



# ASWU

ASSOCIATED STUDENTS

of

WOODBURY UNIVERSITY

## Assembly Meeting Agenda

Thursday, March 29, 2018

6:00PM - 7:30PM

Saffell Boardroom

6:00PM - 6:05PM

Attendance

6:05PM - 6:35PM

Guest Speaker: Stevon Lewis, Director of Counseling Services

Having this topic is appropriate at this time since finals are coming.

It is important to recognize that we need to take care of ourselves.

We don't have to put too much pressure on us in order to keep doing our daily activities.

- A. How do you know when you are stressed?
  - a. Heartbeats
  - b. When deadlines are coming
  - c. Forgetting about assignments
  - d. Anxiety- overthinking
  - e. Tense muscles, sweating, mood changes, shaky hands,
  - f. Aggression
  - g. Physical changes and moral changes
  - h. What do you respond to this changes?
    - i. Music, gym , spiritual responding (meditating)
- B. What are students doing to prevent stress?
  - a. Breathing properly in order to forget your problems.
  - b. Playing music
  - c. Meditating
  - d. Pray
- C. Why don't we do any preventing strategy before getting stressed?
  - a. "Out of sight out of mind" mindset
  - b. When you are operating around people that are doing well, we start to feel like we have to be busy and doing well.
  - c. When you are doing the papers and you get stressed because you haven't made any advance, you're getting stressed.
  - d. Instagram has made an impact in people's because they see others doing things that they are not able to do at the moment. Therefore, a lot of students feel bad about themselves.
- D. The stress is coming from
  - a. Students feel that there is always an assignment to work on. If they are not working on it, they feel like they are wasting time.
  - b. Faculty pushes on to students that they should always be in studio, including during break and weekends.
  - c. Students feel they need to work extra in order to have some time for themselves.
  - d. Students feel pressure by their classmates.
- E. To prevent stress
  - a. Students should recognize at what time of the day is the best to work for them so they can be productive.
  - b. Students should charge their laptop to 100%, once your laptop dies, time to leave studio or stop doing the assignments.
  - c. Students should focus on themselves and not others.

- d. Meditation guides, breathing properly, journal to get out thoughts that are bothering you
  - e. make a to-do list to settle your mind.
  - f. Students should do mindless activities, something that doesn't take work to do
  - g. Self Care is not selfish.
- F. Self praise
- a. Students are good at being disappointed at themselves, but when do you tell yourself good job?
  - b. Not often
  - c. Repeating to yourself "Im beautiful, Im intelligent "
  - d. Congratulate yourself every time you accomplish something
- G. Boundaries( Ideas to take care of yourself)
- a. Not overthink what people say
  - b. Get a paper and draw a circle. Inside the circle write down what you can control and outside the circle what you can't. So you realize what is on you and what is on others.
  - c. Timing yourself to get assignments done
  - d. Document your progress
  - e. Unfollow sites that you don't need. So you're not comparing yourself to what you look at.
  - f. Acknowledge that you're a human. Do not catastrophize, it may be bad right now, but it will get better

6:35PM - 6:40PM

Upcoming Events

1. Sigma Omega Nu- Queening with killa queen tonight 8:00pm at Woodys
2. Next Thursday- BPWOW Etiquette dinner, 6pm at Woodys
  - a. RSVP BPWOW's email

6:40PM - 6:55PM

Senator Reports

School of Architecture

1. Mohamed Hassan mohamed.hasan@woodbury.edu
  - a. Good evening everyone I hope you're all doing well. I've met with Ingalil and Catherine together to discuss ways I've been able to get the word out about Woodbury's architecture program as well as the study abroad program.
  - b. I've also scheduled a meeting with Marc next week to discuss matters of collaborating with another community college or high school with woodbury hosting a studio that would take place on campus.
2. Jasmine Mangona jasmine.mangona@woodbury.edu
  - a. Hi everyone! I will be meeting Christoph again next week and will be discussing the changes to the desks and chairs. I have been talking to other students in the studios to see their opinion and they like the possible changes that could happen. I will be finishing up the sketches and scheduling a meeting with Matt Corbitt soon. Please let me know if you have any questions, comments, or concerns. Thank you!

School of Business

1. Melissa Toribio melissa.toribio@woodbury.edu
  - a. Hello, I would like to remind everyone that the next Executive In Residence will be CPA Mr. Greg Lippe, who is a Woodbury alum. He is currently president of the Gregory N. Lippe Accountancy Corporation and in that position, he provides outsourced CFO and consulting services. He will be here on Wednesday April 4th from 2-5 p.m. If anyone is interested in meeting with him you can contact Joy to schedule an appointment.
2. Marie Vanian Marie.vanian@woodbury.edu
  - a. Dear Assembly,
  - b. As part of my report I would like to tell the assembly members that I had a very productive meeting with Dr. Marques where we discussed what would be beneficial to all business students.
  - c. I gave Dr. Marques the idea of a " Career Festival " that would happen towards the end of the spring semester and would give the opportunity to graduating students to meet with potential employers and mentors.
  - d. I suggested making it fun in the grass area and create a carnival atmosphere, she mentioned that she would work on this with her advisory board and was very excited about this project.
  - e. I will think of other ideas to incorporate with this festival, this year we will not be able to complete this so we will shoot for Spring 2019

School of Media, Culture, & Design

1. Niomie Glory niomie.glory@woodbury.edu

- a. For this week I will get the more in depth rules and regulations for the Woodbury University Radio Logo Contest. If any of you are interested in participating or know of someone that will be, look out for the flyers and feel free to ask any questions.
- 2. Anna Harrington anna.harringtonBilu@woodbury.edu
  - a. Hello everyone!
  - b. This past week I continued talking with individuals from Animation in order to further develop the Animation Department survey that Niome Glory and myself are creating. I plan to meet with Alex, our ASWU President, tonight to solidify the changes we have made and make the survey public. I will keep everyone posted via social media and flyers once the survey is officially public.
  - c. As per usual, if you have any comments, questions, or concerns, please feel free to email me or reach out. I am more than happy to help.
  - d. Thank you!

College of Liberal Arts

- 1. Akeima Young akeimayoung@hotmail.com
  - a. Hello assembly,
  - b. this is week I was able to get more information about a merit based scholarship and my dean has expressed willingness to work towards it. I was given suggestions by the faculty involved in the political forum and we are working on involving someone from the outside to participate. If you have any questions or concerns please feel free to let me know.
- 2. Vacant Please email any recommendations to aswu@woodbury.edu

6:55PM - 7:10PM

Executive Board Reports

- 1. Alexandra Holguin, President alex.holguin@woodbury.edu
  - a. Tuition Break Down Flyer: The tuition breakdown flyer is complete and I have brought a couple to pass around in assembly this should be on the website soon if not already and will be posted around campus.
  - b. Student Leader Awards: All the ASWU awards have arrived and I am working with Kelli Ross on finalizing the date for the awards once this has been announced I will be sure to share it with you all. I would suggest having at least one member of your organization in attendance in case your organization won an award!
  - c. John Lewis Topics suggestions
    - i. Security training
    - ii. Emergency situation walkthrough
    - iii. Workshops about the emergency books, some of them can be found in the website
    - iv. Dustin- Alice training
      - 1. Tells you tips on emergency situations and what to think about when running, hiding, fighting
      - 2. Coming next year
- 2. William Garcia, Executive VP william.garcia@woodbury.edu
  - a. I will be ordering a sports box, with sports equipment that can be borrowed. This box will be located in the gym
  - b. Drink water, get rest. I can't force you to sleep
  - c. Keep the ambulance away
- 3. Bennet Cariaga, VP of Finance bennet.cariaga@woodbury.edu
  - a. Remember to complete your reconciliations in a timely manner. I have already emailed organizations regarding past due reconciliations and have been fined. For organizations with upcoming events, please feel free to reach out and ask the Assembly if your event needs a helping hand with something, whether it may be in participants, marketing, or suggestions.
  - b. The following organizations have been approved to receive OAC funding for spirit week: Accounting Society, BPWOW, Delta Sigma Phi, Moria, Phi Sigma Sigma, Sigma Omega Nu, UNITY, and Zone V.
    - i. Do not worry about FREA/Marketing as these events are under Spirit Week.
  - c. Additionally, one change to an OAC event was approved by the Executive Board:
    - i. Stressbusters by CEO - Instead of making slime, CEO will hand out donuts
  - d. Lastly, OAC reconciliations are due for the following:
    - i. AIAS - Stressbusters 1 - Tuesday, April 3rd
    - ii. BSA - Skate Night - Thursday, April 5th
- 4. Marta Huo, VP of Student Orgs marta.huo@woodbury.edu
  - a. Hello everyone, hope you all are doing well.
  - b. Just a reminder, spirit week is next week. All of the OAC requests have been approved and the transfers are in the process. If you have signed up for tabling please be there on the days that you have signed up.

- c. Also, if any form of contract needs to be sign, the contract needs to go to student affairs which is Michelle Sidney. After you have given the contract to Michelle, she will go ahead with the process of getting it signed by the school. Individuals are not allowed to sign any contract.
  - d. Submit your designs to animation club for Woody animation competition by April 6th
  - e. Thank you
- 5. Adam Ramirez, VP of Marketing adam.ramirez@woodbury.edu
    - a. Hey everyone, just a reminder to submit your FREA/flyer as early as 2-3 weeks so it gives you a better chance of having your flyers up a lot sooner.
    - b. Table cloths will be given out to the 14 orgs who reached out to me for one beginning at spirit week. I will email those orgs regarding the table cloths as well
    - c. FREA/Marketing are due for the following:
      - i. Accounting Society - Bowling Night - Tomorrow & Stress Reliever - Wednesday, April 4th
      - ii. Moria - First Press Reading Series 2 - Monday, April 2nd
      - iii. ASA - Armenian Genocide Commemoration - Wednesday, April 4th
      - iv. CEO - Stress Busters - Wednesday, April 4th
      - v. Comm Club - Summer Kickoff - Friday, April 6th
      - vi. RHA - Grand Prix - Friday, April 6th
  - 6. Autumn Davis, VP of Student Life autumn.davis@woodbury.edu
    - a. Hi All! Woodstock is one week away and we have all of the signage up! Make sure to let outside friends know that it's \$5 at the door, and for all alumni to bring WU ID or they'll have to pay.... Again its April 7, 5-11pm!

7:10PM - 7:15PM

Advisor Report

- 1. Dustin Brentlinger dustin.brentlinger@woodbury.edu
  - a. Finally have a place to live
  - b. Turning 50 on June
  - c. Have lived on a college campus since 18
- 2. Please invite me to student events
- 3. Drink milk

7:15PM - 7:30PM

Open Forum

- 1. Parking permit concerns. Why is it taking too long to settle parking pass?
  - a. Response on behalf the president
    - i. "It is like any other customary fee, such as technology, graduation, SOAR, campus life, etc."
    - ii. Dustin- Some universities don't charge for parking permit because it is already included in their tuition. Therefore, every student pays for parking whether or not they own a car.Its better for us that it is not hidden in our tuition.
  - b. Suggestion: Have a day passes for parking
- 2. Do you feel the president is around?
  - a. No, the students do not feel his presence on campus
  - b. The president might have stopped being around because no one approaches him when he was at the lunches on behalf of ASWU. Students should stop by the president's office and talk about their concerns with Seta.
- 3. CAB applications are due tomorrow at 5PM
  - a. If you feel you cannot meet the deadline, email Crystal
  - b. Highly recommend it to put in your resume
- 4. April- sexual assault awareness Month
  - a. Sunnies are hosting a substance abuse workshop
  - b. Faculty is trained for situations like this if something happens
  - c. Security will be implementing a way to quickly reach security
- 5. If you have anything that was not addressed, please submit an anonymous comment into the Comment Box right outside in the hallway, in the pool house, or via our virtual comment box on our website aswu.woodbury.edu.

7:30PM

Next Meeting

- 1. Thursday, April 5th, 2018,6:00PM-7:30PM, Saffell Boardroom, Guest Speaker: John Lewis