

**UNIVERSITY OF MICHIGAN
STUDENT RELATIONS ADVISORY COMMITTEE
MINUTES**

**Friday, November 20, 2020
11:30 AM - 12:45 PM
Virtual via Zoom**

Invited: Gina Cervetti, Harish Ganesh, Helen Look, Jeannie Moody-Novak, Judith Beck, Mariah Fiumara, Yaacov Ritov, Amanda Peters, Kentaro Toyama, Jill Esau, Cindy Leung, Dunham Clark, MaryJo Banasik, Noah Zimmerman, Vincent Alessi, Jennifer Schrage, Martino Harmon, Charlie Koopman **Administrative:** Pam Morris

Guests:

- Mary Jo Desprez, Director of Wolverine Wellness
 - Todd Sevig, Director of Counseling and Psychological Services (CAPS)
 - Lisa Shea, Associate Director of Rec Sports – Programs
 - Divya Manikandan, Vice-Chair of the Academic Affairs Committee, LSA Student Government
-

1. Call to Order/Welcome/Approval of Agenda and Minutes

Chair Cervetti called the meeting to order. Minutes were approved as distributed. No amendments to the agenda.

2. VPSL Updates

Dr. Martino Harmon, VP of Student Life

- Fall Semester Insights
 - Concerned remain about capacity of services for students still on campus
- Winter Semester Plan
 - Lower density in residential halls due to all rooms becoming single occupancy. Students were encouraged to return to their home residence, some students need campus housing due to many circumstances. 1800 have applied for housing with a maximum capacity of 3000. This is limited to undergraduates.
 - Implementing mandatory weekly testing for students in dorms and others that need to be on camps.
 - Acknowledged that these are difficult and challenging decisions, but needed to keep the spread of the virus low.
- Introduction of SL Task Force for Strengthening Student Engagement in the Winter Semester with the main focus on First Year Students. (This will be our December meeting focus).
 - Coordinate with SL Units to offer student support for health and wellness activities. Will Sherry, Director Spectrum Center will lead this effort.
- Provost Collins convened a temporary committee to review health and wellness with a high level holistic approach. Kick-off to be held soon.

**UNIVERSITY OF MICHIGAN
STUDENT RELATIONS ADVISORY COMMITTEE
MINUTES**

- Shout-out to Noah Zimmerman who did a project regarding this topic.

3. Presentation - SL Student Health & Well-Being Collective Impact Leads

- Mary Jo Desprez, Director of Wolverine Wellness
- Todd Sevig, Director of Counseling and Psychological Services (CAPS)
- Lisa Shea, Associate Director of Rec Sports – Programs

Presenters introduced themselves. Students experience health and wellness in many different ways and in a holistic manner – the Gestalt. In addition to the numerous unit level resources and interventions, a holistic (campus wide) intervention is needed – a cultural change. The first step was a Common Agenda (developed with students). The next steps are now by adding to the tools, a Collective Impact Model -<https://docs.google.com/presentation/d/1ik3INv7HCpylB-ZhaWuXezo0Q8Ssq2b7a5ucOdlV8V4/edit?usp=sharing>

Work started in 2012 and continues today. An 8 dimension Health and Wellness model was developed in conjunction with students in 2016. In 2015, the Okanogan Charter was released and includes all organizations that comprise higher education. This framework indicates how to embed health and wellness into all aspects of the campus culture including administration, operations and academics. No US institutions have signed onto the charter.

Next steps: Engagement of critical campus partners to build on and take this work to a transformative level. How do we engage Academics, Facilities and Planning, Students and Human Resources into this work?

4. Discussion

- How can faculty and academic partners support efforts to develop a holistic approach to mental health and wellness?
 - Noah inquired how to reach the students regarding health and well-being info. He suggested that getting information to students via various channels as students don't all use one avenue to get their information.
 - We have to get close to the experiences of the students. Messaging needs to get to students that don't necessarily seek it.
 - Student feedback includes "the love" they are feeling from UM this year.
 - Many times the "little" things really make a difference.
 - What if every college i.e. school had a wellness course for their students?
 - Crowd sourcing research from other universities regarding well-being.
 - Faculty is hungry for support regarding information distribution.
 - Survey schools with UM regarding how they are getting info distributed.
 - Look at particular sections of students that are not using the available resources and try to design services specific to these communities.
 - Feelings of perfectionism and growth mindset and not celebrating project failures can be detrimental to mental health. Institute a failure Lab/discussion of failure from professionals in their field to relive feeling of failure and celebrate lessons learned.

**UNIVERSITY OF MICHIGAN
STUDENT RELATIONS ADVISORY COMMITTEE
MINUTES**

- Messaging how to get the word to mentoring groups. Mentors are looking for topics and support. Suggested a “mentoring hub” to support mentors.

Chair Cervetti thanked the guests for participation. MaryJo Desprez maryjod@umich.edu and Lisa Shea lmhaake@umich.edu offered their emails to submit further ideas and receive information on activities regarding health and wellness that can be done with groups of students or co-workers.

5. Syllabus Statement Presentation - Supporting Students with Disabilities

- Divya Manikandan, Vice-Chair of the Academic Affairs Committee, LSA Student Government and Jacob Cohen from LSA Student Government.

Examples of changes included:

- Adding “we” as to signify a collaborative process
- Create awareness that students don’t need to approach professor on first day of class
- How to contact professor rather than approaching face to face

Dr. Harmon encouraged the student leaders to connect with Dr. O from SSD regarding the statement.

Kudos to the LSA leadership for bringing this to the forefront.

Mariah Fiumara made a motion for SRAC to support the statement. Jeannie Moody-Novak seconded it. Unanimous agreement with a quorum.

Chair Cervetti thanked Divya and Jacob for their care of their fellow students.

6. Wrap-up/Adjournment

Jill Esau made a motion to adjourn the meeting. Helen Look seconded. All in favor. Meeting adjourned.