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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
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| **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
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| **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
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| **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.