

**Meeting Minutes for  
SDC General Body Meeting  
Wednesday, 09/14/2016 , 8:00 pm @ Scaife 125**

**Reports**

<b>President:</b> <i>Alex Yang</i>	Welcome to the second general body meeting for the semester!
<b>Vice President:</b> <i>Tanvi Joshi</i>	Next week will have index cards and you can write three fun facts so we can guess who is who.
<b>Secretary/Treasurer:</b> <i>Mira Shukla</i>	Schedule a time to exercise once a week.
<b>Student Advisor:</b> <i>Daniel Francis</i>	SDC has <b>IM teams</b> so join them!
<b>Faculty Advisor:</b> <i>Bryan Koval</i>	Third week of classes, very exciting; <b>OCSI is sponsoring Civil Discourse Week</b> this week, last night had discussion and Conflict Kitchen dinner in Rez, movie screening at end of the week, Constitution Day with speaker on the 16 <sup>th</sup> , pretty timely topic during election season to reflect on civil discourse, link on Housing Facebook page to schedule for this week; new folks: interested to get to know all of you, get milkshakes in Resnik on my dime, favorite milkshake: <b>salted caramel pretzel milkshake</b> , best thing dining makes, may be best dessert in Pittsburgh

**Business**

<b>Guest Speakers</b>	<p>Angie Lusk – Wellness at CMU:</p> <ul style="list-style-type: none"> <li>• <b>Finding Balance:</b> How do we talk about wellness? How do we talk about our life at CMU collectively?</li> <li>• New Housefellow for BaM on Oct. 19, Angie transferring to wellness on campus full time</li> <li>• Why would SDC be talking about this? <ul style="list-style-type: none"> <li>○ To tend to ourselves, figure out our own values and priorities, and how as an organization we are talking about these whys</li> <li>○ How are you talking about the ways you are supporting one another</li> <li>○ Change agents: working all the time to build up residential communities, a lot of work to do in that arena</li> <li>○ Provost page: task force the president has assigned to the work he is doing and the provost; idea of teaching faculty and staff to be resilient and recognize that a healthy mind and body is the foundation for success</li> <li>○ We are at a critical stage in history as a community to lift this dialogue up</li> </ul> </li> <li>• Need to be patient with ourselves, small systemic steps in the right direction will help shape our culture</li> <li>• Think about the <b>four top priorities</b> you have this year over <ul style="list-style-type: none"> <li>○ i.e. progressing forward in academic progression, nourishing the connections with the people that you love, job searching if you're a senior; if you took it away, something would be missing for the way you envision this world</li> <li>○ Time management experts would say, imagine that these are the four wheels of your car; if one of these falls to the back burner, ask yourself how much of that changes our psyche, how to balance ourselves</li> </ul> </li> <li>• <b>Balance:</b> a loaded word, when we give value and time to the things that we prioritize, and if we're not doing them, how do we incorporate it back in. <ul style="list-style-type: none"> <li>○ <b>90% of your time</b> should typically be spent on those four things, should be able to professionally and adequately know that those are your priorities</li> <li>○ Not saying yes to everything but being thoughtful about the things that you're saying yes and no to</li> </ul> </li> <li>• <b>Finding your flow:</b> <ul style="list-style-type: none"> <li>○ Kristine carter: take recess, SDC does this a lot, thinking about rest and renew of the dorm students</li> <li>○ <b>Encourage the elephant, not the rider:</b> idea that we have a finite amount of will power in ourselves (I can only say no to that milkshake for so long) <ul style="list-style-type: none"> <li>▪ Easier for us to say no at the start of the day rather than later</li> <li>▪ Elephant is habits, rider is willpower</li> </ul> </li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li> <ul style="list-style-type: none"> <li>▪ Easier to train the elephant to stay in a pattern than to have the rider turn in a completely different direction</li> </ul> </li> <li>○ <b>Rituals:</b> do things without even thinking about them, what are the habits you've established that fit in a wellness domain, eat with friends, walk to campus and listen to music, call your family</li> <li>○ Try to develop one <b>micro-habit</b> that you can start now that will help you relax, wellness habits that you can do for you</li> </ul> </li> <li>• <b>Ease the overwhelm:</b> people get caught up in the day to day <ul style="list-style-type: none"> <li>○ Change the way we're looking at the problem, find the root cause of a stressor</li> <li>○ How do we manage the emotions we have associated with an issue or how do we lean into it and do something about it</li> <li>○ Complaints: how do we turn them into something that we care about and something rewarding, i.e. Dining taking feedback and changing things in a very transparent way</li> </ul> </li> <li>• <b>Eliminate junk stimuli:</b> <ul style="list-style-type: none"> <li>○ Close tabs, don't go on Facebook when you're mad, turn off your phone, more personal interface with the individuals in front of you</li> <li>○ Don't use the word busy anymore, use active instead, have really meaningful work that I care about</li> <li>○ Decrease multitasking, become present in our day</li> <li>○ For every task we add to the things we're doing, we decrease our efficiency by 20%</li> <li>○ Helps to write down when things are due on to do list and allows you to focus on the task at hand</li> <li>○ 75% of human day is positive but we tend to focus on the negative</li> </ul> </li> <li>• Want you to know: <ul style="list-style-type: none"> <li>○ Newsletter <b>Be Well @ CMU:</b> text 22828 bewellatCMU to be added - bimonthly, offer professional development opportunities, links to cool articles, looking for more authors and helpers</li> <li>○ Creating sophomore version of <b>Thrive</b>, talk about resiliency in residence halls</li> <li>○ <b>Therapets every Wednesday</b> in the Mindfulness Room</li> <li>○ <b>Mindfulness Room:</b> <ul style="list-style-type: none"> <li>▪ Thinking about doing something for mid semester break</li> <li>▪ Open house on Family Weekend from 5-7p</li> </ul> </li> <li>○ <b>Mental Health First Aid Training:</b> 8 hour course on mental health, 5 major health conditions, beginners look at what that would feel like if you were in contact with a person suffering from a mental health condition, happens every month, good thing to put on resume</li> <li>○ Creating a webpage for Wellness at CMU</li> </ul> </li> </ul>
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<b>Unfinished Business</b>	None	
<b>New Business</b>	None	
<b>General Discussion</b>	None	
	<b>Committee Reports</b>	<b>Meeting Times</b>
<b>Booth:</b> <i>David Perry</i>	No report	Tuesday, 4:00 pm Location: Contact chair for info sdc+booth@andrew.cmu.edu
<b>Buggy:</b> <i>Joyce Chen</i>	IM sports, exciting new year for buggy, issue with permits so <b>rolls pushed back</b>	Contact chair for info sdc+buggy@andrew.cmu.edu
<b>Dining:</b> <i>Ashwini Ganpule</i>	Dining meetings starting next week, Tuesdays 5:30 in the Underground, input on dining	Tuesday, 5:30 pm Location: The Underground sdc+dining@andrew.cmu.edu
<b>Events:</b> <i>Eric Huang</i> <i>Nick Hougland</i>	Had first meeting last week, planned for year, need more members, planning <b>Tanger Outlets</b> trip, taking over from Student Life, SDC now main sponsor; trips planning, <b>Iron Chef</b> event	Thursday, 4:30 pm Location: CC 329 (318G) sdc+events@andrew.cmu.edu
<b>Funding:</b> <i>Jonathon Pyo</i>	Yesterday 6:30 underground, currently no funding requests	Sunday, 2:00 pm Location: CC 306

		<a href="mailto:sdc+funding@andrew.cmu.edu">sdc+funding@andrew.cmu.edu</a>
<b>Housing &amp; Student Life:</b> <i>Atulya Ravishankar</i>	Working on inventory of loaner properties, planning <b>6@6 event</b> , meeting with <b>House Councils</b>	Thursday, 8:00 pm Location: The Underground <a href="mailto:sdc+hsl@andrew.cmu.edu">sdc+hsl@andrew.cmu.edu</a>
<b>Publicity:</b> <i>Katelyn Smith</i>	Working on online presence, getting stickers for permanent properties	Thursday, 4:30 pm Location: CC 329 (318G) <a href="mailto:sdc+publicity@andrew.cmu.edu">sdc+publicity@andrew.cmu.edu</a>
<b>House Reports</b>		
<b>Boss/McGill</b>	No report	
<b>Doherty</b>	No report	
<b>Donner</b>	Taking a trip to Shadyside Market this weekend, RA's to lead students to experience Pittsburgh	
<b>Fairfax</b>	No report	
<b>Greek Housing</b>	No report	
<b>Hamerschlag/Scobell</b>	No report	
<b>Intersection</b>	No report	
<b>Morewood E-Tower</b>	No report	
<b>Morewood Gardens</b>	No report	
<b>Mudge</b>	No report	
<b>Neville</b>	No report	
<b>Residence on Fifth</b>	No report	
<b>Resnik &amp; West Wing</b>	No report	
<b>Shady Oak/Clyde</b>	No report	
<b>Shirley</b>	Housing has been made aware of Shirley's TV stand issue, addressing it soon, 7p Tuesdays House Council	
<b>Stever</b>	No report	
<b>Webster</b>	No report	
<b>Welch &amp; Henderson</b>	No report	
<b>Off Campus</b>	Shocking News: Drevin (ghost of Shirley's future) used the mini fridge to put the TV on in the living room	
<b>Announcements</b>		
	<p><b>UPCOMING EVENTS:</b></p> <ul style="list-style-type: none"> <li>• ExComm – Saturday, 2-3 pm</li> <li>• IM Teams!</li> <li>• 1000plus –sign up!!</li> <li>• Join and/or like the following Facebook Groups! <ul style="list-style-type: none"> <li>○ To Dining With Love</li> <li>○ To Housing With Love</li> <li>○ GenBod group</li> <li>○ SDC Facebook page</li> </ul> </li> <li>• Next General Body Meeting – Wed, Sept 14th in TBA</li> </ul> <p>Next Meeting Location: TBA</p>	