



**Academic Wellness Educators
(AWE)
Meeting Minutes**

Date: March 18, 2016

Time: 9-10:30am

Location: Manzanita Multi-Purpose Room

Members Present: Lindsay Laney, Sara Shier, Jessica Shapiro, Kristin Rascon, Doralyn Foletti, Kaitlyn Hanson, Luisa Adams, Lauren Campana, Brandon Price, Mike Igoe, Elissa Creighton, Jill Olson, Anneka Rogers Whitmer, Karin Rodts

Agenda

Welcome & Wellness

- **Mindfulness/ Relaxation at every meeting: Essential Oils**
- **Introduce New Special Programs Counselor, Stephanie Beaver Alder & Director of Access, Retention & Success, Mike Igoe**
- **FIG updates**
- **Student Equity Updates/Brainstorm**
- **Next year's FIGs due April 8th**
- **Open Mic – Your turn for ideas and comments**

Weather Report: Next AWE meeting 4/15/16 at *Columbia Kate's Teahouse*

Minutes

TOPIC: Welcome & Wellness

Discussion:

- Review of agenda
- Introductions

TOPIC: Mindfulness/Relaxation – Essential Oils

Discussion:

- Lauren distributed cards – desk yoga
- Little book of stress relief
- Essential oils PowerPoint
- Breathing exercise

TOPIC: New Staff

Discussion:

- Introduction of new staff
 - Stephanie Beaver Alder – Special Programs counselor (EOPS & TriO)
 - Mike Igoe – Director of Access, Retention & Success
- Review of plans for new staff members

TOPIC: FIG Updates

Discussion:

- Sara – ESL to library to get library cards and sign up for tutoring
- Doralyn - Cinco de Mayo event in Jamestown
- Jill - GED materials in Spanish have been purchased
 - GED testing last night
 - Cut scores have been dropped to 145
 - Union Democrat story on GED
- Lindsay – Expansion is almost complete
 - End of year celebration – April 27th
- Aneka – Welcome Week
 - Planning underway
 - Friday before first week (Flex day) – help dorm students move in
 - Saturday – new student only engagement welcoming in the morning – afternoon at dorms (bus tour)
 - Sunday – dorm student orientation
 - First week – 2 events per day, live music, evening events

TOPIC: Student Equity Updates

Discussion:

- Brandon - Promoting Student Success through Integration and Collaboration

PowerPoint presentation

- DSPS partnering with MJC
- Oakdale site
- Create a FIG for Vallecito & Oakdale site
- Summer Retreat – Asilomar – August 2016
- ESL
- GED
- Prison Partnership
- FSE
- Veterans
 - Kognito at Risk on Health Services Website
 - Play away. Guided imagery
- K-12 partnerships
- Foster youth
- Campus Pride Day
- Create FIGs in place of the workgroup to give it structure and resources
- Review of FIG ideas

TOPIC: Next Year's FIGs Due April 8th

Discussion:

- Due date April 8th
- Review before last meeting
- If it is continuing, send email to Laureen and Lindsay
- If budgetary composition is different, needs to be updated

TOPIC: Open Mic

Discussion:

Nothing further discussed

Adjournment

There being no further business, meeting adjourned at 10:38am

Record of meeting respectfully submitted by Michelle Walker