

11-6-2017

MCSA Forum minutes 11/6/2017

Morris Campus Student Association

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Recommended Citation

Morris Campus Student Association, "MCSA Forum minutes 11/6/2017" (2017). *Morris Campus Student Association*. 135.
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Memo to: MCSA Forum Members
From: MCSA Executive Committee
Subject: Forum Agenda for Monday, November 6th, 2017.

The Forum will meet on Monday at 6pm in IH 109/ Cow Palace.

Called to order at 6:03

I. Open Forum

A. Sandy Olson-Loy, Dave, and Bridget speaking on student mental health resources.

1. *Olson-Loy*: Thank you to student leaders and for advocating for the non twin cities campuses. The regents heard the request. We requested that at Morris we have extra funding for mental health service. More networking and online things like Twin Cities. It is more important here because we don't have a huge community like a metro area would. We asked for 75,000 recurring funding to help pilot programs and to bring them here. Mental health and well-being program is being started. \$80,000 one time funding for a counselor. Bridget and Dave have also been involved. Let's talk consultation program started this year on Mondays and Tuesdays. It is available on the events calendar. It is for students to get info back quickly and to just talk and get a consultation. University of Minnesota Duluth started this program last year.

a) Telepsychiatry. We do not have a psychiatrist because the one at Stevens County Medical Center retired. We set up telepsychiatry. It is very common in private practices. The doctor will begin seeing patients by end of the month. Students will need to be referred to Dr. Herman. We have a camera and display set up in health center. It is a medical appointment so students will meet with the nurse and answer questions and then go to the screen and talk to Dr. Herman and he can prescribe medications as needed. Appointments must be made a week or two in advance. Even that is way ahead of the 6 month waiting period in rural MN

communities. Almost everything is in place and the technology is on the way. If this works well here, then it will be made available to other campuses. It is for 4 hours in an afternoon. First appointment is 60 minutes and a followup would be 30 minutes. So he can see 4-6 patients per week. We have 2 already that have been referred. We will have only those 2 the first day to make sure things go smoothly. We have identified some people for referral. Great advantage to our students. Dr. Herman is very experienced. We added a new counselor last January. So he also has appointments available for counseling as early as next week. Dr. Herman was here last week and had lunch with Elsie Wilson, Ruby Debellis, Tiernan Lenius, and Noah Pilugin.

- b)** All our students have access to a free app . How many of you have time to get to the counseling office? Only one of you?. Learn to live is an online program. Initially, the twin cities was gonna have it but then they decided to offer it to all students and on all campuses. It is cognitive behavioral therapy. It is free. Log onto link on the card. Enter your code. The code is UMN. First thing is an assessment. You can skip and choose your program and it will track your progress. Then you get a series of several questions. After the assessment, it will show the answers and recommend a program. But you can still pick a program you want. Get emails from Learn to Live to check up on your progress. You can unsubscribe from those emails if you would like. It walks you through the program. Each module has 8 lessons. 1st lesson does a brief secondary assessment. There are videos and it is interactive. Then you can track your progress. It shows you the development as you work through the program. There is a blog you can follow as well. All of the lessons will refer to the resources needed. There is

audio clips and workshops. It is all very easy and free. It is very useful. There is a coaching module. You can connect with a coach and tell them what your needs are. Tell them what is going on. You can choose different types of support. Like encouragement or etc. You can also have friends join your team and it will link your friend to your progress and for them as well you can choose the way they support you. Gustavus used it and they got really good results. It is evidence based. Students who have used it report back positive things. I encourage you to check it out and share with people you might think need it. Let us know with any questions you have. Ask me or any counselors on campus.

- c) Calm app: You can use it online or on your phone. It is a guided meditation app or guided relaxation. There is a guided breath screen. Gives points on sleep and relaxation. Use the background noises for relaxation. A lot of them are free. If you want more it's a paid subscription. Coulter has been recommending this app. Several faculty members around campus are using it. We do more meditation and yoga programs through the health center. Contact me with questions.

II. For Action: Approve Agenda

- A. Lenius motions
- B. Carman seconds
- C. Motion passes

III. For Action: Approve [Minutes from 10/30/17](#)

- A. Brown motions
- B. Tetrick seconds
- C. Motion passes

IV. President's Remarks

A. Come to Campus Conversations. We need to be doing that in higher numbers. Only people in executive committee have been coming. Next one is 11:30 Nov 16th about political climate.

V. Committee Reports

A. MCSA Committees

Academic Affairs	Campus Relations
Executive Committee	First Year Council
Resources and Operations	Student Services

B. Campus Assembly Committees

Assessment of Student Learning	Academic Support Services
Consultative	Curriculum

Faculty and P&A Affairs

Faculty Development-Discussed upcoming development. Considering adding adult beverages and moving the time. Dropping the faculty picnic at the beginning of the year.

Finance	Functions and Awards
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International Programs-Funding the Cuban winter trip with Sherry. Figuring out scholarships about study abroad.

Membership

Multi-Ethnic Experience	Planning
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Scholastic	Steering
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Student Affairs

VI. Organization Reports

AISES

KUMM- We are trying to organize history documents. We came to a realization that our newest constitution is from 1999. We are going to try to update that. Email KUMM executive committee members with any suggestions. Tues Nov 28th is the meeting. I will be gone next semester to intern at library of congress.

Biology Club

MPIRG-Consent week was successful. Tomorrow is the election. Referendum for the Morris high school renovations. Go vote in local elections. MPIRG will be tabling and will direct people to the polls.

BSU- Meeting Thursday at 7 for fashion show. Need models, meet in science auditorium.

MoQSIE

CNIA

Student DFL

College Republicans

SAAC-Special olympics basketball is coming up and we need volunteers.

Lenius: email executive committee and we can set up a sign up in forum
University Register -We printed last week. Be careful because there was a printing mishap with the issue and the middle page may fall out.

VII. Old Business

A. For Information:

1. Debrief on Student Leader Meeting and Chancellor meeting on Gala *presented by Secretary Tetrick*
 - a) Last Thursday we had an open meeting targeting the student leaders. We got opinions on the shape of the gala regarding The activities and other things like where the money could go. Wilson and I compiled a list of people we are gonna reach out to because not a lot of organizations were represented. We met with Chancellor. We cannot create a scholarship. We discussed other ways to use funding and getting alumni involved.
2. Final report topics to be presented Board of Regents *presented by Board of Regents Representative Smith*

- a) Representatives from all campuses do research and present to the board. The topics are Transparency, business ethics, and diversity and inclusion
3. 1st Year Survey Results *presented by* Representative Rosemark
- a) It was conducted from Oct 25-Nov 1st. We received 72 responses which is about 15% of 1st year student body. Overall dorm experience was pretty good. Bathrooms were leaning to the negative side. CAs have been good. Common issue with laundry is seen. Recently there have been dryer and washing machine issues. Campus communication is pretty good. One stop, campus PD, and library are what people know. Most people don't know what MCSA is. People want to know more about ACE, writing center, MCSA. Wifi on campus is pretty bad. People are struggling on how to view grades. Maybe we can look further into it. 71% find it difficult to find grades. Pretty well connected to campus and need more connection to communication.
 - (1) *Lenius*: Well maybe the people who took the survey are well connected. Is this pretty representative of the 1st year class?
 - (a) *Rosemark*: Yes, it was well advertised. It's a pretty good sample size. University doesn't do a good job with financial literacy. Campus connection is something people don't know about it. Very few people use it. Big push for toasters in residence halls. People find it pretty easy to navigate MyU. 44% don't know what paypercut is. I can share the link to the results but please don't edit but feel free to take a look.

4. Get to Know Your First Year Representatives Social *presented by*
Representative Rosemark
 - a) We are still working on it. Scones and muffins will be. It will be Nov 14th. 5-7. Share input with me if you have any. I am working on a flyer. We will talk about orientation, transfer students, and connecting to the greater community.
5. Completed [MCSA Constitution Proposed Edits](#) *presented by* President Wilson
 - a) We are finished editing. Added Campus Relations in the constitution. Adjusted responsibilities from President to Vice President. We also changed the order of some things. Everyone please take some time to look through the edits and comment on the document. We also added some things regarding student organization representatives. We will be continuing to work on Thursdays at 11 and start on editing bylaws. The edits will be brought to vote upon early spring semester for the student body.

B. For Action:

VIII. New Business

A. For Information:

1. Support the U Day information *presented by* MSLC Representatives Johnson and Brichacek
 - a) It will be April 10th. It is free and those who attend will receive a chancellor's excuse. MCSA members are required to go. Please mark your calendars. It's fun. We get funding for University. More info will be coming soon.

B. For Action:

IX. Announcements

A. Meme team and bad movies club will be showing emoji movie tomorrow

X. Adjourned at 6:52