



ASWU Meeting Minutes 9.28.16

Meeting was brought to order at 5:00pm in the AWSU Assembly Chambers

Mission Statement read by Camina

Motion to approve 9/21/16 minutes by Christina, 2nd by Josh, approval unanimous

1. Guest Speaker - Monica Whitlock

Monica - Director of the Counseling Center on campus. She wants to provide the assembly with some information on emotional intelligence. Courses in emotional intelligence are available and it is all themed around stress. How can you stay afloat and not crumble under the pressure? You can look on wikihow on how to come emotionally stable. You can find information on how to think positively, manage and understand your emotions. Sometimes people deny those emotions if you can identify your emotions. Successful people appreciate what they have, and stay positive. Monica provided a list of how to stay calm. Disconnecting from stress. Emphasizes that they sleep. Stress can motivate you, and each individual has a different level in which they perform optimally. There are 9 minutes to practice mindfulness, including breathing through your mouth and savoring every sensation. She often tells people who come into her office to take just 10 minutes to listen to music, or look at a tree just to get connected with your senses. Often many people do not know that slowing your breathing down, can lower your heart rate. Vigorous exercise, pushups, etc. I am strong, I am kind, I am brave, I am friendly, I am wise. Who are your people? Social connection releases stress. Often people feel lonely, even though they may be socially connected. Monica provided a quiz to the assembly that they can take after the meeting to show the students how to be their authentic self's. Humans read each others emotional state before we hear words. Faking your emotions isn't very convincing. Our brains are relational, and interacting with others. One study showed that when you tell someone something going stressful, the receiver can release glucose to give you more energy. Social rejection is registered in your brain just as a physical pain. We need to understand that we often have more people than we realize. Monica talked on how we need to find our people. This year the counseling center is starting a new group counselling group. She encourages reps to try to find out results and feedback from the student body. The abs group is more based around a curriculum. These groups are made to provide students with a way to share their thoughts, in a non-threatening way. There is also drop in workshops at the counseling center. Monica encourages people to come and bring a friend. All the counselors are extremely welcoming, and she hopes to see some of the ASWU officers drop by. Monica opens up the discuss to questions.

Camina - Do the group counseling count towards are 10 free sessions?

Monica - No, they are free!

Breanna - How is the counseling department going this year, any increase or decrease in participation?

Monica - We are seeing an influx of people. More stressed freshmen, and less suicidal situations. The counseling center is seeing a lot more people with social anxiety issues.

Norma - What is the update on making appointments online?

Monica - We do not have one. You can fill out the paperwork online They are still having mixed thoughts about this. What is your thoughts on this?

Christina - I know that students would rather do it online, as many people do not like talking on the phone now.

Mike - Have you guys thought about hosting a meditation class?

Monica - The issue with this is staffing. A few years ago we had a staff member run it, but if you know of anyone willing to do it, or students who would be qualified, please let her know. Thank you.

Breanna - Senators please pass along the flyers that were attached in the email with the agenda, and I encourage you all to stop by and visit the counseling center.

2. Club Updates
- a. Pirate PRIDE

Lynn - President of PRIDE - Half of our leaderships disappeared last semester. The club still has a few leadership roles available. Liz is starting to take a look at the needs of her club, and address those. The club is about learning more about yourself and about other people. At the end of every meeting there will be a fun activity. Every meeting has a different topic. A lot of members struggle with being LBGT and they are working on creating a side small group to support those students. LBGT individuals are 2 or 3 more times more likely to be depressed. They are working on supporting their members with small support groups. They are looking into doing fundraisers and pick a cause at the end of the year to donate their money. The big event for this semester is an LBGT Art Festival.

Shaun - How in depth have you planned the art festival?

Lynn - We have just started. No date set yet, thinking about a week after fall break. Don't want to conflict with any other event. The main objective for this year is to create a more open front and more inclusive to welcome all walks of life.

Jeff - When and where are your meetings?

Lynn - Thursdays from 8:30pm-10pm, Saturdays 2pm-3:30pm in the HUB ABC.

Mike - Have you guys been made aware of Andrew Marin coming to campus in November.

Lynn - No, we have not. (Lynn and Mike will be connecting) She will be looking into contacting senators of the different dorms to host a prime time also for their club.

- b. Student Investment Group

Megan - We are just getting started on training tonight. 7pm, Weyerhaeuser 204. Looking to do more finance related classes in the community, and add more value to the club. We are sending our analyst to different conventions to share our knowledge. Developing a new alumni base, Whitworth Business Professionals, to provide more resources for students for employment.

Shaun - Granted a endowment to preside over. They are looking to add more companies, and give back as much as they can.

Mae - What day and time is your meetings?

Megan - Every Thursday at 6:00am in Weyerhaeuser 111.

Norma - You mentioned sending students to conferences, how is that being funded?

Shaun - Looking for outside donors.

3. Homecoming

Rachel - We have a sign up sheet to help for the week of homecoming. We need help with decorations (3 volunteers) this Saturday at 3pm. Parade help is needed next Saturday, at 11:20am to help everyone get set up and get everyone on the hello walk. Luke also needs one volunteer to help with the tailgate. Rachel also needs volunteers to help set up and clean up the dance. Please sign up to help. Sign up sheet is being passed around. Do you guys have any idea on who should be the first and last car as Beck can not be there?

Several assembly members through out names, Rachel took suggestions.

Beck and Julie will be at the opening of the Music Building.

The day is jam packed. Music building opening, tailgate, parade, game, dance, etc. She will be sending out a detailed schedule to everyone. Banners will be made on Tuesdays, Thursday will be a movie night (Ghostbusters), Friday concert (Still working out details), then Saturday is the big day. On the sign up sheet, people helping with the parade if you can help usher people from the parade to the tailgate to help the attendance.

Shaun - Are all dorms getting a banner? Where do we get that from?

Rachel - Butcher paper is available. Up to the individual dorm to provide supplies.

Jeff - Whenever you see Rachel give her a pat on the back, as she has been working her butt of for this event.

Dayna - Is this a ASWU Event? Everyone should be helping correct? Rachel is the coordinator for this event, but it is all of our jobs to help.

Rachel - I am really excited about this. I will send out a complete schedule to everyone's emails soon.

Breanna - Senators how have you gave the idea to your residents for the parade? How is the feedback? We really appreciate everyone helping.

Rachel - We are really excited for all this.

4. Reports and Vibes

Breanna - We are doing things differently, as last meeting ran a little too long. If you (senators and coordinators) have something to report please raise your hand. This is not a competition.

Michaela - Applications are available for the Social Media Director. We had quite a few out on the table, and all of them were gone earlier. Very exciting.

Jordan - Thinking about doing a Halloween Night. Would be on Monday night and in the triangle. Thoughts? Are students normally on campus on Halloween Night?

Luke - Tell people to buy booty club shirts. We are doing a lot of incentives for people to buy them. Gift cards, food, etc. There will be reserved seating at homecoming for everyone with a shirt at the game.

Erik - Heat team. Halfway through our week. Yoga is in the MPR tonight, tomorrow is a documentary about the effects of stress, Friday is Recess 2:30-5 in the loop. Volleyball, spike ball, free food. Senators if you promote those events that would be awesome. (Several members gave praise to the Heat Group for their incredible advertising.)

Mike - Senators in your mail boxes, there is a flyer for Wednesday October 5th, Faith and Politics event in the MPR at 6:30pm, so if you could please hang those up that would be great. Prayer room in the chapel is open. Prayer room is open to everyone, no matter of religion.

Mae - A lot of students do not know what elections were or when they were held. Is there any way we can hype up elections, and we could encourage more people to run and vote?

Norma - I created posters to post online, and create awareness in the process. I was having a conversation about Bre the other day, and we concluded that there is a lot more hype for the executive positions in the spring than the fall.

Jeff - Are you (senators) using the dorm specific Facebook pages to advertise?

Luke - Also, we are not doing emails anyone, so we are thinking about doing live announcements Monday night during dinner. Every Monday or every other Monday we are looking for people to volunteer to host these to rotate speakers.

Christina - I emailed Chris Eichorst, and they said they already have a list for the installments of water stations in dorms. Senators, if you have questions about when your dorms will be installed, email Chris.

Peter - Whitworthian came out today. They had a ton of letter to the editors, so they put as many as they can, rest of them are available to read on the website. Students can sign up to subscribe to the paper to be placed in their mailbox by filling out the ad in this week's newspaper.

Camina - She put flyers for Closing the Gap between Police and the Community, which will be held October 6th from 6-8pm in the HUB ABC in Senators Boxes. Black Jew Dialogues was great, and a lot of people seemed to enjoy it.

Whitney - Harvest Festival went as great as it possibly could have. She had a ton of help setting up and tearing down people. Overall had about 300 people in attendance during the day. Very successful. Whitney sits on the Sustainability Committee. Can you (members) please fill out the survey that she will be emailing out, and send it back to her. The goal is to spread this out to all of the students in the future. Looking to get people on board to be "Green Certified".

Shaun - Can we get something to post on Facebook for the election being held Friday so we aren't violating any policies?

Norma - Of course. I will send something out.

Rachel - I will be putting Homecoming flyers in Senators boxes and will email you once they go in. Please hang them up ASAP.

Evan - Please advertise Whitworth.fm, just any way you can.

Luke - Volleyball video coming out tomorrow.

Bailey - Carter and Benjamin will be here for the Homecoming Concert. Friday at 8pm in Pirates Cove.

Gretchen - I am getting ready to send out an email out to students to vote for Student Speakers at graduation and most Influential Professors of the Year. Instead of doing having students vote for one male and one female, what are your thoughts of voting based off of speaking ability, regardless of gender?

The consensus among the students who spoke up is Gretchen should have students vote the two speakers and professors based on their speaking ability, and not by gender. Gretchen will be moving forward with this structure to pick the two Student Speakers, and two Influential Professors.

5. FVP

Jeff - Two new clubs that we are charters. The first we will look at is Spokane Guild's School Pirate Advisory Board. This new club's purpose will be to plan events, fundraise and volunteer for the Spokane Guild's School. In doing so, they hope to raise awareness for children with developmental disabilities and delays. Some events the club has planned are meeting with families from the Guild School and helping them with school projects as a group. They also hope to hold an event that brings awareness to the issues children with developmental disabilities face today. The committee recommended to charter this club because of large student interest, the President's connections with the local Guild school and a dedication to bring awareness to campus on these types of issues.

Josh moves to charter the Spokane Guild's School Pirate Advisory Board, Mae seconds, approval unanimous

Second club we have the option to charter is International Justice Mission, the Club Chartering Committee recommended to recharter IJM for the academic year. IJM's purpose is to raise awareness about international poverty and social injustice. Two events that IJM is planning include a showing of the movie Nefarious-a film that brings awareness to the issue of sex trafficking. They also plan to bring a representative from World Relief in Spokane to speak about the refugee process to Whitworth students. The committee was confident in the club's mission, plan for events on campus and happy to see underclassmen on leadership for sustainability purposes.

Maddie moves to charter International Justice Mission, Christina seconds, approval unanimous

Finance committee had 5 requisition this last weekend.

1. Kipos Club requisitioned for \$300 for tables and seating at the garden--Finance Committee approved this for the full amount and the funds will come out of the ASWU Capital Account.

2. Outdoor-Rec requisitioned for \$750 to have three of their employees attend the Wilderness & Risk Management Conference in Salt Lake City in mid-October. Last year, we set the standard that we would not pay more than \$100 per person towards conference attendance. Thus, the Committee approved this for \$300 (\$100/person for 3 attendees). There was also a stipulation that the three recipients of funds must hold a debrief post-conference to convey what they learned to a large group of students. This will come out of the ASWU Capital Account.

3. Pre-Med/Science Club requisitioned for \$250 to make goodie bags for Biology students before their first exam. The committee approved this requisition for \$75 because the club saw a significant roll over of funds from last year and the committee felt that some of these extra funds could be used towards this awesome idea.

4. Pep Band requisitioned for \$600 to purchase a Sousaphone and the requisition was approved for the full amount. These funds will come out of the ASWU Capital Account.

5. The Whitworth Student Investment Group requisitioned for \$850 f to attend a conference in Seattle, WA. The Finance Committee failed this requisition because they did not feel that the group detailed how their attendance would benefit a large group of students. I recommended that WSIG research additional funding opportunities within the School of Business to attend.

Capital is currently at \$18,700 and Unallocated at \$1,719.00.

6. EVP

Norma - Elections. Results showed we had 582 votes online. Off campus specifically we had 188 votes which was very good. Asked Jordan if the way off campus voting was executed during the primaries would deter people from voting in the general? (Norma read off the results of the primary election by dorm) We ran into a few problems with voting (technically), but they were addressed and taken care of. Everyone please remember that timecards are due this Friday, September 30th.

7. President

Breanna - Got an email from Forest about the incredible thank you to ASWU concerning the prayer room partially funded by ASWU. Still working on compiling survey results with Jordan. Green dot is our bystander awareness training; we are trying going to be training all GE330 students on bystander techniques. Asking RA's and Senators to call a dorm/hall meeting to talk about the higher than normal threat on dance nights, and the situations that could arise. On a fun note, the university is launching a Whitworth Snapchat account. They will release the account to a student for a week, which will switch every week. Breanna will be the first one to get it, next week. The purpose of this account is to film the behind the scenes of Whitworth so everyone can get the whole picture of what happens on campus, not just the produced version. One other quick thing, how are committees going?

Mae - I can't make my committee meeting? Would you like to reassign me?

Breanna - Yes, we will need to reassign you to a different committee.

Bailey - The highest at risk students for retention problems are commuters. Please reach out to commuters to support them in any way you can.

Christina - The new physics major is coming along. The committee is looking for suggestions for Gen-Ed classes? If you have any questions or ideas, please contact her or Emily.

Jeff - Evan do you know how many students have done the SharePoint feedback?

Evan - No. I do not.

Jeff - Can you bring it up please at the next committee meeting? Senators please advertise this.

Norma - If people could please sign up for the Election Table this Friday. One extra person is needed for most of the day. Please sign up on the Excel Sheet sent out.

Motion to close meeting at 6:29 by Christina, 2nd by Josh, Approval Unanimous.