

Set Rep Meeting
School of Transportation, Construction, and the Environment
Meeting Minutes
Tuesday, Mar. 8, 2016
Council Chambers – SE2 3rd Floor

Chair: Justin Deddens

Staff: Amy Smith, BCITSA Club Program Coordinator
Hatinder Hari, Career Specialist
Robyn Lougheed, Student Advocate

Guests: Sarah Moski & Kal Opre

Set Reps:

Gleb Krotkiy
Drew Roots
Tyler Thibault
Mike Frank
Jeremy Un
Prachi Sharma
Monica Yacoub

1. Meeting Called to Order

Justin Deddens calls the meeting to order at 5:37pm/

2. Career Services Update

BCITSA Career Specialist Hatinder speaks about the Industry Days event happening tomorrow, May 9th. He gives out copies of the Industry Days welcome booklet to set reps and discusses:

- Employer guidelines around notifying their attendance, if not formally involved in the event.
- Benefits of coming to the event go beyond lining up a summer job.
- Alumni can access SA career services events

Question: What if you already have a summer job?

A: Don't need to necessarily mention this.

3. New Business

3.1. Entrepreneurship Focus Group

Kal and Sarah are BBA students working on a consulting project for the school and the SA to bring entrepreneurial services to BCIT. They are looking for input from all student demographics to gain their perspective. A survey is circulating currently, please complete this to help them gather information.

Another aspect of the survey is finding out about the different communication methods throughout the schools and programs.

- March 22nd focus group

3.2. Burnaby Board of Trade Access Mentorship Program

Poster handed out about this mentorship program, and more information will be sent out about this by Justin.

3.3. Effective Communication

Robyn Lougheed, Advocate, gives a presentation to help students resolve conflicts and practice assertive communication. Robyn emphasizes that a key concept to effective communication is about relationships and preserving them.

She covers the Dos and Don'ts of effective communication. Standing up for your rights, remaining calm, listening, recognizing boundaries are among the Dos, and making assumptions, avoidance, personal criticism, and alienating behaviors are Don'ts.

Robyn covers the skill of active listening, and behaviors associated with that. She emphasizes that these are skills that need to be practiced, and don't necessarily come naturally to people.

Robyn talks about conflict resolution and how it can be intimidating for people or scary, depending on how it was handled in their environment growing up.

- o self-control
- o empathy
- o emotional maturity

She covers healthy and unhealthy responses to conflict. She underlines that conflict resolution

isn't about winning; it's about understanding and cooperating.

She also covers ground rules for fighting fair. She suggests that timing, remaining calm, use words, not actions, be specific, stick with one issue at a time, and stay present.

Robyn discusses the fact that conflict dealt in a positive, healthy way can develop relationships and help you grow.

3.4. QPR

Justin explains that this optional training is aiming at prepping students to learn strategies for assisting distressed students and individuals, particularly those coping with suicidal ideation. The training is 1-hour and delivered by 2 BCITSA staff who have been trained to deliver the presentation. You receive a certificate for completing the session.

4. **Old Business** - N/A
5. **Open Forum** – N/A
6. **Next Meeting:** April 12, 2016 @ 5:30
7. **Meeting Adjournment**

QPR Training (6:30 - 7:30)