



**ASSEMBLY MEETING  
January 9, 2014**

**Welcome:** The meeting was called to order at 3:00 pm by Sherry Phillips, President. Sherry thanked everyone for coming.

**Roll Call:** Roll was taken via sign-in. 16 representatives and 3 guests were present for the General Assembly meeting.

**Minutes Approved with no changes:**

- A motion was made to approve the December 12, 2013 minutes as submitted. The motion was seconded. The assembly unanimously approved the December Minutes.

**Sherry Phillips, President** introduced and welcomed our speakers:

**Speakers: Dr. Rebecca Kelly, Health Promotion and Wellness  
Jennifer Turner, Counseling Center**

**Dr. Kelly** shared information on Maintaining a Work-Life Balance and New Year, Healthy You. She explained the importance of living in balance and gave relevant examples for how our lives can quickly get out of balance. Spoke about UA's wellness program, the different club levels, (Crimson, Gold, Silver, and Bronze) and the progress of the annual screenings. 1 in 3 at UA participates in the annual screenings and everyone that participated improved in their health from the previous year. She promoted Strive for 5 Program coming up later this month. She encouraged us to think about goals for the new year and shared a Wellness Wheel model. For more information regarding Health and Wellness see link: <http://wellness.ua.edu/>

**Jennifer** shared handouts on *How to Manage Distressed Students*, *How to Refer A Student*, and *Overview of the Counseling Center*. She gave excellent examples on how to deal with students who may be out of control and reminded us that we can always call UAPD whenever a situation becomes uncomfortable. The Counseling Center provides psychological crisis help, as well as services for alcohol and drug abuse. The Counseling Center may see a student up to 15 times in a semester or only once. Number of sessions will depend on individual needs. For more information on the Counseling Center see link: <http://counseling.ua.edu/>

**Sherry Phillips, President** welcomed our prospective members and allowed them to introduce themselves. We did not have a quorum to vote, so an e-mail vote will be taken to add new members. Prospective members: Kimberly Jones, Rina McCormick, Wescott Youngson, Tricia Lowery, and Cassie Schultz.

## **UA Standing Committees Report:**

- Committee on University Committees: Next meeting will be February 2014.
- Campus Master Plan: No report
- Student Health: No report
- Equal Opportunity: No report
- Parking: No report
- Intercollegiate Athletics: No report
- Information Technology: No report
- International Education: No report
- Rec Center: No report
- Faculty Staff Benefits: No report.
- Professional Staff Assembly: No report
- Safety and Security: No report
- Libraries: No report
- Student and Campus Life: No report
- Undergraduate Programs: No report
- Faculty and Staff Benefit: No report

## **OCTSA Committee Reports:**

### **Service/Outreach Committee-**

- OCT SA donated 95 coats and PSA donated 83 coats for a total of 178 coats for the Coat Drive. Lots of outerwear items were also donated. Coat Drive was considered a successful project.

### **Staff Life Committee-**

- Parking Services advised that 323 of the 3677 permits issued were for Faculty Staff Reserve Lot Permits. We will still need to know the breakdown on the number of green permits purchased by those in the salary range above \$50,000 and those making less than \$50,000.
- Waiting for result of Survey questions regarding childcare, summer day camp programs, and Bama Dining.
- Joining with PSA in gathering research regarding supervisors who may not be supportive of employees furthering education.

### **Professional Development Committee-**

- No meeting

### **Communications & Public Relations Committee-**

- Still working on getting the notecards printed.

### **Ad Hoc Committee-**

- Survey deadline will be January 15, 2014

Meeting dismissed.

**Next Meeting: February 13, 2014**