



POST ELECTION PLAN New/Re-elected Officials

President/Vice President: _____

US Senator(s): _____

US Representatives: _____

State Governor: _____

State Senator(s): _____

State Representatives: _____

Local Offices: _____

Have the needs of my community changed due to the election? If so, how?

What are some ways I can make a difference?

Campus Resources:

Office of Belonging, Access & Engagement:

1170 Blair Hall, 217-581-7902

Counseling Clinic:

1200 Human Services, 217-581-3413

International Students Office:

2170 Blair Hall, 217-581-2321

Dean of Students Office:

217-581-3827, deanofstudents@eiu.edu

Health Education Resource Center: 2201

Blair Hall, 217-581-7786, herc@eiu.edu

Adapted from
Washburn University
Post-Election
Empowerment Plan



What are some issues and topics I need to educate myself on?

What is my plan to hold the elected officials accountable?

I can become involved or continue to be involved in the following organizations?

Other Resources

National Crisis Hotline

988

Support for BIPOC Students:

Text STEVE to 741741

Support for LGBTQIA+:

Text START to 678-678

Illinois Warm Line

1866-359-7953

I am feeling (circle as many that apply):

- relieved
- exhausted
- Hopeful
- inspired
- sad
- overwhelmed
- anxious
- mad
- scared
- confused
- -----

What will help me cope with my emotions from the election:

- Spend time with friends
- Counseling
- Volunteer
- Unplug from social media/news
- mediate
- exercise
- find something I enjoy
- listen to music
- get outside

Identify what is in my control

