



# STAFF SENATE FULL SENATE MEETING

## MEETING MINUTES

**LOCATION:** McKissick Theater, Hendrix Center  
**DATE:** March 14, 2024  
**TIME:** 2:30 pm

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### **I. OPEN COMMENT PERIOD**

- a. Marijohn Boyd, CUPD
  - i. Listening sessions March 26

### **II. CALL TO ORDER—2:32 P.M.**

### **III. APPROVAL OF THE MINUTES—APPROVED**

### **IV. SPECIAL ORDERS OF THE DAY**

- a. Anna Fitch Courie, DNP, Chief Well-being Officer
  - i. Share your thoughts on wellness, what Clemson is/is not doing well in the space of well-being, and what you would like to see to CUWellbeing@clemson.edu
- b. Allison Addison, Alumni Development Manager
  - i. Give Day is April 10
  - ii. Physical locations will be available to give 10 a.m.-3 p.m. and you will receive a t-shirt and Sno-cone
- c. Katelyn Rose, Ombuds Intern

### **V. COMMITTEE REPORTS**

- a. Treasurer – Christy Babb
  - i. Budget Update
    - 1. Vending \$11,375
    - 2. Operating \$3,165
- b. Activities (Vicki Perry, Jake Grove)
  - i. Advisor Appreciation cards

- ii. Feb 13th Blood Drive: 36 donors; next blood drive April 9
- c. Advancement (Victoria Chapman, Melinda Fischer)
  - i. Employee Emergency Fund Balance
  - ii. Fundraising Update—Card bundles still available for \$20, please spread the word
- d. Communications (Cora Allard, Ryan Real)
  - i. Blog
  - ii. Clemson Champion
    - 1. March - Outdoor Lab
    - 2. April- Research Office
    - 3. May - Summer Programs (need to decide which office)
    - 4. [potential - a unit of CCIT]
- e. Inclusive Excellence (Alisha Maw, Jamie Martin)
  - i. Newsletter topics
  - ii. Plan update
  - iii. Committee structure going forward
- f. Membership (Beth Newton, Kristi Baker)
  - i. Update on elections—Elections end March 15
  - ii. Update on Senator absences and notification plan
- g. Welfare (Jeff Anthony, Stacey Miller)
  - i. Policy Subcommittee Update
    - 1. Access Control:  
<https://clemsontpub.cfmnetwork.com/B.aspx?BookId=11944>
    - 2. Privacy Policy:  
<https://clemsontpub.cfmnetwork.com/B.aspx?BookId=11626>
  - ii. Benefits and Retention Subcommittee Update:
    - 1. Community Service Leave
  - iii. Wellness Subcommittee Update:
    - 1. Looking to collaborate with Chief Well-being Officer – Anna Courie

## **VI. UNIVERSITY COMMITTEES/COMMISSIONS:**

- a. Accessibility Commission – Ross Phillips
- b. Accident Review Board – Christy Babb, Jeff Anthony
- c. Alcohol and Other Drugs Advisory Board – Jeff Anthony
- d. Asian, Pacific Islander, Desi-American Commission – Jake Grove
- e. Bookstore Advisory Committee – Jamie Martin
- f. Campus Rec Advisory Board – Ross Phillips / Rob Seay
- g. Commission on the Black Experience – Vacancy

- h. Commission on Latino Affairs – Sara Dawson
- i. Commission on Women – Mary Erin Morrissey
- j. Committee on Committees – Jake Anderson / Jeff Anthony / Ryan Real
- k. CompStat 360 – Jeff Anthony
- l. LGBTQ+ Commission – Arthur Alvarez
- m. Library Advisory Board – Colby Lanham
- n. Ombuds Committee – Melinda Fischer / Jake Anderson / Jeff Anthony / Jamie Martin
- o. Parking Review Board – Matthew Burns
- p. Veterans Commission – Bradley Elliott

**VII. PRESIDENT’S REPORT**

- a. Committee Year Highlights Submission
- b. Tuition Assistance for Dependents Update
- c. CU Day at the State House Recap
- d. 40th Anniversary Celebration
- e. BOT Presentation in April
- f. Thank You

**VIII. OLD BUSINESS**

**IX. NEW BUSINESS**

**X. ADJOURNMENT–3:22 P.M.**

*Next meeting: May 9th at 2:30pm at the McKissick Theater (Hendrix Center) and on Zoom*

# Staff Senate Meeting

March 14, 2024



# Special Orders of the Day

## Special Presentations

# **Anna Fitch Courie, DNP**

## **Chief Well-being Officer**



# Clemson University Well-being

Dr. Anna Fitch Courie, DNP, RN, PHNA-BC

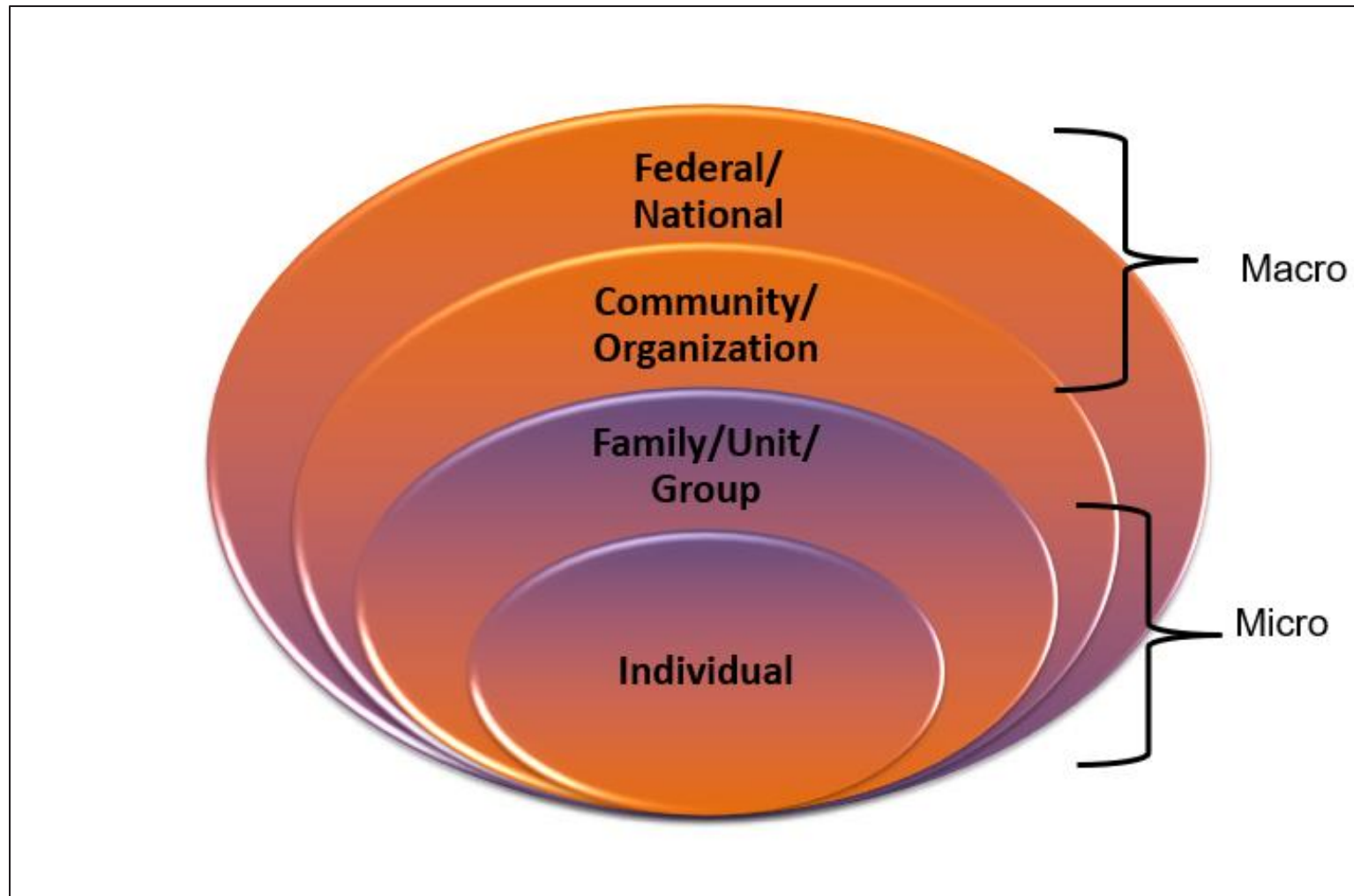
Chief Well-being Officer



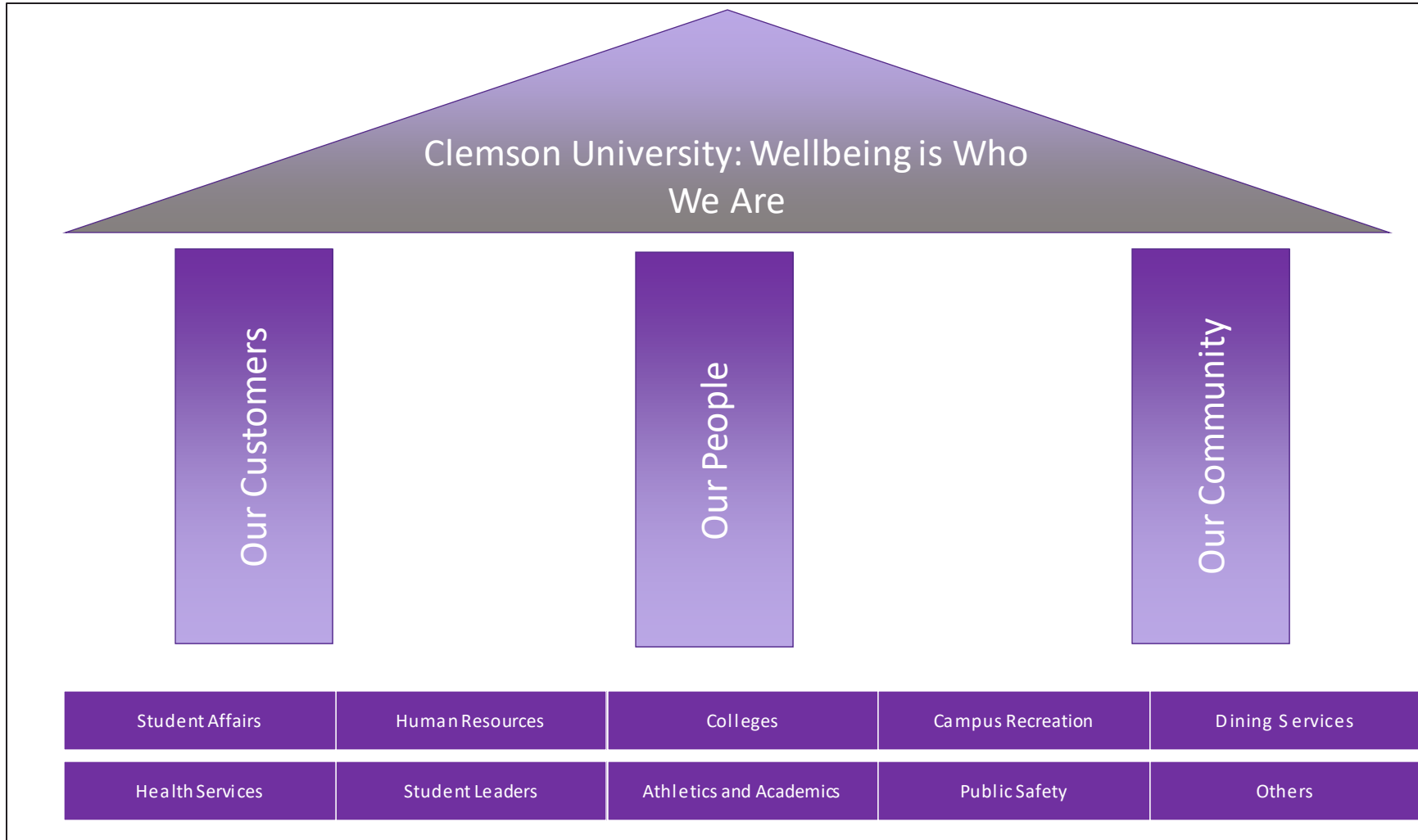




# The Socioecological Model



# A Framework for Execution



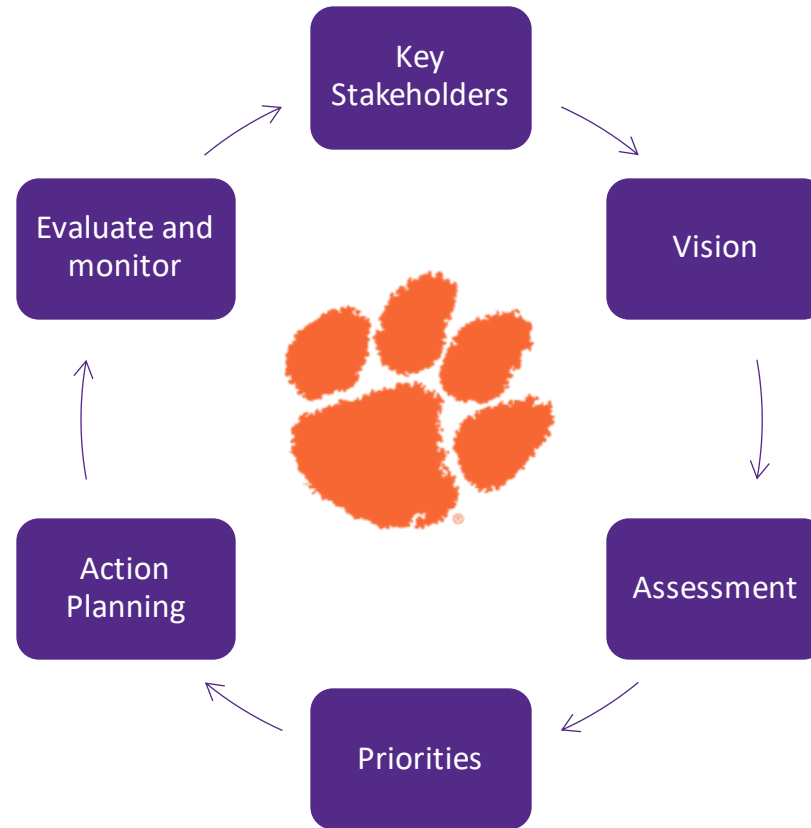
# A Work in Progress: Vision and Mission

**Vision:** To foster individual well-being and growth that creates a culture of wellness on campus, in our communities and the world.

**Mission:** To integrate and ensure comprehensive wellness programs, resources, support, and interdisciplinary collaboration that enhance the overall health and well-being of our university's students, faculty, staff, and the surrounding community.

**Objective: To create a process that advances a culture of student, staff and faculty well-being.**

**Task 1: Establish and Charter the Clemson Well-being Council**



GOVERNANCE	ANALYSIS	RESOURCES	ADVOCACY	PROGRAMS & ACTIVITIES
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# Drive Towards Whole Community Well-being



\*Adapted from the US Surgeon General's Framework for Workplace Wellbeing; SAMSHA's Domains of Wellbeing Framework, and Healthy Campus Framework

# What are your thoughts?

- What is well-being to you as an individual?
- What is Clemson doing well in the space of well-being?
- What is Clemson not doing well in the space of well-being?
- If you could be Chief Well-being Officer for the day and you could do anything you wanted, what would you do?

→ Send me your thoughts if you'd like! [CUWellbeing@clemson.edu](mailto:CUWellbeing@clemson.edu)

# Questions?



**Allison Addison**

**Alumni Development Manager**

# **Katelyn Rose**

**Clemson University Ombuds Intern**



# OMBUDS UPDATE



# CLEMSON UNIVERSITY OMBUDS OFFICE

Katelyn Rose (Ombuds office Intern)



# Upcoming Trainings:

1

## Emotional Intelligence at Work

**Date:** Sept. 20, 2024, 9:00 to 12:00

**Location:** Virtual Only

2

## Cultivating Resilience: How to Overcome Life's Setbacks

**Date:** Oct. 25, 2024, 9:00 to 11:00

**Location:** University Facilities Center,  
280 Seneca Creek Rd, Room A-251



Negative things can turn  
into real positives

## How to identify negative thinking?

**Filtering**

**Personalizing**

**Catastrophizing**

**Blaming**

**Saying "you  
Should have  
done.."**

**Magnifying**

**Polarizing**





# Benefits of Positive thinking/ Self Talk

1. Increased life span
2. Lower rates of depression
3. Lower levels of distress and pain
4. Having a greater resistance to illnesses
5. Having a better psychological and physical well-being
6. Having better coping skills during hardships and time of stress



# Why is this important?

Negative thinking  Negative anticipation

- **It can help maintain a more positive outlook on life**
- **It can help you better deal with difficult situations**
- **It can help make you more productive**





# QUESTIONS OR COMMENTS

Katelyn Rose  
(Ombuds Office Intern)

# Staff Senate

## Committee Reports

# Staff Senate

## President's Report



**Staff Senate**

**Next Meeting:**

**May 9, 2024**

**McKissick Theater in Hendrix**