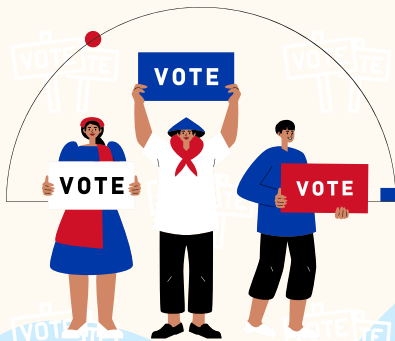


# BEYOND THE BALLOT: WHAT'S NEXT AFTER THE

# 2024 ELECTION





## The Center for Civic Justice

CCJ strives to provide all students with equal access to the democratic process: from voter education and registration, to voter organization and mobilization. We provide tools for our students to feel empowered to advocate for themselves and their community through civic participation, volunteerism, and activism.

## Connect With Us!

Stony Brook Union, Suite L-20

Monday-Friday: 9am-5pm

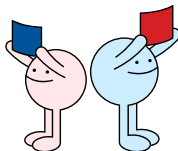
Phone: 631-632-6822

[civicjustice@stonybrook.edu](mailto:civicjustice@stonybrook.edu)

Instagram: [@civicjusticesbu](https://www.instagram.com/civicjusticesbu)



Spring 2025 Internship



Food Pantry Volunteer

## What's the Purpose of a Dialogue?

We recognize that politics can spark deep feelings and emotions, and that it's important for students, faculty, and staff to have space to process them in a safe and supportive way. Community dialogues are opportunities for students to process their political views and identity, as well as opportunities to engage across differences and hear the varied perspectives of one's peers. Political issues affect everyone in different ways. Keep this in mind during conversations; this is an opportunity to learn about others and expand your perspective!

## Beyond the Ballot: What's Next After the 2024 Election?

This event is designed to foster discussion around the outcomes of the recent election, provide space for reflection and mental health check-ins, and encourage continued political engagement regardless of the result. We will explore key topics such as political systems, the importance of voting, and strategies for balancing personal and political life.

# Dialogue Guidelines

Share the space! Be aware of how much space you take up in the conversation

If debating, listen and engage to understand, not to "win"

What is said in the room stays in the room; no recording allowed

We may not all agree; critique ideas but avoid personal attacks

Challenge yourself to learn something new and ask questions when something is unclear

Be respectful; create a safe space for group members to speak openly and honestly, ask questions, or disagree with a view

Take ownership of the impact of your words, regardless of intention

If a group member needs to leave the conversation or does not wish to participate, they may! Don't make assumptions about others based on their level of participation



# Election Day 2024 RECAP



Young voters ages 18-29 cast 14% of all ballots in the 2024 election. This 2024 youth share of the vote is lower than in 2020 (17%) and to 2016 (19%).

Young voters selected the economy and jobs as the most important issue facing the country (40%), followed by abortion and immigration.

Source: CIRCLE at Tufts University Tisch College of Civic Life

# Election Day 2024 RECAP



11 states have increased their number of registered people under 30 by 25% or more, with the highest increases in Alabama (+53%), Indiana (+40%), New Mexico (+39%), Tennessee (+37%), and Arizona (+35%).

83,713,366 mail-in and early in-person votes cast nationally.

Stony Brook University had over 2,000 students vote on-campus on Election Day!

# Did You Vote?

**1** What influence did the media have on your perceptions of the election and political climate in the months leading up to the election? Week of?  
Day of?

**2** To what extent do you think this election has sparked or changed conversations about age limits or generational diversity among candidates? How does the age or generational perspective of a candidate impact their policies and appeal to different voter groups?

**3** Do you think it's essential for presidential candidates to have a background in government, or can experience in other fields be equally valuable? How do diverse professional backgrounds—such as business, law, activism, or academia—contribute to a candidate's perspective?

# Did You Vote?

4

What role do you think polarization plays in shaping the political landscape and voter turnout? Does polarization motivate people to vote, or does it discourage participation? How can individuals find common ground or engage in constructive dialogue despite political differences?

5

What factors do you think would increase voter turnout in future elections, particularly among people you know? How could candidates or campaigns address the concerns or hesitations people have about voting? Do you think more accessible voting methods (e.g., mail-in ballots, online voting) would make a difference?

6

What would make young people more engaged and motivated to participate in politics and voting? What kinds of issues or platforms resonate most with young voters, and are these being addressed? Are there particular campaign strategies or outreach efforts you think are more effective in reaching young voters?

# ***Mental Health Check-In Activity***

**PRESENTED BY THE CENTER FOR  
PREVENTION & OUTREACH**



Stony Brook Union Room 108

Phone: 631-632-2748

[prevention\\_outreach@stonybrook.edu](mailto:prevention_outreach@stonybrook.edu)

# Resources On Campus

## Counseling and Psychological Services (CAPS) (631) 632-6720

- Individual Counseling


- One on one meetings with a compassionate counselor who will provide the opportunity to speak freely and discuss private, personal issues without judgment.

- Group Counseling

- A special form of counseling in which a small number of people (between 6-8) meet together with a therapist weekly for 1-2 hours to help themselves and one another.

- Psychiatric Services and Medication Management

- CAPS offers a team of psychiatrists and psychiatric nurse practitioners to work with students that would benefit from medication to help with mental health concerns.



## Counseling and Psychological Services (CAPS)

(631) 632-6720

- **Drop-In Post-Election Support Space**
  - The post-election period can stir up a lot of emotions—whether it's anxiety, uncertainty, or stress, you're not alone. The Drop-In Post-Election Support Space, offered by counseling and psychological services (CAPS) offers a safe and supportive environment to share your feelings and connect with others.



+ Find more info on SB Engaged!

### **DROP-IN POST-ELECTION SUPPORT SPACE**

November 6th - November 13th  
Each day from 4-5pm  
Student Health Center | CAPS Resource Room



### **LOCATION: STUDENT HEALTH CENTER, CAPS RESOURCE ROOM**

November 6th	November 10th
November 7th	November 11th
November 8th	November 12th
November 9th	November 13th

**4:00-5:00PM**

## Timely Care App

- Timely Care
  - A new telehealth platform that provides 24/7 virtual access to medical and mental health services, right from your mobile device or computer. Talk to a licensed provider, either by a voice or video call.
- TalkNow
  - 24/7 on demand access to speak with a mental health professional about anything on your mind.



## LGBTQ+ Center

(631) 632-1690

[lgbtqservices@stonybrook.edu](mailto:lgbtqservices@stonybrook.edu)

[lgbtqcenter@stonybrook.edu](mailto:lgbtqcenter@stonybrook.edu)

- Consultation
  - Is available for students, faculty, and staff regarding LGBTQ+ resources and services at Stony Brook University and in the surrounding areas.
- Training and Outreach
  - LGBTQ+ offers and participates in training and outreach for members of the Stony Brook community.



# Upcoming Mental Health Events

**CPU COMMUNITY WELLNESS WALKS**

Need a brain break between classes?  
Interested in connecting with new peers?  
Want to integrate physical activity into your daily routine?



If so... Join CPD Peer Educators for a 1 mile long Community Wellness Walk!

Hold weekly! No experience necessary and no one gets left behind!

Scan the QR code for available times!

EDUCATE EMPOWER CONNECT

EMAIL: PREVENTION\_OUTREACH@STONYPROOK.EDU FOR ACCESSIBILITY NEEDS

## UNION SUITE 108

November 8th 11am-12pm

November 11th 4-5pm

November 12th 5-6pm

November 13th 9:30-10:30am  
and 5:30-6:30pm

November 14th 5:30-6:30pm

**Communication in College**

EDUCATE EMPOWER CONNECT

**MINI-SERIES**

**November 2024 Schedule**  
Fridays from 12-1pm at Union 108

- 11/8: Express Yourself
- 11/15: Communicating Across Differences
- 11/22: Navigating Conflict



VIPRE Register at [tinyurl.com/cpoworkshop](https://tinyurl.com/cpoworkshop)



## UNION SUITE 108

November 8th 12-1pm

November 15th 12-1pm

RA Casey Presents:  
**It's All About Tea**  
Friday November 8  
7:00PM  
Whitman Main Lounge



## WHITMAN HALL MAIN LOUNGE

November 8th

7-8pm

SEAWOLVES STEP UP! BECOME AN UPSTANDER!

## QPR

QUESTION, PERSUADE, REFER

Learn how to recognize the signs of suicide and how to instill hope to live.

For accessibility needs please contact [prevention\\_outreach@stonypbrook.edu](mailto:prevention_outreach@stonypbrook.edu)

Center for Prevention and Outreach



## UNION AUDITORIUM

November 9th

9:30-11:30am

## SAC 306

November 13th

1:00-3:00pm

# Upcoming Mental Health Events



**one love Workshops!**

Join CPO Peer Educators for one of four one love workshops all are peer-led, fun-based discussions that portray the warning signs of relationship abuse.

Registration Portraits Common unhealthy signs of a new relationship and how it can progress quickly. Learn what these signs are and ways we can intervene.

Once Scheduled for Dates and Times Don't Forget to RSVP!

Scan QR code to register

EDUCATE YOUR CONNECTION MINDS MATTER @CBPU

**UNION SUITE 108**

November 13th 4pm - 5pm



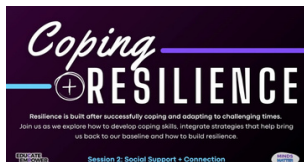
**MINDFUL MOMENTS**

EXPLORE DIFFERENT WAYS TO RELAX THE BODY AND CALM THE MIND IN THIS PEER LED SPACE!

EDUCATE YOUR CONNECTION MINDS MATTER @CBPU

**UNION SUITE 108**

November 14th 4:30pm-5:30pm



**Coping + RESILIENCE**

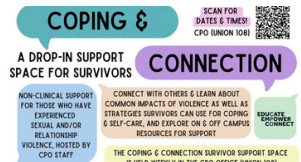
Resilience is built after successfully coping and adapting to challenging times. Join us as we explore how to develop coping skills, integrate strategies that help bring us back to our baseline and how to build resilience.

Session 2: Social Support + Connection

EDUCATE YOUR CONNECTION MINDS MATTER @CBPU

**UNION SUITE 108**

November 14th 3pm - 4pm



**COPING & CONNECTION**

A DROP-IN SUPPORT SPACE FOR SURVIVORS

SCAN FOR DATES & TIMES! CPO (UNION 108)

NON-CLINICAL SUPPORT FOR THOSE WHO HAVE EXPERIENCED SEXUAL AND/OR RELATIONSHIP VIOLENCE. HOSTED BY CPO STAFF

CONNECT WITH OTHERS & LEARN ABOUT COMMON IMPACTS OF VIOLENCE AS WELL AS STRATEGIES SURVIVORS CAN USE FOR COPING & SELF-CARE, AND EXPLORE ON & OFF CAMPUS RESOURCES FOR SUPPORT

EDUCATE YOUR CONNECTION

THE COPING & CONNECTION SURVIVOR SUPPORT SPACE IS HELD WEEKLY IN THE CPO OFFICE (UNION 108)

**UNION SUITE 108**

November 15th 4pm - 5pm



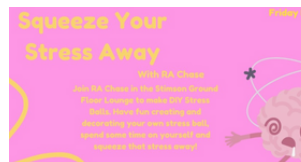
**GLOBAL CommuniTEA**

Join CPO Peer Educator's for weekly TEA, & snacks to connect & enjoy informative, empowering conversations that explore the role culture & identity shape their experiences @ CBPU

EDUCATE YOUR CONNECTION MINDS MATTER @CBPU

**MELVILLE LIBRARY S1450**

November 12th 4pm - 5pm




**Squeeze Your Stress Away**

With All Things Come, All Things Go! Join us for a stress management workshop that teaches us how to manage our stress. Learn the meaning and importance of stress and how to manage it. We'll have a stress ball activity and a stress ball giveaway!

EDUCATE YOUR CONNECTION

**STIMSON HALL LOUNGE**

November 15th 7pm - 8:30pm

The background of the entire page is a repeating pattern of stylized envelopes in blue and red, each with a white star above it. The envelopes are scattered across the page, creating a textured, patriotic backdrop.

# What's Next?

There are many ways to stay civically engaged, whether your preferred candidate won or lost. Advocacy remains important, as it helps drive meaningful change, and staying active in our communities is essential for building a stronger future.



# Ways to Stay Civically Engaged

## Get to Know Your Local School Board

If you're passionate about what goes on in your school community, get to know your School Board, their responsibilities, and how you can get involved.

## Join a Community Group or Club

Getting involved with a non-partisan group, like the Center for Civic Justice, is a good way to be informed. You can also choose to join a political group that aligns with your values. There are many community organizations both on and off campus.



Campus Events

## Join a Campaign

If you find a local politician who represents the change you want to see in your community, contact their office to figure out how you can get involved in the campaign. Most offices offer in-person, hybrid, and remote opportunities, so choose the method that works best for you!



Info on Each Political Party

## Get to Know Your Local Politicians and Legislators

To find your House Representatives, go to [www.house.gov/representatives/find-your-representative](http://www.house.gov/representatives/find-your-representative). To find the full list of all your elected officials, go to <https://www.usa.gov/elected-officials>



Find Your Rep

## Attend Town Hall and City Council Meetings

A Town Hall is another place where you can make your voice heard. Your congressperson will usually have a schedule of Town Hall meetings on their website, or you can check out your city's website as well. Similarly, you can attend a City Council meeting to get an up-close view of what's important to your city's legislators.



Full List of Officials

## Contact Your Representatives

Follow CCJ's general guidelines on how to contact your representatives. Be CRISP!

**C**

Concise

Remember your core message and purpose - keep it short and straight to the point!

**R**

Respectful

Don't be afraid to take a firm stance on an issue, but remember to be respectful!

**I**

Importance

Highlight why this issue matters to you, and why it should matter to your rep!

**S**

Sit Down

If you think a letter cannot communicate your goals well enough, try to get an in person meeting with your rep!

**P**

Personal

Add a personal touch to remind your rep that this issue is affecting real members of the community in personal ways!

# Leadership at Stony Brook University

## **President: Richard L. McCormick**

Oversees the operations of the entire university, and is responsible for approving the budget, ensuring that administration is running smoothly, and leading Stony Brook as a whole.

## **Vice President of Student Affairs: Richard (Rick) Gatteau**

Leads the university's efforts to support student success outside of the classroom, focusing on student health and wellness, engagement in campus life, and experiential learning.

## **Vice President for Academic Affairs: Amy Cook**

Focuses on development of academic policy and procedures with a particular emphasis on promotion, tenure, and re-appointments, and oversees the curriculum.

## **Executive Vice President and Provost: Carl Lejuez**

Responsible for oversight of the academic mission of the university, providing direct supervision for all academic units, such as enrollment management and student success, and coordinating all academic programs.

# Local Government

## **County Executive:**

- Chief Executive Officer of the County Government
- Responsible for the operation of all executive departments, offices, and agencies.

Suffolk County Executive: Edward P. Romaine

Nassau County Executive: Bruce Blakeman

## **District Attorney:**

- Represents the county government in criminal cases and are responsible for ensuring that justice is served by prosecuting individuals accused of committing crimes

Suffolk District Attorney: Raymond A. Tierney

Nassau District Attorney: Anne T. Donnelly

## **County Legislator:**

- Make some of the laws that impact Suffolk County residents and businesses.
- Amend and adopt the County Executive's Operating Budget and Capital Budget

Suffolk Legislators (District 1) : Catherine Stark (R), Scott Davis (D)

Nassau Legislators (District 5): Steven Englebright (D), Seth Kinslow (D)

**Representatives may change after the Election**

To read more about your county representatives visit

[suffolkcountyny.gov](http://suffolkcountyny.gov) or [nassaucountyny.gov](http://nassaucountyny.gov)

# State Government

## **Governor Kathy Hochul**

Implementing state laws and overseeing the operation of the state executive branch.

Contact: [518- 474-8390](tel:518-474-8390)



## **Lieutenant Governor Antonio Delgado**

To preside over the state Senate, and to serve as second in line to succeed the Governor.

Contact: [518-402-2292](tel:518-402-2292)



## **Senator Charles Schumer**

Proposing legislation, Drafting/Amending bills and oversight of the federal budget.

Contact: [212-486-4430](tel:212-486-4430)



## **Senator Kirsten Gillibrand**

Proposing legislation, Drafting/Amending bills and oversight of the federal budget.

Contact: [212-688-6262](tel:212-688-6262)





# Discussion

# Questions

**1** What are some strategies to stay engaged and advocate for issues you care about beyond the election? How can individuals contribute to causes year-round, even without the immediacy of an election? In what ways can community involvement, volunteering, or activism amplify your voice on the issues that matter to you?

**2** How does the concept of individualism in American culture influence political participation and engagement? To what extent do you feel individualism shapes Americans' views on issues like health care, education, and economic policy? How might we create a culture that values ongoing political and social involvement?

**3** If you felt disappointed by the choices of candidates, what systemic changes could help create a political environment that better represents the people? Would changes to campaign financing, term limits, or primary election systems help improve candidate diversity and alignment with public views?

# Discussion

# Questions

4

How can individuals advocate for a political system that feels more inclusive and representative?

What would a truly inclusive and effective democracy look like to you? Are there specific reforms (e.g., gerrymandering laws, accessible ballot initiatives) that you think would help? How might civic education or voter engagement initiatives contribute to a stronger democracy?

5

How has polarization or political disagreement affected your relationships or conversations during this election season? Were there topics you avoided with certain friends or family members? How did you navigate those conversations? How can we care for ourselves to avoid fatigue or burnout, especially in a highly polarized political climate?

# Articles & Podcasts To Explore

Read or listen to these resources that delve into the intersection of politics, election season, and mental health



Election 2024: 12  
Science-Backed Must-  
Reads to Help Soothe  
Anxiety



Stress in  
America 2024



Speaking of Psychology: How  
to cope with political stress  
this election season, with  
Brett Q. Ford, PhD, and Kevin  
Smith, PhD



Managing  
conversations when  
you disagree politically



Fear: A powerful  
motivator in  
elections

# Resources to Stay Informed



Vote.org



Vote411.org



Civic Education  
& Government  
Info



NYS Board of  
Elections



NYC Board of  
Elections



US Law,  
History, and  
Statistics

# Campus Clubs to Help You Stay Civically Engaged!

**Bridge Stony Brook:** Bridge Stony Brook aims to develop and foster an environment of productive civil dialogue. Bridge Stony Brook is a nonpartisan platform that intends to educate and respect a variety of unique political views.

**Meetings:** Wednesday 6-7pm SAC 305

**College Democrats:** The College Democrats at Stony Brook University work to foster civic engagement, empower members of the SBU community and elect progressives and Democrats to public office!

**Meetings:** Every Monday 8-9pm in SAC 302

**College Republicans:** The College Republicans promote the principles of the Republican Party among members of the SBU community and surrounding areas, and develop political skills and leadership abilities among their students.

**Meetings:** Every Wednesday 1:00-2:00pm in Frey 205

**Peace Action:** Peace Action is a non-partisan organization that inspires young people to change the world through direct action. They raise awareness about international political and human rights issues while encouraging spirited debates and critiques on United States foreign policy.

**Meetings:** Wednesdays 7-8pm

**Political Science Society:** The Political Science Society is a unique non-partisan, research and public-policy oriented student-run club that support our SBU political science majors and minors (and non-majors having research interests in political science).

**Meetings:** Every other week Wednesday 7-8pm

**Phi Alpha Delta Law Fraternity:** Phi Alpha Delta is designed to advance the ideals of liberty and equal justice under the law and to foster integrity and professional competence.

Check their Instagram or SBEngaged for meeting times

# What are Your Actionable Next Steps to Stay Civically Engaged?

1

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2

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# Sources

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# THANK YOU!

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**Thank you to the Center for Prevention and  
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**Thank you to the SBU Clubs for tabling with us  
tonight**

The Political Science Society  
Bridge Stony Brook  
College Democrats  
Phi Alpha Delta Pre-Law Society  
Peace Action Stony Brook