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| **Academic Wellness Educators (AWE)**  **Meeting Minutes** | **Date: November 18, 2016**  **Time: 9:00-10:00am**  **Location: Manzanita MPR** |
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| **Members Present**: Kristin Rascon, Jessica Shapiro, Anneka Rogers Whitmer, Michelle Walker, Karen Rodts, Lindsay Laney, Brandon Price, Michael Igoe, Laureen Campana | |
| **Agenda** | |
| Welcome & Wellness   * Wellness & Breakfast * Wellness Moment- Sleep…zzzzz * AWE Core Members- Your Commitment * FIG Update * Call for midyear FIGS * Open Discussion | |

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| **Minutes** | |  | |  | |
| **TOPIC****: Welcome & Breakfast** | |  | | |  |
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| **TOPIC: Wellness Moment- Sleep…zzz** | | |  | |  |
|  | **Discussion**:   * Screen time/Content/ Blue Light * Adequate sleep time * Laureen provided handouts | | | | |
| **TOPIC: AWE Core Members- Your Commitment** | | |  | |  |
|  | **Discussion**:   * Open up AWE membership to new members * Bring FIGS back to the group / be a part of the process * Group name ideas; AWE-some ,AWE-MS (movers & shakers), AWE-DM (decision makers) * Hold group as an e-mail list and still keep the Friday meetings (an e-mail invitation will be sent out) * Create a tool to evaluate FIGS * Lindsay and Laureen will follow-up with a campus wide e-mail * Keep the Mission as is * Scan all historical AWE documents and place them on the AWE website * Create a plan to bring faculty back to the AWE meetings * Highlight the accomplishments of AWE * Invite students to AWE meetings * Create a marketing piece | | | | |
| **TOPIC: FIG Updates** | |  | | |  |
|  | **Discussion**:   * **Mike**- Veterans Meetings- there is a need for textbooks, well received and good participation, they feel supported, had a chance to make networking connections * **Anneka**- Financial Literacy FIG- Marnie and Matt have been taking this FIG on. Marnie is getting a info booth together. * **Brandon**- ED FIG- had some difficulty funding this FIG * **Anneka**- Foster Youth FIG (reporting for Stephanie Beaver Alder)- this FIG is going amazing, there is something new each year, it has gone from 4 to 40 foster youth and there are layers & layers of in depth services | | | | |
| **TOPIC: Call for midyear FIGS** | | |  | |  |
|  | **Discussion**: Nothing discussed- will continue at next AWE meeting | | | | |

Adjournment

There being no further business, meeting adjourned at 10:00am.

Record of meeting respectfully submitted by Tiffany Moore.