

Animal Science Graduate Student Association Minutes

Date: Thursday, October 20th **Time:** 6:00-6:30pm **Location:** ASL 102

Call to Order: Kaitlyn Sommer

Attendance: 5 members in attendance

- Speakers: Gabby Drang and Maddie Welsh
- Topic: Stress and Time Management

Reports:

- Treasurer's report: No new updates
- Social report: No new updates

New Business:

- No new business

Next Meeting: Not yet decided

Adjournment: Kaitlyn Sommer

Minutes compiled by: Leonardo Molina

Highlights from the presentation:

- **Stress:** A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- **Types of Stress:** 1) The good stress Eustress: motivates, focuses energy, and can help improve performance. 2) Bad distress: causes anxiety and can hinder performance.
- **Effects of Stress:** Can hinder performance. Risk of exhaustion and burnout.
- **Stress Management:** Plan your study and healthy lifestyle. Good diet. Adequate sleep, and exercise. Self-care. This is specific to YOU.
- **Self-care:** Any activity that we do deliberately in order to take care of our mental, emotional, and physical health.
- **Time Management:** Helps structure life and work. Allows for work-life balance. It is breaking down big tasks. Helps with improving self-discipline. Organization/planning, prioritization. Goals setting, discipline. Distractions, and stress management.
- Organizing and planning can help us get a clear picture of what needs to be accomplished. Be sure to add breaks and self-care time. Keep things uncluttered.
- The **Eisenhower matrix** can be used to help us evaluate our priorities.



 ProductPlan

- Saying **No** is important!
- Goal setting helps promote motivation. Yearly, monthly, weekly. As it gets closer be more specific.
- **SMART goals**. Specific, Measurable, Achievable, Relevant, and Time-based.
- Distractions: Phones do not disturb.
- The work environment is very important. Online study groups can help you work from home.

Resources:

[UIUC Counseling Center](#)