

**Board of Directors Meeting Minutes of November 18, 2020**

I. CALL TO ORDER at **12:01 PM**

II. ROLL CALL

**Present:** Kabir Dhillon, Euridice Sanchez-Martinez, Hoang Dao, Omer Shakoor, Anjelica de Leon, Brittney Golez, Zaira Perez, Jessica Iheaso, Kea Kaholoa'a, Daniel Olguin, Tyler Engquist, MyKale Clark, Mirna Maamou, Martin Castillo, Erik Pinlac, Steve Spencer, Marguerite Hinrichs, Michael Lee, Andrew Yunker

**Late:** Arianna Miralles, Nicholas Brandao, Mark Almeida

III. ACTION ITEM - **Approval of the Agenda**

**Move** to approve the agenda by **A. de Leon**, second by **M. Clark**.

IV. ACTION ITEM - **Approval of the [Minutes of November 4, 2020](#)**

**Move** to adopt the minutes of November 4, 2020 by **B. Golez**, second by **M. Maamou**, minutes **APPROVED**.

V. PUBLIC COMMENT – **Public Comment is intended as a time for any member of the public to address the Board on any issues affecting ASI and/or the California State University, East Bay.**

**Arielle Lingat** states that she is representing Neolth and would like to present a presentation on mental health and will hopefully promote the company platform for ASI and CSU East Bay.

**4:08**

VI. UNFINISHED ITEMS:

A. ACTION ITEM - **[Resolution on Spring Semester BOD Meeting Times & Setting](#)**

The Board of Directors will take action on approving the Resolution on Spring Semester BOD Meeting Times & Setting.

**Move** to adopt the resolution on Spring Semester BOD Meeting Times and Setting by **A. de Leon**, second by **M. Maamou**.

**K. Dhillon** states that the resolution is similar to the resolution adopted for the Spring semester times. The only changes that have been made are in one section. If there are any



questions or discussion, we can proceed into further discussion. **M. Clark** asks if the meeting time will still remain from 12:00 p.m. to 2 p.m. **K. Dhillon** states that it is correct and the meeting times are written in the bylaws.

**14 Ayes, Resolution ADOPTED.**

7:18

B. ACTION ITEM - [Resolution on Fall Semester Senate Meeting Times & Setting](#)

The Board of Directors will take action on approving the Resolution on Fall Semester Senate Meeting Times & Setting.

**Move** to adopt the Resolution on Fall Semester Senate Meeting Times and Setting by **A. de Leon**, second by **M. Maamou**.

**K. Dhillon** states that the resolution is similar to the Board of Directors meeting times and setting resolutions. This document was developed to outline the dates for this semester. The two meeting dates are November 12<sup>th</sup> and December 3<sup>rd</sup>. **E. Pamela Sanchez** states that the title of the document needs to be changed. **K. Dhillon** states that E. Pamela Sanchez is correct and an amendment will need to be made.

**Move** to amend the resolution to replace BOD with Senate in the title by

**E. Pamela Sanchez**, second by **J. Iheaso**. **14, Ayes, Resolution ADOPTED.**

10:43

C. ACTION ITEM - **Communicating with Faculty & Building Relationships Funding Request**

The Board of Directors will take action on a funding request for Communicating with Faculty & Building Relationships.

**Move** to approve \$300.00 from the Board initiative budget for Communicating with Faculty and Building Relationships by **M. Clark**, second by **J. Iheaso**.

**M. Clark** states that she had the event for Communicating with Faculty and Building Relationships on November 12<sup>th</sup> from 4:00 p.m. to 6:00 p.m. There was a speaker and the cost were \$300. **E. Pinlac** states that the event happened and ASI Presents covered it. If the Board of Directors is willing to provide funding, the money will be given back to ASI Presents.

**13 Ayes, funding APPROVED.**

14:27

D. ACTION ITEM - [ASI COVID Home Internet Service and Personal Cell Phone Reimbursement Policy](#)



The Board of Directors will take action on adopting the ASI COVID Home Internet Service and Personal Cell Phone Reimbursement Policy.

**Move** to adopt the ASI COVID-19 Reimbursement Policy by **J. Iheaso**, second by **M. Maamou**.

**E. Pinlac** states that under the California Labor Code, employees must reimburse for any necessary jobs. Because of shelter-in-place, there has been a strain on people's internet as well as cell-phone use. I have the total cost and the area I plan to take the budget from. The cell phone part will end in October since there is an application that staff members have downloaded. Once someone calls the office line, it is transferred to our cell phones. The internet service will be paid for until the end of the pandemic. I have budgeted until the end of the fiscal year, which is June 30<sup>th</sup>. The total amount is \$5, 970.00 and my proposal is to place it under supplies and services. This budget is mainly composed of office supplies and water service. The number is double what we expected and there is additional money coming in. If more supplies are needed, the budget can be reallocated during the mid-year budget review.

**14 Ayes, policy ADOPTED.**

**19:06**

**VII. NEW BUSINESS ITEMS:**

**A. DISCUSSION ITEM - Neolth Student Ambassadors**

The Board of Directors will engage in a discussion with a Mental Health Ambassador for the company [Neolth](#).

**Arielle Lingat** states that she is the School Outreach Subcommittee leader for Neolth. Neolth is a company that has a target of improving mental health, particularly for high school and college students. **Jasmine Brownlee** states that the company has its own digital platform to help students. Our committee strives to seek awareness for student mental health. Ninety-one percent of students feel overwhelmed and according to the CDC, one out of four students are suicidal. Fifty percent of mental health conditions begin at the age of fourteen and most are left untreated. Suicide is left the highest leading cause of death in fifteen and nineteen-year-old students. Mental health influences the entire world and different cultures have their own definition of mental health and what they consider an illness. The meaning of an illness is often associated with deep seeded attitudes and beliefs that a culture holds whether an illness is real or imagined. This concept can be viewed as a popular misconception. Stigma can also play a major role in a discussion on mental health. The World Health Organization describes stigmas as a mark of shame, disgrace, or disapproval, which results in an individual



being rejected, discriminated against and excluded from participating in a number of different areas of society. A stigma in one's culture can demonstrate heightened levels of anxiety. The stigma, various opinions, and perspectives on mental health can play a large role in an individual's coping style, treatment and family support. **Johnny Garcia-Ventura** states that since everyone is a student in an academic environment, it is important to discuss how academics and mental health relate to each other. We will discuss how mental health influences academic performance, the different pressures students face in school, and how school influences mental health. In a study done by the Suicide Prevention Resource Center, they noted that depression is associated with lower grade point averages and constantly occurring depression and anxiety can increase this association. Additionally, depression has been linked to dropping out of school. Other factors such as attention deficits and cognitive disturbances can affect scholastic development. Maintaining mental health is important, especially in regards to education. **Karen Kwan** states that school is stressful. There are many things that drive school related stress. We spoke to Dr. Claire Wheeler about some of the issues we face. It is a negative spiral for the academic system. Parents, and teachers are placing negative pressures on students. **Trisha Venkat** states that there are many ways in which school can affect mental health. Studies have shown that there is an upper dissociation between higher education and mental health issues. Psychological distress amongst students rises steady during the first semester of college and remains elevated in the second semester. Students are also exposed to different environments where social pressures are faced. At every level of education, students may face the need to fit in. School has been shown to affect physical health and lack of sleep has been a major health concern with students. Lack of sleep has been correlated to various mental health problems such as depression, anxiety, stress, and lack of focus. **Monique Quillopo** states that a major social relationship that most people take part in is with friends or significant others. A commonly observed trend among those with declining mental health is that social networks and groups were significantly reduced during this time. Many seek family members as a primary source of support. Since friendships become limited, those that suffer from poor mental health, tended to deal with social situations less effectively. This may be due to a fear of rejection from others or the stigma of mental health. In regards to relationships with significant others, stress and stigma were seen to be reciprocated from both partners. One partner would attempt to conceal their symptoms and causes stress and tension. The other partner would feel confused or frustrated by the inability to help. Mental health within the LGBTQ + community is an important conversation to have. Within the community, it is shown that mental health illnesses have been prevalent. Transgender students show elevated rates of mental health disorders. Two-thirds of transgender students suffered self-injury and more than one-third attempted suicide.



More than fifty percent of bisexual students reported suicidal ideation and self-harm along with twenty-five percent that attempted suicide. **Arielle Lingat** states that mental health plays a huge role in family relationships. This is something to discuss, since most students are using online learning platforms. Studies have verified that one-half of family members, particularly parents, develop large social and economical impact such as inconsistencies in sleep and depression. The unpredictability has placed stress on families as well as individuals. Families believe that they are to blame for their child's declining mental health. Parents stated that they have been obligated to resign from their jobs and refrain from pursuing other recreational events as a result of tending to their child's mental health needs. **Arielle Lingat** states that mental health may feel like an individual battle. Loved ones can play an important role of improving mental health. Something that we discovered through Mental Health America and the papers that have been read is that support is key. Parents can continue to watch their children and help them seek assistance from their pediatrician or mental care professional. **Monique Quillopo** states that treatment and care can come from different outlets. There are different resources such as school counselors, support groups, and therapists. As Neolth ambassadors, we would like to introduce our resource to promote mental health. Neolth is an online platform that offers on-demand and individualized mental health support to students. It offers self-guided activities such as meditation, journaling, cognitive behavioral therapy, and other activities to help support students. Additionally, there is a video library that provides access to different professionals and their thoughts on different topics. Through this platform, we want students to feel empowered to manage their own stress and health through technological devices. There is a video that shows students' review of Neolth. We hope that you all would look into the platform to gain a better idea of Neolth and the services it provides. We offer a referral code for anyone that signs up during this meeting. The program is free for two months. Hopefully this platform will be of use to everyone. With upcoming finals and stress, we want to emphasize how important mental health is and with Neolth, we hope it is a useful resource. By doing these presentations, we hope to break the stigma and foster positive mental health within students. **A. de Leon** states that mental health is important for students, especially during the pandemic. Why are you all passionate about mental health? **Arielle Lingat** states that mental health impacts people every day and with the many things going on in the world, we wanted to bring awareness to self-care and open up discussion. **Monique Quillopo** states that she has gone through her own personal mental health illness. Four years ago, I was diagnosed with major depression disorder and it was difficult. I am Filipino and there is a stigma on mental health. My parents did not understand my situation and I did not have a close relationship with them. Over the course of time, communicating with them helped them to understand that mental health is



real. I want to ensure everyone that they are not alone. I would not expect to be where I am today if it was not for the help I received. **E. Pinlac** asks how the individual and school memberships work. **Arielle Lingat** states that Neolth is projected towards individual memberships and the other membership is based on school outreach and networking. Even though we work with schools, each account is individualized and customized.

**Monique Quillopo** states that after the free trial, there is a monthly subscription, but student discounts are offered. I attend East Bay and I planned to reach out to the Dean or director of Health Services to see if there is interest in adopting the platform to better support students. Once the platform is adopted, students receive the help for free. As apart of East Bay, I am working to make the connections to better support everyone.

44:28

**B. DISCUSSION ITEM - Conference Student Travel Scholarship Edits**

The Board of Directors will discuss edits to the Conference Student Travel Scholarship.

**O. Shakoore** states that he had been reviewing the Travel Scholarship document and met with E. Pinlac. We decided that it would be a good idea to include virtual conferences to the edit for this year. The amount that would be given is \$250.00 and virtual conferences should not exceed that amount, but it can be taken on a case by case basis. If there are questions, feel free to ask. **E. Pamela Sanchez** states that CSSA pays for online conferences as well. I like the idea. **O. Shakoore** states that the virtual environment will be around for some time and it would be good to provide students with the accessibility needed to continue growing.

46:25

**C. DISCUSSION ITEM - Seed Funding Edits**

The Board of Directors will discuss edits to Seed Funding.

**O. Shakoore** states that there are no significant changes to the Seed Funding other than reapproving the document and reading it. This will allow clubs and organizations to have funding for next semester. I want to ensure that everything is ready and people have access to the Seed Funding money. Once approved, the form will be posted on Bay Sync and clubs and organizations will be able to receive more money.

47:41

**D. DISCUSSION ITEM - [Elections Committee Appointment](#)**

The Board of Directors will discuss the appointees for the ASI Elections committee

**E. Pinlac** states that the ASI Elections advisors, M. Hinrichs, James Carroll, Anjelica, James Carroll's graduate assistant, and himself, conducted interviews. There were about seven



applicants and they had to be narrowed down to five. Abhay Bilapatte and Kenneth Lefin were on the committee last year. We thought that moving into another year and being virtual, having experience would be helpful. They understand the timeline and the process. I hoping to not have a stressful election this year. Mary Katreeb is a communications major and transferred to Cal State East Bay. Her aspiration is to be a professor and her interview was strong. I was not there for the interview with Miriam Okekenta, but she would be a great asset to the committee.

**M. Hinrichs** states that Miriam is a commuter student and is interested in getting involved. She would like to gain experience and take on a leadership role. **E. Pinlac** states that Julia Nkansah is a commuter student and political science major. She had a great interview and wants to be involved. The candidates prioritized the roles they are interested in and they are listed. We have an idea of the positions, but we would like to convene as a group and discuss the details. With being virtual, it will be different and with this group, I am confident that they will run a strong election this year.

**50:53**

VIII. SPECIAL REPORTS:  
No Special Reports.

IX. ROUND TABLE REMARKS

**E. Pinlac** states that he would like to wish everyone a happy holiday next week. Next week is a break before finals and being with semesters, I am still getting acquainted with it. I know that you all will utilize the time to re-energize and study before finals. Most of the state has turned purple and we are at a high risk. Make sure to stay safe and spend time with loved one. Please rest before finals week.

**M. Lee** states that everyone should stay safe and be kind to each other. With great help from the student Senators, a controversial resolution was passed related to the censure of a professor. The professor published research that was considered to be flawed and racist. The nature was harmful to the students. I will be sending a copy of the resolution to you all. There will be a forum hosted by the Academic Senate, which the President has agreed to participate. It will be about anti-racism and the efforts being done by leaders on campus. E. Pamela Sanchez and I will on the panel and the President will accept our CFA chapter president. The meeting will be the Wednesday after Thanksgiving. The idea is to address institutional racism and receive feedback on it. This morning, there was a meeting with the Time Module Task force. Karen Parada brought up a concern in regards to having multiple exams on the same day. Having a policy would mean extending the exam time for two weeks, which may or may not be favorable to students or faculty. The policy is being worked



on and I am determined to work it through. I will send an email to all faculty to work with students to accommodate students that have more than one final on the same day. Students will be able to ask for accommodations as well. I will compose a list of student emails that are in that situation. I will be working on this during Thanksgiving break and I hope to report back to everyone at the next Board of Directors meeting. I will be more than happy to answer questions if there are any.

**M. Maamou** states that the Corona Virus talk with Dr. Pakpour will be happening tomorrow. Please help me to promote it and everyone is welcome. It is during university hour. I am excited for it and it will be great. I have another town hall happening the Monday after Thanksgiving break with Dean Singley. The town hall is to talk about finishing up the semester and what is happening within science.

**M. Hinrichs** states that December 4<sup>th</sup> is orientation for incoming students. There are over four hundred students registered for orientation. It would be perfect to ASI on Zoom during the virtual resource fair or during the Pioneer Zoom session the following week. I will email the information to everyone for sign up. The last portion of orientation is the Blackboard module, which opens on December 14<sup>th</sup>. Orientation is a three-part series. December 4<sup>th</sup> is the live session, Pioneer Zoom session will be December 11<sup>th</sup>, and the Blackboard Module will be on December 14<sup>th</sup>. These are all suggested to be completed by January 15<sup>th</sup>. I am happy to answer questions offline or in the chat.

**T. Engquist** states that the student survey did well. There were over five hundred and twenty responses. Right now, I am creating a PowerPoint of all the responses and it will be presented at the last Board of Directors meeting and to the Academic Senate. Currently, there are currently interviews for a new Dean for CEAS and the last interview is on Thursday. There is no student on the hiring committee and it is something I would like to work on. Students should have a voice on who the Dean should be. I am working with E. Pinlac to see if it can be made a future requirement.

**M. Lee** states that T. Engquist has a great point. A recent conversation I had with the Provost was for the need to hire a more diverse faculty and the expansion of search committees for students and faculty. It would be more likely to move along if pressure comes from students themselves. Thank you, T. Engquist for allowing me the opportunity to speak on it.

**E. Pamela Sanchez** states that everyone should stay safe. I put together an event with the Board of Trustees. We had faculty members that attended and SQE. It was an interesting conversation and the professor situation was mentioned. I have not been in a space with the Provost, until that event. Please come strong for the next meeting because there will be many resolutions that will need to be passed. If you have any events after Thanksgiving break, please send them to everyone by this week to promote the event.

**E. Pinlac** states that next week, he will be on vacation. If you need me, you can reach out to Kris Disharoon, who will be the main point of contact for ASI.





**K. Dhillon** thanks everyone for approving the resolution for this semester's meeting dates. I will be sending out calendar invites within the next week. In regards to the current situation in the College of Business and Economics, I would like to thank the students leaders who initiated those efforts. Their courage is very admirable.

**X. ADJOURNMENT 1:04 PM**

Minutes Reviewed by:

**Chair of the Board**

Name: Kabir Dhillon

  
Kabir Dhillon (Apr 22, 2021 12:27 PDT)

Minutes Approved on:

**12-2-2020**

Date:

