



**Jessica Jones**

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**November, 2018 Report**

Contribution hours: 154 hours

*Note:*

*This report is to be used for both the purpose of reporting to the ULSU but also Co-op so this document may contain a lot more reflection to fulfill my requirement for Co-op. This is used as a learning tool to explore the role to see where improvements can be made and also to improve my work ethic as a whole for my future career.*

**Mental Health Week**

So one of the things I've personally been working on was decompressing from the previous month and gearing up for the last of this semester and next semester. The Mental Health week lined up perfectly for me as I had the chance to think about my own personal health and it gave me the opportunity to help out Imogen wherever I could. I can't help but feel like this was the best Mental Health Week I've been in attendance for during my time at the university.

**Pronghorn Cheering Challenge**

So the first Pronghorn Cheering Challenge of the year was held on November 29th where we had our clubs participate against one another to cheer the loudest. As the first of three installments of the Pronghorn Cheering Challenge to ramp up for the Final National Men's Hockey Game in March 14th, 2019. I'm grateful that I got the opportunity to do this for 3 separate occasions as I'm learning a lot through each of these experiences. One of the main things I'd advise for future challenges is to assign judges to ramp up the crowd and to see which of the clubs has the greatest spirit and to determine the loudest clubs.



## *Office of the Vice President Student Affairs*

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### **Meetings Attended:**

GFC - November 5th

Clubs Council - November 7th

Executive Council - November 21st,

Preventing Sexual Violence Action Committee - November 8th

Legislative Review Committee - November 19th

Student Awards Strategy Committee - November 15th

General Assembly Meeting - November 21st



**Challenge (How Challenging this Position has been to this Point) 5/10 –**

November was a bit of a slower time for me for which I am grateful, it gave me a chance to ground myself and take things a bit slower again. I realize things are going to ramp up again but it's reassuring knowing I'm more than halfway done at this point.

**Skill Development (How My Skills Developed up to this Point) 6/10 –**

This month was a bit slower but it gave me a chance to find my centre again and practice some skills that I don't practice as much as I should with regards to stress management.

**Interest (My Interest in the Position) 7/10 –**

Now as I'm working towards getting Pronghorns Cheering Challenge and more varied events as we get towards Ender Bender, New Years Cab, Pronghorns Cheering Challenge and Sexy Week.

**Relevance (The Relevance to my Program/Major) 7/10 –**

I definitely see some relevance to the work to my degree as we had some focus on mental health this week as well as through some of my stress relief.

**Summary/Comments**

It was the quiet month but I'm grateful for it as I feel ready to face any upcoming events in the coming months.

Thank you for taking the time to review my report. If you have any questions, concerns, or complaints feel free to contact me at [su.studentaffairs@uleth.ca](mailto:su.studentaffairs@uleth.ca).

Cheers,

Jessica Jones

# Time Sheet

Nov-18

Total Work	Total Hours		
Month Hours	Worked	Regular Hours	Overtime Hours
154.00	143.50	143.50	0.00
Date(s)	Time In	Time Out	Hours Worked
11/1/19	9:00 AM	4:30 PM	7.50
11/2/19	9:00 AM	4:30 PM	7.50
11/5/19	8:30 AM	9:00 PM	12.50
11/6/19	Mental Health Day		
11/7/19	8:30 AM	4:30 PM	8.00
11/8/19	9:30 AM	4:30 PM	7.00
11/9/19	9:00 AM	4:30 PM	7.50
11/12/19	Reading Week - Worked From Home		
11/13/19	Reading Week - Worked From Home		
11/14/19	Reading Week - Worked From Home		
11/15/19	Reading Week - Worked From Home		
11/16/19	Reading Week - Worked From Home		
11/19/19	9:00 AM	7:00 PM	10.00
11/20/19	9:00 AM	5:00 PM	8.00
11/21/19	8:00 AM	4:30 PM	8.50
11/22/19	9:00 AM	6:00 PM	9.00
11/23/19	8:30 AM	4:30 PM	8.00
11/26/19	8:00 AM	4:30 PM	8.50
11/27/19	9:00 AM	4:30 PM	7.50
11/28/19	8:00 AM	5:00 PM	9.00
11/29/19	9:00 AM	10:00 PM	13.00
11/30/19	9:00 AM	9:00 PM	12.00