



Graduate Student Council

University of Illinois Chicago Graduate Student Council Meeting Minutes November 2, 2022

1. President Fresco called the meeting to order at 5:01pm

- Approval of October 2022 Meeting Minutes
 - First Motion – Karina Hoffman
 - Second Motion – Johnathan Lugo
 - Vote Responses:
 - Yes: 37
 - No: 0
 - Abstain: 1

2. Secretary Report

- Forward all events/Meeting Minutes, etc. to the head of your department.
 - CC all GSC Officers (sdejon3@uic.edu, sdeshm20@uic.edu, aditid2@uic.edu, and tfresc2@uic.edu) to be entered into our monthly raffle.

3. Breakout Sessions:

- Are there areas where the University is lacking?

4. Guest Speaker 1: UIC Legal Services – Annette Wright (Associate Dean of Students) and Sarah Baum (Director of Student Legal Services).

- What they do:
 - Advice – educate and help students understand their legal rights, along with the whole legal system.
 - Limited Scope Representation – help resolve disputes, prepare legal documents and advocate for students.
 - Referrals – direct students to self-help resources and offer referrals for attorneys.
- Practice Areas:
 - Housing – evictions, lease reviews, security deposits, roommate agreements.
 - Immigration – visas, DACA and DREAMers, green cards, citizenship.
 - Criminal & Traffic – tickets, misdemeanor charges, city ordinance violations, record expungements.
- Free service offered to any currently enrolled UIC student.
 - All visits are confidential from university offices, family and significant others.
- Make an Appointment today:
 - Phone: 312-413-8052
 - Email: studentlegalservices@uic.edu

- o Website: <https://dos.uic.edu/student-legal/>
- Upcoming Events (see attached flyers for more information):
 - o November 11 – Renters Rights for Quality Housing
 - Zoom from 1-2pm.
 - o November 14 - Renters Rights for Quality Housing
 - Zoom and In-Person at 25 E. Jackson, Room 242 from 6-7pm
 - o November 21 – Bad Things Happen to Good People: Make your plan!
 - Zoom and In-Person at 25 E. Jackson, Room 242 from 6-7pm

5. Break

6. Vice President Report

- October 26 Yoga Event was a success! Thank you to everyone who came out!
- Fall 2022 Events
 - o Volunteering at the UIC Pop-Up Pantry!
 - When: Tuesday November 22
 - Time: 9-11 am or 11-1pm
 - o Mindfulness and Relaxation Virtual Event:
 - When: December first week before finals
- Spring 2022 Events
 - o Professional Headshots
 - When: January 30 10-1pm and January 31 1-4pm
 - Where: Career Center and Creative Digital Services at UIC.

7. Treasurer Report

- Award eligibility includes **active** GSC representation.
- Third Quarter Commencement: November 1st – January 31st
 - o Applications are due in the quarter that the conference takes place.
 - o If an application is submitted after the deadline, it will be considered at the end of the academic year.
- GSC Spending: Utilized approximately 20% of our budget thus far.
- Travel Awards
 - o Apply for an award during the quarter in which the last day of the conference lands (app on GSC website).
 - o \$300 each
- Conferences Awards
 - o Only for a virtual conference or a conference taking place in the City of Chicago.
 - o Apply for an award during the quarter in which the last day of the conference lands (app on GSC website).
 - o \$300 each
- Project Awards
 - o Service projects proposed by an individual or student organization.
 - o \$500 each

8. Guest Speaker 2: UIC Wellness Center – Carol Petersen (Director of UIC Health Education and Wellness Center)

- UIC Wellness Center – Supporting Student Well-being
 - Email: wellnesscenter@uic.edu
 - Phone: 312-413-2120
 - Website: wellnesscenter.uic.edu
 - Services: wellness coaching, pop-up pantry, make & take events, skill-builder workshops, referrals, lifestyle tips, health promotion messaging, internships, and website self-care resources.
- 63% of college students are suffering from anxiety/depression. Common mental health concerns for this population consist of:
 - Personal: imposter syndrome, painful experiences, anxiety/depression, etc.
 - Interpersonal: loneliness, grief and loss, comparison, relationship stress, etc.
 - Social/Cultural: financial strain, post-pandemic, making friends, oppression, etc.
- Winning ways to Wellbeing:
 - Connect: talk & listen, feel connected, and be there.
 - Give: your time, words, and presence
 - Take Notice: remember the simple things that give you Joy!
 - Keep Learning: embrace new experiences, see opportunities, and surprise yourself.
 - Be Active: do what you can, enjoy what you do and move your mood.
- Wellness Center offers services based off the following 8 dimensions of wellness:
 - Emotional
 - Environmental
 - Intellectual
 - Occupational
 - Physical
 - Sexual
 - Social
 - Spiritual

9. Announcements

- If there are any comments or concerns about the to-go meals at the GSC meetings, please contact Vice President Doshi at aditid2@uic.edu with your feedback.
- Academic Concerns – Dr. McCall
 - Dean of Students Website (dos.uic.edu/student-assistance/academic-concerns) is a tool available to all students who need assistance, whether it be relaying information about a professor, advisor, or if someone is in need of financial assistance.
- GSC Representative Highlights
 - All GSC representatives can submit to present their work or area of interest to the council at the December meeting.
 - Email all GSC Officers (sdejon3@uic.edu, sdeshm20@uic.edu, aditid2@uic.edu, and tfresc2@uic.edu) with the title if you are interested.

10. President Fresco called to adjourn the meeting at 6:48pm

- First Motion. – Karoline Dittmer
- Second Motion – Johnathan Lugo