

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

2014 - 2016 Undergraduate SAF Application Form

Checklist for Application

	Applicant	Office
Preliminary Items Due 4pm, April 25, 2013		
Eligibility Checklist (reverse side)	SM	
Dollar request per student per year	\$ 2.00	
Petition signatures (if new applicant)		
Final Attachments Due 4pm, September 13, 2013		
Constitution, Charter, Bylaws	SM	
Mission Statement (1 pages)	SM	
Group Profile (3 pages)	SM	
<ul style="list-style-type: none"> ● Officers ● Number of Members ● History ● Activities, Programming, Events in Current Cycle 		
Summary of request (2 pages)	SM	
10-13 Financial Statements	SM	
13-16 Projections	SM	
Office Use Only		
Received by:	AE	
Date Received:	4/24/13	
Sigs Checked:		

Applicant Organization/Program Name: Cornell Minds Matter

Primary Contact

Secondary Contact

Name: SAADIYA MUTAWAKIL

Name: Casey Carr

Address: 23 Briar drive
Milford, Ma 01757

Address: 206 Willard straight
Hall, Ithaca, NY, 14853

Phone: 508-304-0910 Email: sum8@cornell.edu

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 2014-2015 and 2015-2016 fiscal years. The Student Assembly will review the applications in the fall semester of 2013. **Organizations may not submit preliminary applications after 4pm on Monday, April 25, 2013 or amend final submissions after 4pm, Friday, September 13, 2013.**

Representative: SAADIYA MUTAWAKIL [Signature] 4/24/13
(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
Required for All Applicants		
Directly and primarily serves/benefits the entire undergraduate Cornell community	<u>SM</u>	_____
Allows all students equal access to services and/or participation	<u>SM</u>	_____
Requests minimum of \$0.50 per student per year and number of cents requested is divisible by two	<u>SM</u>	_____
Required for Applicants Who Are Not Currently Receiving Byline Funding		
If applicant is not currently receiving byline funding, has collected petitions with 1,500 distinct signatures of registered Cornell undergraduate students	_____	_____
May Be Waived By Student Assembly with Approval of University President		
Is registered with the Student Activities Office	<u>SM</u>	_____
Is student-directed and student-led	<u>SM</u>	_____
Has Cornell operating account with internally controlled funds	<u>SM</u>	_____
Has a Cornell-employed advisor with oversight of Cornell funds	<u>SM</u>	_____
Has received funding from a unit at Cornell university in each of the last two semesters	<u>SM</u>	_____

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: SAADIYA MUTAWAKKIL [Signature] 4/24/13
(name) (signature) (date)

Treasurer: Matthew Ferguson [Signature] 4/24/13
(name) (signature) (date)

Advisor: Karen Carr [Signature] 4/24/13
(name) (signature) (date)



Cornell University
Student Assembly

RECEIVED

109 Day Hall SEP 13 2013
Ithaca, NY 14853

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

2014 – 2016 Undergraduate SAF Application Form

Checklist for Application

	Applicant	Office
Preliminary Items Due 4pm, April 25, 2013		
Eligibility Checklist (reverse side)	SM	_____
Dollar request per student per year	\$2.00	_____
Petition signatures (if new applicant)	_____	_____
Final Attachments Due 4pm, September 13, 2013		
Constitution, Charter, Bylaws	SM	_____
Mission Statement (1 pages)	SM	_____
Group Profile (3 pages)	SM	_____
<ul style="list-style-type: none"> ● Officers ● Number of Members ● History ● Activities, Programming, Events in Current Cycle 		
Summary of request (2 pages)	SM	_____
10-13 Financial Statements	SM	_____
13-16 Projections	SM	_____
Office Use Only		
Received by:	_____	
Date Received:	_____	
Sigs Checked:	_____	

Applicant Organization/Program Name: Cornell Minds Matter

Primary Contact

Secondary Contact

Name: SAADIYA MUTAWAKIL

Name: Casey Carr

Address: 516 University Ave

Address: 206 Willard Straight Hall

Apartment C-2, Ithaca, NY

Cornell, Ithaca NY 14850

Phone: n/a

Email: sum8@cornell.edu

Phone: 607-255-3897

Email: KC64@cornell.edu

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 2014-2015 and 2015-2016 fiscal years. The Student Assembly will review the applications in the fall semester of 2013. Organizations may not submit preliminary applications after 4pm on Monday, April 25, 2013 or amend final submissions after 4pm, Friday, September 13, 2013.

Representative:

SAADIYA MUTAWAKIL
(print name)

[Signature]
(signature)

9/13/13
(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

Required for All Applicants

Directly and primarily serves/benefits the entire undergraduate Cornell community	SM	—
Allows all students equal access to services and/or participation	SM	—
Requests minimum of \$0.50 per student per year and number of cents requested is divisible by two	SM	—

Required for Applicants Who Are Not Currently Receiving Byline Funding

If applicant is not currently receiving byline funding, has collected petitions with 1,500 distinct signatures of registered Cornell undergraduate students	—	—
---	---	---

May Be Waived By Student Assembly with Approval of University President

Is registered with the Student Activities Office	SM	—
Is student-directed and student-led	SM	—
Has Cornell operating account with internally controlled funds	SM	—
Has a Cornell-employed advisor with oversight of Cornell funds	SM	—
Has received funding from a unit at Cornell university in each of the last two semesters	SM	—

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:	<u>SAADIYA MUTAWAKIL</u>	<u>[Signature]</u>	<u>9/13/13</u>
	<small>(name)</small>	<small>(signature)</small>	<small>(date)</small>
Treasurer:	<u>Matthew Ferguson</u>	<u>Matthew Ferguson</u>	<u>9/13/13</u>
	<small>(name)</small>	<small>(signature)</small>	<small>(date)</small>
Advisor:	<u>K. Casey Carr</u>	<u>K. Casey Carr</u>	<u>9/13/13</u>
	<small>(name)</small>	<small>(signature)</small>	<small>(date)</small>

I. Summary ~~~~~

Students are entering universities with mental health issues at a much greater rate each year. Understanding the hurdles that students face each day, Cornell Minds Matter creates programming, advocacy and policy change to help every student find balance, increase their ability to ask for help, develop of resilience skills, and find their purpose and passion in life. Creating a safe, caring and supportive community, for and by students, is at the forefront of all that we do.

During the past two years, our events have grown from 80 to over 100 a semester that directly address staying in balance in order to be successful academically, emotionally and socially. Almost every event that we hold is filled to capacity and we are regretfully turning students away (last week turned away 25 of 80 students who came for yoga). We often turn students away for Dining With Diverse Minds. As we continue to collaborate with more organizations (ALANA, WRC, OP, SA, Class Councils, CU Disconnect, Greek Life, APO, SPCS, West Campus, etc.) we see an increase in the number of organizations as well as faculty and staff members asking Cornell Minds Matter to collaborate.

For the past few years we received a \$5000 grant (in addition to the SA Funding) from a Cornell Trustee. We will not be receiving that in this fiscal year 2013 -2014 and not for the next 5 years. This will greatly reduce the programming and collaboration that we can do this year. We are asking the Student Assembly for **\$2.00** per student (50 cent increase) in order to continue our most popular and successful programs for 2014 – 2016. We are also hoping that with more effective use of that money we could also expand programming.

As one of the larger student groups on campus, we have served as both a financial and strategic collaboration for many student groups; ALANA, WRC, Epilepsy Group, CU Disconnect, CUDA, Secret Societies, Minds Foundation. As expenses have increased for our own programs this year and with the loss of the Trustee grant we have no money for outside groups. We will continue collaboration that does not require funding from us; Lift Your Spirits, Cornell Smiles, Outreach Programs, Greek Wellness Chairs, Game Night, etc. To be more efficient, we instead, offer organizational support like planning and publicizing events. We hope to be able to support other groups financially again in the 2014-2016 funding cycle.

Last semester we offered free Zumba classes 1-2 times per week in both Collegetown and on central campus to meet the high demand. It was one of our most well attended programs and a much needed stress relieving outlet. Unfortunately, we no longer have funds for Zumba. In addition, we are running yoga more efficiently at \$50 per session rather than \$100. Active Minds is a conference that we attend each year to better our understanding of mental health and programming. Registration, travel and hotel fees increased so to be more efficient, we will send fewer students this year and hopefully be able to increase that number for the next budget cycle.

Dining with Diverse Minds/Leaders are both free catered dinners that encourage discussion, action and policy change around the hot topics facing the student body; ie. sexual violence, alcohol, depression, suicide and exploring solidarity in social justice. We currently hold one Dining with Diverse Minds and one Dining with Diverse Leaders each semester and collaborate with other organizations such as Ordinary People, ROTC, WRC, Greek Life, SA, ALANA and CU Disconnect. These events provide much needed dialog among the administration, faculty, staff and students and have had a powerful role in campus climate. Therefore, we do not want to reduce their frequency but have measures set in place that will

decrease the cost; we will no longer invite expensive speakers but instead choose presenters from our campus and Ithaca community, decrease the funding spent on food and collaborate more to share funding resources.

In order to create a venue for alcohol free fun, we host 2 social events every weekend, such as going to the Farmer's Market, touring a chocolate factory, hiking state parks, attending local festivals, etc. Through these, we encourage meeting new people and having a good time while sober. Since these social events are always running to capacity and for many students a strong means of social interaction we would like to increase the number of events and number of students attending the social events in the future.

Every month we host Procrastinate at the Straight, where we take over the lobby of WSH and provide free massages, 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. To run more efficiently, Cornell Minds Matter will be more cognizant of spending on crafts and supplies this year.

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. The number of Community Service projects in downtown Ithaca tripled last year.

A hidden aspect of CMM, but probably one of the most important is our effort and success in changing policy and culture at Cornell to enable a much healthier environment that is responsive to student needs. We are very active members of the Council of Mental Health and Welfare, The President's Council on Alcohol and other Drugs, Gannett's Wellness Chairs to Greek Life, and we are often asked to present to Gannett, Mental Health Programmers, GPSA, speak to the press, write for Cornell publications like the new parent Guidebook, Voices. A simple example of change that we inspired is through the Leave of Absence Group. This weekly CMM support group provides resources for some of the 300 students returning from leave each year. 4 years ago many students returned without housing, classes and with only a week's notice. Advocacy by these students has resulted in a much more responsive administration and marked improvement in access to resources for these sometimes vulnerable students.

Cornell Minds Matter has grand plans and the personpower to create a healthy climate on campus that supports students' dreams and vision. With the additional funds, we can continue to reach students on campus while advocating for mental health and well-being. As our slogan says, we are reaching out to reach within!

II. 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. Startling statistics about mental illness highlight that:

- 40% of Cornell students were unable to function at least once during the last year (Cornell PULSE Survey, 2011)
- 1 in 4 college students suffers from a diagnosable mental illness (Active Minds)
- 1 in 3 college students reports prolonged periods of depression (NAMI)
- 1 in 7 reports difficulty functioning at college due to mental illness (NAMI)
- 1100 college students die each year by suicide (Active Minds)
- The average age of onset of most mental health disorders is 18-24 (Active Minds)
- A majority of college students report a lack of awareness and education concerning mental health issues (NAMI)

CMM continues to find creative ways to promote mental health awareness and help students through the daily stress of college life. In addition to the large-scale events and weekly series that CMM offers, members have also worked with the Cornell administration and other student groups to improve mental health resources on campus.

CMM members have acted as student representatives for the Council on Mental Health and Welfare and the President's Council on Alcohol and Other Drugs. They have worked to improve Notice and Respond practices and have consulted on Cornell's recently-developed Mental Health Framework. Additionally, members have contributed to the Faculty Handbook on the Signs and Symptoms of Students in Distress and the Cornell Family Handbook.

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.

Mental health can strongly affect academics, relationships, success, and general well-being. In order to avoid reaching a point of crisis, it is important to encourage open conversations about mental health and promote taking care of oneself and others. Cornell Minds Matter is committed to addressing President Skorton's goal of developing a caring community where support, information, and resources are readily available to all students.

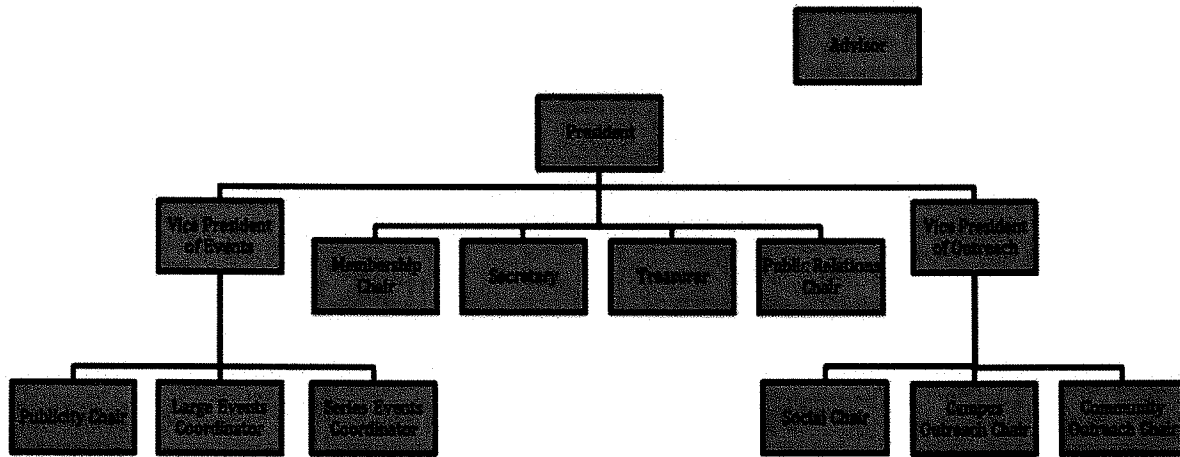
III. Organization Profile

A. Membership and Organization Chart

Number of Members

As of the 2013-2014 academic year, Cornell Minds Matter has 17 executive board members, 12 staff members, 50 general body members, and the general listserv has grown to over 2,000 members of the Cornell community.

Executive Board Organizational Chart



Staff Members

Staff members support and report to the executive board. Their names, contact information, and specific roles are included in the appendix.

B. Officers

CMM Executive Board for Fall 2012 and Spring 2013				
Position	Name	Yr	E-mail	Phone
President	Saadiya Mutawakil	SR	sum8@cornell.edu	508-304-0910
Vice President of Events	Emily Bastarache	SR	edb63@cornell.edu	413-717-0896
Vice President of Outreach	Alex Skinnion	SR	ams544@conell.edu	508-309-5860
Secretary	Sarah Kurland	SR	spk53@cornell.edu	440-708-3773
Treasurer	Matthew Ferguson	SO	mdf75@cornell.edu	817-614-2862
Event Coordinator (Large)	Angelica Cullo	JR	afc46@cornell.edu	845-399-8188
Event Coordinator (Series)	Subah Nanda	SR	sn475@cornell.edu	516-578-6483
Event Coordinator (FGF)	Erin Wang	SO	yw343@cornell.edu	435-363-4645
Campus Outreach	Manori de Alwis	SR	pmd76@cornell.edu	571-275-0588
Campus Outreach	Erica Miller	JR	enm26@cornell.edu	914-806-4865
Community Outreach	Lane Wendel	SR	lbw54@cornell.edu	978-766-3086
Public Relations	Amanda Nichols	SR	amn57@cornell.edu	786-338-8081
Publicity Chair	Jeff Ra	SR	kr282@cornell.edu	518-860-6402
Social Chair	Alex Henslovitz	JR	ah727@cornell.edu	201-562-0208
Social Chair	Trianna Lutchman		tml74@cornell.edu	607-379-3969
Membership Chair	Emily Sweeney	SR	eas345@cornell.edu	315-262-7643
Advisor	Casey Carr		kc64@cornell.edu	255-3897 (office) 266-9133 (cell)

C. 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 a 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 17 dedicated undergraduates, 12 undergraduate staff members who support the E-Board, a G-Body membership of 50 who regularly attend events and a listserv of over 2,000. 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 6 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, and depression.
- **Dining With Diverse Minds and Dining with Diverse Leaders**
- Large lectures in Bailey Hall and Statler, which 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, Creative Arts for health and well-being, Leave of Absence Support Group, Yoga, and Meditation.**
- 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.

IV. Activities, Programming and Events in the Current Funding 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. A list of specific upcoming events is provided in the appendix.

Series programming includes:

- *General Body Workshops:* These are our weekly sessions 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 Healthy eating, meditation, self-defense, Bystander training, making time for fitness, and combating negative thinking and self-injury.
- *Creative Arts for Health and Well-being:* 4-session workshop that will include a range of artistic activities relax, express themselves and develop social support.

- *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 the importance of sleep, bipolar disorder, study skills, and mental health and social media.
- *Procrastinate at the Straight*: CMM organizes this event in WSH one Wednesday per month and brings activities such as free massages, arts and crafts, and Cornell Companions to provide an opportunity for students to relax and meet new people.
- *Yoga*: In coordination with Gannett, CMM organizes this free weekly yoga event on Central Campus open to all students.
- *Leave of Absence Group*: This weekly series offers 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, and are looking for alcohol-free activities or new social connections with the opportunity to explore Ithaca and the surrounding areas. Ex. ScienceCenter, Taughannock Park, Apple Festival, Farmer's Market.

One-Time and Large Events include:

- *Dining with Diverse Minds & Dining with Diverse Leaders*: These events have been immensely popular in the past and brought President Skorton and VP Susan Murphy to speak on important issues such as "Creating a Caring Cornell Community".
 - Other topics have included alcohol use on campus, sexual violence, depression and suicide, veterans and PTSD.
 - Proposed topics include mentoring for leadership, Bystander training, Social Media, technology and mental Health, LGBTQ, and Disabilities.
- *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 (Post Secret), Jamie Tworowski (To Write Love on Her Arms), Dan Savage (LGBTQ issues).
- *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.

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*: CMM organizes a Positive Psychology workshop during freshman and transfer orientation week to provide relaxation techniques and offer advice from upperclassmen. We will continue to distribute cookies to freshmen the first week to welcome them and increase their awareness of mental health resources.
- *Random Acts of Kindness*: CMM provides students with encouragement, high fives, and candy 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.

V. Financial Information ~~~~~

A. Historical

Expenses Fiscal Year 2012 - 2013

	Events Type	Expenses	Description
1	Tabling Events	\$1,156.90	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$2,630.00	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$465.03	Approximately 6 Orientation Events
4	Social Events	\$2,990.16	60 Social events at \$50
5	General Body Events	\$582.71	24 General Body Programs
6	Series Events	\$2,942.60	L.O.A., F.G.F., Zumba, Yoga, Self Defense, WTRRS, Life Writing Journals
7	Gratitude Events	\$918.04	Lift Your Spirits, Cards, etc.
8	Big Red Chill – Study Break Events	\$505.77	Relaxation event in winter
9	Dining With Diverse Minds/Leaders	\$7,189.24	4 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$1,300.06	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,207.66	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$239.66	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$3,188.40	Posters, P.R. Items, Publicity, Pubs, Giveaways
	Total:	\$26,316.73	

Cornell Minds Matter Income Fiscal Year 2012 – 2013

Student Assembly	\$20,323
Trustee Grant	\$ 5,000
Total	\$25,323

Expenses Fiscal Year 2013-2014

	Events Type	Expenses	Description
1	Tabling Events	\$400	Outreach supporting Mental Health
2	Procrastinate at the Straight	\$3,000	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$350	Approximately 6 Orientation Events
4	Social Events	\$2,000	40 Social events at \$50
5	General Body Events	\$750	30 General Body Programs
6	Series Events	\$3,500	L.O.A., F.G.F., Creativity & Mental Health, Yoga
7	Gratitude Events	\$1000	Lift Your Spirits, Cards, etc.
8	Big Red Chill – Study Break Events	0	Relaxation events
9	Dining With Diverse Minds/Leaders	\$4,000	3 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$700	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,200	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$200	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2,400	Publication, Posters, P.R. Items
	Total:	\$20,500	

Cornell Minds Matter Income Fiscal Year 2013 – 2014

Student Assembly	\$20,500
Total	\$20,500

Cornell Minds Matter Byline Funding Request

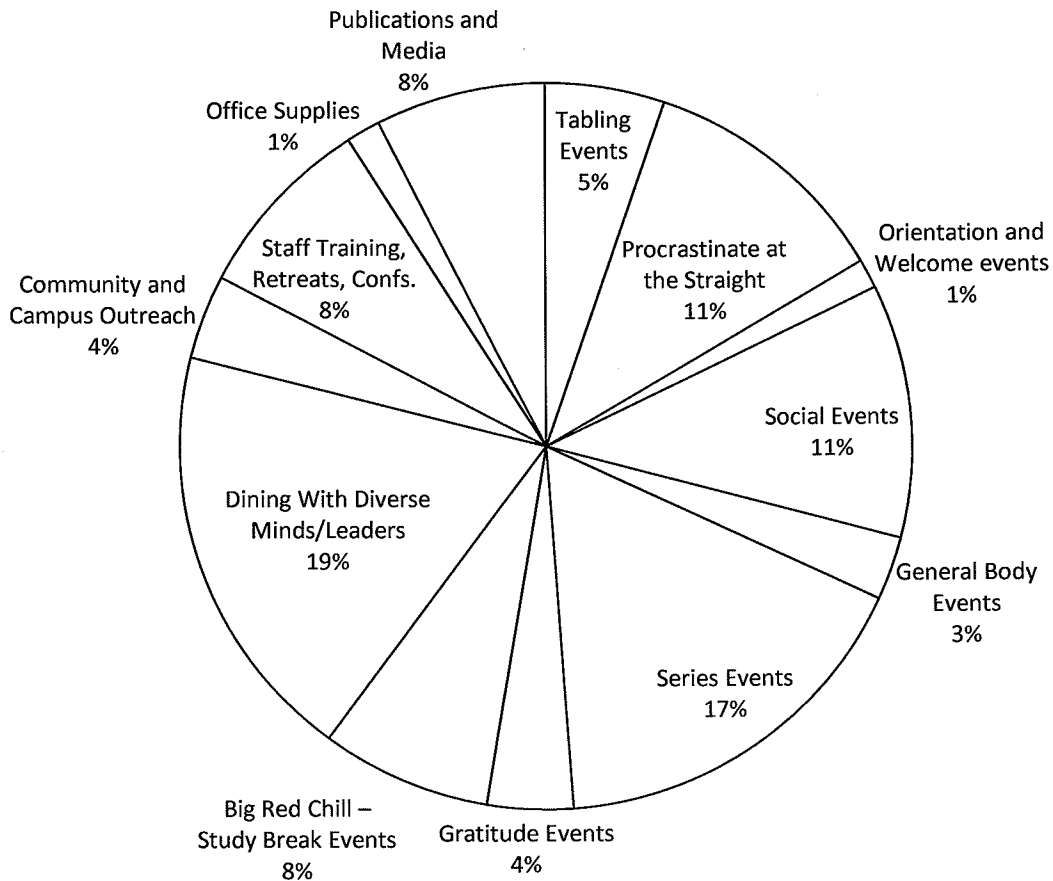
B. Projections

Expense Projections per Year 2014-2016

	<u>Events Type</u>	<u>Expenses</u>	<u>Description</u>
1	Tabling Events	\$1400	Outreach supporting Mental Health/Stress relief
2	Procrastinate at the Straight	\$3,000	Massage, Arts and Crafts, Supplies
3	Orientation and Welcome events	\$350	Approximately 6-10 Orientation Events
4	Social Events	\$3,000	60 Social events at \$50
5	General Body Events	\$750	30 General Body Programs
6	Series Events	\$4,500	L.O.A., F.G.F., Zumba, Creativity & Mental Health, Journaling
7	Gratitude Events	\$1,000	Lift Your Spirits, Cards, etc.
8	Big Red Chill – Study Break Events	\$2,000	2 Major Relaxation events per year
9	Dining With Diverse Minds/Leaders	\$5,000	4 Dining with Diverse Minds/Leaders
10	Community and Campus Outreach	\$1,000	Campus Workshops, Community Service
11	Staff Training, Retreats, Confs.	\$2,200	Staff Trainings, Active Minds Conf.
12	Office Supplies	\$400	Name Tags, Markers, Paper, etc.
13	Publications and Media	\$2,000	Publication, Posters, P.R. Items
Total:		\$26,600	

Cornell Minds Matter Income

Student Assembly	\$26,600
Total	\$26,600



VI. Constitution ~~~~~

Article I: Organization

1. 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 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.
 - 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, and Publicity Chair to facilitate smooth operation of all events by overseeing and being involved with early planning, and execution of all plans for events.
 - b. In the event of the absence of the President, the Vice President of Events shall facilitate all meetings during the absence.
 - c. Term of Service will be One Academic Year (June 1- May 31)
3. Vice President of Campus and Community Outreach:
 - a. Will work with Campus Outreach Coordinator, Community Outreach Coordinator and Public Relations Chair 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. 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. Term of Service will be One Academic Year (June 1- May 31)
5. Secretary:
- a. Responsible for monitoring and recording the minutes of each meeting.
 - b. Books necessary venues for meetings if necessary.
 - c. Responsible for Master Calendar.
 - d. Act as Club Archivist.
 - e. Term of Service will be One Academic Year (June 1- May 31)
6. Public Relations Chair
- a. Oversees all orientation fairs 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. Responsible for the Cornell Minds Matter (CMM) list serve.
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.
8. Campus Outreach Chair
- a. Responsible for the planning and execution of a minimum of four (4) outreach events/semester including all aspects of said events.
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.
10. Event Coordinators
- a. Responsible for the planning and execution of all main 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).
11. 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 is 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.

~~~~~*Appendix*~~~~~

**E-Board and Staff Member (2012-2013) Contact Information:**

**CMM EBOARD LIST**

| <b>Position</b>            | <b>Name</b>      | <b>YR</b> | <b>E-mail</b>                                              | <b>Phone</b>                |
|----------------------------|------------------|-----------|------------------------------------------------------------|-----------------------------|
|                            | Saadiya          |           |                                                            |                             |
| President                  | Mutawakil        | SR        | <a href="mailto:sum8@cornell.edu">sum8@cornell.edu</a>     | 508-304-0910                |
|                            | Emily            |           |                                                            |                             |
| Vice President of Events   | Bastarache       | SR        | <a href="mailto:edb63@cornell.edu">edb63@cornell.edu</a>   | 413-717-0896                |
| Vice President of Outreach | Alex Skinnion    | SR        | <a href="mailto:ams544@conell.edu">ams544@conell.edu</a>   | 508-309-5860                |
| Secretary                  | Sarah Kurland    | SR        | <a href="mailto:spk53@cornell.edu">spk53@cornell.edu</a>   | 440-708-3773                |
|                            | Matthew          |           |                                                            |                             |
| Treasurer                  | Ferguson         | SO        | <a href="mailto:mdf75@cornell.edu">mdf75@cornell.edu</a>   | 817-614-2862                |
| Event Coordinator (Lrg)    | Angelica Cullo   | JR        | <a href="mailto:afc46@cornell.edu">afc46@cornell.edu</a>   | 845-399-8188                |
| Event coordinator (Sries)  | Subah Nanda      | SR        | <a href="mailto:sn475@cornell.edu">sn475@cornell.edu</a>   | 516-578-6483                |
| Event Coordinator (FGF)    | Erin Wang        | SO        | <a href="mailto:yw343@cornell.edu">yw343@cornell.edu</a>   | 435-363-4645                |
| Campus Outreach            | Manori de Alwis  | SR        | <a href="mailto:pmd76@cornell.edu">pmd76@cornell.edu</a>   | 571-275-0588                |
| Campus Outreach            | Erica Miller     | JR        | <a href="mailto:enm26@cornell.edu">enm26@cornell.edu</a>   | 914-806-4865                |
| Community Outreach         | Lane Wendel      | SR        | <a href="mailto:lbw54@cornell.edu">lbw54@cornell.edu</a>   | 978-766-3086                |
| Public Relations           | Amanda Nichols   | SR        | <a href="mailto:amn57@cornell.edu">amn57@cornell.edu</a>   | 786-338-8081                |
| Publicity Chair            | Jeff Ra          | SR        | <a href="mailto:kr282@cornell.edu">kr282@cornell.edu</a>   | 518-860-6402                |
| Social Chair               | Alex Henslovitz  | JR        | <a href="mailto:ah727@cornell.edu">ah727@cornell.edu</a>   | 201-562-0208                |
| Social Chair               | Trianna Lutchman |           | <a href="mailto:tml74@cornell.edu">tml74@cornell.edu</a>   | 607-379-3969                |
| Membership Chair           | Emily Sweeney    | SR        | <a href="mailto:eas345@cornell.edu">eas345@cornell.edu</a> | 315-262-7643<br>255-3897    |
| Advisor                    | Casey Carr       |           | <a href="mailto:kc64@cornell.edu">kc64@cornell.edu</a>     | (office)<br>266-9133 (cell) |

**CMM STAFF LIST**

| <b>Name</b>          | <b>Net ID</b> | <b>YR</b> | <b>Position</b>                    | <b>Phone</b> |
|----------------------|---------------|-----------|------------------------------------|--------------|
| Solomon Maina        | sam524        | SO        | Webmaster                          | 607-229-9354 |
| Annie Goldthrite     | amg286        | SR        | PATS Coordinator<br>IFC Wellness & | 585-402-6450 |
| Jeff Pontell         | jbp75         | SR        | PATS                               | 703-975-8002 |
| Ai Hui Chew          | ac989         | SO        | E-list keeper                      | 607-379-8137 |
| Anna Serrichio       | as2528        | SO        | RAK                                |              |
| Leticia Vasquez      | lav46         |           | RAK                                |              |
| Helen Luo            | hl843         | JR        | Publication Editor                 | 347-287-7169 |
| Amitra Chawla        | akc87         |           | PATS                               | 516-343-6385 |
| Prith Das            | pkd23         |           | Social Events                      |              |
| Violetta Juarez Crow | avj22         | GRAD      | PATS                               | 650-395-7846 |
| Flannery Hild        | feh25         | SR        | Comm. Outreach                     |              |
| Joanna Chen          | bjc252        | SR        |                                    |              |

Cornell  
Minds  
Matter  
Schedule  
Fall 2013

| Day       | Date     | Time                    | Name of Event                                                   | Location                      | Contact              | Room<br>Confir | \$  |
|-----------|----------|-------------------------|-----------------------------------------------------------------|-------------------------------|----------------------|----------------|-----|
| Sunday    | 08/25/13 | 1:00 -<br>2:00pm        | First Year Orientation: 4 Steps to<br>Happiness                 | Appel, Multipurpose Room      |                      | R              |     |
| Sunday    | 08/25/13 | 4:30-5:30               | Leave of Absence Orientation                                    | 2nd floor lobby WSH           |                      | R              |     |
| Sunday    | 08/25/13 | 6:00-8:00<br>pm         | Pizza party, cookie stuffing                                    | 2nd floor WSH                 |                      | R              | 30  |
| Monday    | 08/26/13 | 8 - 10 AM               | Graduate Student Orientation                                    | Barton Hall                   |                      | R              |     |
| Monday    | 08/26/13 | 7:00-8:00,<br>8:00-9:00 | Real Students, Reel Stories, handing<br>out cookies             | Bailey Hall                   |                      | N/A            | 200 |
| Tuesday   | 08/26/13 | 12:30 - 4               | Street Fair Orientation                                         | Intercultural Center          | Saadiya              | R              | 0   |
| Tuesday   | 08/27/13 | 4:00 -<br>5:00pm        | Transfer Orientation: 4 Steps to<br>Happiness                   | WSH - International<br>Lounge |                      | R              | 20  |
| Thursday  | 08/29/13 | 4:30pm                  | Returning from Leave of Absence:<br>Success the 2nd Time Around | International Lounge          | Amanda               | R              | 100 |
| Saturday  | 08/31/13 | 12:00-5:00              | Retreat                                                         | Casey's House                 |                      | R              | 350 |
| Tuesday   | 09/03/13 | 5:45 -<br>6:30pm        | E-Board Meeting                                                 | 5th floor lounge, WSH         | Saadiya              | R              |     |
| Wednesday | 09/04/13 | 5:00 -<br>6:15pm        | Free Yoga Session                                               | Garden Room                   | Helen,<br>Lane, Alex | R              | 50  |

|           |          |                |                                                          |                            |                |              |     |
|-----------|----------|----------------|----------------------------------------------------------|----------------------------|----------------|--------------|-----|
| Thursday  | 09/05/13 | 4:30pm         | Leave of Absence Group                                   | WSH, 2nd Floor             | Amanda         | R            | 10  |
| Thursday  | 09/05/13 | 6:30 - 8:00pm  | Game Night                                               | International Lounge       | Erin, Saadiya  | Now in Garde | 100 |
| Friday    | 09/06/13 | 12:20 - 1:10pm | Feel Good Fridays-- Rebecca Robbins - Sleep for Success! | WSH - International Lounge | Alex H         | N/A          | 100 |
| Saturday  | 09/07/13 | 12:00 noon     | Social Event: Hike at Taughannock                        | WSH parking lot            | Manori, Alex S |              | 50  |
| Saturday  | 09/07/13 | 1PM            | Club Fest - Outreach                                     | Barton Hall                |                |              | 30  |
| Saturday  | 09/07/13 | 7:30 - 11:00pm | Contra Dance- Free Raisins                               | WSH-Memorial Room          |                | R            | 25  |
| Sunday    | 09/08/13 |                | Social Event: Farmer's Market Trip                       | meet at WSH parking lot    |                | N/A          | 25  |
| Monday    | 09/09/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service           | Meet at WSH parking lot    | Flannery       | N/A          | 25  |
| Tuesday   | 09/10/13 | 4:30 - 5:30pm  | G-body Session-SOAP of Happiness                         | 5th floor lounge, WSH      | Emily          | R            | 40  |
| Tuesday   | 09/10/13 | 5:45 - 6:30pm  | E-Board Meeting                                          | 5th floor lounge, WSH      | Saadiya        | R            |     |
| Wednesday | 09/11/13 | 6:00 - 9:00pm  | Procrastinate at the Straight                            | WSH Lobby                  | Matt and Annie | R            | 400 |
| Wednesday | 09/11/13 | 5:00 - 6:15pm  | Free Yoga Session                                        | Garden Room                |                | R            | 50  |
| Thursday  | 09/12/13 | 4:30pm         | Leave of Absence Group                                   | WSH, 2nd Floor             | Amanda         | R            |     |
| Thursday  | 09/12/13 | 6:30 - 8:00pm  | Game Night                                               | International Lounge       |                | R            | 20  |
| Friday    | 09/13/13 | 12:20 - 1:10pm | Feel Good Fridays                                        | WSH- International Lounge  |                |              | 100 |
| Sunday    | 09/15/13 | 1 - 2pm        | CMM Staff Training                                       | Conf Room 2nd fl. WSH      | Emily S        | R            | 10  |
| Saturday  | 09/14/13 | 12 noon        | Social Event: Farmers Market                             | meet at WSH parking lot    | Anna, Trianna  | N/A          | 30  |

|           |          |                |                                                |                         |          |     |     |
|-----------|----------|----------------|------------------------------------------------|-------------------------|----------|-----|-----|
| Monday    | 11/18/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service | Meet at WSH parking lot | Flannery | N/A | 25  |
| Tuesday   | 11/19/13 | 4:30 - 5:30pm  | G-body Session Planning for Spring             | 5th floor lounge, WSH   | Emily B  | R   | 50  |
| Tuesday   | 11/19/13 | 5:45 - 6:30pm  | E-Board Meeting- Elections                     | 5th floor lounge, WSH   | Saadiya  | R   |     |
| Wednesday | 11/20/13 | 5:00 - 6:15pm  | Free Yoga Session                              | Garden Room             |          | R   | 50  |
| Thursday  | 11/21/13 | 4:30pm         | Leave of Absence Group                         | WSH, 2nd Floor          | Amanda   | R   |     |
| Monday    | 12/02/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service | Meet at WSH parking lot | Flannery | N/A | 25  |
| Tuesday   | 12/03/13 | 4:30 - 5:30pm  | G-body Session- Celebration                    | 5th floor lounge, WSH   | Emily B  | R   | 300 |
| Tuesday   | 12/03/13 | 5:45 - 6:30pm  | E-Board Meeting- Celebration                   | 5th floor lounge, WSH   | Saadiya  | R   |     |
| Wednesday | 12/04/13 | 5:00 - 6:15pm  | Free Yoga Session                              | Garden Room             |          | R   | 50  |
| Saturday  | 12/07/13 | 7:30 - 11:00pm | Contra Dance - Fire Fly                        | WSH- Memorial Room      |          | R   | 30  |

Revised  
9/3/13

|           |          |                |                                                            |                              |                   |          |     |
|-----------|----------|----------------|------------------------------------------------------------|------------------------------|-------------------|----------|-----|
| Saturday  | 09/14/13 | 11:30 - 1:30pm | Suicide Prevention Walk                                    | Meet WSH Park lot/ Cass Park | Lane, Alex        | N/A      |     |
| Sunday    | 09/15/13 | 1 pm           | Social Event: Ithaca Porchfest                             | WSH parking lot              | Amanda, Helen     | N/A      | 30  |
| Monday    | 09/16/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service             | Meet at WSH parking lot      | Flannery          | N/A      | 25  |
| Tuesday   | 09/17/13 | 4:30 - 5:30pm  | G-body Session-Creating an Extraordinary Semester          | 5th floor lounge, WSH        | Emily B           | R        | 40  |
| Tuesday   | 09/17/13 | 5:45 - 6:30pm  | E-Board Meeting                                            | 5th floor lounge, WSH        | Saadiya           | R        |     |
| Wednesday | 09/18/13 | 5:00 - 6:15pm  | Free Yoga Session                                          | Garden Room                  |                   | R        | 50  |
| Wednesday | 09/18/13 | 4:45 - 6:00pm  | Creative Arts for Well-Being                               | WSH, Art Gallery             | Lane, Erica       | Reserved | 60  |
| Thursday  | 09/19/13 | 4:30pm         | Leave of Absence Group                                     | WSH, 2nd Floor               | Amanda            | R        |     |
| Thursday  | 09/19/13 | 6:30 - 8:00pm  | Game Night                                                 | International Lounge         |                   | R        | 20  |
| Friday    | 09/20/13 | 11:00 - 2:00pm | World Gratitude Day                                        | WSH Lobby - Tabling          | Manori, Erica     |          | 100 |
| Friday    | 09/20/13 | 12:20 - 1:10pm | Feel Good Fridays: Scottie Wardell, Addiction and Recovery | WSH-International Lounge     | Emily B, Angelica |          | 100 |
| Saturday  | 09/21/13 | 11:00:00       | Social Event: Buttermilk Falls Hike                        | meet at WSH parking lot      |                   | N/A      | 50  |
| Sunday    | 09/22/13 | 12 noon        | Social Event: Museum of the Earth, Gurche Exhibit          | WSH parking lot              |                   | N/A      | 50  |
| Monday    | 09/23/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service             | Meet at WSH parking lot      | Flannery          | N/A      | 25  |
| Tuesday   | 09/24/13 | 4:30 - 5:30pm  | G-body Session-Cultivating Gratitude and Optimism          | 5th floor lounge, WSH        | Emily B           | R        | 50  |
| Tuesday   | 09/24/13 | 5:45 - 6:30pm  | E-Board Meeting                                            | 5th floor lounge, WSH        | Saadiya           | R        |     |
| Wednesday | 09/25/13 | 5:00 - 6:15pm  | Free Yoga Session                                          | Garden Room                  |                   | R        | 50  |
| Wednesday | 09/25/13 | 4:45 - 6:00pm  | Creative Arts for Well-Being                               | WSH, Art Gallery             |                   | Reserved | 60  |



|          |          |                |                                                                     |                              |                                   |             |     |
|----------|----------|----------------|---------------------------------------------------------------------|------------------------------|-----------------------------------|-------------|-----|
| Thursday | 09/26/13 | 4:30pm         | Leave of Absence Group                                              | WSH, 2nd Floor               | Amanda                            | R           |     |
| Thursday | 09/26/13 | 6:30 - 8:00pm  | Game Night                                                          | International Lounge         |                                   | R           | 20  |
| Thursday | 09/26/13 | 19:00:00       | Grad Study in Psychology - Goldstein and Mendel                     | TBA                          | Lane, Manori, Erin, Saadiya       |             | 100 |
| Friday   | 09/27/13 | 12:20 - 1:10pm | Feel Good Fridays-- Karen Winters Schwartz-- Mental Health Advocacy | WSH-International Lounge     | Solomon, Matt                     | N/A         | 100 |
| Saturday | 09/28/13 | 1 pm           | Social Event: Ringwood Raceway Go-Karting                           | WSH parking lot - meet       | Lane, Alex                        |             |     |
| Sunday   | 09/29/13 | 12:30 - 3      | Alzheimers Walk                                                     | WSH parking lot - meet       | S, Emily S                        | N/A         | 30  |
| Monday   | 09/30/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service                      | Meet at WSH parking lot      | Flannery                          | N/A         | 25  |
| Tuesday  | 10/01/13 | 4:30 - 5:30pm  | G-body Session-Relaxation Techniques                                | 5th floor lounge, WSH        | Emily B                           | R           | 50  |
| Tuesday  | 10/01/13 | 5:45 - 6:30pm  | E-Board Meeting                                                     | 5th floor lounge, WSH        | Saadiya                           | R           |     |
| Wednesd  | 10/02/13 | 5:00 - 6:15pm  | Free Yoga Session                                                   | Garden Room                  |                                   | R           | 50  |
| Wednesd  | 10/02/13 | 4:45 - 6:00pm  | Creative Arts for Well-Being                                        | WSH, Art Gallery             |                                   | Reser ved,  | 60  |
| Thursday | 10/03/13 | 4:30pm         | Leave of Absence Group                                              | WSH, 2nd Floor               | Amanda                            | R           |     |
| Friday   | 10/04/13 | 5 - 7pm        | Dining with Diverse Leaders - Mentoring and Leadership - In         | WSH Memorial Room            | Angelica, Emily B, Helen, Emily S | Tent, Needs | 100 |
| Saturday | 10/05/13 | 12 noon        | Social Event: Apple Fest                                            | meet at WSH                  |                                   | N/A         | 30  |
| Saturday | 10/05/13 | 7:30 - 11:00pm | Contra Dance- O' Shanigans                                          | Appel Multipurpose Room      |                                   |             | 30  |
| Sunday   | 10/06/13 | 11 am          | Social Event: Dillman Hill Cornell Student Farm Trip                | Willard Straight parking lot | Lane, Matt                        | N/A         | 30  |
| Monday   | 10/07/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service                      | Meet at WSH parking lot      | Flannery                          | N/A         | 25  |
| Tuesday  | 10/08/13 | 4:30 - 5:30pm  | G-body Session - Living in the Present -Committing to Your Goals    | 5th floor lounge, WSH        | Emily B                           | R           | 50  |

|           |          |                       |                                                            |                          |                |           |     |
|-----------|----------|-----------------------|------------------------------------------------------------|--------------------------|----------------|-----------|-----|
| Tuesday   | 10/08/13 | 5:45 - 6:30pm         | E-Board Meeting                                            | 5th floor lounge, WSH    | Saadiya        | R         |     |
| Wednesday | 10/09/13 | 5:00 - 6:15pm         | Free Yoga Session                                          | Garden Room              |                | R         | 50  |
| Wednesday | 10/09/13 | 4:45 - 6:00pm         | Creative Arts for Well-Being                               | WSH, Art Gallery         |                | Reserved, | 60  |
| Wednesday | 10/09/13 | 6:00 - 9:00pm         | Procrastinate at the Straight-- CMM'S BIRTHDAY!            | WSH Lobby                | Matt and Annie | R         | 500 |
| Thursday  | 10/10/13 | 4:30pm                | Leave of Absence Group                                     | WSH, 2nd Floor           | Amanda         | R         |     |
| Saturday  | 10/12/13 |                       | Fall Break                                                 |                          |                | N/A       |     |
| Tuesday   | 10/15/13 |                       | Fall Break                                                 |                          |                | N/A       |     |
| Wednesday | 10/16/13 | 5:00 - 6:15pm         | Free Yoga Session                                          | Garden Room              |                | R         | 50  |
| Thursday  | 10/17/13 | 4:30pm                | Leave of Absence Group                                     | WSH, 2nd Floor           | Amanda         | R         |     |
| Friday    | 10/18/13 | 12:20 - 1:10pm        | Feel Good Fridays-- Dr. Ronald R. Hoy, Music and the Brain | WSH-International Lounge |                |           | 100 |
| Saturday  | 10/19/13 | 1 - 2pm               | CMM Staff Training                                         | Conf Room 2nd fl. WSH    | Emily S        | R         | 10  |
| Saturday  | 10/19/13 | 1:00 pm (tour starts) | Social Event: Cayuga Lake Boating                          | meet at WSH              | Alex, Helen    | N/A       | 50  |
| Sunday    | 10/20/13 | 12 noon               | Social event: Science center & Purity Ice Cream trip       | meet at WSH              | Helen, Amanda  | N/A       | 50  |
| Monday    | 10/21/13 | 3:00 - 5:00pm         | Starlight Club MH Advocacy - Community Service             | Meet at WSH parking lot  | Flannery       | N/A       | 25  |
| Tuesday   | 10/22/13 | 4:30 - 5:30pm         | G-body Session- Vision Boards                              | 5th floor lounge, WSH    | Emily B        | R         | 100 |
| Tuesday   | 10/22/13 | 5:45 - 6:30pm         | E-Board Meeting                                            | 5th floor lounge, WSH    | Saadiya        | R         |     |
| Wednesday | 10/23/13 | 5:00 - 6:15pm         | Free Yoga Session                                          | Garden Room              |                | R         | 50  |
| Thursday  | 10/24/13 | 4:30pm                | Leave of Absence Group                                     | WSH, 2nd Floor           | Amanda         | R         |     |

|           |          |                    |                                                                               |                          |                   |               |      |
|-----------|----------|--------------------|-------------------------------------------------------------------------------|--------------------------|-------------------|---------------|------|
| Friday    | 10/25/13 | 12:20 - 1:10pm     | Feel Good Fridays - Karen Winters<br>Schwartz - Schizophrenia                 | WSH-International Lounge | Erin,<br>Saadiya  |               | 100  |
| Saturday  | 10/26/13 |                    |                                                                               |                          |                   |               |      |
| Sunday    | 10/27/13 | 20:00:00           | Social Event: Haunted Halloween<br>History tours                              | WSH parking lot          | Annie, Matt       | N/A           | 100  |
| Monday    | 10/28/13 | 3:00 - 5:00pm      | Starlight Advocacy Community<br>Service                                       | Meet at WSH parking lot  | Flannery          | N/A           | 25   |
| Tuesday   | 10/29/13 | 4:30 - 5:30pm      | G-body Session- Meet new Staff                                                | 5th floor lounge, WSH    | Emily B           | R             | 50   |
| Tuesday   | 10/29/13 | 5:45 - 6:30pm      | E-Board Meeting                                                               | 5th floor lounge, WSH    | Saadiya           | R             |      |
| Wednesday | 10/30/13 | 5:00 - 6:15pm      | Free Yoga Session                                                             | Garden Room              |                   | R             | 50   |
| Thursday  | 10/31/13 | 11:30 am - 3:00 pm | No Trick, It's Treatable!                                                     | Tabling, Ho Plaza        | Manori,<br>Erica, | Need<br>Lobby | 200  |
| Thursday  | 10/31/13 | 4:30pm             | Leave of Absence Group                                                        | WSH, 2nd Floor           |                   | R             |      |
| Friday    | 11/01/13 | 12:20 - 1:10pm     | Feel Good Fridays                                                             | WSH-International Lounge |                   |               | 100  |
| Friday    | 11/01/13 | 5:35:00            | Social Event: Ithaca commons dinner<br>and/or first gallery night             | WSH                      |                   | N/A           | 20   |
| Saturday  | 11/02/13 | 13:00:00           | Social Event: pottery painting at Ithaca<br>Mall                              | meet at WSH              |                   | N/A           | 20   |
| Saturday  | 11/02/13 | 4:00- 11:00pm      | Contra Dance- Elixir                                                          | WSH-Memorial Room        |                   | R             | 50   |
| Sunday    | 11/03/13 | tentative          | Rosebarb Farms trip-- in the fall, call to<br>confirm details and # of people | WSH parking lot          |                   | N/A           | 100  |
| Monday    | 11/04/13 | 5 - 7pm            | Dining With Diverse Minds - Social<br>Media and Mental Health                 | WSH Memorial Room        | Angelica          | No<br>Res!    | 2000 |
| Monday    | 11/05/13 | 3:00 - 5:00pm      | Starlight Advocacy Community<br>Service                                       | Meet at WSH parking lot  | Flannery          | N/A           | 25   |
| Tuesday   | 11/05/13 | 4:30 - 5:30pm      | G-body Session- Janis Whitlock -<br>Combatting Negative Thoughts              | 5th floor lounge, WSH    | Emily B           | R             | 50   |
| Tuesday   | 11/05/13 | 5:45 - 6:30pm      | E-body Meeting                                                                | 5th floor lounge, WSH    | Saadiya           | R             |      |

|           |          |                |                                                        |                          |                        |     |        |
|-----------|----------|----------------|--------------------------------------------------------|--------------------------|------------------------|-----|--------|
| Wednesday | 11/06/13 | 5:00 - 6:15pm  | Free Yoga Session                                      | Garden Room              |                        | R   | 50     |
| Thursday  | 11/07/13 | 4:30pm         | Leave of Absence Group                                 | WSH, 2nd Floor           | Amanda                 | R   |        |
| Friday    | 11/08/13 | 12:20 - 1:10pm | Feel Good Fridays, Mike Chen, Study skills for success | WSH-International Lounge |                        |     | 100    |
| Saturday  | 11/09/13 | 1 pm           | Social Event: Skating and Broom Ball at Cass Park      | meet at WSH parking lot  |                        | N/A | 50     |
| Sunday    | 11/10/13 |                |                                                        |                          |                        | N/A |        |
| Monday    | 11/11/13 | Midnight       | Deadline For Publication Submissions                   |                          | Helen                  |     |        |
| Monday    | 11/11/13 | 3:00 - 5:00pm  | Starlight Club MH Advocacy - Community Service         | Meet at WSH parking lot  | Flannery               | N/A | 25     |
| Tuesday   | 11/12/13 | 4:30 - 5:30pm  | G-body Session-Instinct and Acting                     | 5th floor lounge, WSH    | Emily B                | R   | 50     |
| Tuesday   | 11/12/13 | 5:45 - 6:30pm  | E-Board Meeting                                        | 5th floor lounge, WSH    | Saadiya Matt and Annie | R   |        |
| Wednesday | 11/13/13 | 9:00pm         | Procrastinate on the Straight                          | WSH Lobby                |                        | R   | 400    |
| Wednesday | 11/13/13 | 5:00 - 6:15pm  | Free Yoga Session                                      | Garden Room              |                        | R   | 50     |
| Thursday  | 11/14/13 | 4:30pm         | Leave of Absence Group                                 | WSH, 2nd Floor           | Amanda                 | R   |        |
| Thursday  | 11/14/13 |                | Active Minds Conference                                | Washington DC            |                        |     |        |
| Friday    | 11/15/13 |                | Active Minds Conference                                | Washington DC            |                        |     |        |
| Saturday  | 11/16/13 |                | Active Minds Conference                                | Washington DC            |                        |     | 2000   |
| Saturday  | 11/16/13 | 1 - 2 pm       | CMM Staff Training                                     | Conf Room 2nd fl. WSH    | Emily S                |     | ****10 |
| Saturday  | 11/16/13 |                | Social Event: Ithaca Beer Co. Tour and Dinner          | meet at WSH parking lot  |                        | N/A | 50     |
| Sunday    | 11/17/13 |                | Active Minds Conference                                | Washington DC            |                        |     |        |