Welcome back, and happy new year! Since I have joined this campus community, everyone in the Division of Student Affairs has worked so hard to provide the best and safest opportunities for our students despite the numerous obstacles thrown our way. While I recognize and admire your hard work and dedication, I also know the level of stress this can put on all of us. I hope you took time out over the break to take care of yourself, spend time with family and friends, and rejuvenate.

While I am sure you would join me in saying “good riddance, 2020”! I was so looking forward to the hope, renewed energy of a new year and new opportunities. With COVID-19 cases on the rise and the riots in our nation’s capital, I am not sure 2021 feels much different than 2020. In addition, we mourn the unexpected passing of Jeanne McGowan. Jeanne was a dear colleague full of energy and love for our students and she will be sorely missed.
Eagles Do Right. We must be extra vigilant and cautious as we welcome back our students. We are preparing for a significant increase in COVID cases as students return from winter break, so we need to place a strong emphasis on all our COVID precautions. I would like to thank all of the individuals on the CARES Team who worked through the break to stay on top of our case load and support students. Your work does not go unnoticed and it is a vital part to keeping our campus safe.

One of our commencement speakers, Dr. Kane Weaver, shared some words of encouragement with our graduates last month. He encouraged them to COVID On! This acronym reminds us all to:

- **C** Control Your Thoughts and keep the positive thoughts flowing.
- **O** One step at a time.
- **V** Value your friends and family and accept their support when offered.
- **I** Ignore negativity.
- **D** Do not give up.

I cannot stress enough how thankful I am to be a part of such a motivated group of professionals. Thank you all for your continued dedication in these unprecedented times, and I hope everyone has a safe and successful spring semester! I hope you will join me as we COVID On! together this spring.

---

### Remembering Jeanne McGowan

Jeanne Marie McGowan, MSW, LCSW, Armstrong Campus Counseling Center Director, died unexpectedly of natural causes on Sunday, Jan. 3, 2021.

Born and raised in the Nativity section of Scranton, PA, Jeanne graduated from Marywood University with a Bachelor of Science degree in Psychology and from Widener University with a Master’s Degree in Social Work.

Jeanne worked in several community mental health settings, returning to Higher Education in 1999 to serve as Director of Counseling Services at Gwynedd Mercy College for six years.

In 2015, Jeanne moved to Savannah, when she accepted the position of Counseling Center Director at Armstrong Atlantic University. Jeanne was instrumental in the consolidation of the Armstrong Atlantic and Georgia Southern University Counseling Centers, continuing to direct the Counseling Center on Armstrong campus. In her time with Georgia Southern Jeanne accomplished much, including:

- Won multiple awards for her campus collaborations and work in the field of college student mental health, including the 2018 Award for Counseling Center Director of the Year from the American College Counseling Association
- Was a certified trainer for Applied Suicide Intervention Skills (ASIST) and QPR and was passionate about training communities to better recognize and intervene with
individuals who may be suicidal

- Founded and oversaw the peer education team, Peers Educating Peers (PEP) on the Armstrong campus, and continued her involvement with mentoring peer education teams by establishing and continuing to oversee the Peer Body Project as well as serving as the Advisor to the Armstrong Chapter of Active Minds
- Was an active member of several local, regional, state, and national professional organizations related to the provision of mental health services, particularly to college student populations

In addition to her many accomplishments, Jeanne was especially excited to be nearing the completion of her Doctorate of Education degree in Higher Education Administration, and had planned to defend her dissertation in May of 2021.

Whether in her work-life or her personal life, Jeanne was a fun-loving spirit who lit up every room she walked into. She loved travel (most traveling to Iceland to see the Northern Lights), music (prior to COVID she was an ardent attendee of Bonnaroo), the beach and her HUGE family (Jeanne leaves 9 siblings and 20 nieces and nephews).

Family, friends, and colleagues can attest that Jeanne was the person who never forgot a birthday, a holiday, or a special occasion; she was always sure to call, send a card, or a funny meme that put a smile on your face. Her laugh was infectious! Perhaps the most fitting tribute to Jeanne’s mark on the world comes from her counseling center clients:

"The best counselor I have ever had... You were there for me and walked with me through my hardest times... Your kindness and encouragement made it possible for me to talk about the darkest times in my life... You are awesome and have given me hope for my future!"

Jeanne’s vibrant personality, genuine care for others, and incredible talents will be missed by all who had the privilege to know her.

Her family invites anyone to visit the on-line memorial to celebrate Jeanne and leave a message https://www.dignitymemorial.com/obituaries/brunswick-ga/jeanne-mcgowan-9988046 In addition, Donations can be made to the Women’s Resource Center of Northeast PA by visiting the link: www.wrenepa.org.

**Council for the Advancement of Standards**

The Professional Development Committee along with the Assessment Committee would like to share some amazing resources for you to review about CAS. Once you have had time to review these items and the new semester begins, we will bring in Cynthia Groover, the Assessment and Accreditation Specialist here at Georgia Southern. She will host a live Question and Answer session. This would be a very beneficial review for anyone who is serving on a CAS review committee for a department next semester but will be open to all student affairs staff. If you have not already, please review the pre-recorded webinar and CAS Presentation below.

Little Convos with the VPSA Dr. Shay Little provides a space where staff within the Division of Student can voice their opinions, chat with peers and become more familiar with the Vice President.
Basic Overview of CAS Presentation
https://www.cas.edu/Files/Presentations/CAS_Basics_082015.pdf

Pre-Recorded Webinar Training on CAS
https://drive.google.com/file/d/1hFSPPjLzTA05eq91a9Z7bpLt4Lnu9QpD/view?usp=sharing

Once you have reviewed the webinar and CAS Presentation, please use this link to submit any questions you might have about the CAS review process. Submit your questions by January 14, 2020 at 5:00 pm. Your questions will then be shared with Cynthia Groover who will answer all submitted questions during our Question and Answer session. If there is time available, she will open up the forum for any other questions.

The Question and Answer session will be held Thursday, January 21, 2021, from 2:00 pm to 4:00 pm. If you would like to sign up for that Session please click this link and fill out the information required.

The Alternative Breaks program is focused on creating positive change in our local community this semester by taking a trip into our own backyard. These trips will be focused on climate change and sustainability in the Statesboro and Savannah communities. **February 20th-21st** the trip will focus on water and land health in Statesboro. **March 16th-17th** the trip will take place in Savannah and focus on reusing organic materials.

Students from all campuses can apply for these trips. Here are some additional things to know:

The first official Little Convos meeting of the spring 2021 semester is coming up fast! The webinar format event will take place on January 26th at 10:00 a.m.

Be on the look out for an email with the link to join the Zoom meeting. Feel free to bring your questions, comments, concerns or ideas to voice to Dr. Little and your peers!

Student organization advisors are encouraged to join us for our first SOLD workshop of the spring 2021 semester to learn more about navigating Eagle Engage!

Eagle Engage can help you browse active student orgs and upcoming events, house important student org documents, promote your events and so much more! Click here for Zoom link to join.

Staff Spotlight

Catherine "Cat" Bishop- On behalf of the Office of Student Activities, join us in congratulating Catherine "Cat" Bishop on her new role as Assistant Director within our office on the Statesboro Campus! Cat has been a dedicated and integral member of the OSA Team for 3.5 years, serving as a resource to 100+ registered student organizations and their respective Advisors. Cat has demonstrated exponential growth and we are excited to see her reach her next professional milestone! In her new role, Cat now serves as the processor for all student organizations with the alpha listing...
- There is a $15 fee to participate. This fee is eligible to be refunded if you attend the trip in full.
- Lunch will be provided during the entirety of the program.
- You will need your own transportation to and from volunteer sites.

The application and more information can be found on our website. Take a break from the normal and help create change in our community!

---

**Campus Recreation & Intramural Opportunities**

**Recreation Memberships**

We believe that our students, faculty and staff should strive to maintain a healthy and well-balanced lifestyle. Pick up a membership to one or both of our facilities and let us help you achieve a more active YOU! In both Statesboro and Savannah, you can find everything you need to improve your wellness and increase your happiness – from treadmills to free weights to fitness trainers and group exercise classes - CRI offers a little something for everyone.

If you’re not sure about it - stop by Member Services at either the Recreation Activity Center (RAC) in Statesboro or the Armstrong Recreation Center (ARC) in Savannah and ask about our FREE two-week trial membership.

---

Q-Z and has expanded her portfolio to include co-advising the University Programming Board and facilitating other campus-wide programming initiatives. Congratulations, Cat!

---

Have colleague you think deserves recognition for what they are doing in and outside the workplace?

[Nominate them here](#) and have their actions shared with the rest of the staff!

---

**Wellness Champions & Caught Ya Doing Right**

In an effort to continue promotion for positive health behaviors as it relates to COVID-19, SWHP is looking to expand the Wellness Champions Network this semester. As a recap, the Wellness Champions network is a peer to peer modality within the Do Right Social Norming Campaign. Registered Student Organizations will be given the opportunity to generate funds by participating in events and behavior which support their overall well-being while continuing to adhere to COVID-19 mitigation efforts.
Small Group Training (Statesboro)
Small Group Training (SGT) is a group training program that offers unique training styles in a setting that allows adequate attention to each individual. SGT provides all the benefits of a personal trainer for a fraction of the price! Whether you’re trying to get stronger, lose weight, work on lifting techniques or meet new people while exercising, Small Group Training allows you to obtain your fitness goals while participating in a community atmosphere.

Visit our website for class offerings, days and times, and to register. Registration for the first round of classes closes January 22. If you’re not ready or miss out this time, we’ll have another set of classes opening March 1.

Group Fitness classes (both campuses)
Do you like working out in a group setting? Our Group Fitness program is perfect for you! Our Group Fit classes are included in your membership and no experience is required! No matter your preference - you can find a class that fits your schedule and your forte! Our classes are led by enthusiastic instructors who will help you #FindYourFit!

Check out the Statesboro schedule HERE!
Check out the Armstrong schedule HERE!

Intramural Sports
Did you know that staff members can play intramural sports too?! Well of course - Our activities are designed for everyone! We have a full slate of contests, league sports and tournaments with registration OPEN NOW!

View a full listing of our Statesboro campus IM Sports HERE!
View a full listing of our Armstrong campus IM Sports HERE!