1. Welcome

2. Guest Speaker - Carol Petersen, M.Ed., Director of UIC Wellness Center

   Topic: Real World Alcohol

   a. Addressed alcohol use and consumption during Covid

   b. There has been an increase in alcohol consumption

   c. Reported reasons for the increase include increased stress, increased availability, and boredom.

   d. The reason for not seeking treatment was not knowing they have a problem.

   e. What we need to know

      i. Alcohol is a psychoactive drug, a toxin, and a fuel (ethanol)

   f. Facts

      i. It reaches the brain in five minutes, affects behavior in 10 mins

      ii. The liver processes it in 20 mins and metabolized 1 ounce every hour

      iii. Alcohol stays in the urine for up to 80 hours and on the hair follicle for about 3 months.
iv. The slow metabolism is the reason alcohol can easily lead to alcohol poisoning.

g. Faces of Alcohol
   i. Alcohol as an elixir (for happiness, relaxation, social gathering etc)
   ii. Alcohol as a disease increases the risk for Cardiovascular diseases, Cancer (breast, colon, mouth, etc), cognitive issues (dementia, poor performance in school, etc), and weak immunity.

h. Standard drinking:
   i. 12 fl oz of beer, 5 fl oz of table wine, and 1.5 fl oz of shot, 80 proof distilled spirits.

i. Moderate Drinking
   i. Women: One or less drink per day
   ii. Men: 2 or fewer drinks per day
   iii. No drinking

j. Heavy or Excessive drinking
   i. Women: 4 or more drinks at one sitting or >8 drinks per week.
   ii. Men: 5 or more drinks at a sitting or >14 drinks per week

k. BAC (Blood Alcohol concentration)
   i. The measure of alcohol intoxication for legal or medical purposes
   ii. BAC can be affected by food, gender, emotion, medication, etc

l. Protective Behaviors
   i. Don’t drink alone, don’t leave your drink unattended

m. Support: https://wellnesscenter.uic.edu/
3. **Guest Speaker: USG Reading Days and Review Days**
   a. GSC voted to support the initiative

4. **Guest Speaker: Jared O’Connor, GEO Co-President**
   a. The raise UIC is offering is not enough so GEO is still bargaining
   b. They also want a deduction for health insurance
   c. Eradication of nine months' appointments for all members
   d. Trying to get rid of mandatory reporting
   e. A strike might come around finals in order not to disrupt classes

5. **Events**
   a. Career Workshop - Headshot *(Postponed to Fall)*
   b. **Wellness Inside Out Series**
      i. Virtual Yoga Session with Jordan Barone, RYT
         Location: Virtual [REGISTER HERE](#)
         Date: Tuesday, April 26th, 6pm-7pm
      ii. Self Discovery with Michael McNicholas, CTRS
         Location: Virtual [REGISTER HERE](#)
         Date: Thursday, April 28th, 6pm-7pm
   c. **Doggypalooza** in partnership with the Student Activities Board (SAB).
      Location: UIC Student Center East Quad
      Date: Wednesday, May 4th, 12-2 pm
      “May the Fourth be with You” Star Wars costume theme competition

6. **GSC Senate Representative Seats**
   a. Call for senate representative and application for GSC officer positions
7. Travel Awards Announcement

8. Transfer of Funds

9. Representative Sign-In and Adjournment