

SPS Minutes 9/21

Attendance: Jennifer Nelson, Stephanie Winter, Erin Kahnke, Megan Johnson, Melissa Engel, Sarah Marsh, Rachel Burlet, Cassandra Schreiber, Nicketa Coombs, Carrie Riss

Cassandra called this meeting to order at 5:35 pm.

Initiatives & Opportunities

- Introduce theme:
 - o This year's theme is self-care. Topics to be discussed include:
 - Time management
 - Tools for being more effective/efficient
 - Results of increasing self-care
 - Mental health
 - Academics
 - Cohesion in cohorts/groups
 - "Pizza Therapy" session in spring
 - Include sports psych, clinical psych students?
- Re-amending Constitution:
 - o It was proposed that SPS reinstitute the Public Relation position. The amended constitution will be voted on during the Oct. 5th meeting.
 - o Nicketa Coombs has been nominated for the position of Public Relations Officer. Members will vote on her nomination at the Oct. 5th meeting.
- Pick Adopt-A-Highway date
 - o This fall's date is OCTOBER 9th.
 - An email invitation with more details will be sent out soon. Please watch the video for safety (linked in that email).
- Child care for Dr. Petersen-Brown's parenting group
 - o No new information has been sent on this opportunity. It will be held every other Tuesday.
- CSU Haunted Takeover
 - o Ideas for the theme of this event:
 - Hospital
 - Creepy Dolls
 - Clowns
 - Any more?????
 - o Date of this event is October 26, 2016
- SPAW-School Psychology Awareness Week
 - o This year's NASP theme for SPAW is Small Steps Change Lives.
 - Members brainstormed ideas for activities that would support this:
 - Donations for School
 - o Pedometers: Have sponsors for step count
 - o A penny for every 1/10/100 steps

- Girls on the Run
- Talk to High School Psych classes
- Local Business to sponsor us (Need to have a month in advance)
 - Tandem Bagels?
- SPS will include a short blurb in the Psychology Department Newsletter including information on what we are/do.
 - The next School Psych Night Out will be held FRIDAY NOVEMBER 4th, 2016.
Location TBD.
- Members are encouraged to bring snack for potlucks every other meeting. More information on dates will be sent with the email invitation.

Updates & Reminders

- Please review the updated Constitution and be prepared to vote on it next meeting.
- Membership dues to Megan by September 30th.
- Join OrgSync and FB pages.
- Make sure to meet with mentors/mentees if you haven't done so already.

Meeting adjourned at 6:15.