



Set/Rep Meeting Minutes School of Health Sciences Monday January 25th, 2016

Chair: Josephine McGeer, Chair of the School of Health Sciences

Set Reps

Erica Sharp
Chioni Fourie
Darren Hildebrand
Barbara Richardson
Raeesah Afeefah
Angela Kim
Megan Euverman
Candy Tran

Kayla Di Bauda
Tegan Jackson
Anna Lee
Celia Palmer-Boruski
Amanda Zayonc
Lauren Fougne
Jenn McFwen-Doris

Staff: Hannah Bielert, SA Health and Wellness Program Coordinator

Guest Speakers: Robyn Lougheed, Advocate Manager; Coast Capital, Jason Peters

1.1 Meeting called to order

The Chairperson, Josephine calls meeting to order at 3:05 pm

1.2 Guest Speaker: Robyn Lougheed, Advocate Manager

Effective Communication

- Getting your needs know (i.e I had a horrible day) – let people know how you’re feeling and doing
- The three styles of communication are passive, aggressive, assertive
- Passive – attempt to avoid conflict, puts your needs last
- Aggressive – forceful, hostile, blaming, name-calling (telling, not asking)
- Assertive – openly expressing feelings, thoughts, and needs, not demanding, no guilt involved, non-adversarial
- Communication do’s and dont’s
 - **Do:** stand up for your rights, listen and remain calm, allow the other person to say ‘no’, recognize when the conversation should end
 - **Don’t:** make assumptions, avoid communication, criticize the person instead of the behaviours, alienate
- What is active listening?
 - 1) Intentionally focusing attention on the speaker
 - 2) A model for respect and understanding
- Active listening to do list
 - Try to under the message and the POV of the speaker
 - Give feedback

- Summarize, rephrase, and check for understanding
- Suspend judgement until hearing the complete message
- Observe body language
- Avoid distractions
- Acknowledge the message even if you disagree with it
- Respect and hear the speaker
- SOLAR – **S**quarely face the person, **O**pen your posture, **L**ean in towards the speaker, **E**ye contact maintained, **R**elax
- Don't: interrupt, give advice, pass judgement, or prepare a rebuttal
- Do: be aware of body language
- Three things to manage and resolve conflict
 - 1)Emotional Maturity
 - 2) Self-Control
 - 3)Empathy
- Healthy responses to conflict – A readiness to forgive and forget, The ability to seek compromise and avoid punishing, capacity to recognize and respond to important matters, a belief that resolution can support the interests/needs of both parties
- Unhealthy responses to conflict – explosive, angry, hurtful, and/or resentful reactions, withdrawal from love, an expectation of bad outcomes, the fear and avoidance of conflict
- 5 key ingredients
 - 1)Make the relationship your priority
 - 2)Focus on the present
 - 3)Pick your battles
 - 4)Be willing to forgive
 - 5)Know when to let something go
- Fighting fair: The ground rules
 - Ensure adequate time for the conversation, remain calm, express feelings in words, not actions
 - Avoid clamming up, no hitting below the belt (attacking the person not the problem), maintain an open mind, avoid accusations, don't generalize
- Conflict resolution recap
 - Conflict can trigger strong emotions!
 - It can lead to hurt feeling, disappointment, discomfort,
 - It can cause resentments, break-ups
- When dealt with correctly, conflict can be effective and create healthy relationships

1.3 Guest Speaker: Jason Peters, Coast Capital

Student Lending Program

- Flexible
- Up to \$40,000 1-5 years (up to \$10,000 each year)
- Designed to help with school not pay for school
- No co-signer required
- Free chequings account
- Budgeting tool
- Interest rate during school – variable prime +
- Expected credentials – diploma/certificate/degree

- For more information visit www.coastcapitalsavings.com

1.4 Nap Room

- Thanks to the BCIT Student Association and BCIT Rec Services, there is now a nap room on campus!
- Book your nap time slot online at <https://studyrooms.bcit.ca/>
- Nap room rules and details can be found at <http://www.bcitsa.ca/student-services/programs/>

1.5 UPass Referendum

- Passed with 82% [More info](#)

1.6 Vancouver Sun Run

- Join the BCIT Community team for the Sun Run this year!

Details

Date: April 17, 2016 (Team meetup at DTC before the race)

Distance: 10km (Open to both runners and walkers)

Registration: <https://register.vancouversunrun.com/#!/events/2016-vancouver-sun-run>

Our Team Name is: BCIT Community

Price: Register before February 4th for \$49 (plus tax)

\$56 (plus tax) is the rate until **final deadline of March 18th, 2016**

- Team running clinics will take place on February 24th (4k) March 23rd (6k), and April 6th (8k) at 3:00 pm – always meet on track field (no sign-up required)

1.7 Council Funding

- Council approved 13,000 in funding to do a feasibility study to expand our current Childcare facility

1.8 Upcoming Events

- TedxBCIT
 - More info at <https://www.facebook.com/events/463339093863629/>
 - Tickets are on sale now! A limited number are available, so get yours while they last. Check out universe.com/tedxbcit to buy tickets
 - Check out <http://tedxvcit.com/> for more details including speakers, events themes, and much more
- What does your heart look like? [Sign up here](#)
 - Feb 25th and 26th
 - Sonography students do ultrasounds of your heart – sign up for a spot
- SOH open house April 8th and 9th
 - Great opportunity to promote your profession
 - Up to you to ask the faculty what they're planning to do for your program
 - SOH will be asking for volunteers

- Provincial Health Authority is coming to BCIT
 - Feb 4th 5-6
 - i. [Jobs](#)
 - ii. [The event](#)
- Student Association boat party
 - More details coming out soon
 - Was a success last time with up to 300 people
 - Alcohol will be present so all attendees must be 19 or over

1.9 Possible Speakers

- The Chairperson, Josephine asked the Set Reps for suggestions on topics they would hear about. She would like to bring more speakers from the field to BCIT.
- Suggested Topics – Palliative care (MRAD), physician assisted dying (MRAD) X 2, Zika virus (nursing) X 3, Physician-assisted dying, opioid epidemic/fentanyl (Nursing) X 3, psychosocial health in the workplace (DMS), heart transplant (Nuc Med)

1.10 Round Table

- Can students receive the PowerPoint presentation file from guest speaker? – yes upon request to Josephine or Hannah
- The BCIT wifi connection is really bad lately – this is an issue they are aware of and working on

1.11 Next Meeting

Monday, February 29th 2016 3:00-4:00 pm
Council Chambers – SE 2

1.12 Meeting Adjournment

Josephine adjourns the meeting at 4:05 PM



SET-REP MEETING ATTENDANCE

SCHOOL NAME:
YYYY-MM-DD

	Name (Print FIRST & LAST)	Program + Year	Check if GUEST ✓
1.	Erica Sharp	Nursing Level 5	
2.	Chino Fourie	MedRad Level 2A (vice set rep)	✓
3.	Darren Hildebrand ^{my guest}	MedRad Level 2A	
4.	Barbara Richardson	" "	
5.	Rucosah Afefah	Diagnostic Medical Sono. Level 2	
6.	Angela Kim	Nursing Level 2	
7.	Megan Ewerman	Nursing Level 2	
8.	Candy Tran	Nursing Level 2	
9.	Kayla DiBaudin	Nursing Level 3	
10.	Tegan Jackson	Nursing NI 3	
11.	Anna Lee	Nursing Level 3	alee475@my.bcit.ca
12.	Celia Palmer-Borowski	Nursing level 3	
13.	Amanda Zayonc	Nursing level 3	
14.	Lauren Fougner	Nuclear Medicine	
15.	Jenna McEwen-Doris	Nursing Level 2	
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