



Class Rep Meeting Minutes

Wednesday, January 7<sup>th</sup>, 2015

Chair: Daniel Sumano, Chair of Aerospace Technology Campus \*

Class Reps:

Alec McCourt*	John Lee*	Tikal Unger
Arian Eslami*	Kevin Dykstra *	Tristan Brown
Aaron Rippin*	Lee Dawson*	
Arvin Nikseresht*	Lisa Lai*	
Batjargal Tumurboatar	Lucadio Gurierrez*	
Bradley Meyer*	Mark Gutknecht*	
Elaine St. Laurent	Meldrick Mendoza	
Felipe Ferreira*	Ellie Huey*	
Harman Sokhey	Matthew Huem*	
Hussain Jahanzaib	Nick Gravel	
Jaden Moon	Rema Abukhandra (E)	
Jie Chen	Samuel Wong	

Staff: Chantel Dickson, Satellite Program Coordinator\*

Attended(\*) Excused (E)

**26.1 Meeting called to order**

**26.2 Acceptance of the Agenda**

First: Kevin Dykstra

Second: Lucadio Gutierrez

**26.3 Acceptance of the minutes of November 5<sup>th</sup> and December 3<sup>rd</sup>, 2015**

First: Lee Dawson

Second: Felipe Ferreira

**26.4 New Business**

**26.4.1 Career Workshops at the ATC, presented by BCITSA Career Specialist:**

Mrs. Sara Kandathil

- Semester Changes: Sara will be coming out twice a month and dates will be posted on posters around campus.
- January 29<sup>th</sup> Sara will be in the SA office for drop in career service advice.
- Career Related Request: Getting Flight Ops career help → International job search for flight ops
- Meetings can be set up with Sara for career help. Sign up slots are half hour each. [careers@bcitsa.ca](mailto:careers@bcitsa.ca)
- ATC Industry night is in the works, hopefully to be in August or September

#### 26.4.2 QPR Suicide Prevention, presented by BCITSA Health and Wellness Program Coordinator: Hannah Bielert and Josephina Corado

- Counselling is provided at the Burnaby Campus
- QPR is to reach out to lower the risk of suicide

##### *Clues and Warning signs of Suicide:*

Verbal phrases that sound suicidal, behavioural cues such as giving away possession, anger and aggression, depression, situational clues such as financial struggles or loss of a loved one.

1. *Question* → Direct and indirect approach
  - Direct: Be clear and upfront to ask them if they are suicidal
  - Indirect: "Have you been unhappy lately?"

##### *Tips:*

- Don't wait too long
  - Don't ask them in an uncomfortable atmosphere to ask the question
  - Be a good listener
  - Do NOT make them feel uncomfortable or embarrassed
2. *Persuade* them not to make that decision, offer them some hope
  3. *Refer* them to get help from counselling departments, therapists, friends and resources. Help them build a support system. Get a commitment from them and **follow up** with the person.

Don't hesitate to get involved and take the lead.

##### Question Portion

Q1: Is it okay to talk to somebody's parents?

A1: Yes, make sure you reach out to parents, guardians, instructors. Do not be shy to involve other people.

Q2: How do you know who to involve?

A2: Seek help with a counsellor, hospital, or crisis hotline. A professional is the best choice.

Q3: What is the best way to pass this info onto everyone else?

A3: Question, Persuade, Refer

Q4: What kind of events do we have at the SA that prevent suicide?

A4: Counselling, Zen lounge massages, doggy de stress days.

##### Stats

- 1 in every 5 people will think about suicide.
- It is the second cause of death.

#### 26.5 Ted Ex Saturday January 24 at ATC campus

- 100 seats
- In the hanger
- Ticket price: \$50
- Purchase tickets online at BCIT Ted X
- Volunteers needed. List of speakers on the website.

## **26.6 Questions, inquiries, and concerns**

Chartwell's meeting will be rescheduled for February 4th

- Table tennis is a safety concern. Student to follow up with Chair.
- Channel listing/guide for the tv. Unavailable due to limited channels.
- Gym expansion. In the works Updates to follow.
- Outside Gazebo progress. Rescheduled for summer installation.
- Online parking problem. Solved by administrator as of today

## **26.7 Meeting adjournment**

- Next meeting scheduled for first Wednesday February 5<sup>th</sup> 2015