October 31, 2016 Vol. 34, Issue 5

News

Halloween is Bootiful at GSU

Creativity and generosity abound at GSU. In the spirit of Halloween, Becky Schreurs in Admission Processing carved an outstanding pumpkin honoring GSU. Check out her artwork on display at the APO/Registrar’s Office front desk.

Raising spirits and dollars for the Campus Community Campaign was the theme of the Halloween Dining Dare today. Members of the enrollment Management and Student Affairs teams and their friends and guests enjoyed a potluck lunch that included chicken feet, head cheese, squid, snails, and tongue. Donations to the campaign were gratefully accepted and a good time was had by all.

The event was sponsored by Randi Schneider, Associate Vice President of Enrollment Management, and Betsy Joseph, Director of Auxiliary Services and University Housing. To see pictures of this tasty event, visit GSU on Facebook.

Match the Maimons Campaign Launches
The GSU Foundation is pleased to announce the Match the Maimons Campaign. Through December 16, GSU President Elaine P. Maimon and Dr. Mort Maimon will match all new or increased donations, dollar for dollar, up to $54,000.

Although the Match the Maimons Campaign emphasizes the success of GSU’s students via scholarships, your gift can go towards any program at GSU. To learn more about the campaign and participate, click here.

**Stop Procrastinating NOW**

Procrastination is an affliction that hits us all at some time but it can have a significant negative impact if you are a student with projects due and tests scheduled. Check out “How to Stop Procrastinating Now” in the GSU Newsroom for helpful advice (see pages 7-8 of this PDF).

**Have You FAFSA’d?**

Starting October 1, you can submit your Free Application for Federal Student Aid (FASFA). In past years, the FAFSA season began in January, but that has changed! ALL students planning to attend college in the 2017 – 18 academic year should get their applications in early to get the most money. Please visit www.govst.edu/fafsa/.

**Events**

**Don’t Miss "Fat Pig" November 3 & 4**
Cow. Slob. Pig. How many insults can you hear before you have to stand up and defend the woman you love? Tom faces just that question when he falls for Helen, a bright, funny, sexy young woman who happens to be plus-sized — and then some. Forced to explain his new relationship to his shallow (although shockingly funny) friends, he finally comes to terms with his own preconceptions of the importance of conventional good looks.

Neil LaBute's sharply drawn play not only critiques our slavish adherence to Hollywood ideals of beauty but also boldly questions our own ability to change what we dislike about ourselves.

Final performances are Thursday and Friday, November 3 & 4, at 7:30 p.m. Tickets are $15 ($10 for students).

Wednesday Walks in the Park

Explore the big art park in GSU's own backyard every other Wednesday, from noon – 12:45 p.m. through November 30. The Nathan Manilow Sculpture Park is a world-renowned outdoor museum-in-the-prairie, showcasing 32 master works of sculpture. Each tour visits different artworks, so choose the tour that works for you! RSVP to 708.235.7559 by the Monday prior to your tour.

Northwestern Memorial Healthcare CFO to Speak at GSU

Senior Vice President and Chief Financial Officer of Northwestern Memorial Healthcare, John Orsini, CPA, will be speaking at GSU on Tuesday, November 1 from 6 – 8 p.m. in Sherman Hall. This event is sponsored by the Student Healthcare Management Association and Tau Sigma National Honor Society. For more information, contact kbathani@student.govst.edu or Dr. Ning Lu, Professor and Associate Program Director, Department of Health Administration at 708.534.4916.

Student Affairs Sponsors Fifth Annual Student Leadership Institute

Based on national best practices for leadership education, the Student Leadership Institute (SLI) is a distinctive co-curricular certificate program designed for students seeking leadership development opportunities that will contribute to their personal development and help achieve their leadership potential. Using Kouzes and Posner's nationally recognized Five Practices of Exemplary Student Leadership as a foundation, this innovative program consists of workshops that participants elect to attend based on their individual interests and leadership goals.

STUDENTS: With more than 150 Student Leadership Institute (SLI) alumni, students involved with the SLI program at GSU will also benefit from the mentorship component that is woven into the program design. Students will have the opportunity to work directly with a mentor who will discuss their workshop options, provide direction, as well as track their development and progress. Applications are due by November 4.

To apply or nominate a student, please visit: https://www.surveymonkey.com/r/2016-17GSUSLI.

Respond to Violence: Social Activism

Respond to Violence, a multimedia initiative, is partnering with the "Be the Change" movement, both housed in the Center for Civic Engagement and Community Service, for a university-wide spring 2017 event focused on social activism. "Social Change Model of Leadership Development," will be used to frame ways to lead and collaborate to bring about positive sustainable change and to engage students around the idea of first changing yourself, then your community, and then the world.

Respond to Violence would like to involve staff, faculty members, and students in this "Call to Action: Social Activism and Leadership" event through work in the classroom, on campus, or in community organizations. If you are interested or would like more information, please email ybrown@govst.edu.
SEA Serves its Members and the Community

The Student Education Association at GSU is hosting an active semester of educational events for members and service and outreach events for the community.

Recently, SEA hosted Christopher Baikauskas, REACH Director for Chicago Heights School District 170 alternative school. Mr. Baikauskas discussed special education, dealing with challenging students, and tips for student teaching with SEA members. After the presentation, students worked together making blankets to donate to PAWS of Tinley Park and enjoyed a free pizza party.

On November 7, from 3:15 – 4:45 p.m. in the G Atrium Lobby, SEA will host a community outreach project geared towards Veterans. Members will make care packages full of collected items such as t-shirts, socks, soap, shampoo, toothbrushes, toothpaste, and granola bars and create care packages to send to the local veteran’s home.

In another service event on November 16, members will host elementary school students from Foundations 4 AdVANCEment at GSU. SEA is working with Division of Biology and Chemistry to provide intriguing STEM (Science, Technology, Engineering, and Math) activities for the students.

The Student Education Association at GSU is part of a network of state organizations that promote education and support teachers, social workers, school counselors, and others working in the field of education.

Spring 2017 Student Senate Election

Spring 2017 Student Senate elections will take place on Monday, October 31 through Friday, November 4 on Jaguar Connection. Make your voice heard. Your vote is your voice!

Keep Calm and Vote with Yoga/Meditation and 1K Race/Walk

Schedule a boost for your health and well-being on Election Day, Tuesday, November 8, by participating in the Veterans Resource Center’s Point 1K Race/Walk and Mediation & Yoga event from 11 a.m. – 6 p.m. in the Hall of Governors.

Take a walk or run along the path of the Point 1K Race/Walk and visit the 1Pet1Vet service dogs, VA Counseling, the U.S. Army, and GSU Library’s Veteran Book Collection.

After the walk/run, enjoy a session of mediation & yoga hosted by Dr. Maristela Zell, Dr. Phyllis West, and Rashidat Boston, YTT, CPT.

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<td>11 – 11:30 a.m.</td>
<td>Dr. Maristela Zell</td>
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Veterans Entrepreneurial Boot Camp – November 10

Veterans learned many useful skills during their military service that make them uniquely qualified to be successful business owners. The Small Business Development Center of Illinois at GSU recognizes this and is sponsoring the 2016 Veteran’s Entrepreneurial Boot Camp on Thursday November 10, 8 a.m. – 3:30 p.m., to help Veterans translate their specific skills and apply them in business development.

The boot camp includes opportunities to network with veteran and civilian business owners, presentations on business finance, government contracting, how to kick start your business, and opportunities specific to veteran owned businesses.

For more information and to register for this free event, click here.

Scholarship for Disadvantaged Students

GSU students on career paths to help others were celebrated recently at a special reception where they were also awarded scholarships to help further their studies. Dr. Shannon Dermer, Chair of Psychology and Counseling, and Dr. Rebecca Wojcik Chair of Physical Therapy hosted the reception and awarded the Scholarships for Disadvantaged Students. Fifteen students in the Masters of Counseling program and 11 students studying for their Doctorate in Physical Therapy received scholarships.

Grand Opening Celebrates Archives Room and Library Friends

In a dual purpose special event, the GSU Library celebrates the preservation of the rich history of the university and the community involvement that has supported the Library’s efforts for the past 10 years. The grand opening of the GSU Archives and Friends of the Library anniversary celebration will be held on Thursday, November 3, from 4 – 6 p.m. in the Library’s Skylight Gallery. Everyone is invited to celebrate with cake and refreshments.

Lydia Morrow Ruetten, Dean of the GSU Library, is pleased to have the opportunity to honor the Friends and the vision of Diane Dates Casey, former dean of the library, who initiated the support group. “Over the years, the Friends of the GSU Library have raised funds with the support of our GSU community and have made major contributions to the library. Most important is that these contributions have had a positive impact on our students.”

“We look forward to seeing old ‘friends’ who have supported our organization over the years as well as making ‘new friends’ this Thursday,” added Ann Manning Nagel, President of the GSU Friends.

Please RSVP to asarkisian@govst.edu.

Ana Dutra Book Signing with Networking Social
Business leader and author Ana Dutra, best-selling author of "Lessons in LeadershiT: Detoxing the Workplace," will discuss her work on Thursday, November 17, 5:30 – 7 p.m. in E-Lounge. Dutra is the CEO of Executives' Club Chicago, a world-class senior executive organization focusing on networking and leadership development. She is a Chicago United Business Leader of Color and Nueva Estrella Latina Award winner, and has over 28 years of business experience specializing in growth strategies, management, and executive consulting.

Mark your calendars for this premiere event. The first 50 RSVPs at www.surveymonkey.com/r/anadutra will receive a FREE copy of her book, "Lessons in LeadershiT: Detoxing the Workplace." Winners must be present at the event to receive their copy.

This event is sponsored by the Office of Development, Office of Career Services, and the Graduate professional Network.

Workshops and Trainings

Looking for GSU workshops and training opportunities?

This week's list of opportunities — including Content Management System (CMS) training, Faculty Profile Page update information, sessions on Student Evaluations of Instruction, and the Global Lunch Lecture Series — can be found here. (see pages 9-11 of this PDF)

Do you have a story or event you want to submit for the GSU View?
Click here to learn about our submission guidelines.
Let's be honest: You have a deadline looming. Yet here you are, fiddling with your phone — checking social media, watching videos, playing games, surfing the internet — and now you’ve stumbled across this article … which will hopefully help you wrangle the monster of procrastination into submission.

When procrastinating, we come up with justifications galore. “I’m too busy.” “It’s too risky.” “I don’t have enough experience.” “This is too easy for me!” “It’s too
early to get started.” “There’s just not enough time!” Do any (all?) these sound familiar? Sometimes, these reasons are legitimate. But most often, they are simply excuses to dodge the inevitable tasks at hand.

**So why do we procrastinate?**

Laziness, right? Wrong! At the heart of procrastination is fear. It is a potent (often subtle) emotion that protects us from things it perceives as a threat, such as failure or embarrassment. The notion that one can work hard yet still fail makes people anxious. But if we procrastinate and fail, we can argue, “if only I had time to prepare...”

**Ways to stop procrastinating.**

*Eat a Turkey*

How do you eat a turkey? One bite at a time, of course. You need time to digest, after all. Otherwise, you will get sick. By the same token, break your work into bite-size, manageable tasks. That way, you will escape the ordeal of pulling a miraculous all-nighter for your assignment.

The GSU STAR Student Success Network is useful in this instance. You won’t get a turkey, but you’ll get help managing your workflow more efficiently. You can create a to-do list, set reminders and deadlines with the option of getting instant support from faculty.

*Deal with the Goblins First*

Starting an assignment can be daunting, so consider tackling the small tasks that you enjoy. When you do things you like, your brain releases dopamine. Whether it is drawing for your art class or contacting your teammates for an incredibly boring group work, just do it. That motivates and prepares you mentally for the dragon; the grueling and draining task ahead.

*Avoid Procrastination Pit-stops*

In today’s digital world, where we are glued to our mobile devices, it’s easier to get lost in pointless notifications, and endless games. Of course, the digital haze is not the only reason why we procrastinate, just a prime example. Whatever your sources of distraction are, limit your exposure, so you can focus on scratching things off your to-do list.

So — what are you waiting for?
Faculty Profile Page Update Made Easier

Faculty members: did you know posting your profile on the GSU website can yield higher search engine results for you? Since GSU's website employs Google Search as its engine, posting your profile means any searches for you, your areas of expertise, or even keywords within your CV will result in a higher search engine listing result for your profile.

This also means that academic colleagues, as well as those within your research community with shared fields of interest, can learn more about you and the breadth of your work in one centralized academic location. In addition, your areas of expertise will be easily discernable to media members seeking subject-matter experts for commentary and insight.

Finally, you can facilitate contact through other channels by presenting your professional personal website or social media presence as part of your profile.

Click on this link for the online submission form and we will have your profile up within a matter of days.

In addition, The Office of Marketing & Communications will be taking headshots in E1522, between noon and 2 p.m. on November 1 and 16 and December 1 and 16.

GSU STAR Student Success Network Training Sessions

On September 19, GSU launched the STAR Student Success Network for undergraduate students – a new online platform designed to improve student success and facilitate communication among students, faculty, and advisors across campus. The STAR Student Success Network gives undergraduate students a palette of tools that connects students with faculty, advisors, and GSU services in their individual success network … all at their fingertips.
Faculty and Advisors utilizing GSU STAR can:

- Receive a wealth of information on a student in one place
- Send students flags, referrals, messages, and kudos
- Use the “Flag” feature and see which staff members are working with your students
- Set your office hours and let students book appointments with you

Currently, GSU STAR is available for freshmen, sophomores, and juniors.

Faculty and Advisors of undergraduate students who haven’t set up their STAR accounts are encouraged to attend one of the workshops below.

Simply click on your preferred date. An email will automatically open; hit send to reserve your seat. A calendar appointment request will be sent to you. Please accept the request to confirm your attendance.

Please choose one:

- **Tuesday, November 1**, 2 – 3:30 p.m. in D2430H in the Cube
- **Wednesday, November 2**, 1:30 – 3 p.m. in D2401B in the Library
- **Tuesday, November 8**, 2 – 3:30 p.m. in D2430H in the Cube
- **Thursday, November 10**, 2 – 3:30 p.m. in D2430C in the Cube
- **Monday, November 14**, 2 – 3:30 p.m. in D2430C in the Cube
- **Thursday, November 17**, 2 – 3:30 p.m. in D2430C in the Cube

**Workshop on using GSU’s website Content Management System (CMS)**

A hands-on workshop will be held to train content managers how to use the university's Content Management System (CMS) to update and create new content on the GSU public website (www.govst.edu). The workshop is scheduled for November 2, 10:30 a.m – noon in D2430C (in the Cube).

You'll learn how to update current pages, create links, insert images, link to PDFs, work with accordion panels, and add YouTube videos to your webpage where possible.

**You will need a GSU employee email account to sign into the system** (example: name@govst.edu). Unfortunately you can’t use a student account or external email to sign in.

To register, please contact Tony De Castro, the university's Web Design Manager, at adecastro@govst.edu or if you have any questions.

**Student Evaluations of Instruction**

Please attend upcoming training sessions (in D2430F, The Cube) or contact Institutional Research (oir@govst.edu) if these times do not work for your schedule.

- November 9, 10 – 11 a.m.
- November 11, 10 – 11 a.m.
- November 15, 10 – 11 a.m.
- December 5, 10 – 11 a.m.
If you have questions about the Educational Policy governing Student Evaluations of Instruction (SEI Policy – Policy 39), please contact Andrius Tamulis and the Education Policy Committee (EPC). If you have any questions about procedures, please contact Institutional Research at oir@govst.edu.

Global Lunch Lecture Series

The Office of International Services continues to provide enrichment to the GSU community by sponsoring its Global Lunch Lecture Series. Please join us for the following lecture.

Wednesday, November 30, 11:30 a.m. – 1 p.m. in the E-Lounge
Peace Corps Ethiopia: "Yechallal!" (It is possible!) Former Peace Corp Volunteer and Foreign Credential Evaluator, Shelley Tekeste