

Jakye Nunley

Chief of Staff

Cabinet Meeting AGENDA



February 5th, 2025

Cabinet Meeting

Integrity · Passion · Community · Advocacy · Leadership

“ My mission in life is not to merely survive but to thrive ”

-Maya Angelou

Executive Summary

At this convening of the ASCSU Executive cabinet meeting we will be writing Mission possible goal statements, department share outs and participating in a wellness module put forth by the Organizational Wellness team in ASCSU.

Agenda

5:00 PM Meeting start

- Land Acknowledgement
- Labor Acknowledgement

5:02 PM Icebreaker: “Mission Possible”

5:10 PM Department Share Outs

- DEI
 - Planning Day at the Capital with Cultural Resource Centers
 - Planning the Annual Drag Show with the Pride Resource Center
 - Sunday, April 6th
 - More details to come
 - Prospect Plaza Redevelopment Session tonight in-person and online

- To discuss the redevelopment logistics but also allow people to voice ethical concerns
- DEI Book Club is starting
 - There is a sign up sheet in Director Dempsey's office
 - Meets 4 times starting February 21st
- Working on the free clothes closet
 - Location TBD
- Marketing
 - There is a new form for marketing that is available on Notion
 - This one is for advertising
 - Merchandise for RailJam will be coming soon
 - Will begin marketing for State of the Association and Day at the Capitol
 - Planning a podcast episode with Governmental Affairs to discuss campus issues and what ASCSU is doing to address them
 - Composting at the LSC video will be filmed soon
 - Will be promoting RailJam with sidewalk chalk on the Plaza, next Monday at 7:00 am
 - Please show up if you can
 - Working on getting Cam the Ram and Amy Parsons to come to RailJam
 - If something gets lost in the social media form, email Deputy Director Judd at: ascsu_graphicdesign@mail.colostate.edu
- Finance
 - BSOF Informational Night will be next Tuesday, the 11th in the Senate Chambers
 - Spread the word
- Environmental Affairs
 - Roundtable event at end of March
 - You should have received an outlook invite
 - To register, you must fill out the attached RSVP form, answering "yes" on the outlook invite does not count

- Working on Earth month events, if there's something you want to see, email Director Collins and Deputy Director Hiller at ascsu_environmental_affairs@mail.colostate.edu and ascsu_sustainability@mail.colostate.edu
- Working on an electric vehicle and bike show event
- Working on sustainability with RailJam for water conservation
 - More details on a water conservation week coming soon
- Basic Needs
 - Met with the Colorado Department of Higher Education who will be sending members to attend the Basic Needs Summit
 - Will collaborate with marketing to try and have major news outlets report about the event
 - Palentine's Day Cooking Class is next Tuesday, the 11th, 6:00 – 8:00 pm in Gifford Teaching Kitchen (Gifford Room 233)
 - The event is in collaboration with Rams Against Hunger
 - All the cooking class ingredients will be from the Rams Against Hunger Food Pantry
 - Pot a Plant Day on Tuesday, April 16th on the Plaza
 - Annual event about cannabis harm reduction, education, equity, and injustice
 - You will be able to pot a succulent
 - Sweet Shop Event is next Tuesday, the 11th, 6:00 – 7:30 pm in Braiden Hall
 - The SAFE Center's annual sex positivity consent fair
 - See different resources that are available to you
- Governmental Affairs
 - Planning for 3 Days at the Capitol
 - 1. CSU Founder's Day is next Tuesday
 - Students can go to the Capitol to meet Amy Parsons, Chancellor Tony Frank, and legislators. Starts at 8:30 am with a free breakfast provided.

- Transportation will need to be organized through carpooling.
- 2. Day at the Capitol is March 10th
 - Mirrors last year's event
 - Attend committee hearings, see the dome, take a tour, and have lunch with legislators
- 3. Day the Capitol with Cultural Resource Centers
 - Students will learn how to testify or advocate for legislation on issues that are important to them
 - Planning for Monday, February 17th
- Tuition Town Hall
 - The Joint Budget Committee is considering the Governor's proposed rise for tuition at 2.3%
- Know Your Rights Training next Monday, the 10th, 5:00 pm in LSC 328
 - The event will discuss lawyers, citizen information, what to do if you encounter ICE, and more
 - This specific event won't have a virtual option, but similar virtual events can be found on a poster on the window outside of the Conference Room
 - If you are interested in helping, reach out to Co-Deputy Director Marquez-Avalos at ascsu_policy@colostate.edu
- Traditions
 - Final logistics for RailJam are being set
 - If you can volunteer, please sign up
 - The sign up link is on the Notion
- Academics
 - Progress on syllabus bank
 - Reforming and reassessing course surveys
- Duan Ruff, Director of SLiCE
 - The Advisor Position for ASCSU is live
 - Spread the word
- Office of the President

- ASCSU has a membership seat on the University Public Art Committee
 - The Committee will be meeting this semester and in the following months
 - Ideally, the member would not be graduating immediately
 - If you are interested in finding out more, reach out to Deputy Cook
- RSVP for State of the Association
 - Submit a speech submission to be considered to speak at the event
 - This can be found in the RSVP email
- ASCSU is partnered with Alpha Kappa Alpha Sorority for their Meals in Motion philanthropy drive
 - There is a box for donations at the front desk, if you are able to, please donate canned goods
- Tomorrow is Spring Involvement Expo
 - Sign-up to represent ASCSU
- Contact Andrew White and Director Godshall if you are interested in the Presidential Ambassadors Program
- Student Fee Review Board (SFRB)
 - Adult Learner and Veteran Services (ALVS) and the Health Network are proposing budget increases, if you want more information, reach out to Vice President Dietz

5:30 PM Organizational Wellness x CSU Health Network presents [“What Can Mindfulness Do For You?”](#) — Peter and Gabby

- Nervous System Stress
 - Sympathetic – stressed
 - Fight, flight, flee, and freeze
 - Parasympathetic – calm
 - Relaxed
- Breathing Exercise Practice - Formal Mindfulness Activity
 - Helps calm down sympathetic stress or help with falling asleep
 - Close your eyes and relax in your seat

- One hand on chest, one hand on belly
 - Focus on which hand moves more as you breathe
 - Try to focus on belly breathing
- Put both hands on stomach and focus on breathing
 - Keep attention on breathing or movement in hands, can count as you breathe in and out
- Managing Stress
 - 1. Problem-focused coping
 - If your situation can be changed, coping is addressing the problem.
 - 2. Emotion-focused coping
 - When one's situation cannot be changed, addresses the emotions related to the issue.
- Benefits of Mindfulness Practice
 - Improved healing
 - Pain management
 - Immune response
 - Reduced stress
 - Physical and emotional well-being
 - Improved relationships
- Ways to Practice Mindfulness
 - Formal Practice
 - For example: meditating and tai chi
 - Informal Practice
 - For example: focusing on taste and textures when eating and walking around campus
- Exploring Stone - Informal Mindfulness Activity
 - Intention is an excellent predictor of behavior
 - Appreciation can help combat stress and regrets
 - Reminds you to stay present in the moment
- Remember to S.T.O.P.

- Stop
 - Take a breath
 - Observe
 - Proceed
 - Mental Health and Well-Being Resources for Students
 - 24/7 online tools
 - YOU@CSU
 - Nod
 - SilverCloud
 - One-on-one services
 - Multicultural resources
 - Groups and workshops
 - Crisis support
 - Drugs and alcohol support
 - Skill building and self-care
 - Multicultural Counseling Services
 - Multicultural counseling drop-in hours
 - Multicultural counseling team
 - Identity-based group counseling (therapy)
 - Peer support identity groups (not therapy)
 - Student office liaison team
 - Additional resources for mental health, wellness, self-care, and community care
 - Mindfully Managing Stress QR code
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