

SHAC Meeting Minutes

Date: Friday, October 19th

Time: 9:00

Attendees: Dr Emetu, Amanda Todd, Samantha Harouni, Manwar Bardawaj, Susan Krikorian, Yolanda R. Chassiakos, Gio

The meeting was called to begin at 9:00. Susan Krikorian, health educator at the Klotz Student Health center, presented information on different programs run by the Student Health Center. The Klotz Health Survey, which provides the health center with feedback on student's satisfaction, needs, stresses, and health issues. According to the last survey conducted, the top two issues that troubled students were stress and lack of sleep. After presenting a brief breakdown of the numbers from this survey, Susan Krikorian noted that the Health Center has wellness coaches to help students with these issues. From discussing basic food requirements, to planning schedules that improve sleep schedules and time management, coaching is a free resource open to all CSUN students.

Susan Krikorian went on to discuss Student Health 101, the Student Health Magazine, that creates articles on lifestyle and student wellness. Topics such as healthy eating, sleep, and exercise are covered. The articles are written in a simple, easy to understand format without any medical jargon to better engage students with the topics written. Dr. Emetu asked where students can be involved in writing articles for the paper; the goal as of now is for students to get involved in promoting and increasing readership but Ms. Krikorian would find out if that was possible by next meeting. Ms. Krikorian went on to pass on sign ups for tabling for the Health Center and Student Health 101 information.

One of the attendees, Gio had a project to chose an organization on campus to see how it affects students. Yolanda Director and Medical Chief of Staff explained the Klotz center survey, POS Survey NCHA hep provide student feedback as well as compare the health center to other CSUs.

The meeting closed with distribution of the new SHAC flyers, and the next meeting date was agreed to be in November.

Adjournment: 9:47