



# COUNCIL REPORT

UNIVERSITY OF LETHBRIDGE STUDENTS' UNION - ULSU.CA

<b>Jennifer Eseonu</b>	<b>Arts and Science Representative</b>	December/2021	Hours Contributed 16
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## CONSIDER REPORTING ON THE FOLLOWING

Goal Type:	Goals I'm pursuing	Meetings I've prepared for & debrief	Tactics on sharing SU event Information	Upcoming programs & services
Include for Each Goal:	Details on upcoming tasks I will be completing	Important dates/deadlines	People I will need to work with	Resources I might need to gather
Meetings & activities attended, people I've spoken with:	Reflect on what I've accomplished	Challenges I've encountered	How my work has impacted students in my constituency	Details on what I did & who I worked with etc. New tasks in my work plan

## LOOKING BACK

**NOTE:** Please give more details than the examples shown. If you have nothing to report in a particular line, just type in "Nothing to report".

### Hours Breakdown

*(Meetings, events and activities that I've attended in my role, with a breakdown of hours)*

During the month of December, I prepared for and attended a few meetings. These included a GA meeting and a ULSU bonding event at the zoo. Over the Christmas break, I spent some time brainstorming some ideas and different ways we could alleviate the stress on the mental health of students.

### Highlights and Reflection on monthly activity

*(Information of note, what went well, what did not)*

The meetings went smoothly this month. It was also my first time meeting a lot of the ULSU members in person and this helped me feel more integrated in the Student's union. During the break, I really considered the mental health of those around me, as well as my own mental health, and reflected on how the pandemic could be adding on to it. This pushed me to do some research and find some ways we could potentially help students alleviate this stress.

### Projects in Progress

*(Projects that I am currently working on, who I am working with, what resources do I require?)*

I am currently organizing my ideas for a mental health initiative. I want to send out weekly emails filled with optimism and tips to help students take care of their mental health. These emails will also include crisis help lines so it can be more accessible and available to those who may need it.

### Completed Projects

*(Projects that I have completed, what went well, what did not, and why)*

Nothing to report

### Challenges I've Encountered:

*(eg: I can't get volunteers, not enough funding, the equipment didn't work properly, etc.).*

Nothing to report

**Goals I've Accomplished this**

**Month:**

*(kept up with regular duties &/or accomplished additional goals)*

I was able to gather more hours to compensate for October's relative inactivity. I kept up with my regular duties and I believe I have found an exciting project that could be of use to many students.

**MOVING FORWARD**

**Current or Upcoming Tasks:**

*(upcoming activities or tasks I will be participating in or spearheading, possible timeline of completion, who will I be working with).*

I plan to set a meeting with our ULSU President, Holly, once I have the details of my project completely figured out to discuss the possibility of the project being implemented. I will also be reaching out to other members of the ULSU to see if anyone may be interested in working on the project with me.

**Goals for Next Month:**

*(What I would like to accomplish next month as a ULSU representative)*

I hope to have the weekly emails implemented before the end of January. I also plan to keep up with my regular duties, perfect my time management skills, and have an overall smoother transition into this spring semester.

**Important Dates/Deadlines:**

*(important deadlines related to my goals or position).*

Jan 18: GA bonding committee meeting  
Jan 21: GA meeting