

Student Government Association

Minutes for meeting held Wednesday, December 3rd, 2025

The meeting was called to order at 4:03 PM by President Stovall. Attendance was taken and a quorum was established. The minutes for the meeting held on November 19th, 2025 were approved.

Special Order of Business:

- **Ms. Jenna Stowers** – speaking on behalf of the Counseling center; *see pages 5-6*

Student Open Forum:

- *No comments or concerns*

Officer Reports:

Faculty Executive Board Representative – Ms. Zoey Shamblin

- *No report*

Board of Governors Representative – Mr. Garon Wiseman

- The last board meeting of the semester will be held on Tuesday, December 9th. Anyone with items to bring to the board's attention may forward them to Mr. Wiseman

Judicial Liaison – Mr. Ben Bailey

- **This was Mr. Bailey's last SGA meeting, as he is graduating next week**
- Mr. Bailey gave a farewell address to SGA:
 - He thanked everyone for their interest in student government and commitment to positive change on-campus
 - He thanked the executive board for their hard work this semester
 - He thanked everyone who helped with Homecoming this semester; everything went very well!
 - He thanked President Stovall for her excellent work and dedication in everything she does
 - He thanked Professor Lonnie Bowe, Ms. Anna Hardy, Ms. Carolyn Worley, and Mr. Colton Lively for their dedication to students and efforts to make the student experience better
 - **Serving as judicial liaison has been stressful, but also one of the greatest experiences of Mr. Bailey's life!**
- A “blueprint” will be left for the next judicial liaison to give them a guide for organizing homecoming

Ombudsman – Ms. Maren Boblits

- Ms. Boblits revisited the complaint about the vending machines in Wilson Hall being on a male floor
- Over Thanksgiving break, the vending machines were moved to the Wilson lobby

Parliamentarian – Ms. Elena Chamness

- *No report*

Secretary – Mr. Brian Strickler

- Mr. Strickler met with the university technology committee on December 3rd; he gave a report on the updates received from that committee:
 - The keyless entry readers for the doors of the residence halls, the nursing wing of the Fine Arts Building, the Carter Center, and Wooddell Hall will be installed by the time we move back in January
 - Concern was raised that the readers may block off the elevator in Carter; President Stovall will investigate
 - **Everyone needs to be checking their e-mail and myCU app for information on the app you will need to use the readers**
 - Network issues have hopefully been resolved; IT initially assumed it was an issue with Segra (our internet service provider), but it turned out to be a loose fiber connection at the router and a router not restarting
 - The router in question has been replaced by a spare
 - The internet upgrade project to improve speed and latency will bring the university's speeds up to 10 gigabits; the project should be completed in July
 - A separate 1 gigabit cable from Optimum has been installed in the Esports facility; issues seem to have dramatically improved
 - University's technology plan, listing priorities for IT to work on, is still being developed; some highlights for students include:
 - A program called Slate is being used on the admissions website, which allows prospective students to directly ask current students questions
 - Improving the dorm placement process using Res-Life, which will also eventually tie into keyless entry
 - Improving electronic student billing; moving away from sending a PDF bill to integrating everything into Banner
 - New computers for faculty and staff
 - Improving the early alert system for students at-risk of dropping out so that we can be proactive vs. Reactive
 - Inkjet printers are being replaced with laser printers
 - Wireless printing for students

- Idea was mentioned to use a program to monitor how much everyone is printing to cut down on unnecessary printing; project was removed from the list
- Office hours will be held on **Friday from 11:30 AM to 1:30 PM, regardless of the weather**
- The card reader in North Tower will not block entry to the lobby; it will block entry to the elevator area
- **Ms. Anna Hardy – RESIDENTIAL STUDENTS:** You will be sent the link to download the keyless entry app over Christmas break using the cell phone number you provided at check-in; **if your number has changed, you need to let your RA or RD know ASAP!**

Vice President – Mr. Matthew Atwell

- Mr. Atwell sent Ms. Worley his list of ideas of events for Spring Fling

President – Ms. Abby Stovall

- President Stovall met with Dr. Meighen and Mr. Ron Hamilton (chief information officer) on Monday, November 24th to discuss internet issues
- President Stovall will be making remarks at commencement on December 13th
- President Stovall and Ms. Boblits will be meeting with Dr. Meighen and Aramark on Thursday, December 4th
- Resignation letter for Ms. Kenzie Franson was read by President Stovall
 - Unfortunately, she had to resign from her position as business manager due to academic and campus commitments; she thanked SGA for allowing her to serve the student body for the past year and a half
 - An e-mail about the business manager position will be sent to the student body soon

Committee Reports:

Philanthropy – Mr. Matthew Atwell

- *No report*

CUSAC – Ms. Maren Boblits

- *No report*

Technology – Mr. Brian Strickler

- *No report*

Campus Life and Commuter committees were asked to stay after the Senate meeting to meet with Ms. Worley

Unfinished Business:

- *No unfinished business*

New Business:

- *No new business*

Announcements:

- **Honors Program** - (*Ms. Aurora Crews*) The Honors Program will be hosting a Christmas Bingo on Saturday, December 6th at 7 PM in the Ballroom. Admission for students is \$5. Prizes will be available! Please wear Christmas pajamas, as the person with the best pajamas will win an extra bingo card!
- **Alpha Psi Omega** - (*Mr. Ryan Johnson*) Auditions for the spring musical *Firebringer* will be held at 5 PM on Thursday, December 4th and Friday, December 5th
- **Aramark** - (*Ms. Linsey Umberger*) There will be popcorn and volcano sodas at dinner on Thursday, December 4th. Dinner on Friday, December 5th will be “dino nugget night.”
- **Ms. Anna Hardy** – Housing is hosting a “Grinch” themed evening on Wednesday, December 3rd in the North Tower Lobby from 6 to 8 PM.
- **Ms. Carolyn Worley** – Late Night Breakfast will be on Tuesday, December 9th from 8:30 to 10:30 PM
- **Mr. Ben Bailey** – Anyone interested in the judicial liaison position needs to go through student court. Please fill out an application to join student court, as you must first be in student court to be eligible to be judicial liaison. Mr. Bailey will meet with Ms. Turner on December 4th to sort through the current on-file arbiter applications.

Meeting was adjourned at 4:42 PM

Brian L. Strickler, Secretary

Presentation by Ms. Jenna Stowers

Given on behalf of the Counseling Center; dealing with the stress of finals week

- There are skills you can practice to decrease stress and increase focus as we move into finals week

Why Finals are so Stressful:

- We have strong internalized pressure to perform; many of us get caught in the mindset that we always have to get A's
- We don't always get enough sleep; too many all-nighters and too much doom scrolling

Warning Signs you may be Stressed:

- These are unique to you...some things to look out for include:
 - Increased irritability
 - Reduced appetite
 - Social withdrawal
 - Reduced physical activity
 - Feeling "drained"

Calming your Body:

- Your body and mind are intertwined; when you take care of your body, you take care of your mind
- The "deep breathing" exercise works because having a longer exhale than inhale calms your whole body and releases serotonin
 - Inhale for five seconds, hold your breath for a second or two, and then exhale for eight seconds
- The "25 focus method:" block out 20 minutes of study time, and then take a 5-minute break...**change your surroundings!** After doing this three times over, take a 15-minute break

Three Essentials to Mitigate Stress:

- **Sleep, eat, and move!**
- Sleep: no all-nighters! These reduce your memory retention and emotional regulation
- Eat: eat every 3-4 hours to stabilize your blood sugar levels
- Move: physical activity releases "feel good chemicals;" staying sedentary actually worsens feelings of exhaustion

Finals Survival Plan:

- Take into account what your stress warning signs are

- Commit to trying at least one habit covered in this presentation during finals week
- Find a “support buddy” to help you stay on track with your plan