

# Counseling Association

Western Illinois University - Quad Cities  
3300 River Drive  
Moline, IL 61265

## Meeting Minutes

December 05, 2018- 7:30 PM in Conference Room 2203

### Attendance

1. Taalor Werden
2. Tabithia Gatlin
3. Leticia Huizar
4. Crystal Williams
5. Diane Hudson
6. Emily Friederick

### Topics discussed

1. **New meeting schedule for Spring semester:** The new meeting dates for Spring semester are posted below. Mark your calendars! Additionally, please note that the new time for the meetings will be at **4:00PM**.
2. **Manage your stress week (FALL):** We hope everyone who saw the little islands of get-away treats in the halls found an uplift in their spirits as we wind down the semester and ready ourselves for a much-needed break. Thank you to Tabithia Gatlin for planning and organizing a wonderful week!
3. **Fresh faces:** Do you know someone you believe would make a great asset to our association? Please refer them to one of our leads and we will be happy to reach out to them! Taalor Werden at [tr-werden@wiu.edu](mailto:tr-werden@wiu.edu), Tabithia Gatlin at [ts-gatlin@wiu.edu](mailto:ts-gatlin@wiu.edu), or Leticia Huizar at [l-huizar@wiu.edu](mailto:l-huizar@wiu.edu). Otherwise, you can bring them along to one of our meetings.

## Upcoming Events

1. **Career Panel:** Coming in March, students will have the opportunity to sit and meet four speakers from the community from school and clinical track. This is a great time to come and ask questions regarding how to make the best of our time here at Western so that we are prepared to launch into the work world. Exact times and date are TBD.
2. **New Student Orientation:** Coming in April, it will be time to welcome the next round of future mental health professionals into the program. With that being said, it will be great to see current students attend this event to answer questions and mingle in order to make the incoming student's orientation a smooth transition. Exact times and date are TBD.
3. **Manage your stress week (SPRING):** This week of relaxation will take place around the last week of April into May. A few ideas are presented but new ones are always, always welcomed! Please share your suggestions with Leticia Huizar at [l-huizar@wiu.edu](mailto:l-huizar@wiu.edu).
4. **Counseling Graduation Reception & Awards:** In order to make this last gathering for our graduates a special one to remember, we need all hands on deck. This event does take place on Mother's Day weekend however, the more help available means we can be quick to set-up and tear-down. Exact times and date are TBD.

## Future Meeting Dates:

\*\*January 14<sup>th</sup> at 4:00PM

\*\*February 18<sup>th</sup> at 4:00PM

\*\*March 4<sup>th</sup> at 4:00PM

\*\*April 15<sup>th</sup> at 4:00PM

\*\*May 6<sup>th</sup> at 4:00PM

All meetings take place in conference room 2203.

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## Link for meetings

Don't forget! If you cannot attend our meetings in person, you can join us from your computer or smartphone via the web. Everything begins at 4:00PM. Here is the zoom link:

<https://wiu.zoom.us/j/9504602150>