

WLL Department Meeting
Wed. February 5, 2020 | 3:15-4:45 PM | FMH 333

Attendance:

Gina Greco (Leading), D Aleeva, C Breedlove, J Ceciliano, J Coleman, C Collenberg-Gonzalez, W Comer, C de Oliveira, A Dolidon, J Eleweke, N Friedberg, S Fuller, K Godfrey, Y Han, J Holt, I Jaen-Portillo, L Kominz, T Nidever, E Nunez, M Patino-Vega, J Pease, J Perlmutter, M Rachmuth, S Roulon, R Sanders, C Sloan, S Sychoy, S Thorne, S Wadley, I Warnock, S Watanabe, A Zagarella

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