Announcements
1. Advising: solution found!! Students served!! See email from Greco.
2. Very quick update: CLAS dean search
3. Holt: Comp Lit update, Holt and de Oliveira are discussing meeting with the English department to discuss collaborating on 3 new classes in the comp/lit/film/comics program
4. Kominz: Kominz asked for faculty to direct any WLL students to audition for his spring kabuki performance, considering a by arrangement for credit as an advisor approved elective for majors/minors
5. Cassio: Phi Sigma Iota membership and scholarship applications are open
6. Dolidon is teaching a pop-up course in spring on cuisine
7. Zagarella: AAUP announcement, there will be an info session on 2/11 and a bargaining event on 2/14, will send info
8. Jaen-Portillo: If you have questions regarding faculty participation in budget discussions, send them to Jaen-Portillo
9. If you don’t have a PR postcard for your language program, Kelli has a template and can help, see email and google folder she sent
10. TOMORROW, 6 PM, TAG WE’RE IT: MELISSA IS SPEAKING

AGENDA:

WORKFORCE WELLNESS

Amy Ruff, Mental Health Promotion Specialist, Center for Student Health & Counseling,
amy.ruff@pdx.edu

Slideshow:
- Students at PSU are overwhelmed
- Faculty are overwhelmed
- The American College Health Association health assessment is administered every spring
  - PSU students report 5% higher in stress/anxiety/depression than colleges around the country
  - 67% of respondents reported experiencing challenges paying for expenses
  - There is an intersection between students experiencing financial hardship with mental health
- Mental health is not something we only deal with in SHAC, it’s in all of our classes
- Faculty often experience secondary traumatic stress or vicarious trauma in the workplace

Boundaries:
- There is a challenge in finding the ability to disconnect from the work
- Boundaries are incredibly important to maintain as an instructor
- Model the behavior you’re asking of your students
- Culture change starts with ourselves

Taking Care of Each Other:
- Check in with each other, allow time to decompress
- Know that you are connected to a group of people that value and care about the work you’re doing
- Relationship building - take time to learn each other in committees, etc. introduce yourself

Ongoing opportunities:
- Don’t Cancel Class presentation
- Practice mindfulness moments in class
- Please visit SHAC’s policies and guidelines page for information on the following topics:
  - Eligibility for Services
  - Late Cancellation/No-Show Policy
• Measles Mumps & Rubella Requirements
• Patients Rights & Responsibilities
• Medical Excuse Policy
• Patient Confidentiality Information

Important Dates:
2/6: Tag We’re It: Voices on Immigration
2/12: Advisory
2/12: World Cinema Series: Germany
3/4: Dept meeting
3/11: Advisory
JUNE: ONE DAY RETREAT, date TBA