

Senate Meeting Minutes of November 19, 2021

I. CALL TO ORDER at **4:01 PM**

II. [ROLL CALL](#)

Present: Krisstina Caro, Jose Simon Carmona, Arazeli Barragan, Justin Withers, Jilian Manlapaz, Emily Flores, Erin Quineri, Jazzmin Matthews, Zandrae Chan, Ashley Medeiros, Omar Alvarez Espinosa, Kristopher Disharoon, Tyler Luevano

Late: Tayla Beasley, Jacoby Young

Absent: Isaac Ibarra

Excused: Neilah Peku, Jill Nelsen, Anjelica de Leon

III. ACTION ITEM - **Approval of the Agenda**

Motion to approve the agenda of November 19, 2021, by **A. Barragan**, second by **Z. Chan**, motion **CARRIED**.

IV. ACTION ITEM - **Approval of the Minutes of November 5, 2021**

Motion to approve the agenda of November 5, 2021, by **A. Barragan**, second by **O. Espinosa**, motion **CARRIED**.

V. PUBLIC COMMENT – **Public Comment is intended as a time for any member of the public to address the Senate on any issues affecting ASI and/or the California State University, East Bay.**

No public comment.

3:30

VI. UNFINISHED ITEMS:

No unfinished items.

3:39

VII. NEW BUSINESS ITEMS:



A. DISCUSSION ITEM – Transfer Student Funding Request

The Senate will discuss a funding request for the Senator of Transfer Students.

O. Espinosa requests \$2,000 for the purpose to use on expenditures for 3 to 4 events for transfer students. I have an example budget for each event which will have some stress goodies such as stress balls, energy drinks, fidget toys, and a motivational quote. That is estimated about \$200 with catering being coffee and pastries. Depending on availability, we will look at what Costco has to offer and that will be \$300 for a total of \$500. I am expecting about 30 to 35 students per event, which is \$2,000. I have a formal sheet that I filled out, but this is intended to be 3 to 4 events for the Spring semester. It is a series of events that will span across the Spring semester and is titled “Resilience and Community”. The pilot event being hosted December 2nd of this upcoming month and it is titled “Self-care for Success”. The purpose of this pilot event is to help decrease student stress levels during the week before finals by helping students practice structured and unstructured self-care activities, discussions, and a presentation. The group discussion will be facilitated by Senator of Transfer Students with co-facilitation of a licensed marriage and family therapists. Over the past 3 weeks that I have discussed with a couple of different people, including the Associate Director of Housing, to secure the venue with a counselor to both draw an outline for what I want the event to look like. I want to request some items such as sweaters and shirts. The Coordinator of the transfer student programs and Kristopher, this is to understand what a budget would look like for future. I will make this available for students to see, but what I want to look at is more the specifics of the pilot event titled “Resiliency and Community”. This one being “Self-care for Success”, which for details, it will be at Lassen Hall on December 2nd at 6:00 PM. I will provide sweaters, shirts, masks, hand sanitizers, and some drawing papers for unstructured self-care during the discussion portions. I already talked about points of contact. This is what the structure of the actual event would look like, and we would start with confidentiality and expectations for what we want students to expect for this event that they are welcome to share. They are invited to share, but they are not required. To raise the energy of the event, we are starting off with introductions and a fun icebreaker then we will have a transitional activity. We will start off with a quote or a definition from Oxford dictionary that tells us that self-care is the practice of taking an active role in protecting one's own wellbeing and happiness in particular, during periods of stress. This is aimed to be the week before finals which is super on time! The prompt for students will be “what does this mean to you?” and they can share what self-care looks like to them, what they've done, and what they practice. We will have a presentation, where we will discuss different practices. At the end of that discussion will have a takeaway such as what is the takeaway of these lectures



or form a word for it. We will discuss what personal actions people can take after this and they are invited to share. There will be an audience moment where students can come up and raise their hand to share what is on their mind or how they are feeling. Then we can have a discussion about that as we approach closing. We will end with the counselor discussing the different resources that students can benefit from in the way of counseling like an emergency crisis and couples counseling, because we have a lot to offer the students. We will end by raising down the energy of the group with a gratitude practice and or a breathing moment. That is a little bit of the structure and some things to do with marketing such as promoting flyers throughout housing, and I am in touch with the President of Resident Housing Association. Bringing it back to a full circle, this is the level of detail that I want in these events, and I have made various contacts throughout the past month. I am requesting \$2,000 to use on the expenditure for 3 to 4 events for transfer students. each one is costing about \$500, and for a total of \$2,000. That concludes my presentation regarding the budget proposal. Any questions?

A. Barragan asks when is it possible to have that document shared? I want to look at it and know when we explain it to people. What is the Senate's total budget?

K. Disharoon remembers the budget to be estimated to \$10,000. In the past, the Senate has never spent all of their money.

O. Espinosa adds that I can provide and forward the document to Kristina which she may share or post a link in the group chat. It is located on the Google Drive.

A. Barragan asks that the first event is happening on December 2nd. When are you aiming for dates for the other events? Would it be 1 per month or in the next semester? How would that look like?

O. Espinosa answers it would be closer to 1 per month depending on midterms and before finals. This is potentially a speed networking event where students can connect to one another. I do not have the exact dates, but I am looking at the peak times of stress for students as well as peak times for them to make a connection. We can focus more on the self-care aspect as we approach those stressful times and when students have more availability and energy to connect with one another. That is when I will be honing down more on the social aspects.

Z. Chan asks if you would have a hybrid version? I know some students would like to attend but are currently 100% percent online through Zoom because of their major courses. Do you have a Zoom version? This would make it convenient for students, so they do not have to commute back and forth.

O. Espinosa answers there will not be a hybrid event because the focus has been in making connections with different departments of the school such as housing to the



transfer student departments. That is where my energy is for the upcoming semester. I do plan on having more events that are hybrid which I would love help from the Senator of Online Students or someone who sees how we can help these students. I know that I am going to host through transfer students programs. I am meeting with one of their ambassadors this upcoming week then I will be providing suggestions on this event and how they can contribute or what ways they can contribute to similar events for online students. My focus for the most part will be on housing and the help from other people to expand and extend to those who are remote.

A. Barragan states you are emphasizing housing but people who are not in housing, would they be able to attend? Even for future events where people do not live on campus because most of transfer students are commuters.

O. Espinosa answers one of the things I discussed with Kristopher is how I can target and be more specific with those students. We are mostly a commuter school and I understand the statistics show that undergraduates consist about 63% or 67% of transfer students. For this upcoming one, it will be taking place at Lassen Hall, and it will be only allowed for those who are residents. I am currently in touch with Pioneer Kitchen so I can reserve a spot for an upcoming for any student. That is dependent on the venue that I choose which is why I am reaching out to people who can make an appearance even if they are not in housing.

K. Caro states I know this week, this is a discussion item then our next meeting on December 3rd, we are voting on it as an action item. I am unsure if this effects your December 2nd event. Do you know anything about that Kris?

K. Disharoon answers that it should not because it is not in the budget for this event but for the ones next semester.

K. Caro asks if there are any other questions or discussion.

17:05

VIII. SPECIAL REPORTS:

No special reports.

17:11

IX. ROUND TABLE REMARKS

K. Caro states I am working with the graphic designer for ASI because I want all of you on our ASI website. We need to have our headshots taken and put on the ASI website as well as on the screen outside of the University Unions. I am trying to decide whether to do that after Winter break or before finals weeks which is next week. I will be sending an email which we can vote on



a date we are all available. Also, I sent out an email on Wednesday so if you all check your emails and state what you will be saying in your special report. If you have any questions, feel free to let me or Simon know. Since you all have access to your Senate email address now, you should also have access to Slack which you can download on your phone or laptop. Slack is a good resource for you all to get in touch with me or some of our staff members. For myself, I have been sending Slack messages to Erik every day for any questions that I have which I receive an answer quickly. When you are sending your weekly updates, I have only been receiving a few. You should also be sending them to AJ, Kabir, Simon, and myself. There is one to send at 5:00 PM today which you can send after this meeting. I am trying to set a new meeting time for next semester as I do not prefer meeting on Fridays at this time. Last year, they had it during UU hours which I am going to try to push that. I wanted to let everyone know so that you can work it out in your schedules which the times would be 12:15 PM to 1:15 PM on either Tuesday or Thursday. I am aiming to have them on Thursday. Nothing is official but if that does not work for you, please let me know as soon as possible. Simon and I would like to have personal check ins aside from the Senate meetings.

J. Carmona states that the check in will be the first time we meet face to face, or it can be on Zoom. I would love to check in and get an update on the task list or how things are going especially with the semester ending soon. If you are busy during the week, I understand but want to make sure things are taken care of, but we can accommodate to meet on the weekends. We will be sending emails on what time works.

O. Espinosa mentions that I included the link for the event form, or would you want me to send you that link for when you send out an email to everyone?

K. Caro answers I can copy this to include it.

Z. Chan states that I will not be on campus on Tuesday and Thursday as all of my classes are online. I am giving you a heads up, but I can attend if it is on Zoom.

K. Caro states our Senate and Board meeting will be in-person during Spring semester, but we will have that Zoom format.

A. Barragan thanks everyone who came to my event this week. I really appreciate it and it gave me ideas for next year.

A. Medeiros states that they met with the Library Committee this week and discussed about moving into the Core building that is going to open in May of 2022. For meetings next semester, I have class on Tuesday at 12:15 PM. Thursday are okay, but I will be a little late.

J. Carmona states happy belated birthday to Erin! I love to know everyone's birthday so I can give a shout out.

T. Beasley states that they had a meeting with my dean earlier today and I already planned the date for my town hall for next semester. It will be on January 27th so please come by and say hi.



J. Manlapaz states that they recently attended the Campus Safety Walk. If anyone has any concerns that you have observed on campus, please let me know because I want that to be addressed to construction and the building directors to know what to fix. You can email or message me.

K. Caro states to have fun during your break and enjoy your time!

25:13

X. ADJOURNMENT at **4:26 PM**

Minutes reviewed by:

Chair of the Board

Name: Kristina Caro



Kristina Caro (Dec 7, 2021 12:54 PST)

Minutes approved on:

12-03-2021

Date:

