**PHEKSA Meeting – November 20, 2023**

**Present**: Varun Shah, Hannah Kowalyk, Payton Rix, Mara Majer, Cari Brown, Yasmin Asadi, Nasser Nayed, Ben Solmon, Ava Khansari, Cynthia Charette, Yas Almashahi, Tori Pears, Noah Jonnson, Reuben Bowley, Matt Hopley, Sophia Pourmatin, Alexandra Partridge, Elizabeth Squire-Fisher, Kay Hartwick, Maggie Johnston, Olivia Emon, Amy Posel, Kiersten Landerville, Olivia Solly

**Absent**: Amelia Rodrigues, Anna Roper

**Start Time**: 7:45 pm

**Reading of Agenda**

Motion: To approve the agenda for the meeting

Seconded by: Payton Rix.

Vote:

For – 24

Against - 0

Abstentions - 0

*Motion carries.*

**Assembly Updates**

*Cari Brown - Internal Affairs Commissioner:*

Reminder that the gift exchange is next week, so make sure to get your gift this week. Also bring a mug for hot chocolate and wear your pajamas!

*Maggie Johnston - Executive Intern:*

No updates.

*Mara Majer - Finance Commissioner:*

We still don’t have money.

*Matt Hopley - Social Commissioner:*

Semi tickets are for sale right now. We can have 400 people max and so far 80 people have signed up. Year reps, can you send out a message in your emails this week?

POI – Cari: will you send a blurb on the Facebook for them to post?

Matt: sure

Tell your friends about semi and make sure to buy your tickets.

*Alexandra Partridge - Merchandise Commissioner:*

No updates.

*Elizabeth Squire-Fisher and Olivia Emon- Formal Commissioners:*

We have our venue. We are just going to review the contract and then send it over to make it official. Matt, if we wanted to do a Tik Tok promotional video for semi after this meeting we can definitely post it.

*Sophia Pourmatin – EDI+I Commissioner:*

No updates.

*Amelia Rodrigues - Coaches Corner:*

Working on the November update.

POI – Matt: when does it come out?

Payton: Probably December third because it is a recap of the month.

Matt: I was thinking of doing an advertisement for semi.

Payton: You could probably do that if you send it to Amelia. The semi itself though will be in the December edition.

*Reuben Bowley - Sr. Athletics:*

First fundraiser for Kin games is starting this week!

*Tori Pears & Noah Jonsson - Jr. Athletics:*

We are at 86 people for the ski trip, and we need 90 for it to be a full trip. 50% of our deposit is due this week so we would really like to fill those last spots!

*Anna Roper - Sr. Academics:*

No updates.

*Kiersten Landerville - Jr. Academics:*

Coffee with the profs this week so feel free to come by the SKHS to chat with them.

*Ava Khansari - Sr. Outreach:*

No updates.

*Benjamin Solmon - Jr. Outreach:*

All peer pals have been assigned and notified as of this afternoon which is super exciting! Pie the profs is this Wednesday, so please stop by if you want to see someone get pied or sign up to volunteer! We will talk about the details of that a bit later.

*Yas Alamashi - Sr. Communication:*

Our meet the team post is up. Please delete the pictures that you don’t like so that we can do the rest of those posts ASAP.

*Cynthia Charette - Jr. Communication:*

Please sign up for SKHS headshots so that we can get those photos done and posted!

*Kay Hartwick & Liv Solly - 1st-year reps:*

No updates.

*Yasmin Asadi - 2nd-year rep:*

No updates.

*Nasser Nayed - 3rd-year rep:*

I sent an email out to Vanessa and Anna about the information session to help with course selection to make the situation less confusing around 3rd and 4th years for course selection.

POI – Payton: Would you mind working with Yasmin on that since her year is the one that is going to be going through it?

Nasser: Yes, sounds good!

*Amy Posel - 4th-year rep:*

Repost the post that went up on our Instagram about the first-year housing event so that more of our first years can learn about it! Also, if you are a 3rd or 4th year and want to help run the info session it’s from 7:30 to 8:30 tomorrow night.

**Exec Updates**

*Payton Rix - VP Operations:*

If anyone needs help or a check-in feel free to reach out to me and I can help you balance your role in PHEKSA and your school life. Thank you, Amy for filling in for me at the ASUS meeting. I will have an update about that next week.

*Hannah Kowalyk - VP University Affairs:*

Even though we don’t have new money from AMS yet, we will still meet after this to discuss the grants, so if you signed up please stay for a quick discussion. About the budget cuts, there is nothing concrete yet, but we are attempting to have an open line of communication with the SKHS about all that is happening with that.

POI – Tori: Do the budget cuts affect how much people get for grants?

Hannah: No, its more about the Kin department itself. The other faculties will see changes as well.

I want to reiterate what Payton said. Don’t hesitate to reach out to me if you need anything. I will also have an AMS update next week after our meeting.

*Varun Shah - President:*

Snapchat group chat link posted on the Facebook so make sure to sign up for that so that we can use it as a line of communication.

POI – Cari: I tried the link when you sent it out and it didn’t work for me.

Varun: Okay, no worries. I will figure that out and send a new one out to you guys.

Ski trip, I think you guys should send another thing out for the year reps to put in their emails because we really should get those last spots filled if we can. Also Matt, can we meet after the meeting.

Reminder… fundraiser this Wednesday 11-2, pie the profs, and we will discuss that in a little bit during new business.

**Old Business**

None

**New Business**

Varun and Ben – Health DSC x PHEKSA Fundraiser

From 11-2 on Wednesday, we have our Pie the Profs fundraiser! We have professors who have signed up for the 11-12 and the 12-1 timeslot but none for the 1-2 timeslot. I am hoping to have some PHEKSA members sign up to get pied. I (Varun) will be getting pied from 11-12 and Payton and Hannah will be joining too.

If you sign up for volunteering or for being pied, make sure you fill out the form that Ben posted on the Facebook, so you are allowed to be there and to be a part of it.

We also have to bake 60 cupcakes for the bake sale. Those of you who signed up, come talk to Ben after so that he can give you the contact information of the person who has all the ingredients for you.

**Discussion**

Amy- Exam tips for 1st years

**Opening Statement:** Since it’s our first year’s first exam season, I was thinking about adding an exam tip session to the first year housing event this Tuesday to give them helpful ideas. I would like to hear your ideas so that I get multiple perspectives on how to study and survive exam season.

**Speaker List:**

Hannah: I am a pomodoro method fan and I totally think you should give them information about that. I think there is a website to help you track and time yourself. Also, using a sweet treat as a reward is a really good way to decompress and have a moment of happiness during long study days.

Liza: When going to the library set reminders for yourself to walk around and take breaks when studying. Also, there is this tree app that you can use with friends, and it helps you to stay accountable with your studying. The idea is that your tree will stop growing if you exit the app and go on your phone. It’s really cool and super helpful.

Payton: SASS schedules doing 3 hours of work and then 30 minutes off. They have ones that you can fill out and say what you will be doing during that time. I still use that today whenever I am studying. Also, make sure they know not to sacrifice their normal schedule and activities for studying.

Noah: Emphasize the importance of taking breaks because it makes your studying more productive.

Nasser: Let them know that UG staff will stop answering emails after a certain point for exam accommodations. Make sure they know to contact them as soon as possible so that they can get their accommodations for their exams. They also don’t need to force themselves to study for all subjects for the same amount of time. Make sure it's need-based studying so that they don’t waste time on things that come easier.

Yasmin: Cue cards while on the on the bike. It really helps me with memorizing when I move.

Liza: Eating well during this time is so important. Fuel yourself with good food. I know how easy it is to eat easy foods and snacks, but you will notice a difference if you choose healthy foods.

Liv: Getting sleep is so important. It doesn’t help to cram, so make sure to give yourself time to retain information while you sleep.

Closing statement: Thanks guys! I appreciate your tips and ideas!

**Other questions/remarks from Assembly**

Motion: To adjourn

Seconded by: Yasmin Asadi.

Vote:

For - 24

Against – 0

Abstentions – 0

*Motion carries.*

Resolved: Meeting Adjourned

**Meeting adjourned at 8:28 pm.**