

Student Government Association

Minutes for meeting held Wednesday, October 1st, 2025

The meeting was called to order at 4:06 PM by President Abby Stovall. Attendance was taken and a quorum was established. The minutes for the meeting held on September 24th, 2025 were approved.

Special Order of Business:

- **Ms. Jenna Stowers** – speaking on behalf of the Counseling Center (*see pages 5 and 6*)

Student Open Forum:

- *No comments or concerns*

Officer Reports:

Faculty Executive Board Representative – Ms. Zoey Shamblin

- Ms. Shamblin was unable to attend the previous FEB meeting due to illness, but she will be able to attend the October 6th meeting
- Office hours will be on **Fridays from 1 to 2 PM**
- Anyone who has questions or concerns to be addressed to the FEB is welcome to see her!

Board of Governors Representative – Mr. Garon Wiseman

- The committee meetings for the Board of Governors were held on September 30th
- The next meeting of the Board of Governors will be on Thursday, October 9th

Judicial Liaison – Mr. Ben Bailey

- ***Homecoming is next week!!!*** (Week of October 6th)
- There will be three pairs running for Homecoming
- Billboards for the different candidates will be set up starting on Monday, October 6th
- ***Please participate in Homecoming events next week!***
- **The game against West Virginia State will be on Saturday with kickoff at 2!**
- The candidates' popular vote part of Homecoming will be sent out via e-mail on Monday, October 6th; show proof of voting in the SGA office to get a free t-shirt!

Ombudsman – Ms. Maren Boblits

- Ms. Boblits has received multiple concerns recently
- A general concern about food service was brought to Aramark
- When using the concerns form, please be as specific as possible so that the issue can be more effectively resolved

- A request for extended gym hours has been made; select weeks may be used as a trial run to see how popular the extra hours are
- Ms. Boblits has multiple complaints she would like to first bring to CUSAC before discussing with the Senate; in the meantime, you may contact her directly if you have any concerns

Parliamentarian – Ms. Elena Chamness

- Due to missing office hours on Monday, September 29th; Ms. Chamness will be holding extended office hours on Thursday, October 2nd

Secretary – Mr. Brian Strickler

- Mr. Strickler was finally able to attend the meeting of the university technology committee
- The faculty member on the technology committee addressed a concern about SafeAssign falsely flagging work on Blackboard as plagiarized; issue is being looked into
- The new card entry system will be used in the dorms, Woodell Hall, and the Carter Center/Athletic Building; it will be tied to your phone
- People will only be allowed access to the dorm they live in
- It is unclear if Concord's current student ID cards are capable of being used with the card entry system
- **The system will be installed over Thanksgiving Break!**
- Internet upgrades are in progress with hopes that issues with speed and reliability will be resolved; the project will take around six months
- A formal concern received by SGA was brought to the committee regarding Blackboard maintenance times being scheduled at inconvenient times; it was explained that while there is no perfect time, they try to choose times outside of peak use hours to perform maintenance
- The Intent to Graduate form has been condensed and moved from MachForm to Banner, with hopes that process time with the registrar will be reduced
- Paddles and the webpage will be updated
- **As a reminder, if you or your organization is unable to attend the Senate meeting, you *MUST* fill out the excusal form to avoid losing voting rights!**

Business Manager – Ms. Kenzie Franson

- Anyone in Student Court who has a paid position (Student Advocate, Student Conduct Officer, Chief Arbiter, and Judicial Liaison) needs to fill out a timecard in the SGA office

Vice President – Mr. Matthew Atwell

- **Again, Homecoming is next week! (Week of October 6th)**
- Monday (October 6th) – Bingo will be from 7 to 9 PM

- Tuesday (October 7th) – Stuffies/make and take from 2 PM until they're gone; games and music in the Valley from 7 to 9 PM
- Wednesday (October 8th) – Outdoor movie from 7 to 9 PM
- Thursday (October 9th) – Homecoming parade followed by the Bonfire (with fireworks!) from 6 to 10 PM
- Friday (October 10th) – Lip sync followed by the informal dance from 7 to 11 PM

President – *Ms. Abby Stovall*

- President Stovall will meet with the Athens Town Council on Tuesday, October 7th; please see her if you have any concerns to be addressed to the Town of Athens
- Her meeting with Dr. Meighen was on October 1st; Homecoming and complaints received by SGA were the main topics
- No guest speaker will be at the Senate meeting next week (October 8th) due to Homecoming

Committee Reports:

Budgetary Commission – *Ms. Kenzie Franson*

- ***Please request funds from SGA!*** After Homecoming, your organization will have more time for activities!

Philanthropy – *Mr. Matthew Atwell*

- Mr. Atwell sent out an e-mail to the Philanthropy Committee; their next meeting will tentatively be on October 7th

Rules – *Ms. Elena Chamness*

- *No report*

CUSAC – *Ms. Maren Boblits*

- Ms. Boblits is working on finding a meeting time that works for the whole committee; members need to be checking their e-mail inboxes for updates

Technology – *Mr. Brian Strickler*

- Mr. Strickler asked to see members of the SGA Technology Committee after the Senate meeting to determine the next meeting time

Homecoming – *Mr. Ben Bailey*

- Mr. Bailey asked to see members of the Homecoming Committee after the Senate meeting

Unfinished Business:

- *No unfinished business*

New Business:

- As recommended by President Stovall, the Hopper-Turing Society moved to approve Sarah Turner as the new Chief Arbiter; seconded by CU Prevention
- The oath of office was given to Ms. Turner by President Stovall

Announcements:

- **Alpha Psi Omega** – (*Ms. Elizabeth Burr*) APO held their trivia night for family weekend on Saturday, September 27th. Thanks were extended to Dr. Meighen and the President's Office for their support. APO also held their annual Theater Thrift Shop on September 30th. They will be running with Sigma Sigma Sigma for Homecoming and sponsoring Bingo. General meetings are held at 5 PM on Mondays; all students are welcome to attend!
- **Hopper-Turing Society** – (*Adele Bosma*) The Hopper-Turing Society is working on rescheduling events and their general meeting time; an announcement will be made when the new time is determined.
- **Mr. Garret Pritt** – Mr. Pritt announced that he is working on restarting the Young Democrats chapter on-campus; a meet-and-greet event will take place in the Valley on October 21st

Meeting was adjourned at 4:48 PM

Brian L. Strickler, Secretary

Presentation by Ms. Jenna Stowers

Given on behalf of the Counseling Center

- Mid-terms are a difficult time within a difficult time in our lives; as college students, we are often juggling multiple responsibilities for the first time while trying to achieve goals in life
- We need to practice mindfulness and self-compassion

Mindfulness:

- Mindfulness is being present in the moment
- We often have so many obligations, we go into “auto-pilot” without slowing down to connect with ourselves

Self-Compassion:

- Remember: *You are a whole person and a human being; not just a college student!*
- It's important to slow down, rest, and connect with yourself!

Thinking Patterns

- We often fall into toxic/negative thinking patterns (e.g. I'm going to fail, I should have done better)
- Self-compassion is practicing being kind to yourself
- Positive thinking patterns and self-compassion have a positive effect on our self-esteem and self-worth
- Too many people rely on other people for affirmation; we need to be able to be kind to ourselves
- *It is okay to make mistakes! You are not a robot!*

Negative Self-Talk:

- You are in control of what you think
- While juggling all your responsibilities, avoid being hard on yourself
- **Thoughts create feelings and feelings create behavior**; telling yourself you're bad at something will create low confidence and poor performance

Feelings:

- *We all have feelings!*
- You cannot be unkind to yourself just because of your feelings; *slow down and think about how you're treating yourself and where your feelings are coming from*

Self-Care:

- Self-care should be something that YOU enjoy; not something that other people think will help you

- No one can be perfect; we can learn to cope with uncomfortable feelings by taking care of ourselves
- *We all deserve kindness, no matter who we are!*

Campus Mental Health Resources:

- Concord University offers FREE counseling to all students
- The Counseling Center can be reached by e-mail at counseling@concord.edu to set-up an appointment
- The Counseling Center website includes resources for various mental health-related struggles
- Concord University offers telehealth services through BetterMynds, also free