



# Students' Association Representative Meeting Minutes

January 12, 2020, 12:00 – 12:50, Zoom

## Minutes

- 1) **Present** - SA Staff - 6 Students – 8
- 2) **Introductions** (Avery and Melissa) Avery handles NDC appeals, and Melissa handles Regional Campuses and EDC appeals
- 3) **Healthy Minds Healthy College**

Counselling services – easy to access with the new secure online form. Visit [rrc.ca/counselling](http://rrc.ca/counselling). Wellness Check – A counsellor will call the student to have a casual conversation about how the student is feeling. Counselling Services – A more in-depth service, the student completes the online form, appointment within a week, helps with personal challenges, mental wellness, crisis and much more. Accommodation is available for students with disabilities. There's no cost as it is already paid with tuition, so it's free to use.

Beacon Digital Therapy – Digital Therapy with registered therapists. Cognitive-behavioural therapy. Help with depression, anxiety, insomnia, stress, PTSD. Access through referral, SA execs, HMHC, Academic Success Centre, counselling services, International Education get a link to start therapy

Same Day Crisis Service – The situation can not wait if it may result in severe consequences or distress. Students can fill out the online form and will be contacted the same day.

MindWell – Service that offers mindfulness training. It helps with managing stress and reaching your goals. 30-day challenge – any Tuesday, pick a buddy (anybody), 1 email per day, with information/video which you then practice. Drop-in sessions every week, 20 minutes long. If you finish the 30-day challenge with MindWell, you get a certificate and enter a prize draw.

Live yoga every Friday from 12:00 – 12:30 on WebEx with instructor Holly. The link can be found on student news.

HMHC Thrive events partnership with RRCSA; these include paint nights, music workshops, mental health awareness events etc.

Link to blog: [rrc.ca/wellness/news](http://rrc.ca/wellness/news) Breanna's email: [blsawatzky@RRC.CA](mailto:blsawatzky@RRC.CA)

#### **4) Student Employment Services: Dusty Richie**

Resume and Cover letter creation and support. Cover letters are still important as some employers won't look at a resume without a cover letter.

Interview preparation – will help you understand what employers might ask and doing mock interviews to make you comfortable.

Job Centre – job posting available for students. Link: [Job Central: Red River College: Student Employment Services \(rrc.ca\)](http://Job Central: Red River College: Student Employment Services (rrc.ca))

First Impressions Recruitment Event – speed interviews date and time

Career week: Sessions from Jan. 25 to Jan. 29

#### **5) Draw for Door Prize**

Winner of a gift card of choice – Amrit

#### **6) Adjournment**