



NATIONAL UNIVERSITY
PLANETREE STUDENT COMMITTEE



NUPSC **Council** Meeting

Date: February 6, 2020

Time: 530-730PM

Location: Online- Zoom link, <https://nu.zoom.us/j/561298279>

Roll Call/Attendance:

- Officers:** Lauren K., Joe, Alexandria, Lauren S., Melissa
- Faculty:** Dr. Bhawal, Dr. McNeal, Professor McLaughlin
- Members:**
- Excused:** Shawna, Ana, Nikki
- Current quorum required: 6 out 10 current officers
- Quorum met**

Approval of previous minutes: January council and committee minutes approved via email.

Warm Up:

- Breathing: Body scan. Focus on breath as you inhale along the backside of body and make your way down. Focus on each spot of body and be aware of any aches or pains
- Mission: Giving the students of National University's College of Professional Studies a voice in their education while integrating all tenets of Planetree in order to build more person-focused, quality care for the future.
- Appreciation Moment

Discussion items:

Advisors

- **Gloria McNeal (gmccneal@nu.edu)**
 - Presented to Planetree board about cost of individual cost of Fellowship. Agreed to reduce cost to something like \$499. We will be talking more about how NU is going to roll this out shortly
 - Monetary Award we give Radys, did this money go into Planetree account? Dr. Bhawal has helped Ellen with this fundraising, at that time Briana was in charge of all the money and she was going to direct the money to the funds. Lauren S, can you check back with Patricia about this money and if it is in our funds. Dr. Bhawal will reach out to Patricia about these funds.

- **Dr. Bhawal (rbhawal@nu.edu)**

- Public Health Date 21st of March from 11-4PM. Fundraising efforts to be discussed.

-Theme for this year is Mental Health. Will be working with Student Wellness to come up with interactive workshops. Want to involve Planetree and NU Scholars as well. We are in fundraising stage right now.

-Does Planetree have any money set aside to go buy money for pizza for this fundraiser? Money from Jamba Juice fundraiser can go towards this (20-30%), may need to use money out of pocket if we don't have enough time to wait for Jamba juice/vote to allocate money

-Vote to allocate money upfront for pizza for this Mental Health Event: Waiting on 6 officers to join meeting to meet quorum to vote

-Volunteers are needed for this event, contact Dr. B if you would like to volunteer! Does not to be just Planetree members. Alex is going to send out email to recruit people for this event!

Motion to Approve \$150 allocated to Dr. Bhawal to go towards pizza for the Public Health March Fundraiser hosted by Dr. Bhawal. All in favor. None opposed. Motion Passed.

- **Melinda McLaughlin (mmclaughlin@nu.edu)**

- It is nice to see all your faces!
- Professor McLaughlin would love to help Dr. Bhawal with the Mental Health Event!

Council

- **Chair: Joseph (nuplanetree.studentchair@gmail.com)**

- Vision PowerPoint

-The Journey of a Member of NU Planetree Student Committee

-Our committee is for students who want to be MORE than just a student and whatever their profession is. We connect you with community resources, other majors, and opportunities that other committees do not

-We make a difference in the school and community

-Catholic Charities, Sharp partnership

-Where are these future members located?

-We are attending nursing orientations, working on a video that we can give to online courses

-How can we be discovered?

-Orientation events, in the classroom, throughout the school via posters, attending other events on campuses

-How do we introduce Planetree to students?

- Benefits from being involved with us: empower students to make desired changes within themselves, NU, and community
 - Onboarding series
 - Physical and with emails, given folder with information
 - Creating the Relationship
 - Officers can be responsible for reaching out to members to make this more personable
 - Rebranding
 - Tangible benefits today:
 - Volunteer opportunities
 - Gateway to all of NU (Center of Excellence is an example)
 - Unparalleled leadership opportunities
 - Link to committees that can have lasting effects beyond NU
 - Culture matters events and partnership.
 - please make copies to post on several campuses of the “Culture Matters” events. Also post on all social medias!
 - Updated Constitution
 - Geared towards members being more actively involved rather than just be members
 - Center of Excellence committee or sub-committee. Participation will make them an active member when they can then start receiving benefits such as volunteer experiences
 - Make sure everyone agrees with their position duties
 - New Objective: Have a promotional video created for the student committee by the time my term ends by having 3 more meetings with Alyn, Finding a partner by crashing 5 marketing classes, and writing 5 screen writes (by next meeting to be voted on)..
 - Follow up on other’s objectives.
- **Co-Chair: Vacant (nuplanetree.vicechair@gmail.com)**
 - New email address?
 - Introduce Applicant
 - **Administrative Officer: Lauren (nuplanetree.admnofficer@gmail.com)**
 - Recognition of Appreciation: Lauren K. Thank you Joe for nominating Lauren K!
 - Changing format of agenda: New format have bullets with prompts that each officer can fill it with their respective information such as: Priority Item, Important Information to Discuss, Parking lot Section, Personal Objective for the 2020 Year
- thinking of changing the name of “council meeting” to “executive meeting”

-its important to maybe say how long each officer will take in the meeting to better gauge how long we'll need allot to each person.

-maybe get everyone to use a shared calander so we can better be organized

-email Lauren K about whether or not we're okay with the changes

Motion to approve new format for Council Meeting Agenda. All in favor. None opposed. Motion Passed.

○ **NU Scholar Community Service Project:** One of our NU Scholars, Kayla Auster, is putting together a fundraising event to raise money for the National Foundation for Autism Research (NFAR). Kayla has been working with children on the spectrum for years now and continues to do so while pursuing a nursing degree.

■ **Fundraising Event: BJ's Mission Valley** (1370 Frazee Road) on Thursday, February 27, 2020 from 4PM-9PM. **All proceeds from this event will support NFAR. Flyer to follow.

■ **NFAR Race for Autism Event:** Kayla is putting together a team for this event. See Details Below:

- Event Date/Time: March 28, 2020 from 630-1030am
- Cost: \$35 to run the 5k or to do the mile walk
- Details: Unlimited spots to race or walk, first come first serve to volunteer. If you spent \$35, there will be an opportunity to volunteer with the race itself. Flyer for Race to follow.
- There are two ways we can get involved:
 1. Register to run the 5k or 1 mile fun walk. This is a family friendly event! Register with our team so we can track our progress. Registration is \$35. Registration is possible up until the day of the event.

URL to register for the 5K or walk: <https://www.raceforautism.org/Account/Register>
Team name: National University Scholars are Heros

2. Sign up to volunteer on Friday to had out packets or the day of the race at Balboa Park. The form to volunteer is attached to the email. Forms must be filled out and emailed to me by Feb 20th so that I can turn them in to the Race by 2/21. My email is kayla.auster.nusn@gmail.com

- **Financial Officer: Lauren Stanforth** (nuplanetree.financialofficer@gmail.com)

- No withdrawals in January
- Deposit: \$0
- Total current balance as of 1/30/19: \$2,467.87. Fundraisers in the near future should increase total!

-per joe, don't be afraid to ask for money for subcommittees and such. That is what it is for!
 Monies get doled out via "executive meeting" vote!

- **Activity Officer: Melissa Lowe (nuplanetree.activities@gmail.com)**

- **Reflecting back on January Socials:**

- 90's Trivia and Raffle at June Shine:

- June Shine was a great and very accommodating venue. June Shine not only has food and drink but they have live music and yoga sessions. There were approximately 7 people in attendance and it was a great social event with great company. Lauren S. won a \$20 giftcard to Starbucks for her 90's style and winning alongside her sister (my husband didn't count lol).

- Lunar New Year at Spectrum Campus (Joe will provide info on event)

-it was super fun and a success!

- **February Social:**

- Game Night at Green Flash Brewery:

- Date: February 4th
 - Time: 6:00-9:00 PM
 - Location: 6550 Mira Mesa Blvd, San Diego, CA, 92126
 - Tournament style game night that involves drawing, guessing, and acting. However, if you're not into that there will be beer and food available, not free. Come as a team or by yourself they can set up a team there. This is a free event that involves fun games and meeting new people. We will do a raffle for \$15 Starbucks gift card. I would appreciate suggestions as to whether to make it a raffle with raffle tickets or whoever is MVP in a team.

- Culture Matters: Black History Month

- Date: February 20th
 - Time: 1:15 PM

-no end time yet

- Location: Spectrum Lobby: 9388 Lightwave Ave, San Diego
 - This event is to honor and celebrate African American and Black History and Heritage. There will be an exhibition in the lobby and the library will have African American and Black literature. Food

and refreshments are available. Voices of Time performers, libation ceremonies, and speakers that include Dr. McNeal.

- Toastmaster Club:
 - Date: February 25th
 - Time: 4:00-5:15 PM
 - Locations: Spectrum Campus, Room 145
 - RSVP at TMINational@gmail.com
 - This class is intended to enhance one's public speaking skills and receive constructive feedback to further enhance your skills.
-this is an important skill! Melissa will find out if there is a price
- March Social:
 - Starting to plan, would appreciate some feedback from officers to boost attendance. Thanks!
- Subcommittee:
 - Alexia Agüero

- **Wellness and Support Officer: Alex (nuplanetree.wellnessofficer@gmail.com)**

- Sign up now
 - Posted on BB
 - Billion Steps Challenge
 - [1 Billion Steps Challenge](#), January 1- April 12, 2020
 - <https://aphabillionsteps.walkertracker.com/> - sign in (must create an account) - look for "NU Planetree" Team
 - Plants in Classrooms
 - In the works (starting @ Spectrum)

-Might go ahead and add sign-in sheets for watering to go over schedule, amount, etc.

-please sign up for the Steps Challenge! It'll be fun!

- **Media & Communications Officer: Nikki McDonald (nuplanetree.communications@gmail.com)**

- Need write-ups for January next newsletter

- **Student Rep Officer: Ana (nuplanetree.studentrep@gmail.com)**

- Catholic Charities Update: **NEW VOLUNTEERS ARE BEING ACCEPTED!**
 - Please let everyone know that Rachel's women's center is able to accept a new round of volunteers.
 - I emailed the "interested" list of students and no one got back to me :/
 - Can we send out a blast to our planetree members to remind them of the volunteers opportunity/experience?

- **Fundraising Officer: Shawna ([nuplanetree.fundraising@gmail](mailto:nuplanetree.fundraising@gmail.com))**
 1. Spectrum Pizza fundraisers this month. Anyone willing to help out?
 - a. January 15th @ Spectrum from 4:30-7pm
 - b. January 22nd @ Spectrum from 4:30-7pm
 2. Jamba Juice offsite is 20% January 29th @ Spectrum from 4:30-7pm. Need Flyer
 3. Blaze Pizza Fundraiser February 5th 12:30-5:30pm @ balboa location. Need a flyer.
 4. **Chipotle Fundraiser 33%! February 12th 4-8pm in Mira Mesa. Would like to print out flyers provided by chipotle.**
 5. Mrs.Fields Cookie Dough Fundraiser! Details TBA

- **Membership Officer: Janice Clingman (nuplanetree.outreach@gmail.com)**
 - Introduce myself
 - Revamping the recognition program-pens, badge reel, or gratitude journals?
 - Monthly Recognition Awards
 - Submit your write up to nuplanetree.admnofficer@gmail.com
 - I think we should make a special email address as well as a paper nomination bucket.

- **Alumni**
 - Position is open!

- **Open Forum:**
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Next Council Meeting: TBA

Next NUPSC Meeting: Tuesday, January 14, 2020 from 6-630PM

Adjournment: 6:32 PM

Summary:

Important Dates Discussed

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Updates

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Parking Lot Section (Important topics we want to keep the discussion moving with)

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