



Social Science Students' Council Meeting  
UCC 37  
November 15th, 2016  
5:30pm

1. Call to Order
  - 5:35
2. Roll Call
3. Adoption of the Agenda
  - speaker announcement: Malcolm leaving 2<sup>nd</sup> last meeting; come next meeting someone will shadow, new speaker in January
4. Members' Announcements
  - Sommer psych dep rep: Nov 24 5:30-8:30 @ wave, psych networking event, meal ticket with free alcoholic beverage
  - Carolyn poli sci dep rep: association of IR is hosting dinner and discussion Nov 24 6-8pm in International Graduate Affairs building
  - Selina geo dep rep: 1-4 in Weldon, lighting talks with people who use GIS, button maker, booth directing people to Weldon (atrium/basement)
    - pizza & prof next Wednesday to meet geo professors 4:30, 3036
  - Suganya: sociology association having wine and cheese, free food and free drink tickets; wave @5:30 to talk to profs
  - Coco MOS dep rep: DMSA doing a merchandise sale Monday - Thursday this week
5. Mental Health and Wellness Strategic Plan Consultation
  - Rebecca: leading consultation tasked to initiative brought forward by USC to increase quality of answers (discussion capped at 25 minutes, any additional feedback [mentalhealthplan.uwo.ca](http://mentalhealthplan.uwo.ca) to add additional comments or anything)
    - Motion to have speaking rights to those in the room:  
Malcolm: not passed; defer speaking rights to someone else

- Background: aiming to develop framework to foster awareness, coordinate awareness, reduce waste time
  - improve knowledge of services available
  - shift culture towards health promotion
- Consultation:
  - what does Western do well with respect
  - soph community and o-week community do a great job of welcoming first year students, supporting them, connecting them with resources; that being said there are good sophs and bad sophs, not necessarily the same experience
  - tools available are robust
  - program advisor and have that forwarded to prof
  - first year becoming aware of support networks; RA connecting them to further resources and direct them
  - lots of resources for mental health: WEC and SDC
  - implementation of WEC has been a step in the right direction; connect students successfully to resources across campus
  - peer support branch is helpful reactively and proactively; feel more comfortable and at home, fostering mental health
  - general trend of increasing accessibility of mental health; becoming more specific, drop in sessions best improvement seen, not conventional but makes sure people have access all the time; trend doing things quickly
  - western wellness week talks: offered food, talk on suicide, in general good
  - first year profs talk about mental health services available
  - What top three factors cause stress for Western Students?
  - finding a good balance between
  - economics – school is expensive, academics (timing of assignments) overwhelmed and under pressure, finding that social life that western encourages and balance
  - not having an adequate number of breaks (i.e. fall reading break), not having that week causes stress, just getting used to midterms, assignments
  - bad job of advertising life after university; what am I going to do after school, taking these courses but what does this mean for my future? poor job of communicating opportunities, could do a better job of broadcasting these opportunities; stress onto the student,
  - agrees to above statement; credential inflation causes people to be unable to get anything of it (feels like its for nothing), what happens after you graduate, this four years has been stressful and will get you no where
  - maintain physical and nutritional health; university not helping us; massive parking lot by health science, creates a

physical barrier to off campus students from being able to create a healthy lifestyle; makes students feel like they are an active lifestyle

- being away from home, entirely on our own can add stress
- western not doing a good job of communicating between students and faculty, no student input (MTP cut)
- issue between international students and students from Canada; feel a gap between them and the rest of the program, do not feel comfortable reaching out, stressed about that, not enough support on their end
- What are some of the gaps/barriers/challenges on campus prevent or get in the way of student wellbeing
- student health services: booking 2 weeks out; general London community impossible to find a walk in clinic after 5
- stigma is part of the problem, afraid to reach out and use services
- no wrong door not implemented; first person you go to should get you in the right direction; university doesn't have this in place
- talked to people with great experiences or poor ones (problems diagnosed and inadequate diagnosis services provided not acceptable)
- beneficial if we can provide more resources for those in different languages
- lots of crisis intervention rather than prevention; not prolonged counsellors available for long sessions and if there are there are barriers (experiences, stigma), should be a focus on long term prevention
- student health services where students have needed immediate appointments and are booked until Nov. 30<sup>th</sup>; difficult for students who need immediate assistance, getting medication changed
- student health services for a bee sting; no ice available
- students have faced a lack of communication between academic counselling and SDC; one student went back from SDC and faculty counselling to coordinate who needs to sign what; does not help
- created additional places to start to get help (WEC, CMHA, Student Health Services); does not provide enough information about what they can do in-between; mental health training for London and campus police
- Any ideas on how Western can improve wellbeing among students
- more councilors available; student health services one example

- senate releasing exam schedule earlier, to prepare sooner; cultural accommodation for exams i.e. had to write exams during cultural holidays
- accommodation for exams; more robust framework for working with academic counselling ahead of time rather than spending a significant amount of time instead of taking a number and waiting; printing
  - social science does have these documents on line; better advertising and access to these resources
  - can tell supervisor of these concerns and they can request that these are available on the front page
- appreciation of CMHA only offered Tuesday/Wednesday/Thursday 5-9; cannot plan crisis to be at those times; more presence at those times
  - of all resources London crisis Centre is the best resource: 2 or 3 counsellors will come to you, they have a safe house and can take you to the hospital; available 24/7 within an hour; reality is no one goes to peer support area (360 last year)
  - recommendation is to not have spent that money there at all; not helpful
- align desires of students with university goals; should not have to rely on USC, USC should do research on the students, faculty administration, hard to figure out how to move things forward; commitment from the top; take one solid tangible action (do not have their own action plan or strategic direction)
  - this is hoping to create a plan
- struggle with exam timing not in students favour unless you have 3 exams on the same day you can't get accommodation; can we look into this more
- advertise resources better; an owl tab for resources available for students?
- welcome rally: resources thrown at you but they are unaware of them now; OWL tab would be helpful

## 6. Executive Report

### President's Report- Rebecca

- SSC furniture and space upgrades:
  - went on a tour of lounge spaces to look; more comfortable seating across from 2050 and tables available; tables and chairs; reupholstered for the first time since 1978(?)
  - alcoves are from the faculty; part of overall plan to increase study p

- council clothing:
  - backed up; sweaters for Nov 29<sup>th</sup> meeting
- Leadership Awards:
  - only need to submit 2 reference letters, short questions, 12 awarded
    - Fifth years? Rebecca- 99% sure yes still eligible
- Incoming Head Soph: Allie Zohorsky

#### Academics

- Fall preview day
  - so many compliments
    - Kelly and Joan said they were impressed with volunteers; best panel they've had
  - biggest turnout ever; recap this was mandatory; thanks to those who told Chantal they couldn't come; if you did not show up or sign up then they have a slight issue
  - need to be held more accountable for Mandatory events
  - thank you so much to those who volunteered for more than one hour
- conference
  - USC booking pen agent had meeting with our speaker's agent on the weekend
  - waiting to hear back
  - dep reps on conference committee meeting next Tuesday at 5:30; only heard back from one department, continue to email profs; if you need help let us know
- office
  - not clean; its our space and treat it like your home
  - make sure you are using office for the right reasons
  - interact with constituents in the office and people who are using it answer questions
    - office hours: in the front period
  - it is a privilege to use the office we cannot abuse it and use it when we can't find a study space anywhere else

#### Student Events

- Loft Party
  - next Friday need to be promoting it on Facebook and Instagram if you feel inclined
  - tickets \$10
  - 15-22 sold at Social Sci Kiosk
  - 23-35 tickets sold in UCC
  - must attend office hours for the next two weeks
  - form for ticket sales must be completed every time (on fb page)
  - non western students "000000000"

- e-transfer: password = LOFT, student #, phone # in the message
- Prizes: bottle service (1), swag bags (2), London Knights Tickets (2); first prize given away Thursday; shuttle bus taking them down to LOFT
- Transportation and Food: let us know if there are dietary restrictions; stay tuned!
- trying to get a company to sponsor a bus if not an LTC bus
- Holiday Party:
  - Tuesday Nov 29<sup>th</sup>
  - Secret Santa: \$15-\$20, if you are interested doing it, Matt has a sign up sheet
  - Potluck: dietary restriction, bring some goods (not just chips), making a forum to determine what everyone is bringing
  - Ideas: Festive attire? Yes. Sledgehammer bingo after? maybe.
- Events meeting Tues Nov 22 @ 5:30, location TBD
- Questions:
  - selling tickets: defer them? sign out a set of tickets and bring cash back
  - free ticket if you sell 10
  - tickets in cash box
  - logging ticket numbers
  - where is social sci kiosk? on the left when you walk in the front door
  - invite all friends to events page, like it, share it, encourage friends to go
- Pushing formal to get a better concert; better concert, more money we have, push to everyone

#### Communications:

- Formal Lookbook:
  - photos released to all involved at the end of the week
  - will have Elizabeth Noel & Loft logos on them; do not crop
  - can be posted on personal social media
  - bonus points if you say how excited you are
- Formal Promotions
  - posters throughout campus; FYRs please pick up if you haven't already; anyone can help
  - Facebook event page
  - word of mouth
  - soph teams – schedule floor dinners that night (already dressed)
  - experiential/guerilla marketing
- Formal Promotions
  - flash mob/promposal type thing

- during meal times at large residence cafeterias
- message Anastasia if you want to get involved
- Invite friends: bring 3.3 friends to surpass last year

Finance: no updates

#### 7. Senate Report

- November Senate meeting info: Nov 18 1:30-4:30; A&H
- SCAPA:
  - History and Anthropology revisions: renaming and revising academic calendar and changing a few courses
- Withdrawal of the Diploma in History effective May 1, 2017; allowed to graduate until 2020.
  - revised calendar copy
- Report of Scholastic Offences
  - July 1; we are the largest faculty; possession of electronic devices, cheating, plagiarism, submission of false information to receive exam accommodation
  - Full list look at the November agenda or message Chelsea/Mitch

#### 8. USC Report

- did not have a full meeting
- 2 members of USC and 1 student at large appointed to CHRW governor's committee
  - transition to independent and professional full time radio

#### 9. Council business

- Rebecca: thank Malcolm for service as speaker this year and last

#### 10. Roll Call

#### 11. Adjournment