

University of Minnesota Morris Digital Well

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Student Affairs Committee

Campus Governance

1-24-2023

Student Affairs minutes 01/24/2023

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University of Minnesota Morris
Student Affairs Committee Minutes 1/24/2023 -Via Zoom

Present: Viktor Berberi, Y. Andrew Hao, Holly Rutter, Hal Johnson,, Sandy Olson - Loy, Jay Allard

Absent: Siobhan Bremer, Matt Hoekstra, Dave Israel Swenson, Nani Mahkuk-Guaman

In these minutes: CANVAS default assignment submission time

Meeting was called to order at 11:42am

Viktor Berberi continued the discussion on the CANVAS default assignment submission time and whether this committee should recommend a change to an earlier default time. Sandy Olson Loy stated that this would be a positive step forward in encouraging students to get better sleep and manage stress. Another discussion point was that items that can get built into the environment to make it easier to make better decisions around sleep and mental health is a positive gain. Jay Allard and Hal Johnson will present the topic to MCSA executive committee for additional discussion.

Viktor shared some resources and data on stress that was provided by Heather Peters. The committee will review and discuss at the next meeting.

- a. [APA Stress in America survey](#)
- b. [U.S. Surgeon General's Framework for Workplace Mental Health & Wellbeing](#) and [here](#)

Meeting adjourned at 12:12pm

2023 Meeting Schedule

February 14, 2023

March 21, 2023

April 18, 2023

Submitted by: Holly Rutter

Date submitted to Digital Well: _____