

STUDENT ADVISORY BOARD
To the
OKLAHOMA STATE REGENTS FOR HIGHER EDUCATION

Meeting Minutes

Sunday, December 6, 2015
1:00 p.m.

University of Central Oklahoma, Nigh University Center, Mary Fallin Room (304)
100 North University Drive, Edmond, OK 73034

1. Call to Order

In the absence of Chair Matt Chuning, Vice Chair Alex Byron called the meeting to order

2. Announcement of Quorum

Members Present: Alex Byron, Taylor Gregory, Haley Griggs, Anna Rouw, and Sarah Stewart.
Members Absent: Matt Chuning and Eddie Puckett. A quorum of 5 members were present, including the newest member, Sarah Stewart.

3. Recognition and welcoming of Invited Guests

Julia Reed, Director of the Center for Counseling and Well-being, UCO
Kara Niccum, Coordinator for the University Counseling Center and Alcohol and Substance Abuse Center, OSU
Mary Heid, Executive Director of Oklahoma College Assistance Program, OSRHE
Heather Wallace, President of the Oklahoma Student Government Association

4. Swearing in of New Member

Sarah Stewart from Rose State College was sworn in by Dr. McMurry to replace Eric Campbell.

5. Minutes of Previous Meetings - Approval of October 25, 2015

The minutes of both the September and October 2015 meetings were considered. Haley Griggs made a motion to approve both sets of minutes, seconded by Anna Rouw, and the motion passed unanimously.

6. Update on Oklahoma Student Government Association/Council of Student Presidents Activities – Heather Wallace, President, OSGA

Heather Wallace described the OSGA Fall Congress, which was very successful. There were some interesting pieces of legislation and some great dialogue from the members. One piece of legislation in particular sparked a lot of discussion regarding the legalization of medicinal

marijuana in Oklahoma. Ultimately the legislation did not pass, however the whole process was an exemplary display of the legislative process. Two pieces of legislation that did pass concerned: 1) allowing students a day off school to vote in local, state, and federal elections, and 2) requiring public institutions of higher education in the state of Oklahoma to provide college credit hours to students who complete the International Baccalaureate Diploma for Higher Level (HL) and Standard Level (SL) tests.

Heather discussed the planning in process for Spring Congress, which will be hosted at the University of Arts and Sciences of Oklahoma in Chickasha, and said a date had not yet been determined. She solicited any suggestions for improvement.

7. Student Counseling Services and Issues – Julia Reed, Director of the Center for Counseling and Well-being, University of Central Oklahoma

Ms. Reed discussed a variety of issues focusing on sexual assault, substance abuse, student counseling, and various student led campaigns. Sexual assault is linked to substance abuse and substance use. Project SPEAK: Support promote Educate Advocate Knowledge, seeks to advocate for people who have been affected by sexual assault and can come to a confidential reporter on this issue. UCO has also launched an It's On Us campaign as part of the national push to promote bystander intervention. This initiative includes bystander training for Greek life, faculty and staff and focuses on answering the questions "How can I stand up and speak out? How can I use my voice?". The program encourages intervention in situations where racial discrimination is present, where sexual assault or harassment is present and also addresses sexual assault of men which is becoming increasingly monitored.

One out of every sixteen men is sexually assaulted and one in five women. Peak times for these assaults to occur are usually during the first few weeks of school so sexual assault awareness campaigns should be active around this time.

12% of college students report having suicidal thoughts. High risk times for students tend to be the few weeks leading up to midterms and finals. Train faculty to notice these changes in appearance or behavior. 7% of people talk about stalking behaviors, usually occurring after dating.

UCO also launched a seminar called "Pillow Talk: When things are getting intimate, what conversations are consensual?" and passed out tea bags with "consent" on the paper tab in conjunction with the "cup of tea" consent video that helps bridge the communication gap. Ms. Reed noted that most colleges are understaffed for counseling and substances abuse services. By the standard of 1 counselor to 1,500 students UCO should have 11 counselors, but it has 4.5. She finished by remarking that another issue needing attention was stress management.

8. College and University Student Substance Abuse Issues – Kara Niccum, Coordinator, University Counseling Center, Alcohol and Substance Abuse Center, Oklahoma State University

Kara Niccum led the students through a personal survey about their drinking experiences and the perceived drinking experiences and drug usage at their school. Then she compared the perceived

presence with the anonymous reports conducted for students in these colleges and led a discussion that reconciled the differences between their own habits, that which they assume others are participating in, and the results of these studies. Then she led the students in an exercise, discussing ways to limit your personal drinking intake and prevent binge drinking. She stated that the freshman year is the year student drink the most.

Ms. Niccum touched upon the prevalence of alcohol in the popular culture and described the consequences of its abuse to students – DUIs, public drunkenness, missing classes and study time, poor decision-making. She said counselors work toward instilling low risk guidelines and helping the students to find the ideal place to stop, and work within a context of understanding the significance that money and reputation holds with students.

9. Student Debt – Mary Heid, Executive Director, Oklahoma College Assistance Program, Oklahoma State Regents for Higher Education

Mary Heid led a discussion on the financial aid and college affordability of students in Oklahoma. Overall, the cost of college tuition and services has risen dramatically but most in Oklahoma students are not as financially burdened as many may fear. Students are typically paying for college with a combination of grants, scholarships and partial loans. While most students are exiting college with student loans, the financial situation is not as bleak as typically thought because many are able to pay off these loans. She highlighted the financial literacy program in secondary school and higher education. Haley asked about the relationship of the Oklahoma’s Promise program to helping to keep Oklahoma students’ debt level down.

10. Discussion of Campus Visits and Research Topics

We will select the campuses we intend to visit prior to the next meeting and confirm those selections at that meeting.

11. Determination of Agenda for Next Meeting

Board members expressed interest in finding out more about the state appropriation process as well as learning more about the academic advisement process.

12. New business. Consideration of other matters not known or not reasonably foreseen prior to the item of agenda posting.

No items proposed at this time.

13. Adjournment