



Cornell University  
Student Assembly

109 Day Hall  
Ithaca, NY 14853

t. 607.255.3715  
f. 607.255.2182  
e. sa@assembly.cornell.edu  
w. http://assembly.cornell.edu/SA

2012 - 2014 SAF Application Form

Checklist for Application

	Applicant	Office
<b>Preliminary Items Due 4pm, April 25, 2011</b>		
Eligibility Checklist (reverse side)	NS	_____
Dollar request per student per year	\$ 1.50	_____
Petition signatures (if new applicant)	_____	_____
<b>Final Attachments Due 4pm, September 9, 2011</b>		
Constitution, Charter, Bylaws	NS	_____
Mission Statement (1 pages)	NS	_____
Group Profile (3 pages)	NS	_____
<ul style="list-style-type: none"> <li>● Officers</li> <li>● Number of Members</li> <li>● History</li> <li>● Activities, Programming, Events in Current Cycle</li> </ul>		
Summary of request (2 pages)	NS	_____
08-11 Financial Statements	NS	_____
11-14 Projections	NS	_____
<b>Office Use Only</b>		
Received by:	_____	
Date Received:	_____	
Sigs Checked:	_____	

**Applicant Organization/Program Name:** Cornell Minds Matter

**Primary Contact**

**Secondary Contact**

Name: Megan Sichler

Name: Casey Carr

Address: 209 College Ave, Apt 2  
Ithaca, NY 14850

Address: 206 Willard Straight Hall  
Ithaca, NY 14853

Phone: (954)295-7220 Email: mas596

Phone: (607)255-3897 Email: KC64

A representative must certify that the documents provided in this application are accurate, represent best information available to the organization at this time, and are suitable for public distribution. The documents provided constitute the organization's application for undergraduate byline funding for the 2012-2013 and 2013-2014 fiscal years. The Student Assembly will review the applications in the fall semester of 2011. **Organizations may not submit or amend applications after 4pm on Monday, April 25, 2011.**

Representative:

Megan Sichler Megan Sichler 9/7/11  
(print name) (signature) (date)

# Student Assembly Byline Funding Eligibility Checklist

To be eligible for consideration for byline funding, the applicant must meet the following criteria:

	Applicant Initials	Staff Use Only
<b>Required for All Applicants</b>		
Directly and primarily serves/benefits the entire undergraduate Cornell community	MS	___
Allows all students equal access to services and/or participation	MS	___
Requests minimum of \$0.50 per student per year and number of cents requested is divisible by two	MS	___
<b>Required for Applicants Who Are Not Currently Receiving Byline Funding</b>		
If applicant is not currently receiving byline funding, has collected petitions with 1,500 distinct signatures of registered Cornell undergraduate students	___	___
<b>May Be Waived By Student Assembly with Approval of University President</b>		
Is registered with the Student Activities Office	MS	___
Is student-directed and student-led	MS	___
Has Cornell operating account with internally controlled funds	MS	___
Has a Cornell-employed advisor with oversight of Cornell funds	MS	___
Has received funding from a unit at Cornell university in each of the last two semesters	MS	___

If applicant is a registered student organization, the following officers must sign below. The undersigned acknowledge that they have reviewed the application, and that the organization and its officers agree to all conditions explained on the reverse page of this application.

President: Megan Sichler Megan Sichler 9/7/11  
(name) (signature) (date)

Treasurer: Saadiya Mutaarakil Saadiya Mutaarakil 9/7/11  
(name) (signature) (date)

Advisor: K. Cosy Law K. Cosy Law 9/7/11  
(name) (signature) (date)

**Mission Statement**

Cornell Minds Matter is an undergraduate student organization that works to:

- Help Cornell students deal with stress, lead a balanced existence and use the stresses and challenges we face as opportunities for growth and success.
- Decrease the stigma associated with mental illness and with seeking mental health resources so that all students may find the opportunities they need to be successful.
- Promote understanding of the value of caring for one's own mental health and others by bringing speakers to campus, holding discussion sessions, and educating through workshops, training sessions, publications and advertising.
- Serve as a liaison between students, staff, faculty and the administration of Cornell to guide policy and resources so the undergraduate population of Cornell is best served.

The Cornell Minds Matter mission statement proves particularly pertinent due to the fact that high percentages of college students at Cornell University and across the nation consistently report stress, symptoms of depression, and other mental health issues. The National Alliance on Mental Illness (NAMI) indicates that, per college students:

- 1 in 3 reports prolonged periods of depression
- 1 in 4 reports suicidal thoughts or feelings
- 1 in 7 reports abnormally reckless behavior
- 1 in 7 reports difficulty functioning at college due to mental illness
- A majority of college students report a lack of awareness and education concerning mental health issues

Many Cornell students report experiencing high levels of stress from the combination of their rigorous academic schedules and the competitiveness of this community. Such factors are triggers for developing new mental illnesses or worsening pre-existing conditions. When Cornell Minds Matter hosted Dr. Kay Redfield Jamison of John Hopkins University in 2007, she mentioned similar trends in medical students who first manifest latent mental illness symptoms due to unhealthy stress levels experienced during residency. The University of Michigan also reflects the above trends, indicating that college age students are the most likely of any age group to experience mental illnesses.

Cornell Professor Jeff Haugaard's 2006 research, in accordance with NAMI statistics, found that when under great stress or feeling suicidal, the majority of students told a friend or roommate, as opposed to telling a medical professional or advisor.

The 2007 Cornell Meinig Research Scholars' report on sources of stress at Cornell included: loneliness, peer conflict/dating, new responsibilities, adaptation to a new environment, academic achievement, time management, and parental expectations. The report's recommendation included: collaborate with Cornell Minds Matter, advertise stress relief, and make mental health more approachable.

Our mission statement also directly addresses President Skorton's goal of developing a caring community: "Please join me in addressing the challenges of stress and good mental health at Cornell in a positive and supportive way." Cornell student Rahul Banerji foresaw the need for such community and, based on his concerns about campus-related mental health trends and the lack of student-based mental health advocacy at Cornell, he worked with a student executive board to found Cornell Minds Matter in 2004.

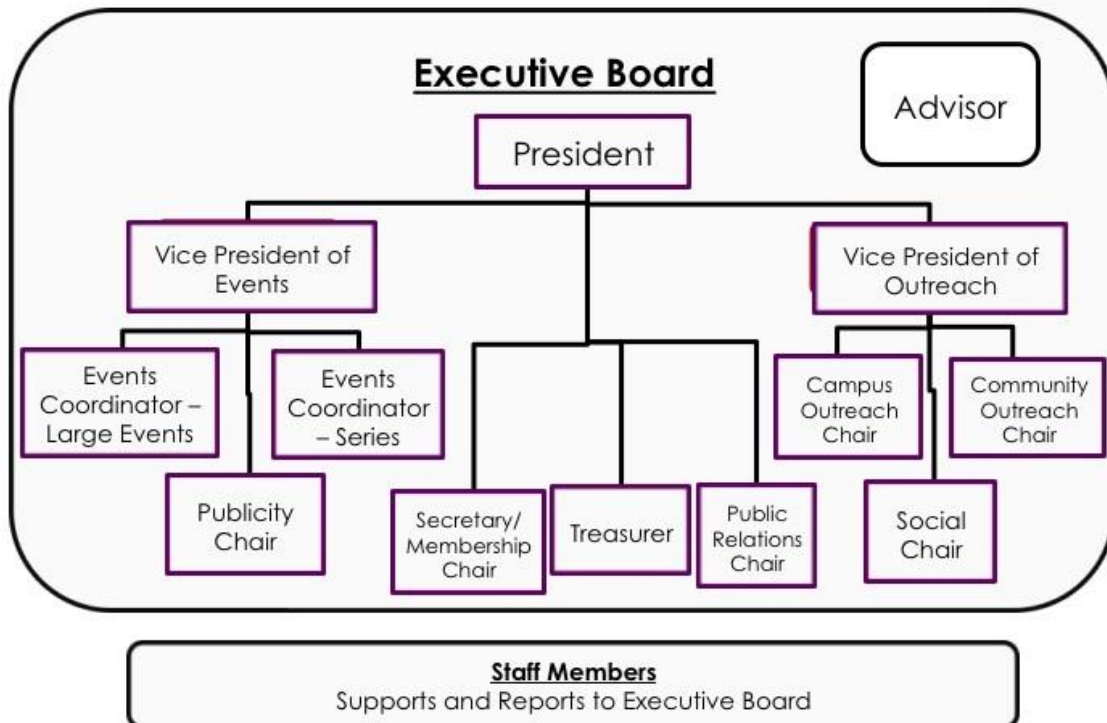
**Group Profile**

	2008 – 2009	2009 – 2010	2010 – 2011	2011-2012
<b>President</b>	Young Suh	Holly Lau	Jayson Jones	Megan Sichler
<b>VP of Events</b>	Holly Lau	Chris Choi	Megan Sichler	Catherine Kim
<b>VP of Outreach</b>	Jhaniel James	Jayson Jones	Isaac Taitz	Claire Tse
<b>Treasurer</b>	Sarah Kate Mullins	Jung Shim Kim	Claire Tse	Saadiya Mutawakil
<b>Secretary</b>	Elisabeth Miller	Chu Hsiao	Angela Pring-Mill	Chu Jane Hsiao
<b>Public Relations</b>	Lisa Cao	Megan Sichler	Kathleen Davey	Emily Sweeney
<b>Publicity</b>	Min Ha Park	Saryn Cranston	Nicole Chun	Nicole Chun
<b>Campus Outreach</b>	Jayson Jones	Liza Brauns	Liza Brauns	Caryn Berley
<b>Community Outreach</b>	Amanda Brief	Priscilla Wong	Celia Muoser	Anelys Fernandez
<b>Event Coordinator</b>	Chris Choi	Elisabeth Miller	Catherine Kim	Celia Muoser
<b>Event Coordinator</b>	Ashley Kirsner	Ashley Kirsner	Ana Lopezulloa	Jeff Pontell
<b>Co-Social Chair</b>	----	----	Alice Lee	Alice Lee
<b>Co-Social Chair</b>	----	----	Jeff Pontell	----
<b>Webmaster</b>	----	----	Holly Lau	----
<b>Advisor</b>	Casey Carr	Casey Carr	Casey Carr	Casey Carr
<b>Staff Members (13)</b>	Mariyah Ahmad, Li Li, Manori de Awis, Chuck Lempert, Alana Seixas, Rahul Banerji, Meredith Gudesblatt, Julia Katz, Mary Yoo, Ye An, Yelena Shur, Alex Skinnion, Evan Fauntleroy			

**Number of Members**

As of the 2011-2012 academic year, we have 12 executive board members, 13 staff members, 50 general body members; our listserv has grown to include 1,800 members.

**Cornell Minds Matter Organizational Chart**



**History** ~~~~~

Increasing numbers of college students at Cornell University and across the country are reporting stress, symptoms of depression and other issues relating to mental health. Concerned about this trend and the lack of student-based mental health advocacy at Cornell, founder, Rahul Banerji '07, worked with a student executive board to create Cornell Minds Matter (CMM) in 2004.

After returning from a two-year mental health leave of absence, Rahul was disappointed with the services that Cornell's campus offered to students with mental illness. He also realized that there is lot of stigma surrounding mental illness that he himself had to deal with after being diagnosed with bipolar disorder. With these two ideas in mind, he formed a group that would help to promote knowledge about mental health and resources on campus, work to make Cornell a less stressful place, and de-stigmatize mental illness.

A few weeks later the first Minds Matter executive-board was selected. It consisted of six diverse individuals representing a variety of concerns on campus: Clara Yip, Laura Alves, Giselle Vitaliti, Stacey Forbes, Monica Neuffer and Gelsey Steinbrecher. For the remainder of the semester they planned events: Brain Blowout, an annual stress-relieving extravaganza, a panel discussion on mental health among students of Asian descent led by Dr. Wong at Gannett and a movie showing, "One Flew over the Cuckoo's Nest," followed by a student-led discussion. In the process they realized that the group was not just about mental illness, it also was about promoting mental health awareness on campus and providing ways for the average Cornell student to talk about and relieve stress that they dealt with on a day to day basis. The development of concrete techniques for stress reduction and healthy lifestyle was also emphasized.

Kent Hubbell, Dean of Students, was so excited about the mission of our group that he invited Cornell Minds Matter to be a student organization of the Dean of Students Office and asked Casey Carr to be the advisor. Since then CMM has created a solid constitution and a hard working E-Board of 12 dedicated undergraduates, 13 undergraduate staff members who support the E-Board, a G-Body membership of 50 who regularly attend events and a listserv of over 1,800. We have been the recipient of the Perkins Prize, CMM students have been awarded SOAR awards and inducted into numerous Cornell honor societies and our advisor has been chosen as Outstanding Advisor of the Year. We have received Student Assembly funding for the past 4 years. CMM continues to find creative ways to promote mental health awareness and help students through the daily stress of college life.

Some of our recurring programming includes:

- Panel discussions and keynotes on mental health issues such as university policy, use of mental health resources, minorities and mental health, relationships, medication, depression, ie, **Dining With Diverse Minds and Dining with Diverse Leaders.**
- Large lectures in Bailey Hall and Statler have included **Dan Savage, Post Secret, Kay Redfield Jamison, and Richard Kogan.**
- **Procrastinate at the Straight**, a monthly mega stress-relieving event in the Memorial Room of Willard Straight Hall
- Stress relieving workshop series, such as **Positive Psychology, Writing Through the Rough Spots, Leave of Absence Support Group, Yoga, Meditation, and Creatively Coping with Stress**
- Events in which students can interact with CAPS counselors and other faculty/staff, **Feel Good Fridays.**
- General outreach and advocacy to the Cornell Community with programs for the Ithaca Community about mental health.

Recently, many of CMM's programs that have been created have been adopted by the Cornell administration:

- **Random Acts of Kindness** where members serve as a source of stress-relief by giving out candy and free hugs right before students enter their prelims
- **How to Help A Friend** and **How to Help a Resident** a workshop designed to help students recognize the signs and symptoms of depression in their friends
- **Orientation for Student Returning from a Leave of Absence**, Orientation sessions for students returning from leave, often after dealing with extraordinary mental health issues

In addition, as an organization that attempts to serve as a liaison between students, faculty, staff, and the administration on mental health issues, CMM has provided the student perspective by:

- Participating in the **Council on Mental Health and Welfare** and coordinating closely with the **Student Assembly** and other Cornell organizations as well as being the student voice to the **Board of Trustees, Gannett Health Center, VP Susan Murphy, and university committees** regarding suicide, fences and general mental health policy.
- Facilitating the production/distribution of the **Faculty and Staff Handbooks on the Signs and Symptoms of Students in Distress**
- Previewing and giving input on the administration-produced video on how students can notice and respond to peers in distress that will be shown during Orientation.

**Activities, Programming, & Events in Current Cycle** ~~~~~

Cornell Minds Matter continues to find creative ways to promote mental health awareness and help students through the daily stress of college life. There are a variety of events that CMM provides that have helped CMM gain exposure and influence on campus and continues to expand every semester. The main types of events CMM holds are series, small and large events, and outreach.

**Series programming includes:**

- *General Body Meetings*: These are our weekly meetings where we do a variety of activities from 6-week Positive Psychology workshops with lectures and small group discussions to inviting faculty and staff to present on an area of expertise such as body image or relationships.
- *Writing through the Rough Spots*: 5-session writing workshop series in which a writing professional prompts students to use creative writing to address some daily stresses.
- *Feel Good Fridays*: An informal lunch discussion series where faculty and staff are invited to lead a discussion and answer questions with students over free lunch on their area of expertise such as sleep, bipolar disorder etc.
- *Procrastinate at the Straight*: CMM organizes this event in WSH one Thursday per month and brings activities such as free massage, arts and crafts, Cornell Tea Club, harpist, and Cornell Companions to provide an opportunity for students to relax mid-week.
- *Zumba*: A new series this semester starting Oct. 12<sup>th</sup> offering free Zumba classes to students.
- *Kundalini Yoga*: In coordination with Gannett, CMM organizes this free weekly yoga event on North Campus open to all students.
- *Leave of Absence Group*: A new series this funding cycle offering a support group for students returning from a leave of absence to meet and discuss about specific stresses that students returning from leave face.
- *Social Events*: Every weekend, CMM hosts 2-3 social events that provide students who may lack transportation or are new with the opportunity to explore Cornell campus, Ithaca, and the surrounding areas and meet new people. Ex. ScienceCenter, Taughannock Park, Dilmun Hill

**One-Time and Large Events include:**

- *Dining with Diverse Minds & Dining with Diverse Leaders*: This funding cycle we went from doing one DWDM dinner per year to 4 per year. These events have been immensely popular and brought President Skorton and VP Susan Murphy to speak on important issues such as what is a Cornell Caring Community? And what is the role of students, faculty, staff, and administration in ensuring student well-being at Cornell? Small table discussions follow.
- *Speakers*: CMM has co-sponsored with groups such as CUPB and ALANA for speaker who are in line with CMM's mission such as Frank Warren.
- *Gratitude Day*: Encourage students to be grateful and provide them an opportunity to send thank-you cards to those whom they are grateful for free.
- *No Trick It's Treatable*: Event focused on raising awareness about the prevalence and stigma associated with mental health and illnesses by staking the Arts quad with mental health facts and distributing candy on Ho Plaza with additional informational stickers.
- *How to Help a Resident*: A workshop on how to notice the signs of distress, methods in approaching, and helping students get the help they need.

**Outreach events include:**

- *Tabling*: In the beginning of the year especially, CMM does a variety of tabling from Clubfest, the graduate student fair, and tabling on Ho plaza to increase awareness of mental health.
- *Freshmen Orientation Positive Psychology Event*: New this year, CMM organized a Positive Psychology workshop during freshman orientation week to provide relaxation techniques to freshman and offer advice from upperclassmen. Also, started handing out cookies to freshman the first week to welcome them and increase their awareness of mental health resources.
- *Random Acts of Kindness*: CMM provides students with gum, chocolate, and encouragement as students walk into their exams to reduce stress, lower anxiety levels, and improve test performance. This has expanded to include Random Acts of Culture which are impromptu performances by Cornell performance groups for fun and de-stressing.

**Summary of Request** ~~~~~

Students are entering universities with more mental health issues, including alcoholism, at a much greater rate each year. This coupled with the increased stress students suffer due to the economic recession has lead Cornell Minds Matter to ramp up programming to help students develop resilience skills, find balance, increase the ability to ask for help, and encourage students to find their purpose and passion in life. Creating a more caring and supportive community among students is at the forefront of all that we do.

During the past two years, our events have grown from 80 per semester to over 100 that directly address what students need to stay in balance in order to be successful academically. Almost every event that we hold is filled to capacity and we are regretfully turning students away. We are asking the Student Assembly for \$1.50 per student in order to continue our most popular and successful programs and add more of what students are clamoring for.

Last semester as part of our 'Eat, Play, Love' sessions, we featured a Zumba class. It was very well attended and students begged for more. We will offer Zumba classes 1-2 times per week with the hopes of creating a stress relieving outlet for the Cornell community. Physical activity has been shown to decrease cortisol levels which decrease feelings of stress and increase endorphins which provide calm as well as an energetic feeling supporting academic work.

Dining with Diverse Minds and Dining with Diverse Leaders are both free catered dinners that encourage discussion about current problems facing the student body. Last year we invited President Skorton and VP Murphy to be keynote speakers on the topics of creating a Cornell Caring Community and ways to improve student well being on a policy and personal level. We would like to join with the Student Assembly in holding four of these dinners a year, each dealing with the most pressing issues students face. This will encourage conversations among a diverse group of students, student leaders, faculty and administrators to develop new ways to improve life at Cornell.

In order to create a venue for alcohol free fun, we have begun hosting 2-3 social events every weekend featuring different Ithaca and Cornell activities, such as going to the Farmer's Market, touring a chocolate factory, hiking the surrounding state parks, mushroom hunting, bird watching, attending local festivals, etc. Through these, we encourage meeting new people and having a good time while sober. So far, the social events have been at capacity and many students have been turned away.

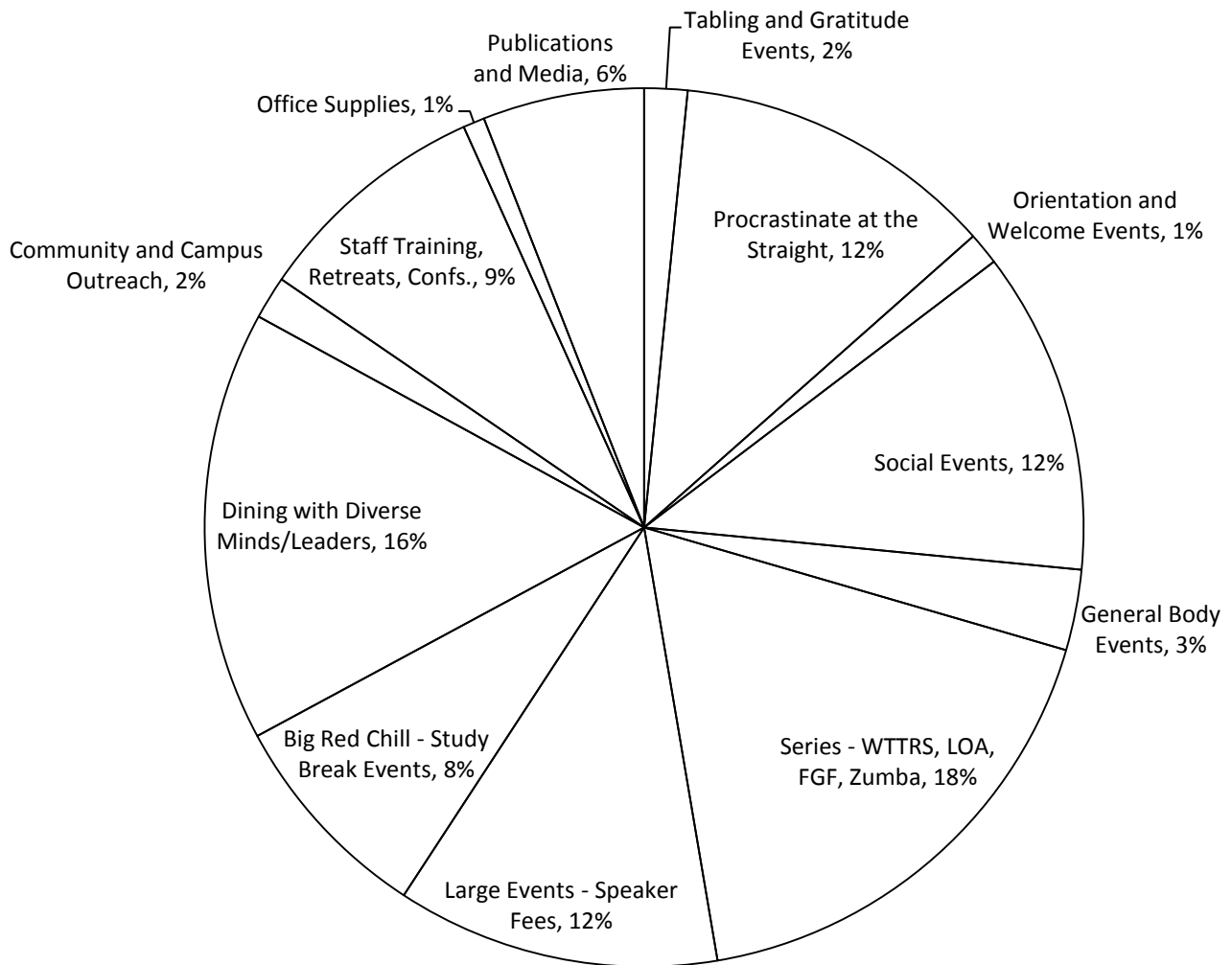
Every month we host Procrastinate at the Straight, where we take over the lobby of WSH and provide free massage, cookies, hot chocolate, tea, arts and crafts, etc. We invite Cornell Companions for puppy therapy and invite other clubs to table, such as the Origami Club, Tea Club, and others. This event serves 200-300 students who will stop and take a break from their daily routine to experience something out of the ordinary. This event has been featured in the sun multiple times and everyone leaves smiling after a well deserved study break. Free chair massage is always the most popular. With the extra funds, we will offer massage more often.

Another aspect of Cornell Minds Matter is Community and Campus outreach. We hold Random Acts of Kindness (RAK), Random Acts of Culture (RAC), and Random Acts of Fun (RAF). RAK is where we stand outside large prelims and give out free candy, high-fives, and hugs, decreasing test anxiety. We hope to increase the number of prelims we can attend by working with other organizations on campus to galvanize the Cornell outreach effort.

Cornell Minds Matter has grand plans and the manpower to accomplish them. With the additional funds, we can reach more students on campus while advocating for mental health and well-being. As our new slogan says, we are reaching out to reach within!

**Projections 2011-2014**

<u>Projections per Year</u>			
	<b>Events Type</b>	<b>Expenses</b>	<b>Description</b>
1	Tabling and Gratitude Events	\$400	Outreach supporting Mental Health/Stress relief
2	Procrastinate at the Straight	\$3,000	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome Events	\$300	3-6 Orientation Events
4	Social Events	\$3,000	60 Social events @ \$50
5	General Body Events	\$750	30 General Body Programs
6	Series - WTTRS, LOA, FGF, Zumba	\$4,500	WTTRS-1300, LOA-100, FGF700, Zumba-2300
7	Large Events - Speaker Fees	\$3,000	2 -4 Large Bailey/Statler Mental Health Events
8	Big Red Chill - Study Break Events	\$2,000	2 - 4 Major Relaxation events per year
9	Dining with Diverse Minds/Leaders	\$4,000	Four Dining With Diverse Minds/Leaders
10	Community and Campus Outreach	\$400	Campus Workshops, Comm. Service
11	Staff Training, Retreats, Confs.	\$2,200	2 Staff Trainings, Active Minds Conf
12	Office Supplies	\$200	Name Tags, Markers, Paper, etc
13	Publications and Media	\$1,500	Publication, MH Posters, PR Items
<b>Total:</b>		<b>\$25,250</b>	





**Income Statements**

Cornell Minds Matter Income				
YEAR	Annual Trustee Gifts	SAF Income	Annual Revenue	Annual Revenue w/ Gift Projections
2008-2009	\$5,000	\$12,500	\$17,500	
2009-2010	\$5,000	\$12,500	\$17,500	
2010-2011	\$6,500	\$12,500	\$19,000	
2011-2012	\$6,500	\$12,500	\$19,000	
<b>PROJECTED</b>				
2012-2013	???	\$18,750	\$18,750+	\$25,250
2013-2014	???	\$18,750	\$18,750+	\$25,250

**Expense Statements**

**Income Statement 2009-2010**

**Revenues**

SAF	\$12,245.00
Gifts	\$5,000.00
<b>Total Revs</b>	<b>\$17,245.00</b>

**Expenditures**

<b>Total Exps</b>	<b>\$16,997.68</b>
-------------------	--------------------

**Surplus / (shortfall)**

<b>Net</b>	<b>\$247.32</b>
------------	-----------------

Attendance	Event	PR, Publicity & Publications	Arts & Crafts	Spkr. Fees & Honoraria	Supplies & Food & Tra	Total
35 x 30	G-Body/E-Board	\$25.00	\$59.92	\$170.00	\$311.41	<b>\$566.33</b>
10-49 x 30	Series	\$59.50	\$45.75	\$3,875.00	\$238.34	<b>\$4,218.59</b>
200-1,000	Large Events	\$559.74	\$211.38	\$1,050.00	\$359.94	<b>\$2,181.06</b>
200-300 x 6	Procrastinate at the Straight	\$30.60	\$98.01	\$562.70	\$259.48	<b>\$950.79</b>
500 x 5	Big Red Chill		\$255.97	\$1,243.26	\$1,239.99	<b>\$2,739.22</b>
130 x2	Dining w/Diverse Minds/Leaders	\$25.00			\$576.35	<b>\$601.35</b>
100-200 x ?	Comm. & Campus Outreach/RAK	\$200.00	\$36.00		\$171.40	<b>\$407.40</b>
6-20 x 4	Staff Training and Retreat			\$395.00	\$1,770.00	<b>\$2,165.00</b>
15 x 4	Social Events				\$109.06	<b>\$109.06</b>
200 x 5	Gratitude Events				\$263.88	<b>\$263.88</b>
75-1,000 x 4	Orientation Events				\$89.00	<b>\$89.00</b>
	Office Supplies	\$275.00			\$53.50	<b>\$328.50</b>
	Publications and Media	\$2,356.00			\$21.50	<b>\$2,377.50</b>
	<b>TOTAL</b>	<b>\$3,530.84</b>	<b>\$707.03</b>	<b>\$7,295.96</b>	<b>\$5,463.85</b>	<b>\$16,997.68</b>

**Income Statement 2010-2011**

**Revenues**

SAF	\$12,245.00
Gifts	\$6,500.00
Retained	\$247.32
<b>Total Revs</b>	<b>\$18,992.32</b>

**Expenditures**

<b>Total Exps</b>	<b>\$18,027.63</b>
-------------------	--------------------

**Surplus / (shortfall)**

<b>Net</b>	<b>\$964.69</b>
------------	-----------------

Attendance	Event	PR, Publicity & Publications	Arts & Crafts	Spkr. Fees & Honoraria	Supplies & Food & Tra	Total
35 x 30	G-Body/E-Board	\$293.92	\$47.44	\$71.03	\$355.00	<b>\$767.39</b>
10-49 x 35	Series	\$62.50	\$141.32	\$2,830.00	\$323.10	<b>\$3,356.92</b>
100-1000x4	Large Events	\$122.17	\$90.66	\$1,160.00	\$335.82	<b>\$1,708.65</b>
200-300x8	Procrastinate at the Straight	\$61.00	\$407.21	\$1,467.00	\$267.99	<b>\$2,203.20</b>
500 x 5	Big Red Chill		\$319.86	\$1,490.00	\$1,066.10	<b>\$2,875.96</b>
130 x 3	Dining w/Diverse Minds/Leaders				\$381.92	<b>\$381.92</b>
100-200 x ?	Comm. & Campus Outreach/RAK	\$282.13	\$38.82	\$25.00	\$321.18	<b>\$667.13</b>
6-20 x 4	Staff Training and Retreat			\$941.00	\$629.80	<b>\$1,570.80</b>
15 x 20	Social Events			\$126.00	\$671.20	<b>\$797.20</b>
200 x 3	Gratitude Events		\$137.00		\$253.11	<b>\$390.11</b>
75-1,000 x 5	Orientation Events		\$41.00		\$646.20	<b>\$687.20</b>
	Office Supplies	\$222.79			\$62.40	<b>\$285.19</b>
	Publications and Media	\$1,951.63			\$384.33	<b>\$2,335.96</b>
	<b>TOTAL</b>	<b>\$2,996.14</b>	<b>\$1,223.31</b>	<b>\$8,110.03</b>	<b>\$5,698.15</b>	<b>\$18,027.63</b>

## Current Schedule

### Cornell Minds Matter Schedule Fall 2011

Day	Date	Time	Name of Event	Location
Friday	8/19/2011	9:00pm-10:00pm	Leave of Absence Orientation meeting	WSH 2nd Floor Lobby
Saturday	8/20/2011	5:00pm-7:00pm	Pack cookies for First year students	2nd Floor WSH
Sunday	8/21/2011	8:00pm-10:00pm	Hand out cookies for First Year students	North Campus
Sunday	8/21/2011	1:00pm-3:00pm	Positive Psychology for Orientation	Appel MPRoom
<b>Wednesday</b>	<b>8/24/2011</b>		<b>Classes Start</b>	
Thursday	8/25/2011	10:00am-2:00pm	Table	Ho Plaza and Lobby
Thursday	8/25/2011	5:30pm-7:30pm	Leave of Absence Group meeting	Music Room, WSH
Friday	8/26/2011	10:00am-2:00pm	Table	Ho Plaza and Lobby
Saturday	8/27/2011	1:00pm-5:00pm	CMM Retreat - Ropes Course	Mt Pleasant
Saturday	8/27/2011	5:00pm-7:00pm	Dinner and Planning	Casey's House ???
Sunday	8/28/2011	12pm-4:00pm	<u>Social Event</u> : Japanese Tea Ceremony & Garden (Alternative - Buttermilk Falls)	133 Jersey Hill Rd
Sunday	8/28/2011	1:00pm-4:00pm	ClubFest	Barton Hall
Monday	8/29/2011	10:00am-2:00pm	Table	Ho Plaza and Lobby
Tuesday	8/30/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	8/30/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	8/31/2011	6:00pm - 7:00pm	Real Students, Reel Stories Facilitator Training	
Thursday	9/1/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	9/1/2011	6:00pm - 9:00pm	Procrastinate at the Straight e/ sub etc	Lobby, Willard Straight Hall
Saturday ( <i>Labor Day Weekend</i> )	9/3/2011	12pm-3:30pm	<u>Social Event</u> : Life's So Sweet Chocolate Tour	27 W. Main St, Trumansburg
Saturday ( <i>Labor Day Weekend</i> )	9/3/2011	8:00pm-11:00pm	<u>Social Event</u> : Contra Dance	Memorial Room, WSH
Sunday ( <i>Labor Day Weekend</i> )	9/4/2011	1:00pm-3:00pm	<u>Social Event</u> : Farmer for a Day at Dilmun Hill Student Farm	Dilmun Hill Farm
<b>Monday</b>	9/5/2011		<b>No Class</b>	
Tuesday	9/6/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	9/6/2011	6:30pm-7:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	9/7/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	9/8/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	9/9/2011	5:30pm-7:30pm	Dining With Diverse Minds-Quarter Life Crisis - Robert Nash - Finding Purpose and Meaning in Life	Memorial Room, WSH
Saturday	9/10/2011	11:30am-4:00pm	<u>Social Event</u> : Nature Photography Hike at Taughannock, plus famous Pine's burgers	Taughannock Falls & Glenwood Pines
Sunday	9/11/2011	7:00am-9:30am	<u>Social Event</u> : Guided Beginner Bird Walk with Cornell Ornithology Lab	Walk starts at Visitors' Center at 159 Sapsucker Woods Rd
Tuesday	9/13/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	9/13/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	9/14/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	9/15/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	9/16/2011		Caring Community Day	Arts Quad
Saturday	9/17/2011	11:30am	Homecoming Parade	
Saturday	9/17/2011	12:30pm-3:30pm	<u>Social Event</u> : Nature Photography Hike at Treman Park	Treman Park
Sunday	9/18/2011	2:00pm-4:30pm	<u>Social Event</u> : Magic of Mushroom-	Surrounding woods of Cornell

			Hunting	
Tuesday	9/20/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	9/20/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Tuesday	9/20/11	7:15pm	RAK -Orgo	Baker
Wednesday	9/21/2011	10:00am-4:00pm	Gratitude Day	Ho Plaza and Lobby
Wednesday	9/21/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	9/22/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	9/22/2011	6:00pm - 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
Saturday	9/24/2011	1:00pm-3:30pm	<u>Social Event:</u> Nature Photography at Cornell Plantation	Cornell Plantations
Sunday	9/25/2011	11:00am-2:30pm	<u>Social Event:</u> Farmer's Market & Historical Boat tour	Farmer's Market at Steamboat Landind Meet 11 am (boat tour at 12:30 pm) - 2:30pm
Tuesday	9/27/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	9/27/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	9/28/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	9/29/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	9/30/2011	5:30pm-7:30pm	Dining With Diverse Leaders - Social Correctedness at Cornell; co-sponsored with Student Assembly	Memorial Room, WSH
Friday	9/30/2011	11:30am-2:30pm	<u>Social Event:</u> Apple Festival	Ithaca Commons
Saturday	10/1/2011	10:30am-1:30pm	<u>Social Event:</u> Butterfly Garden and Animal Feeding	Cayuga Nature Center
Saturday	10/1/2011	8:00pm-11:00pm	<u>Social Event:</u> Contra Dance	Memorial Room, WSH
Sunday	10/2/2011	1:00pm-3:00pm	<u>Social Event:</u> Demonic Divine at Johnson Museum	Johnson Museum of Art
Tuesday	10/4/2011	4:30pm-5:30pm	Gbody meeting: Positive Psychology	5th Floor Lounge, WSH
Tuesday	10/4/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Tuesday	10/4/2011	7:15pm	RAK –Gen Chem	Statler, Uris, Kennedy
Wednesday	10/5/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	10/6/11	7:15pm	RAK – CS 1110	Statler
<b>Saturday-Tuesday</b>	<b>10/8/11-10/11/11</b>		<b>Fall Break</b>	
Saturday	10/8/2011	1:00pm-3:00pm	<u>Social Event:</u> Geology Walk and Fossil Hunting	Cascadilla Creek Gorge
Sunday	10/9/2011	6:00pm-10:00pm	<u>Social Event:</u> Haunted Corn Maze and BBQ	T-burg mini Golf (Trumansburg)
Wednesday	10/12/2011		Zumba	5th Floor Lounge, WSH
Friday	10/14/2011	12:00pm-2:00pm	Feel Good Friday-Coffee House Psychology	International Lounge, WSH
Saturday	10/15/2011	11:00am-1:30pm	<u>Social Event:</u> Farmer's Market trip	Farmer's Market
Sunday	10/16/2011	11:00-3:00pm	<u>Social Event:</u> Greater Ithaca Art trail	Various art galleries
Tuesday	10/18/2011	4:30pm-5:30pm	Gbody meeting:	5th Floor Lounge, WSH
Tuesday	10/18/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	10/19/2011	5:00pm-6:00pm	Zumba	5th Floor Lounge, WSH
Friday	10/21/2011	12:00pm-2:00pm	Feel Good Friday Advocate for Yourself - K. Berggren	International Lounge, WSH
Saturday	10/22/2011	7:00pm-9:00pm	<u>Social Event:</u> Haunted History Tours & Ghost Walks	The Commons
Sunday	10/23/2011	10:30am-2:00pm	<u>Social Event:</u> Apple Picking & Cider Pressing	Little Tree Orchards
Tuesday	10/25/2011	4:30pm-5:30pm	Gbody meeting:	5th Floor Lounge, WSH

Tuesday	10/25/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	10/26/2011		Zumba	
Thursday	10/27/2011	6:00pm - 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
Friday	10/28/2011	12:00pm-2:00pm	Feel Good Friday - Where are the Cocoa Puffs: a family's Journey through Bi Polar Disorder - K. Schwartz	International Lounge, WSH
Saturday	10/29/2011	2:00pm-4:00pm	<u>Social Event:</u> Something Halloweeny	
Sunday	10/30/2011	6:00pm - 9:00pm	<u>Social Event:</u> Kitchen Theater	Commons
Monday	10/31/2011	10:00am-2:00pm	No trick It's Treatable	Ho Plaza and Lobby
Tuesday	11/1/2011	4:30pm-5:30pm	Gbody meeting:	5th Floor Lounge, WSH
Tuesday	11/1/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	11/2/2011		Zumba	5th Floor Lounge, WSH
Friday	11/4/2011	12:00pm-2:00pm	Feel Good Friday	International Lounge, WSH
Sunday	11/5/2011	11:30am	<u>Social Event:</u> Cooking For Smart College Student (?)	
Monday	11/6/2011	1:00pm-4:00pm	<u>Social Event:</u> Outdoor Adventures with Ropes (?)	Unsure (either with COE or Cayuga Nature Center)
Tuesday	11/8/2011	4:30pm-5:30pm	Gbody meeting: w/ HAVEN - AIDS Quilt	5th Floor Lounge, WSH
Tuesday	11/8/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Tuesday	11/8/11	7:15pm	RAK – Phys 2213	Statler
Wednesday	11/9/2011	5:00pm- 6:00pm	Zumba	5th Floor Lounge, WSH
Thursday	11/10/2011	6:00pm - 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
Friday	11/11/2011	12:00pm-2:00pm	Feel Good Friday	International Lounge, WSH
Saturday	11/12/2011	10:30am-1:30pm	<u>Social Event:</u> Horse-Drawn Wagon Rides	Rosebarb Farm, 108 Landon Road Ithaca
Sunday	11/13/2011	11:00am-1:00pm	<u>Social Event:</u> Museum of the Earth	Museum of the Earth
Tuesday	11/15/2011	4:30pm-6:30pm	Gbody meeting: Holiday Survival & Thanksgiving Dinner	5th Floor Lounge, WSH
Tuesday	11/15/2011	5:30pm-6:30pm	Eboard meeting	WSH 2nd Floor Lobby
Wednesday	11/16/2011	5:00pm- 6:00pm	Zumba	5th Floor Lounge, WSH
Thursday	11/17/11	7:15pm	RAK – Math 1920	Statler, Philips
Friday	11/18/2011	12:00pm-2:00pm	Feel Good Friday	International Lounge, WSH
Friday-Sunday	11/18-11/20		Active Minds Conference	Washington D.C.
Saturday	11/19/2011	1 pm - 3:30pm	<u>Social Event:</u> Corning Museum of Glass	Corning Museum of Glass
Sunday	11/20/2011	11:00am-3:30pm	Social Event: Sciencenter	Sciencenter
<b>Wednesday</b>	<b>11/23/2011-11/25/11</b>		<b>Thanksgiving Break</b>	
Saturday	11/26/2011	1 pm - 3:30pm	<u>Social Event:</u> Waffles & Movie Night	Ithaca Commons
Sunday	11/27/2011	5:00pm-8:30pm	<u>Social Event:</u> DeWitt Cafe Brunch	DeWitt Mall
Tuesday	11/29/2011	4:30pm-5:30pm	Gbody meeting: Planning for next semester	5th Floor Lounge, WSH
Tuesday	11/29/2011	5:30pm-6:30pm	Eboard meeting: Holiday Exchange	WSH 2nd Floor Lobby
Wednesday	11/30/2011	5:00pm- 6:00pm	Zumba	5th Floor Lounge, WSH
<b>Friday</b>	<b>12/2/2011</b>		<b>Last Day of Classes</b>	
Saturday	12/3/2011	11:00am-1:00pm	?	
Monday	12/5/2011		Big Red Chill or Big Procrastinate ???	
<b>Wednesday</b>	<b>12/7/2011</b>		<b>Exams</b>	
<b>Friday</b>	<b>12/16/2011</b>		<b>Last Exams</b>	
<b>Events to Be Added:</b>			Patch Adams, RAK, Event w/ CUPB, Fairs, RSRS Training 5, Social Events, FGF People, G-Body Topics	

**Old Schedules:****Cornell Minds Matter Schedule Fall 2008**

Sun.	8/31	1-4:00	Club Fest	Barton Hall	Public Relations	Lisa Cao
Tues.	9/2	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President	Young Suh
Weds.	9/3	10-4	Info Table	Ho Plaza	Public Relations	Lisa Cao
Weds.	9/3	5:00	How To Help	Dickson Hall RA's	Campus Outreach	Jhaniel J.
Thurs.	9/4	6-9	Info Table	RPCC	Public Relations	Lisa Cao
Sun.	9/7	2-7	Staff Retreat	Casey's House		Full EBoard and Staff
Tues.	9/9	4:30	Positive Psychology	5 <sup>th</sup> Fl Lounge, WSH	Events	Holly
Weds.	9/10	6:20	Suicide Prevention Day, Talk at Ithaca College Meet at Willard Straight Parking Lot for rides			Amanda & Jayson
Thurs.	9/11	4:30	Writing Workshop	Internat. Lounge WSH		Peter, Elisa?
Tues.	9/16	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President	Young Suh
Thurs.	9/18	4:30	Writing Workshop	Internat. Lounge WSH		Peter, Elisa
Mon.	9/22	10-4	Gratitude Day	Ho Plaza Table	Campus Outreach Public Relations	Jhaniel and Jayson Lisa Cao
Tues.	9/23	4:30	Positive Psychology	5 <sup>th</sup> Fl Lounge, WSH	Events	Holly
Thurs.	9/25	4:30	Writing Workshop	Internat. Lounge WSH		Peter, Elisa?
Thurs.	9/25	7:00	Graduate Study in Psychology	Goldwin Smith Lewis Audit.	Campus Outreach	Jhaniel
Tues.	9/30	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President	Young Suh
Weds.	10/1	7:00	Alison Malmon Active Minds	Memorial Rm WSH (room reserved, but not Alison)	Events	Ashley Gannett & Pan-Hel
Thurs.	10/2	4:30	Writing Workshop	Internat. Lounge WSH		Peter, Elisa?
Tues.	10/7	4:30	Positive Psychology	5 <sup>th</sup> Fl Lounge, WSH		Holly
Before Break			Random Acts of Kindness			All led by Outreach
Weds.	10/15	7:00	Body Image Carolyn Hodges	Memorial Rm WSH	Events	Elisa & Ashley Pan-Hel and WRC
Thurs.	10/16	7:00	Learn Massage W/ Matty Termotto	5 <sup>th</sup> Fl Lounge WSH	Campus Outreach	Ashley and WRC
Fri.	10/17	10-4	Love Your Body Table	Ho Plaza	Campus Outreach	Elisa, Chris, Claire,

					Public Relations	Lisa All led by Outreach
Before Break		Random Acts of Kindness				
Tues. 10/21	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President		Young Suh
Thurs. 10/23	5:00	Relaxation Session	5 <sup>th</sup> FI Lounge WSH			Jayson, Claire
Before Break		Random Acts of Kindness				All led by Outreach
Sat. 10/25	AM	Into the Streets	Compos Mentis	Community Service		Amanda Brief
			Meet WSH Pking Lot			
Tues. 10/28	4:30	Positive Psychology	5 <sup>th</sup> FI Lounge, WSH			Holly
Before Break		Random Acts of Kindness				All led by Outreach
Thurs. 10/30		Prep stakes	2 <sup>nd</sup> FI WSH	Events		
Mon. 11/1		Set Up Mental Health	Info Stakes – Arts, Eng and Ag Quads			
Thurs. 10/30	5:00	Relaxation Session	5 <sup>th</sup> FI Lounge WSH			Jayson, Claire
		With Ravi				
Thurs. 10/31	10-4	No Trick, It's	Ho Plaza	Campus Outreach		
		Treatable	WSH Lobby	Public Relations		
Before Break		Random Acts of Kindness				All led by Outreach
Tues. 11/4	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President		Young Suh
Thurs. 11/6	5:00	Relaxation Session	5 <sup>th</sup> FI Lounge WSH			
		With Ravi				
Before Break		Random Acts of Kindness				All led by Outreach
Tues. 11/11	4:30	General Body M.	5 <sup>th</sup> FI Lounge, WSH	Outreach		Jhaniel
		How To Help a Friend				
Thurs. 11/13	5:00	Relaxation Series	Int. Lounge WSH			Jayson, Claire
		Art of Living Meditation				
Before Break		Random Acts of Kindness				All led by Outreach
Fri-Sun 11/14-16		Active Minds Conf in Philadelphia – Only if students initiate it				
Tues. 11/18	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President		Young Suh
		Plan next semester				
Thurs. 11/20		Full Moon at The Spot RPCC - Howl and Growl				Jhaniel, Chris, Elisa
Tues. 11/25	4:30	General Body M.	5 <sup>th</sup> FI Lounge, WSH			
		Plan next semester				
Mon. 12/1	4:30	New Staff Orientation	Int Lounge			Holly
Tues. 12/2	4:30	E Board Meeting	WSH 2 <sup>nd</sup> FL	President		Young Shu
		Plan Procrastinate at the Straight				
Sat. 12/6	8PM-1AM	Procrastinate at the Straight		All		Chris and Young
Tues. 12/9	4:30	End of Semester Gathering		EBoard, Staff, and General Body Members		

### Cornell Minds Matter Schedule Spring 2009

Mon	1/26	7:00	The Body Project lecture by Joan Brumberg	Memorial RM WSH
Tue	1/27	4:30	Positive Psychology: Happiness 102 Welcome and Quick Techniques	5 <sup>th</sup> Floor Lounge, WSH
Thu	1/29	4:30	Writing Through the Rough Spots	Music Room, WSH
Mon	2/2	4:30-5:30	Paradigm Shift Coaching	International L. WSH
Wed	2/4	4:30	Yoga and You with Kiran Longaker	International L. WSH
Wed	2/4	7:00	Pimpology	
Thu	2/5	4:30	Writing Through the Rough Spots	Music Room, WSH
Mon	2/9	4:30-5:30	Paradigm Shift Coaching	International L. WSH
Tue	2/10	4:30	Positive Psychology: Happiness 102 Positive Psychology w/ Prof. Anthony Ong	5 <sup>th</sup> FI Lounge, WSH
Thu	2/12	4:30	Writing Through the Rough Spots	Music Room, WSH
Mon	2/16	4:30-5:30	Paradigm Shift Coaching	International L. WSH
Wed	2/18		Yoga and You with Kiran Longaker	International L. WSH
Thu	2/19	4:30 pm	Writing Through the Rough Spots	Music Room, WSH
Mon	2/23	4:30-5:30pm	Paradigm Shift Coaching	International L. WSH
Tue	2/24	4:30pm	Positive Psychology: Happiness 102- Positive Psychology Continued	5 <sup>th</sup> Floor Lounge, WSH
Wed	2/25	7:00pm	Sleep Lecture	Memorial Rm, WSH
Thu	2/26	4:30pm	Writing Through the Rough Spots	Music Room, WSH
Mon	3/2	4:30-5:30	Paradigm Shift Coaching	International L. WS
Fri	3/6	5:3pm0	Dining with Diverse minds	Memorial Rm, WSH
Tue	3/10	4:30pm	Positive Psychology: Happiness 102- Speak Out by Students Living with Mental Illness	5 <sup>th</sup> Floor Lounge, WSH
Thu	3/26	4:30pm	Psychology Career Coffeehouse	Tatkon Center
Tue	3/31	4:30pm	Positive Psychology Medication Panel- Issues and Answers	5 <sup>th</sup> Floor Lounge, WSH
Tue	4/12	4:30pm	Positive Psychology: Happiness 102 TBA	5 <sup>th</sup> Floor Lounge, WSH
Tue	4/26	4:30	Positive Psychology: Happiness 102 Celebrate the End of the Semester with Arts and Crafts, Massage, and Refreshments	5 <sup>th</sup> Floor Lounge, WSH



## Schedule of Events Fall 2009

Date	Event	Time	Location
17-Aug	RA Fair	TBD	
22-Aug	OMEA Resource Fair	TBD	TBD
24-Aug	Grad Student Resource Fair	8.30-12pm	Bartels Hall
29-Aug	CMM Retreat		Casey's House
30-Aug	ClubFest		Barton Hall
1-Sep	1st E-Board Meeting	4.30pm	WSH, 2nd Floor
2-Sep	CMM Info Table	10-4pm	Ho Plaza
3-Sep	CMM Info Table	6-9pm	RPCC Lobby
6-Sep	Asian/ Asian American Welcome Reception	TBD	Table RPCC Lobby
7-Sep	Laughter Yoga-Sami Travis	7-8pm	RPCC Lobby - Rm 101
8-Sep	Writing Through the Rough Spots (North)	7.30-8.45pm	Carol Tatkon Center, Rm 3331
8-Sep	G-Body meeting w/ Cindy Hazan	4.30pm	WSH, 5th Floor
9-Sep	Positive Psychology	7-8pm	Appel 302AB
9-Sep	Laughter Yoga-Sami Travis	7-8pm	William Keeton House, Comm. Rm
10-Sep	Writing Through the Rough Spots (WHS)	4.30-5.45pm	WSH Loft 1
10-Sep	Laughter Yoga-Sami Travis	4.45-5.45pm	WSH, 5th Floor Lounge
14-Sep	Laughter Yoga-Sami Travis	7-8pm	RPCC Lobby - Rm 101
15-Sep	E-board meeting	4.30pm	WSH, 2nd Floor
15-Sep	Writing Through the Rough Spots (North)	7.30-8.45pm	Carol Tatkon Center, Rm 3331
16-Sep	Creatively Coping with Stress	4.45-6.15pm	WSH Art Gallery
16-Sep	Positive Psychology	7-8pm	Appel 302AB
16-Sep	Laughter Yoga-Sami Travis	7-8pm	William Keeton House, Comm. Rm
17-Sep	Writing Through the Rough Spots (WSH)	4.30-8.45pm	WSH, Loft 1
17-Sep	Laughter Yoga-Sami Travis		WSH, 5th Floor Lounge
17-Sep	Showing of the movie CUT		WSH, Cornell Cinema
17-Sep	Reception after CUT	8-10pm	OSS & DE Lobby, 200 WSH
21-Sep	Gratitude and Compliment Day	10-4pm	Ho Plaza
22-Sep	G-Body meeting	4.30pm	WSH, 5th Floor
22-Sep	Writing Through the Rough Spots (North)	7.30- 8:45pm	Carol Tatkon Center, Rm 3331
23-Sep	Positive Psychology	7-8pm	Appel 302AB
23-Sep	Creatively Coping with Stress	4.45-6.15pm	WSH
24-Sep	Writing Through the Rough Spots (WSH)	4.30-5.45pm	WSH Loft 1
24-Sep	Graduate Study in Psychology	7pm	Lewis Auditorium, GS
27-Sep	Start of sleep log		TBD
29-Sep	E-board meeting	4.30pm	WSH, 2nd Floor
29-Sep	Writing Through the Rough Spots (North)	7.30-8.45pm	Carol Tatkon Center, Rm 3331
30-Sep	Creatively Coping with Stress	4.45-6.15pm	WSH
1-Oct	Writing Through the Rough Spots (WSH)	4.30-5.45pm	WSH Loft 1
1-Oct	Afternoon Tea: Women and Mental Health	4.30pm	CWRC, WSH
3-Oct	Community Service: NAMI Garage Sale	8am-2pm	Ithaca, 104 Lewis St.
6-Oct	G-Body meeting	4.30pm	WSH, 5th Floor
6-Oct	Writing Through the Rough Spots (North)	7.30-8.45pm	Carol Tatkon Center, Rm 3331
7-Oct	Creatively Coping with Stress	4.45-6.15pm	WSH
8-Oct	Writing Through the Rough Spots (WSH)	4.30-5.45	WSH Loft 1
18-Oct	Visiting Bridges	6-8pm	Bridges Cornell Heights
20-Oct	E-board meeting	4.30pm	WSH, 5th Floor
22-Oct	Community Service: Ithaca High School	2-5pm	Ithaca High School
24-Oct	Into the Streets	11am-4pm	Compos Mentis
29-Oct	Random Acts of Kindess	7-7:30pm	Baker Lab
29-Oct	Sleep Discussion with Prof. Porte	7pm	ESH International Lounge
27-Oct	G-Body meeting	4.30pm	WSH, 5th Floor
27-Oct	Put up Stakes	5.30pm	Arts/Ags/Eng Quads
30-Oct	No Trick, It's Treatable	10-4pm	Ho Plaza

1-Nov	Visitng Bridges	2-4pm	Bridges Cornell Heights
3-Nov	Random Acts of Kindess	7-7:30pm	Various acadmeic Buildings
3-Nov	E-board meeting	4.30pm	WSH, 2nd Floor
4-Nov	Learn Massage	7pm	5th Floor Lounge or Internation Lounge
5-Nov	Random Acts of Kindess	7-7:30pm	Various academic buildings
8-Nov	Visiting Bridges	2-4pm	Bridges Cornell Heights
10-Nov	G-Body meeting	4.30pm	WSH, 5th Floor
10-Nov	Random Acts of Kindess	7-7:30pm	Various acadmeic Buildings
12-Nov	Random Acts of Kindess	7-7:30pm	Various acadmeic Buildings
Nov13-15	Active Minds Conference	6am	Washington DC
17-Nov	E-board meeting	4.30pm	WSH, 2nd Floor
19-Nov	Random Acts of Kindess	7-7:30pm	Various acadmeic Buildings
1-Dec	G-Body- Plan for Regression	4.30pm	WSH, 5th Floor
5-Dec	Regression with SUB	evening	WSH
6-Dec	Visiting Bridges	2-4pm	Bridges Cornell Heights

## Cornell Minds Matter Schedule Fall 2010

Day	Date	Time	Name of Event	Location
Sunday	8/22/10-8/28/10		Display Case - General Body meeting	Ho Plaza # 5
Sunday	8/22/2010		Cookie Outreach	Residence Halls
Monday	8/23/2010	8:30-12:30pm	Grad. Resource Fair	Barton Hall
Monday	8/23/2010	6:30pm-9:30pm	Orientation - Lift Your Spirits	Bailey Plaza
Wednesday	8/25/2010		First Day of Classes	
Wednesday	8/25/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Wednesday	8/25/2010	11-2pm	CMM - Info table	WSH Lobby - NO TABLE AVAILABLE IN HOPLAZA TODAY
Thursday	8/26/2010	11-2pm	CMM - Info table	Ho Plaza
Thursday	8/26/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	8/27/2010	11-2pm	CMM - Info table	Ho Plaza
Saturday	8/28/2010	4pm-8pm	CMM Retreat	Casey's House
Sunday	8/29/2010	1-4pm	Club Festival	Barton Hall
Tuesday	8/31/2010	4:30pm 5:30pm	Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	9/1/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Thursday	9/2/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Saturday	9/4/2010	7:00pm-10:00pm?	Benefit for CMM Contra Dance	Memorial Room
Tuesday	9/7/2010	4:30pm 5:30pm	Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	9/8/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Thursday	9/9/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Sunday	9/12/10-9/18/10		Display Case - Religion Panel	Ho Plaza # 5
Monday	9/13/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	9/14/2010	4:30pm 5:30pm	Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	9/15/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Thursday	9/16/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	9/16/2010	4:30pm	Writing Through Rough Spots	International Lounge, WSH
Sunday	9/19/2010	12:00pm	Suicide Prevention Walk	Ho Plaza
Sunday	9/19/2010	11am	How To Help a Friend	Balch
Monday	9/20/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Monday	9/20/2010	5:15-7:00pm	Living Dynamic Lives	Memorial Room, WSH
Tuesday	9/21/2010	4:30pm 5:30pm	Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	9/22/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Thursday	9/23/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	9/23/2010	4:30pm	Writing Through Rough Spots	International Lounge, WSH
Saturday	9/25/2010	10:30am	Homecoming Parade	Ho Plaza
Sunday	9/26/10-10/2/10		Display Case - Richard Kogan	Ho Plaza # 5
Monday	9/27/2010	11:00-2:00pm	Gratitude Day	Ho Plaza Table
Monday	9/27/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	9/28/2010	4:30pm	Gbody meeting Eboard meeting	5th Floor Lounge, WSH

		5:30pm		
Wednesday	9/29/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Thursday	9/30/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	9/30/2010	4:30pm	Writing Through Rough Spots	International Lounge, WSH
Thursday	9/30/2010	7:00-9:00pm	Graduate Study in Psychology	Rockefeller Hall, RCK115
Sunday	10/3/2010	7:00pm	Richard Kogan - Music and The Mind	Bailey Hall Auditorium
Monday	10/4/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	10/5/2010		RAK	Chem 2070/2090, Kennedy, Statler, Uris, Baker
Tuesday	10/5/2010	4:30pm 5:30pm	<b>Got a Secret, Can You Keep It?</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	10/6/2010	4:30-5:30pm	Peer Support	Music Room, WSH
Wednesday	10/6/2010	6:00pm-9:00pm	Procrastination Station	4th floor lobby, Willard Straight Hall
Thursday	10/7/2010	4:30pm	Writing Through Rough Spots	International Lounge, WSH
Thursday	10/7/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Saturday	10/9/2010	12:00pm-2:30pm	Farmer's Market Trip	WSH Parking lot
Saturday	10/9/2010		<b>FALL BREAK BEGINS</b>	
Sunday	10/10/10-10/16/10		Display Case - Frank Warren	Ho Plaza # 5
Wednesday	10/13/2010		<b>CLASSES RESUME at 7:30am</b>	
Wednesday	10/13/2010	4:30-5:30pm	Peer Support (Cancelled) Plan for Procrastination station	Music Room, WSH
Thursday	10/14/2010	4:30pm	Writing Through Rough Spots	International Lounge, WSH
Thursday	10/14/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	10/15/2010	2:00-2:00pm	Feel Good Fridays - <b><i>Sleeping your way to Health w/ Helene Porte, Senior Lecturer in Psychology</i></b>	International Lounge, WSH
Saturday	10/16/2010	12:00-2:00pm	Farmer's Market Trip	WSH Parking lot
Monday	10/18/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	10/19/2010		RAK	Chem 3570 (Baker, Rockefeller)
Tuesday	10/19/2010	4:30pm 5:30pm	Gbody meeting Eboard meeting -CANCELLED	5th Floor Lounge, WSH
Tuesday	10/19/2010	7:00pm	Frank Warren - Post Secret, Inspirational Community Art	Bailey Hall Auditorium
Wednesday	10/20/2010	4:30-5:30pm	Peer Support (Cancelled) Plan for Procrastination station	Music Room, WSH
Thursday	10/21/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	10/22/2010		Love your Body Week	
Saturday	10/23/2010	TBD	Compus Mentis - Cancelled	Compus Mentis
Sunday	10/24/2010	1:30 - 3:30pm	Outreach/Bridges Elderly Home	Bridges Elderly Home
Sunday	10/24/10-10/30/10		Display Case - No Trick it's Treatable	Ho Plaza # 5
Monday	10/25/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	10/26/2010	4:30pm 5:30pm	<b>Renew You: Art of Living</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Thursday	10/28/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	10/29/2010	11:00-2:00pm	No Trick, It's Treatable	Ho Plaza Table #4
Friday	10/29/2010	12:00-2:00pm	Feel Good Fridays - <b><i>Environmental Psychology w/ Lorraine Maxwell</i></b>	Music Room, WSH

			<b>Associate Professor in Design and Environmental Analysis</b>	
Monday	11/1/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	11/2/2010	4:30pm 5:30pm	<b>Focus....and POW! with Kathleen Garrity</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	11/3/2010	6:00pm- 9:00pm	Procrastination Station	4th floor lobby Willard Straight Hall
Thursday	11/4/2010		RAK	Econ 1110 (Statler, Bradfield, PSB, Warren)
Thursday	11/4/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Sunday	11/7/10- 11/13/10		Display Case - Famous People Posters	Ho Plaza # 5
Monday	11/8/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Monday	11/8/2010	4:30pm	Kate Bornstein - Workshop: Hello Cruel World	Flora Rose House, Common Room
Tuesday	11/9/2010	4:30pm 5:30pm	<b>Living with Schizophrenia</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Thursday	11/11/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Thursday	11/11/2010	4:45pm- 6:30pm	Caring Community Celebration	Willard Straight Hall's Memorial Room
Monday	11/15/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	11/16/2010	4:30pm 5:30pm	<b>Penny H. Baron - Relax and learn Stress Management Techniques</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Wednesday	11/17/2010	6:45-8:45pm	Holiday Survival 101	International Lounge, WSH
Thursday	11/18/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	11/19/2010	5:30pm	Thanksgiving Pot Luck	WSH 2nd Fl Lobby
Sunday	11/21/10- 11/27/10		Display Case - Relax Quotes 1	Ho Plaza # 5
Monday	11/22/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Tuesday	11/23/2010	4:30pm 5:30pm	<b>PLANNING, for new and exciting programs for next semester!</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Tuesday	11/23/2010		RAK	Engri 1120 (Olin Hall)
Wednesday	11/24/2010	1:10pm	<b>Thanksgiving Recess Begins, 1:10PM</b>	
Thursday	11/25/2010	4:30-5:30pm	Leave of Absence Group meeting - Cancelled (Thanksgiving Break)	WSH 211 Conf Rm
Monday	11/29/2010	3:30-5:00	BJM Elementary School Outreach - Cancelled (Thanksgiving Break)	BJM Elementary School
Monday	11/29/2010	7:30pm	<b>Instruction Resumes, 7:30 AM</b>	
Tuesday	11/30/2010	4:30pm 5:30pm	<b>Celebrate the end of the semester with Cornell Minds Matter</b> Gbody meeting Eboard meeting	5th Floor Lounge, WSH
Sunday	12/5/10- 12/11/10		Display Case - Relax Quotes 2	Ho Plaza # 5
Wednesday	12/1/2010	6:00pm- 9:00pm	Procrastination Station	Lobby Willard Straight Hall
Thursday	12/2/2010	4:30-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	12/4/10		<b>Last Day of Classes</b>	
Monday	12/6/2010	3:30-5:00	BJM Elementary School Outreach	BJM Elementary School
Monday	12/6/2010	2:00-5:00pm	Big Red Chill	Mann Library Lobby
Monday	12/7/2010	2:00-5:00pm	Big Red Chill	Duffield Atrium

## Cornell Minds Matter Schedule Spring 2011

Day	Date	Time	Name of Event	Location
Wednesday	1/19/2011	6:00pm-7:30pm	Leave of Absence Orientation meeting	WSH 200 Lobby
<b>Monday</b>	<b>1/24/2011</b>		<b>Classes Begin</b>	
Monday	1/24/2011	6:00pm-7:00pm	Leave of Absence Orientation meeting	International Lounge, WSH
Tuesday	1/25/2011	5:30pm-6:00pm	Eboard meeting	5th Floor Lounge, WSH
Thursday	1/27/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Saturday	1/29/2011	8:00pm- 11:00pm	Contra Dance and Coffeehouse (Social Event)	Memorial Room, WSH 407
Sunday	1/30/2011	3:00pm-7:00pm	CMM Retreat-group facilitation training	Casey's House
Tuesday	2/1/2011	4:30pm-5:30pm	Gbody meeting: Intro to CMM. Enjoy food and make new friends	Memorial Room, WSH 407
Tuesday	2/1/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	2/2/2011	6:00pm- 9:00pm	Procrastinate at the Straight	Lobby Willard Straight Hall
Thursday	2/3/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	2/3/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Friday	2/4/2011	5:20pm-7:00pm	Dining With diverse Minds-Minority Mental Health	Memorial Room, WSH 407
Sunday	2/6/2011	12:00pm	Visit to the Sciencenter (Social Event)	Sciencenter (meet at 2nd Floor Lobby, WSH)
Tuesday	2/8/2011	4:30pm- 5:30pm	Gbody meeting: Cornell Healthy Eating Program	5th Floor Lounge, WSH
Tuesday	2/8/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	2/9/2011	4:30pm-5:30pm	Relaxation Event - Nishkala Jenney	Music Room, WSH
Wednesday	2/9/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	2/10/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	2/10/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Friday	2/11/2011	6:00pm	Game Night (Social Event)	2nd Floor Lobby, WSH
Saturday	2/12/2011	5:30pm	Alternative Valentine's Day (Dinner and a Movie) (Social Event)	Meet at 2nd Floor Lobby
Tuesday	2/15/2011	4:30pm-5:30pm	Gbody Meeting: Mindless/Mindful Eating	5th Floor Lounge, WSH
Tuesday	2/15/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	2/16/2011	4:30pm-5:30pm	Relaxation Event - Nishkala Jenney	Music Room, WSH
Wednesday	2/16/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	2/17/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	2/17/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Friday	2/18/2011	12:20pm-2:00pm	Feel Good Fridays - Career Services - decrease stress during Grad Applications	International Lounge, WSH
Friday	2/18/2011	7:00pm	Bowling Night (Social Event)	Helen Newman Lanes
Saturday	2/19/2011	1:00pm-3:00pm	Chili Cook-Off (Social Event)	Ithaca Commons (meet at 2nd Floor Lobby, WSH)
Tuesday	2/22/2011	4:30pm-5:30pm	Gbody meeting: Carolyn Hodges - Body Image & Eating Disorders	5th Floor Lounge, WSH
Tuesday	2/22/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	2/23/2011	4:30pm-5:30pm	Relaxation Event - Nishkala Jenney	Music Room, WSH
Wednesday	2/23/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	2/24/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	2/24/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Friday	2/25/2011	6:00pm	Dinner at Moosewood Restaurant (Social Event)	Moosewood (meet at WSH parking lot)
Friday	2/25/2011	12:20pm-2:00pm	Feel Good Fridays	International Lounge, WSH
Sunday	2/27/2011	11:00am-1:00pm	Baking Party (Social Event)	Casey's house (meet at WSH parking

				lot)
Tuesday	3/1/2011	4:30pm-5:30pm	CMM GBody Meeting- Katate W/ Kathleen Garrity	5th Floor Lounge, WSH
Tuesday	3/1/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	3/2/2011	4:30pm-5:30pm	Relaxation Event - Nishkala Jenney	Music Room, WSH
Wednesday	3/2/2011	6:00pm- 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
Wednesday	3/2/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	3/3/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	3/3/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Thursday	3/3/2011	7:00pm-8:30pm	Robert Nash - Finding Purpose and Meaning in Life	Memorial Room, WSH
Friday	3/4/2011	12:20pm-2:00pm	Feel Good Fridays: Robert Nash - Quarter Life Crises	International Lounge, WSH
Friday	3/4/2011	5:30pm	First Friday - Visiting Art Houses and Galleries (Social Event)	Downtown Ithaca (meet at 2nd Floor Lobby, WSH)
Sunday	3/6/2011	11:00am	State Diner Brunch (Social Event)	State Diner (meet at 2nd Floor Lobby, WSH)
Tuesday	3/8/2011	4:30pm-5:30pm	Gbody meeting: Amy Kohut - Teamwork & Play	5th Floor Lounge, WSH
Tuesday	3/8/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	3/9/2011	4:30pm-5:45pm	Writing Through The Rough Spots	WSH 211 Conf Rm
Thursday	3/10/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	3/10/2011	4:30pm-5:30pm	Leave of Absence Group meeting	International Lounge, WSH
Friday	3/11/2011	12:20pm-2:00pm	Feel Good Fridays: Vivian Zayas - The Process of Love	International Lounge, WSH
Saturday	3/12/2011	6:00pm-9:00pm	Pool Night (Social Event)	RPCC Pool Tables
Sunday	3/13/2011	2:00pm-4:00pm	Community Service with the Elderly	Bridges Retirement Home
Sunday	3/13/2011	5:00pm	Movie Night (Social Event)	TBD
Tuesday	3/15/2011	4:30pm-5:30pm	Gbody Meeting - Prof Wells- The Power of Play	5th Floor Lounge, WSH
Tuesday	3/15/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Thursday	3/17/2011	5:15pm-6:30pm	Kundalini Yoga Session	Wendy Purcell Lounge, RPCC
Thursday	3/17/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
<b>Saturday</b>	<b>3/19/2011</b>		<b>Spring Break Social Events all week</b>	
Saturday	3/19/2011	12:00pm	Cayuga Nature Center Visit (Social Event)	Cayuga Nature Center Visit (meet at 2nd Floor Lobby, WSH)
Sunday	3/27/2011	7:30pm	Back-from-Break Ice Cream Run (Social Event)	Purity Ice Cream (meet at 2nd Floor Lobby, WSH)
<b>Monday</b>	<b>3/28/2011</b>		<b>Classes Resume</b>	
Tuesday	3/29/2011	4:30pm-5:30pm	Gbody Meeting - Zumba- Latin dance for health	5th Floor Lounge, WSH
Tuesday	3/29/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Thursday	3/31/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Saturday	4/2/2011	4:00pm-6:00pm	Clay Workshop (Social Event)	Meet at 2nd Floor Lobby, WSH
Sunday	4/3/2011	1:00pm-3:00pm	Bridges Outreach	Meet at 2nd Floor Lobby, WSH
Tuesday	4/5/2011	4:30pm-5:30pm	Gbody - Andrea Parrot-Sexual Assult Awareness	5th Floor Lounge, WSH
Tuesday	4/5/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	4/6/2011		Faculty Panel/Mental Health	
Wednesday	4/6/2011	6:00pm - 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
Thursday	4/7/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Friday	4/8/2011	6:00pm-8:00pm	Dining With Diverse Leaders - mental health	Memorial Room WSH

			service discussion/action	
Sunday	4/10/2011	TBD	Tea Ceremony (Social Event)	TBD
Monday	4/11/2011	6:00pm-7:00pm	Dan Savage: "It Gets Better"	Statler Auditorium
Tuesday	4/12/2011	4:30pm-5:30pm	Gbody - Lust-and its ramifications -Prof Pizarro	5th Floor Lounge, WSH
Tuesday	4/12/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Thursday	4/14/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Saturday	4/16/2011	1:00pm	Farmer's Market Trip (Social Event)	Farmer's Market (meet at 2nd Floor Lobby, WSH)
Tuesday	4/19/2011	4:30pm-5:30pm	Gbody meeting: Barbara Jastran - Sex Therapy	5th Floor Lounge, WSH
Tuesday	4/19/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Wednesday	4/20/2011	5:30pm-7:00pm	Psychology Coffeehouse	Tatkon Center, Large Classroom, Balch Hall
Thursday	4/21/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Sunday	4/24/2011	12:00pm	Trip to Taughanock Falls	Taughanock Falls (meet at 2nd Floor Lobby, WSH)
Tuesday	4/26/2011	4:30pm-5:30pm	Gbody meeting: Planning Eboard meeting	5th Floor Lounge, WSH
Tuesday	4/26/2011	5:45pm	Eboard meeting	2nd Floor Lounge, WSH
Thursday	4/28/2011	4:30pm-5:30pm	Leave of Absence Group meeting	WSH 211 Conf Rm
Tuesday	5/3/2011	4:30pm	Gbody meeting: BBQ Eboard meeting	Casey's House
Wednesday	5/4/2011	6:00pm- 9:00pm	Procrastinate at the Straight	Lobby, Willard Straight Hall
<b>Sunday</b>	<b>5/8/2011</b>		<b>Study Period Begins</b>	
Monday	5/9/2011	2:00pm-5:00pm	Big Red Chill	Ho Plaza
Tuesday	5/10/2011	2:00pm-5:00pm	Big Red Chill	Mann Library



# **CORNELL MINDS MATTER CONSTITUTION**

## **Article I: Organization**

The name of this organization will be designated as “Cornell Minds Matter” (CMM) as per the rules and regulations of Cornell University.

## **Article II: Purpose**

1. To abate the stigmatization associated with and to combat the discrimination associated with mental illness on and off campus by providing an open forum for discussion of current pressing issues, careers, and resources pertaining to mental health.
2. To promote the understanding of values of caring for one’s own mental wellbeing and that of others by offering campus wide events including but not limited to speaker events, discussion panels and stress relief events.
3. To provide and maintain a liaison with Faculty Committees, and other student organizations pertaining to the mental health on and off campus.
  - a. This includes but is not limited to: CAPS, CUDA, EARS, Gannett Health Center, HAVEN, and the Office of the Dean of Students, Student Assembly, and Cornell University.
  - b. To provide a medium of communication between campus officials and students in the pursuit of forming a healthy and safe environment for students, staff and faculty with mental health issues.
4. Providing contact information to students for the location of support groups, and help resources pertaining to the needs of individual needs.
5. IMPORTANT: We are not here to diagnose or provide medical counsel or advice in any form but instead to promote awareness of mental health issues relevant to the Cornell Community.

## **Article III: Membership**

1. Any registered, resident student of the Cornell University community whom is interested in the purpose of Cornell Minds Matter (CMM) is encouraged to become a member of the organization. Membership of the “Executive Board” is subject to election procedures outlined in Article VI.
2. Non-student members are allowed and can be elected to the Executive Board as “Honorary Status”.
  - a. Honorary Executives of CMM will have no voting rights within the Executive Board, but will have voting rights within the general membership.
  - b. Honorary Executives of CMM are subject to removal via regulations listed in Article VII, Section 1 and 2.

## **Article IV: Membership Requirements and Limitations**

1. The requirements of each individual on the Executive Board are outlined in Article V.
2. All Executive Board members are expected to attend weekly Executive Board Meetings.
  - a. Absences from these meetings are subject to evaluation outlined in Article VII, Section 4.
3. Each Executive Board member will have only one (1) vote when acting on any form of club business.
4. General Body Members are welcome to attend all Executive Board Meetings.
  - a. General Body Members will have the opportunity to speak when given the floor by the President.
  - b. General Body Members will have no vote pertaining to any business that goes on during the Executive Board Meeting.
  - c. When given the floor to speak, a General Body Member may express his/her opinion to the Executive Board for consideration when deciding on action pertaining to any club business.
5. General Body Members are able to join any subcommittees outlined in Article V: Section 6.

## **Article V: Executive Board**

1. President:

- a. Will work with all Executive Board members and staff members to facilitate administrative and general functioning of the organization as a whole and act as a representative of the club to the Cornell community.
  - i. Facilitator of all Executive Board Meetings. Sets a day and time when it is convenient for all members of the Executive Board to attend meetings and create and post an agenda for each meeting.
  - ii. In the event of members being unable to attend Executive Board Meetings, The President will set a day and time when quorum (2/3 attendance) can be met by the Executive Board.
  - iii. Required to attend any necessary meetings outside executive board meetings with the CMM advisor, individual executive board or staff members, and representatives of outside organizations.
  - iv. Will work with individual(s) directly in charge of a program or event and essentially oversee all events and programs each semester to ensure successful completion.
- b. Term of Service will be One Academic Year (June 1- May 31)
2. Vice President of Events:
  - a. Will work with Event Coordinators along with President, Treasurer, Publicity Chair, and staff members to facilitate smooth operation of all events by overseeing and being involved with early planning, and execution of all plans for events.
  - b. Responsible for directing the planning stages and execution of all general body meetings.
    1. Final agenda for each general meeting shall be approved by the President at least one (1) day prior to the scheduled meeting.
  - c. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - d. In the event of the absence of the President, the Vice President of Events shall facilitate all meetings during the absence.
  - e. Term of Service will be One Academic Year (June 1- May 31)
3. Vice President of Campus and Community Outreach:
  - a. Will work with the President, Campus Outreach Coordinator, Community Outreach Coordinator, Public Relations Chair, and staff members to provide members with effective programs and service opportunities on and off campus that fulfill the goals and objectives of Cornell Minds Matter (CMM).
  - b. Will work with the Public Relations Chair to advertise our organization as an entity and help to spread the importance of mental health awareness.
  - c. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - d. Term of Service will be One Academic Year (June 1- May 31)
4. Treasurer:
  - a. Will work with the entire Executive Board to ensure accurate and appropriate funding for yearly programming.
    - i. Will apply for funding from the SAFC and SA per availability of funds for the year pertaining to club business.
    - ii. Application and budget process for all event specific funding sources are the responsibility of the Event coordinators and Event chairs. The Treasurer will review all budget material and facilitate reimbursement and billing.
  - b. Prepare an annual budget including all secured grants and funds available for organization use.
  - c. Handles all payments, reimbursements, and monetary affairs of the club and its' Executive Board Members.
  - d. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - e. Term of Service will be One Academic Year (June 1- May 31)
5. Secretary:
  - a. Responsible for monitoring, recording, and e-mailing to all current executive board and staff members the minutes of each meeting.
  - b. Books necessary venues for meetings if necessary.

- c. Responsible for maintenance (addition and removal of individuals) of listserv.
  - d. Will work in collaboration with webmaster (if any) in updating the CMM website.
  - e. Act as Club Archivist.
  - f. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - g. Term of Service will be One Academic Year (June 1- May 31)
6. Public Relations Chair
- a. Oversees all orientation fairs and other organization-promoting programs as well as in charge of all club history and details of past events.
  - b. Oversees involvement in co-sponsored events as well as talks and presentations in which other organizations have requested our presence.
  - c. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - d. Responsible for the Cornell Minds Matter (CMM) list serve.
  - e. Term of Service will be One Academic Year (June 1- May 31)
7. Publicity Chair
- a. Responsible for planning and execution of a successful advertisement campaign for the recruitment of new members as well as all publicizing for all general and community events in any form that the club sees beneficial. Including but not limited to Posters, Banners, *Cornell Daily Sun* ads, Chalking and list serves.
  - b. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - c. Term of Service will be One Academic Year (June 1- May 31)
8. Campus Outreach Chair
- a. Responsible for the planning and execution of a minimum of four (4) outreach events/semester that occur solely on-campus including all aspects of said events.
  - b. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - c. Term of Service will be One Academic Year (June 1- May 31)
9. Community Outreach Chair
- a. Act as a liaison between CMM and the non-academic community surrounding Cornell by building relationships with local peoples and programs to better the knowledge of programs on and off campus for both the academic and non-academic community members.
  - b. Will organize off-campus service trips and will work with Public Relations for the recruitment of both CMM-affiliated and unaffiliated individuals for such trips.
  - c. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - d. Term of Service will be One Academic Year (June 1- May 31)
10. Event Coordinators (2)
- a. One (1) Event Coordinator will be responsible for the planning and execution of all main, large-scale ( $\geq 50$  people in attendance) club events by working closely with the executive board to create meaningful and well planned events that coincide with the mission and objectives of Cornell Minds Matter (CMM).
  - b. One (1) Event Coordinator will be responsible for planning and execution of all workshop series by working closely with staff members and the executive board to develop useful workshops that may be led by either Cornell staff and professors or individuals in the local community.
    1. Attendance at all workshops is *not* required; however, at least one (1) staff member or executive board member representing CMM will be in attendance at all workshops.
  - c. Will notify the President of own agenda at least one (1) day prior to each scheduled executive board meeting.
  - d. Term of Service will be One Academic Year (June 1- May 31)
11. Social Chair

- a. Responsible for complete planning and execution of 1-2 social events per weekend during the academic school year, which will be open to the Cornell Minds Matter Executive Board, Staff and General Body.
  - b. Will notify President of own agenda at least (1) day prior to each scheduled executive board meeting.
  - c. Term of Service will be One Academic Year (June 1- May 31)
12. Each officer has the right to a committee to help in the successful progress of the organization.
- a. Appointment of an appropriate number of committee members is left to the judgment of each Executive Board Member.
    - i. Tasks will be delegated to each committee member in a likewise manner
  - b. Committee member's voices are heard through the committee chair.
  - c. All committee members are expected to attend all committee meetings.

#### **Article VI: Election Procedures**

1. Election of Executive Board Members will be held in March of every academic year.
2. Elections are open to all members of CMM that are registered undergraduate students.
  - a. The positions of President and Vice Presidents are only open to existing Executive Board Members or members of the General Body that have spent at least one (1) full semester on a committee and have worked closely to the Executive Board.
  - b. All other Executive Board positions are open to all members of CMM.
  - c. Applicants for an Executive Board position are required to fill out an application form to be reviewed by the Executive board at least one (1) week prior to elections or date specified.
3. Nomination Procedures:
  - a. Nominations of members to run for Executive Board are accepted at any time during the pre-election period.
    - i. Upon acceptance of any nomination, the nominee must file an application to run for review by the Executive Board.
4. Election Procedures:
  - a. During the day of elections, as set by the Executive Board, each candidate for election will have a chance to verbally express his/her reasons for running for an Executive Board position including a plan for the future success of CMM, as well as past commitments to CMM and other student organizations and the Executive Board will have the opportunity to ask questions of the applicant if necessary.
    - i. Students running for any position will leave the room when another member running for the same position is expressing his/her interest.
    - ii. Members running for any given position will have no vote on that position.
  - b. Discussion of all candidates will follow after all candidates have expressed their individual opinion.
    - i. Candidates will not be present during this stage of the election.
    - ii. Any member of the Executive Board not present for the entirety of the Verbal Expression or Discussion stage of elections will not vote on that officer.
  - c. Ballot sheets will be distributed to all Executive Board members present at the time of elections.
    - i. Quorum is 2/3 of the Executive Board and must be met on Election Day.
  - d. Each member present at elections will have one (1) vote per position being elected.
    - i. Majority vote elects and is final.
  - e. Once elected the candidates may return to the discussion and the "Position Elect" will be announced to all members in attendance.
5. Emergency Election Procedures:
  - a. In the event of resignation or removal of an Executive Board Member, outlined in Section VII, emergency elections will take place.
    - i. In the event of a resignation or removal, any member may step up to take the place of said Executive Board Member.
    - ii. Election procedures shall proceed according to the outlined procedures above.

#### **Article VII: Resignation and/or Removal of Executive Members**

1. To consider the removal of any Executive Board Member for any valid reason will require signed petition with a minimum of 50% of Executive Board signatures.
2. Once a petition has been brought to the Executive Board by any member, a 2/3 vote s required to remove any member from office.
  - a. Discussion of removal of any board meeting will take place before voting begins.
3. Any Executive Board member wishing to resign from office may do so with a notice of at least two (2) weeks.
4. If any Executive Board Member is absent from club functions including Executive Board meetings and Events, he/she may be evaluated by the Executive Board for removal.
  - a. In this event, normal removal procedures will be taken by the Executive Board as outlined above.
5. Upon removal or resignation of an Executive Board Member, Emergency Election Procedures will take place as outlined in Article VI; Section 5.

#### **Article VIII: Executive Board Meetings**

1. Meetings will be called for by the Executive Board President at a rate that is consistent with the needs of the organization.
2. Meetings will not be less than two (2) per month and will not exceed six (6) per month.
3. All business of the organization must be carried out with no less than quorum present at each meeting.
4. Petition of any Executive Board Member to explain his/her actions pertaining to the club are accepted from any individual (Executive Board or General Body).
  - a. Only one signature is needed to take action on a petition of this type.
  - b. The actions of said Executive Board Member will be explained by said Executive Board Member and discussed with all present in the “Old Business” section of an Executive Board Meeting within 2 weeks of petition.
  - c. Action on said Executive Board Member will abide by all regulations stated in Article VII.

#### **Article XI: General Body Meetings**

1. General Body meetings will take place at least once (1) per month, not numbering less than eight (8) per academic year.
2. Upcoming events will be discussed in a timely fashion as facilitated by a member from the Executive Board.
3. All committees will convene during General Body Meetings including meeting with the President, Vice president and Treasurer pertaining to the progress of all affairs pertaining to club business.

#### **Article X: Amendments**

1. At any time during the academic year, if deemed necessary by any member of CMM, General Body or Executive Board, amendments and changes to this constitution can be made by bringing a written proposal to the Executive Board during the “New Business” section of the Executive Board Meeting.
2. Amendments/Changes to the CMM constitution will be passed by a 2/3 vote of Executive Board quorum.