines.](#)



University Park, IL , February 21, 2018

Conversations with Leaders: Elizabeth Cada

Dr. Elizabeth “Beth” Cada (http://www.govst.edu/Site_Navigation/Contact/Directory/bcada/) moved frequently across the country as a child, following her father’s climb up the corporate ladder. It was her mother who led Cada and her sister to lives of service.

“My mother, the first in her family to attend college, was a librarian and a huge supporter of public education. She was always working for others in the church and community. She believed in giving back and really instilled that in us,” said Cada, an occupational therapist by profession and trailblazer by birthright.

The founding Chair of the GSU [Department of Occupational Therapy](http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Health_and_Human_Services/Department_of_Occupational_Therapy/) (http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Health_and_Human_Services/Department_of_Occupational_Therapy/) and later Dean of both the [College of Health and Human Services](http://www.govst.edu/chhs/) (<http://www.govst.edu/chhs/>) (CHHS) and Graduate Studies, Cada helped implement the law that today provides children with disabilities the opportunity to receive services such as occupational therapy in schools.

Indeed, for four decades Cada has followed her mother’s lead by serving children and families in need of occupational therapy services.

To service, Cada adds her own spin: improved access and equity for all.



Those have been the themes playing in the background of her life, a symphony of service that has inspired patients, students, and faculty both locally and nationally.

Cada is a Fellow of the American Occupational Therapy Association and has held leadership positions with the organization, as well as with the National Board for Certification in Occupational Therapy.

After the groundbreaking [Individuals with Disabilities Education Act](https://sites.ed.gov/idea/) (<https://sites.ed.gov/idea/>) passed, Cada went to work training occupational therapists statewide to provide occupational therapy services that supported children’s educational programs in schools. Prior to the law passing, school-age children who needed supportive therapy were seen in private practice or medical settings.

To get a firsthand look at how the law was working at the local level, Cada took a job as a school-based therapist.

In 1996, Cada joined GSU with a dream to serve residents in the region by teaching future occupational therapists. She established the Department of Occupational Therapy and two years later—20 years ago this year—the [Master of Occupational Therapy](http://www.govst.edu/MQT/) (<http://www.govst.edu/MQT/>) program graduated its first class.

The program was an opportunity to educate scores of therapists who would later serve clients in the Southland and throughout the rural region, where they were sorely needed.

The success of the CHHS programs brings a smile to the face of the former Dean who oversaw seven departments that generated millions for research and scholarships to educate health and human service professionals.

While she’s proud of her work as CHHS Dean, an entire generation of occupational therapists in the Southland owe some part of their careers to Cada.

"Before, many hospitals and community organizations in the area had to contract to bring therapy providers in. Now, we educate therapists in the area, and they also work in the area. That's a huge impact that means a lot to me."

More importantly, many of those GSU-educated professionals reflect the community they serve in a stark contrast to the monolithic demographic she saw two decades ago.

One of those students is GSU's own Dr. Cynthia Carr, Associate Professor of Occupational Therapy and a founding faculty member of the department.

Simultaneously a student and a professor, Carr earned her doctorate in 2012, one of the first Doctor of Occupational Therapy degrees granted.

(http://www.govst.edu/Academics/Colleges_and_Programs/College_of_Health_and_Human_Services/Department_of_Occupational_Therapy/Doctor_of_Occupational_Therapy_Program/).



Dr. Cynthia Carr, GSU Associate Professor of Occupational Therapy, with students

"Dr. Carr, like many of our students, had strong reasons for wanting to be at GSU, and to continue honing her expertise in occupational therapy practice and executing educational best practices right here in the area," said Cada.

After serving in dual dean roles for six years, Cada is now moving into a new position as Interim and Vice President of Academic Affairs, the senior administrator responsible for all academic affairs of the university.

It's another opportunity to cast wide her service net as she seeks to build a stronger faculty and enhance curricula that are responsive to the needs of students and the region.

The assignment is challenging in the face of dwindling state funding for higher education; however, Cada is focused on the principles that have guided her from the beginning.

"I'm a great proponent of looking at people's strengths. That comes from my days as an occupational therapist—not looking at the deficits. You get the best outcomes by building on people's strengths."



University Park, IL , February 21, 2018

5 Ways Good Friends = One Good Life

Take heart, Cupid. It's the season of love, but one GSU expert says all connections should be embraced.

"All good relationships —solid support systems —can be beneficial to your health and well-being," said Dr. Shea Dunham, Associate Professor of Psychology and Counseling. "Romantic love is the most exciting this time of year, but good friendships can help us be like Benjamin Franklin—healthy, wealthy, and wise."

Research shows people in supportive relationships, including marriage and platonic friendships, have lower stress levels, fewer health issues, and more fun.

Dunham offers Jaguars five benefits of making friends:

1. Better **HEALTH** - Statistics show people in healthy marriages enjoy better health than unmarried couples. The same is true for good friends who provide us with a support system when we are worried about jobs, classes, or life. When we have good friends to talk to or hang out with, we are less likely to turn to destructive vices. So a friend helps reduce stress and avoid blood pressure spikes and other stress-related issues. "Having good people around means living better," Dunham said. "Everything else is icing on a cake."



2. More **LAUGHTER** - Good times flow from good people. Being with people we love and enjoy makes us feel good, naturally. When we feel happy, the endorphins—the brain's feel-good chemicals—flow, and we smile and laugh more, Dunham said. "It's hard to be down when you feel good."

3. Deeper **WISDOM** - When a friend or spouse (lovingly) calls you out for demonstrating less than admirable character, you tend to listen and grow as a result. You trust your friends to give you good feedback, and that can help mature into a more confident and considerate person. "That's one of the benefits of having good friends or a spouse," Dunham said, adding, "They care enough to share the hard truths."

4. More **WEALTH** - Your friends or your mate may encourage you to adopt better spending habits or even join an investment club to save money. It's easier to achieve shared goals and dreams if you are accountable to a friend or partner.

5. More **LOVE**- When you show yourself friendly people want to be around you. Popular people attract others who want to be around bright, outgoing people whether you are single or part of a couple. "The law of attraction works here, too. Good energy or good vibes attract the same. The best investment you will ever make is investing in true friendships. You will never go wrong," Dunham said.

Bottom line, Dunham said, if you are connected with others you will find immeasurable happiness, good health, purpose, and love.

