of the night of the African American Read-In, a lyric read by a participant: "Abraham too was black," which is a fact being a descendant of Shem. Abraham steps on the scene. Genesis fourteen verse thirteen. Abraham steps on the scene being a descendant of Shem which is a fact. KRS-One (Why is that?) by Afolabi-Bello Olanrewju is a rap artist, who in his delivery of water ranging from 12 packs to 40 packs of water were donated, equaling a filled semi-truck. On Mar. 3, GSU’s community members Ricca Loussaint, Shaniqua Jones, Wendy Leonard, August White and Jasmine Bond met up at 7am at the Faith Movers Church to board the bus. With high spirits, each volunteer chatted excitedly during the five hour trip to Flint. Upon arriving at River Village housing of water to each apartment. As half of the volunteers unloaded the truck, the other half delivered a case of water to each apartment in the housing. As water was being delivered to the individual, some Flint residents came out and expressed their gratitude through saying thank yous and hugs. With half a semi-truck left, the volunteers moved forward to the next location, Galilean Baptist Church. At the Galilean Baptist Church, each volunteer became a part of the “assembly” line to move the waters into the church to later be distributed to the community. The church showed their appreciation by graciously providing dinner for all the volunteers. With a long day of giving water, the volunteers exhaustedly boarded the bus for the five hour ride home. While some volunteers napped, others talked and discussing their day and reflection about the experience. With unsolved water issues in Flint, many volunteers are already planning their next trip to deliver more hope for the residents of Flint, Michigan.

African American Read-In

The event happened at the Hall of Honors. One of the readings that made the night a spectacle, was the reading from possibly a junior high student, his rendition was from a rap artist, who in his delivery of African American authors by reading passages of their work. Though the event was about reading the works of African Americans, the event had in attendance people of all races. The African American Read-In (AARI) is a national literacy initiative that started in 1989, sponsored by the National Council of Teachers of English (NCTE) and was later endorsed by the International Reading Association. Over the last 22 years, more than a million readers from across the United States gather to read the works of African American authors held in the month of February. Read-in events are held at colleges, universities, schools, public libraries, churches, civic and recreational centers and homes. The goal of African American Read-In is to forge a strong link between African authors and make literacy a traditional part of Black History Month activities. These Read-ins over the years, have developed into outreach initiatives that combine campaigns for literacy with components for diversity. African American Read-In were built on the passion for celebrating the black authors within campus faculty, staff, students and community friends. These links are established through the love of literature. At the Hall of Honors on that evening, it was a celebration of a reading culture that bound and brought all together. On a table in the hall that evening laid literal works of art of African American descent. Even if someone was not prepared to read, they could still participate in the euphoria that held the room. All that was required was your reading voice to support the heritage, journey and contributions that African American had made to the making of this country. Though there were no structured formats for the presentations as the readers were allowed to pick topics from any sphere of literature. Though the reading was about the people of color, the reading transversed gender, race, professional barriers and age.
Editorial

Freedom of the Press

By Brenda Torres
Editor-in-Chief

People who reside in the United States are fortunate because they get liberties that other countries do not have, one of them is freedom of the press.

Many people of this country take freedom of the press for granted because they do not realize that some other countries do not have this privilege. Journalists in this country may not have the safest career, but they have more safety then other countries.

For example, Mexico has a high rate of violence against journalists. According to Dr. Andrae Marak Chairperson Division of Humanities and Social Sciences and a political scientist, the danger to journalists in Mexico comes from the fact “that the state doesn’t have control over all of Mexican territory and that’s one way they silence journalists. Many journalists have just agreed to silence themselves, so that they are not targets of the cartels. That’s one way freedom of the press is undermined.”

Hence, to live in the United States, we are more favored when it comes to freedom of the press.

Students

Students in other countries also run a risk not only because they do not have freedom of the press, but also because of freedom of the press, but also because of the Foundation for Individual Rights in Education (FIRE). The foundation’s mission is “to defend and sustain individual rights at America’s colleges and universities. These rights include freedom of speech, legal equality, due process of law, religious liberty, and sanctity of conscience—the essential qualities of individual liberty and dignity.”

The rights of free speech and a free press are vital to the Phoenix. Those rights allow us to publish what we believe is important to the campus.

As student journalists, we have a voice that informs students on issues that are important to them. We have our journalistic integrity to keep in mind at all times for the betterment of students. We take the concerns and interests of the student body, faculty and staff seriously.

We appreciate when the campus approaches us with story ideas since we are able to print a paper that better reflects the campus.

We are a publication that people take seriously and we deserve to have that freedom of the press.

Grad Column

Counseling Services

By Matt Gentry
Grad Columnist

The Counseling Center serves a vital role in supplying mental health services to all students at GSU. Among others, students often seek appointments for issues such as anxiety or stress from academics, loss or grief, depression, balancing personal issues with school and relationships. Other services include wellness assessments, online resources on a variety of topics, and guidelines on how to help a student in distress. All appointments for current students are covered by student fees.

Kelly McCarthy, the Director of the Counseling Center, encourages students to make an appointment if they are struggling in any aspect of their lives. Students are eligible to receive one-on-one counseling once a week for the semester. The sessions are 50 minutes in length. This is a professional-level service conducted by a staff of one licensed clinical psychologist, one licensed clinical professional counselor and four doctoral student counselors working under close supervision.

The quality is equivalent to a private clinic, and you usually will not have to wait.

The reality is that life as a graduate student is tough. A study published in the Journal of College Student Development in 2006 found that “almost half of the graduate students had experienced a stress-related problem that significantly affected their emotional well-being and/ or academic performance within the previous year.” Unfortunately, barriers exist that prevent many students from seeking counseling services.

One barrier is the pervasive mindset that going to see counseling means that you are “weak.” This negative, outdated stereotype could not be further from the truth! It is important to realize that mental health is like any other kind of health. A physically fit person can still come down with a flu, and that person goes to a medical doctor and may be treated with antibiotics to get better.

In the same way, everybody has mental ups and downs. This is part of being human, just like getting the flu is normal and nothing to be ashamed about. A counselor is here to help you get back to a better place and seeing a counselor does not have to be a permanent situation or a permanent barrier is cultural in nature. The US Department of Health and Human Services found that minorities were less likely to seek counseling due to cultural attitudes and beliefs.

The counseling center fully understands these concerns and counselors are specifically trained in cultural competency. All information is 100% confidential, and by law cannot be disclosed without your consent.

When things seem to be out of control, the best thing you can do is ask for help, and the counseling center wants to help you in order to make GSU the healthiest campus in Illinois.

Located within the Academic Resource Center (off of the Hall of Governors), the counseling center is open Monday to Thursday 9 am-7 pm and Friday 9 am-5 pm.

Visit their website at http://www.govst.edu/counselingcenter/ to meet the staff, check out online resources, and become more educated about services offered.

The PHOENIX is published twenty four times annually. We welcome articles, suggestions, photos, commentary, cartoons, and letters to the editor on issues that concern you or the GSU community. We reserve the right to edit submissions for clarity, legality, and interest to our GSU readership. All submissions must be credited, and include the submitter’s full name, graduate status, and field of study.

Address Correspondence to: Phoenix Newspaper, Governors State University, 1 University Parkway Room E2543, University Park, IL 60466

Faculty Advisors: Tammarra R. Winn and Randall Weissman
Editor-in-Chief: Brenda Torres
Associate Editor: Misturat Ganiu
Staff Reporter: Holly Britton
Sports Reporter: Afolabi-Bello Olamreju
Business Manager: Suzette Shepherd
Intern Reporter: Darius Robinson

To contact for more information: phoenix@govst.edu

OpEd

Ask Holly

Holly Britton
Staff Reporter

How do you maintain long distance relationships while in college?

Maintaining a relationship is never easy, especially when it is long distance. When you enter college or a new college you are opening yourself up to new experiences and relationships. However, the key to making the current relationship work is the combination of communication, work, understanding, and compromise.

Just to be clear a relationship doesn’t necessarily have to mean a couple who are dating. It can be best friends. Without communication people will simply just stop contacting the other person all together.

Communication is needed even if it’s a ten minute phone call on a Sunday afternoon. The reaching out and communicating lets the other person know you still care, even though it is difficult to always be in contact like before.

As a student, you will be assigned homework and some will even become student workers. A relationship is no different. If your relationship is long distance then you have to work to make the time and effort to keep in contact with that individual. You may have to adjust your schedule or do something surprising for the other individual. Understanding each other can sometimes be hard if personalities are different.

Someone who may be use to contacting you all day needs to understand, with school schedules and work schedules it can sometimes be hard to fit into your busy schedule.

Counted from p. 2
The Professor Profile for this Issue: Dr. Maristela Zell from the College of Health and Human Services division of Social Work.

Interviewed by Brenda Torres
Editor-in-Chief

Phoenix: What classes do you teach at the university?

Zell: I teach advanced social work practice in the Social Work Program. A few years ago, I developed one of the program’s concentrations, Holistic Social Work Practice and I have been teaching those courses. This concentration focuses on integrating holistic approaches to traditional social work practice. I also teach some of the courses in the Mindfulness in the Helping Professions Certificate Program. The program is geared toward incorporating mindfulness-based interventions in various mental health, primary health, and school settings to work with a variety of populations.

Phoenix: How long have you been in the field of education?

Zell: I have been in higher education since 2000, in various capacities. As a faculty, I have been teaching social work for 14 years. In Brazil, my native country, I taught in middle and high schools.

Phoenix: Was education your first choice?

Zell: I was a social worker for many years before coming to higher education. As a profession, social work has experienced a lot of challenges in this country in the last decades. Since the 1980s, when the country veered significantly toward the right, those concerned about the welfare of poor families and vulnerable folk, began to see an erosion of social services and programs designed to combat social problems. This has affected social workers directly, and some of us have been fighting hard to restore such programs or to keep them from disappearing completely. Also, I came to higher education because I didn’t think that we were educating social workers to deal effectively with these problems. I felt that I could impact the field of social work and society at large in a much more significant way by being in the forefront of social work education.

Phoenix: You run the Meditation group on campus. Can you tell me why you started the group and how it is important to the campus?

Zell: Meditation has been an important part of my own life. My mother taught me to meditate when I was 15 years old and that was a great gift! Mindfulness meditation, which is one of the practices that we teach on campus, taps into our innate wisdom to come to our senses fully. Why is that important? Because it teaches us how to be unconditionally and non-judgmentally present to our lives. So much of our suffering (whether mental, spiritual, personal, or social) comes from us being stuck in the past or worrying about the future. That produces a lot of stress on the body and in the mind. Mindfulness, then, is directly applicable to our daily lives, well-being, and mental and physical health.

Phoenix: What is your favorite part about teaching?

Zell: Oh, so many things! I like to see how the students develop and evolve. I think Martin Luther King said that the beautiful thing about learning is that no one can take it away from you. It is great to see how knowledge can be empowering. I like to think that I can be a vehicle for that. I also like the fact that teaching also changes me. Social work practice is very dynamic and changing. From year to year, I see how I must change my pedagogy to stay current, to get students excited about the field, to find new ways to incorporate the wisdom and knowledge they bring with them. I change my syllabi substantially every time I teach a course, because as the field changes, so do students!

Dr. Maristela Zell. Photo by Brenda Torres

Feature

Maristela Zell

Club Spotlight

International Culture Organization

By Brenda Rock
Contributing Writer

On Feb. 17, International Culture Organization (ICO) met for the sixth time during the Spring 2016 semester. ICO is a student membership club at Governors State University (GSU). It operates with the goal of promoting cultural awareness and exchange among the GSU community through various exciting activities and social media.

ICO was established in 2013, and it is recognized for its fast-paced progress and engaging events on campus. In 2014, ICO won the best club award. According to Justin Smith, current ICO president, “ICO is important to GSU because the club brings cultural awareness and teaches about other cultures. The club is meant to bridge the gap between domestic and international students.” To help bring cultural awareness on April 5, from 2 pm to 4 pm, ICO will have a Fashion Show at the Hall of Governors. In the Fashion Show, the models will be wearing clothing from their native countries. By doing so, everyone at GSU can learn about how people dress in other countries. ICO is currently looking for models. If you are interested, please email Justin at jsmith32@student.govst.edu.

ICO collaborates with other clubs at GSU, like Association of Latin American Students (ALAS), Transformation Gospel Choir, International Business Club, and Chinese Association. All of these clubs have a common goal of bringing cultural awareness on campus.

ICO meets every Wednesday at 2 pm in the International building. The building is located right at GSU old GMT building. Everyone is always welcome to attend. Also check the ICO Facebook page for any updates on the Fashion Show.

If you are interested in having your Club/Student Organization featured in our “Club Spotlight” email us at phoenix@govst.edu

Current and past members of ICO. Photo courtesy of Brenda Rock.
Recycle Mania Contest

By Brenda Torres
Editor-in-Chief

On Monday, Feb. 29, the Sustainability Club hosted Recycle Mania in the Hall of Governors. Recycle Mania was a contest for students to collect empty plastic bottles, and then bring their collections to the Hall of Governors to have them weighed by Marie Penny, the club president. The student with the highest weight received the prize of $50 visa gift card.

Recycle-Mania winners:
First place winner- Nancy Vasquez- 13.6 pounds
Second place winner- Amber Pavloski- 6.8 pounds
Second place unofficial winner - Jessica Rodgers- 2.0 pounds because she put effort into collecting plastic bottles.
Third place winner was Maycee Nordine- 3.0 pounds

The first place winner, Nancy Vasquez a graduate student in the social work program stated the importance of the contest, “I think it’s important regardless if there is a prize or not because the Earth needs it. GSU is such a great campus and many students are not recycling, it’s just important to do it.”

According to Penny of the Sustainability Club, “it originated out of Student Life, from the Student Senate. It helps to promote awareness around the GSU campus sustainable issues like reducing, reusing, repurposing and preserve the environment as a whole.”

The club will be hosting a Shredding event on Earth Day, April 22, from 1-3pm. Shred Authority will be on campus with a mobile truck in the B parking lot for shredding confidential items. “It will allow people to drive up to the mobile unit and shred their personal items on site. It will be open to the whole community,” stated Penny.

Penny believes that the club is important to the campus because it is not just about recycling “it actually much more broader then that and just to bring that awareness to people on campus and let them see the importance of sustainability. How it affects your life style because you are able to sustain knowledge,” she said.

The club is currently looking for members, for more information on the Sustainability Club please contact Marie Penny at mpenny@student.govst.edu.

African American Read-In (cont.)

The President of Sustainability Marie Penny and first place winner Nancy Vasquez.

Photo by Brenda Torres

Continued from p.1

The ambiance of the hall was also great, people seemed to savor every reading as they connected with both the writers and the readers. These connections united the reader, the writer and the captivated audience.

Dr. Rashidah Muhammad

Dr. Rashidah Muhammad is an African American woman and a professor of English at Governors State University. Her career path has spanned over two decades. In those years, she has also taken under her belt the running of the African American Read-In. Dr. Mohammad is very proud of her humble beginnings; she will gladly tell you how she started from a poor community, and attended a neighborhood school. She has taught several courses at GSU and she has also helped start several others.

Her interest in the African American Read-In (AARI) it started at Michigan State, but her objective was and is still the same, to make sure that people start learning history. According to Dr. Muhammad, “you learn history by learning the literature of the people.”

The African American Read-In is a veritable platform for improving the reading culture, particularly at Governors State University because before anyone can be heard at the African American Read-In, they must have carried out some research about what they want to read, the author. ‘This gives students the opportunity to read outside their majors. It is a platform for reading, a platform for research, a platform for expression’ so says Dr. Mohammad.

To Dr. Muhammad, The African American Read-In (AARI) gives her the opportunity to get to know and to have other people getting to know their African American heritage and the history of African American in this country. It is also a vehicle through which people can get to know their culture, and if it is not their culture, to know the culture of America.

According to her, there can be no American History without the African American History. African American Read-In is a vital force of making the literacy a part of the Black History Month. According to the professor, it becomes a space where we can do a deep critical exploration of self and our culture. It started as a week but now it has grown internationally.

For the past 27 years, her motivation has been to make people aware of African American history. To bring about an awakening of the contributions of African Americans’ to the development of their beloved nation. The African Americans’ contributions to the political, economical, educational development of the United States of America.

Continued on p. 5

Meet the Dean

By Misturat Ganiyu
Associate Editor

The GSU Library will be giving students, faculty and staff an opportunity to ask University Library Dean Lydia Ruetten Morrow questions on March 10.

“With the growth of freshmen, we are constantly trying to find out what users’ wants and needs are,” said Morrow.

This event will take place in the library conference room, D2419 from 3 pm to 5 pm.

“This is an opportunity not just for the students but also for our faculty and staff to come on in and chat with me,” Morrow noted.

Although it is not yet determined if the GSU Library will host this program again, Morrow noted that the University community can contact her at any time.

“I just want people to feel free and comfortable to tell us how we could better serve them. That’s all,” stressed Morrow.

"My role as Dean is to keep the library running smoothly, to bring new thoughts, ideas and creative ways to meet what our users’ needs are,” Morrow said. “I’m looking forward to meeting and chatting with them [students, faculty and staff].”

In addition to the Meet the Dean event, the library will also host a game night in the balcony area later the same evening.
African American Read-In (cont.)

Continued from p. 4

She further stated that, “it was a black man that invented the street light, it was a black man that laid the foundation of the blue print for Chicago. Black people need to know this, to be proud of their contributions to this nation. Black people got minds.”

Dr. Muhammad further harped on the point that, though the African American student could choose to study any course open to them, Dr. Muhammad would encourage them to study the literature behind their courses of study. “They need to know their roots,” these students according the professor, need to know how to make connections between the history of other people that built this nation and where we are today. According to the teacher of many years, ‘any student irrespective of their fields of study is still a student of history.’

Dr. Muhammad is particularly passionate about people reading the history of their nation, because according to her, ‘literature is written in the historical time frame of the author.’

Dr. Rashidah Muhammad. Photo Courtesy of Dr. Muhammad

By Brenda Torres
Editor-in-Chief

On March 1st the Office of International Services hosted the Education Abroad Fair in the Hall of Governors. The hall was filled with different study abroad programs for students to check out and get information on opportunities. According to GSU Study Abroad Coordinator Amy Schoenberg, “Although these programs are not run by GSU, students interested in studying through these providers can meet with the Study Abroad Coordinator to see which program is best for them and to guide them through the application process. One important factor is making sure that the credit earned will transfer back to GSU and be applied towards their academic plan.”

One table was The Peace Corps, which according to their recruiter Travis Bluemling, “The Peace Corps is a government organization that sends US citizens abroad to volunteer for two and half years. We are in sectors of Business and Economic Development, Environment, Agriculture, Education, HIV and AIDS, Health and Youth Development.” The Peace Corps is currently in 66 countries.

Another program was International Studies Abroad (ISA) from Austin, Texas. Their regional Director Emma May, stated they are a study abroad provider that helps set up programs for students to study in 28 countries. The U.S. Department of State had a table as well. They offer internships, fellowships and career opportunities for students according to their... Continued on p. 6
Imagine that you are living in the dorms cooking dinner and you burn yourself. Do you go to the doctor or stay at the dorms taking care of the injury yourself? The question may seem obvious to some, but to others it may not be so easy.

The dorms consist of different types of students from freshmen to graduate to international, including first-time-away-from-home students. Conducting an interview with Betsy Joseph, Director of Auxiliary Services & University Housing, revealed some information about the resources available to students.

When asked if there any resource on campus, especially for residents, for students to know basic first responding to illness and emergencies, Joseph said that “If a student is ill and needs immediate assistance, the student can and should call 9-1-1 directly.”

She then added: “If a student is not feeling well and/or has minor injury and wants/needs to be seen by a medical provider the student can be seen by a medical provider at the Riverside Intermediate Care Facility in Monoe (http://doctors.riversidehealthcar.org/ location/immediate-care-monee/)

This medical center is located at 25711 S. Egyptian Trail Monee, IL 60449; the phone number is 708-534-7523. The hours of operation are as follows Mondays through Friday 8am-8:30pm, Saturday and Sunday 8am-4:30, and Holidays 10am-2pm.

“If the student needs to be transported to Riverside by the GSU Shuttle the student should call the Department of Public Safety (708-543-4900) and request a shuttle transport to Riverside,” Joseph said. “… When the student has finished his/her visit at Riverside the student should call DPS again to request a transport back to campus.”

Not all students may be aware of this resource or when to take advantage of it. Arika Rogers, masters student and dorm resident, was asked if she knew how to determine if something is serious enough to go to the hospital and when rest is enough. Rogers stated only by gut feeling, not by any information provided. When asked if she was ever provided information on when to act as an emergency she stated “no there isn’t.”

Rogers knows that the Resident Assistants (RA), Resident and Assistant Resident Hall Directors are also trained on what to do in an emergency, which was also confirmed by Joseph. Joseph however did state that “We do not want our RA staff to be ‘guessing’ what might be wrong with the student and advising him/her to seek medical attention.”

If other students/staff shouldn’t recommend medical care, the question remains should students be provided with basic information/training on what to do when they are not feeling well?

Many students are living independently from their family and may not be aware of when something is more serious than a simple stomach ache.

Do you know what to do in an emergency?

By Holly Britton
Staff Reporter

Continued from on p. 5

Recruitment and Outreach Officer, Vayram A. Nyadroh. They work in over 270 locations all over the world. The Global Brigade program, which is offered through the Office of International Services, had students who attended the service learning trip in January, as stated in a previous Issue of The Phoenix, the Brigade returned from Nicaragua. Coordinator Schoenberg stated that the fair brought awareness to students who are interested in studying abroad, “In comparison to other universities, they [the programs] were all very impressed with the amount of interest that GSU students had in the program offerings and especially in doing service abroad.”

The Office of International Services has extended the deadline for the China Studies Summer. For more information on the this program and the fair, please contact Amy Schoenberg at aschonenberg@govst.edu.

March 28th
YONI KI BAAT
6pm, Sherman Hall
Yoni Ki Baat literally means talks of the vagina in Sambire. “Yoni Ki Baat” brings awareness about the South Asian Community and shares stories that are considered very “tatsa” for women in South Asian culture. For more information call 708-534-8950.

March 29th
HEELS OF BUSINESS BREAKFAST
8:30am, E Lounge
Join the discussion as a panel of existing women business owners share their challenges and successes. Come learn and network with other women to grow your business and overcome the barriers women face in business. For more information call 708-534-4929.

March 30th
SHE SPEAKS
12:30pm, Lakeside Lounge
Inspired by TED Talks, come hear messages of hope and success delivered by GSU women to empower, encourage and enlighten all that attend as they share stories of being a woman in various arenas. For more information call 708-534-4551.

WOMEN IN SPORTS
3:30pm, B2203
Come learn about the contributions women have made to the field of sports ranging from basketball to the martial arts. For more information call 708-534-4551.

March 31st
OPEN MIC
6pm, Cafeteria Annex
Come join us as we celebrate women through spoken word, song and other performing arts. For more information call 708-235-7162.
Spring Break

By Suzette Shepherd
Business Manager

What will you do over Spring Break? Students make plans for various activities over Spring Break, but are they meant for taking a break from school work, or spring cleaning, others will plan a trip. After a semester of fulfilling educational needs including reading multiple books, writing a myriad of papers and the ever stressful midterms, how do students connect with their emotional/mental health? There are many free activities you can participate in that will give you relaxation as well as fulfillment for example, find someplace to volunteer, enjoy the outdoors, or even do some arts and crafts.

You may consider contacting Habitats for Humanity to learn more about volunteering, call the Volunteer Coordinator, David Tracy at 708-756-2015 or send an email to volunteer@hfhcss@comcast.net or visit the website www.gohabitat.net. You would be amazed at numerous other volunteer opportunities that can be found at www.volunteermatch.org. Enjoying the outdoors can encompass adventure, exercise and peace of mind all at the same time; you can embark on a hiking journey or take a long walk, but remember safety first and never to go alone. Taking a walk can relieve stress and help renew your inner being while taking in some fresh air and enjoying the beautiful spring scenery. According to Huffington Post, coloring is not just for kids anymore. Coloring pages and books are becoming the craze among adults. Coloring can offer a calming effect and help students to deal with stress by reconnecting them with a more carefree time of their lives – childhood. So, with that in mind let’s have a coloring contest, who can be the most creative in coloring this page? Please submit your coloring page to The Phoenix office located in Room E2543 by March 21, 2016 for a chance to win a $25.00 gift card.

Riddles

A man is pushing his car along the road when he comes to a hotel. He shouts, “I’m bankrupt!” Why?

A girl who was just learning to drive went down a one-way street in the wrong direction, but didn’t break the law. How come?

Answers:

He was playing Monopoly.

She was walking.
SPRING 2016 CAREER AND INTERNSHIP FAIR AT GSU
MEET WITH EMPLOYERS — GET A JOB
THURSDAY, APRIL 14
2 to 5 p.m. • Hall of Governors and Center for Performing Arts Lobby

Dress professionally. Bring plenty of resumés. Students, alumni and community members are welcome.

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