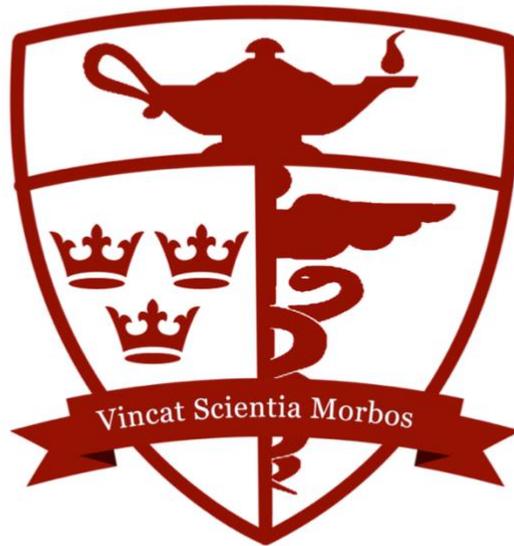


Nursing



Science Society

– Assembly Meeting –

January 23rd, 2019

McLaughlin Hall, JDUC



Agenda

1. **Motion #1** – Approval of the Agenda of the meeting of January 23rd, 2019
2. **Motion #2** – Approval of the Minutes of the meeting of January 9th, 2019
3. Speaker's Business
4. Guest Speakers
 - a. AMS Executive Candidate
 - b. Budget Presentation 2019
5. President's Report: President Julia Kruizinga
6. Vice President's Report
 - a. Vice President, Operations: Deborah Wang
 - b. Vice President, University Affairs: Victoria Schoular
7. Statements by Members
8. Question Period
9. Business Arising from the Minutes
10. New Business: New Motions #3-6
11. Old Business
12. Discussion Period
 - a. Clean Air Policy
 - b. NSS History
13. Closed Session

14. Speakers Closing

15. Adjourn



Motion Sheet

Motion #1 – *That NSS Assembly Approve the Agenda of January 23rd, 2019.*

Moved By: Deborah Wang

Seconded By: Julia Kruizinga

Motion #2 – *That NSS Assembly Approve the Assembly Minutes of January 10th, 2019.*

Moved By: Deborah Wang

Seconded By: Julia Kruizinga

Motion #3 – *That NSS Assembly approve the Social Issues Goal Plan Goal Plan for the 2019 school year as written in Appendix A.*

Moved By: Marina Scott

Seconded By: Julia Kruizinga

Motion #4 – *That NSS Assembly approve the Events Goal Plan for the 2019 school year as written in Appendix B.*

Moved By: Sabrina Smith

Seconded By: Julia Kruizinga

Motion #5 – *That NSS Assembly approve the Academics and Professional Development Goal Plan for the 2019 school year as written in Appendix C.*

Moved By: Michaela Patterson

Seconded By: Julia Kruizinga

Motion #6 – *That NSS Assembly approve the Health and Wellness Goal Plan for the 2019 school year as written in Appendix D.*

Moved By: Jennie Riddell

Seconded By: Julia Kruizinga

The President of the Nursing Science Society

Report to Assembly

Julia Kruizinga

president@nss.queensu.ca



Hello lovely NSS members,

I hope you are enjoying getting back into the swing of things with classes and the semester picking up. Likewise, I hope you are staying warm with this burst of cold and snowy weather. I am happy to report on the following items:

Awards Information Session

Thank you to all who attended the RNFOO awards session last week and those who helped to promote the event. We had a great turnout from a variety of years of students and I will continue discussions with the Awards committee on how we can continue to promote and engage with undergraduate nursing students about eligible nursing awards and scholarships. If you have any feedback from the session, I'd be happy to pass that along to the Awards Committee.

JDUC Redevelopment Fee

As you would have seen by now, the JDUC redevelopment fee was passed on January 18th, 2019. Voter details and the official statement can be found here: http://myams.org/results-of-2019-special-referendum-on-jduc-redevelopment/?fbclid=IwAR1dwVxzeK8MOAkNr3dYndMQiTFNuoBb4j_5w5aUS5bGzXDsqkLY7sBg. Thank you to those who participated and were engaged in either voting, sharing your opinion or encouraging others to vote. There will certainly be a lot of work ahead in terms of planning and continuing to engage with students about the project and I look forward to keeping you informed of this large undertaking.

Curriculum/Directorship Committees

Curriculum committee met on January 11th and the Directorship Committee meets on January 21st. Curriculum committee has been hard at work reviewing courses and developing and revising policy and a few of our items of attention will be brought to the upcoming SONAC meeting towards the end of January.

NSS Feedback Survey

We have been receiving many students feedback through the NSS feedback survey and will be keeping the survey open until Friday, January 25th. Please encourage all students to fill out this survey. The survey does not take much time to fill out and is extremely beneficial in our abilities to advocate and learn about student's opinions for this upcoming year.

AMS Elections

Please be aware that AMS and Undergraduate Trustee campaigning will begin this Monday, January 21st. I would encourage you all to stay engaged during election season and to do your research over the course of the various campaigns.

Executive Meeting

The executive team met this past Friday and had a very productive meeting about this upcoming semester, finalizing budget requests, discussing how we can best improve advocacy and communication this year and planning for a few exciting projects in the near future, which we will be happy to share with you all in the near future, so stay tuned.

AMS

This past Thursday, January 17th, Victoria and I had our first AMS assembly. With the winter referendum and elections approaching, ratification of the respective individuals and teams running for AMS/Undergraduate Trustee positions occurred and fees to be slatted for the winter referendum were approved. In addition, we had OUSA speak on behalf of the advocacy work they do for Queen's and what their strategic plans are for this year.

University District Survey

Please take 5 minutes to fill out this survey, and we will distribute it likewise to nursing students seeking to give feedback on the University District Safety Initiative. It will be integral to the evaluation of the University District Safety Initiative, and they are seeking feedback from all students on their perceptions and experiences with the Initiative. The survey will close January 31st. Just follow this link for more information and the survey: <https://www.surveymonkey.com/r/UniDistrict1819>.

As always, please feel free to reach out to myself or one of the other Executive team members at any point, we are always grateful to help you or point you in the right direction. We're so excited to see what this semester brings and make sure that you are well supported in your roles. Make sure to take care of yourselves as well as those around you.

Vincat scientia morbos,

Julia Kruizinga

NSS President 2019

The Vice President, Operations

Report to Assembly

Jia-Shiuan (Deborah) Wang

vpops@nss.queensu.ca



Hello everyone!

Despite the weather in the past few days leaving us cold to the bone, I hope the week has been treating you well. As a word of encouragement and a word to ponder upon: commitment. Although its only week 3, I know it is already a busy season, so with various activities, events, and school, it is also good to think about what your priorities are and work to achieve your (SMART) goals! Great start everyone, and I look forward to steady progress, and a satisfying result 😊

Health Sciences Library Advisory Committee – Wednesday, December 5th, 2018

Though held more than a month ago, the meeting went as usual. Discussed about enhancing citation resources for student access, and databases and journals that would continue to be purchased or new ones to purchase in light of student need.

For greater accessibility, the library interface will change as of December 10th, 2019.

If there is any feedback at any time regarding the Health Sciences Library services, atmosphere, or related items, please feel free to reach out to me and I will gladly take note and bring it as a point of improvement and feedback to the committee.

Alma Mater Society Presentation on JDUC Revitalization – Friday, January 11th, 2019

The executive team and I had the opportunity to receive a presentation about the JDUC revitalization project and understand in greater detail its vision, purpose, timeline, and architectural construct. JDUC's newly designed structure will become more accessible with several ramped entrances, and have its services strategically placed, such that Wellness would be accessible however nearer to the back for confidentiality, club space would increase, and more.

Budget

The budget has been in the works since the beginning of the semester and is well underway. The following is the link to access the tentative budget upon which we will confer and modify if necessary. Hopefully, it reflects the needs of the nursing community and the vision to which we desire to strive.

<https://docs.google.com/spreadsheets/d/1ly1D5dPVNC3ZNPuhfa5v9ZjtIUFi473QufL3rJKBIGE/edit?usp=sharing>

Upon accessing the link, please bring your attention to the bottom left corner and select the middle of the three tabs entitled “2019 Budget”. Here the budget is laid and hopefully it is clear. Any misunderstandings or clarifications will be given during the meeting.

Vincat Scientia Morbos,

Sincerely, Jia-Shiuan (Deborah) Wang

The Vice President, University Affairs

Report to Assembly

Victoria Schoular

vpua@nss.queensu.ca



Hi Everyone!

I hope you have all had a great week 3 so far! We're almost a quarter of the way through the semester (which is kind of scary but also exciting)! I just have a few friendly reminders and new updates for this week!

Nursing Newsletter

- Thank you to everyone who has already sent me information posts to share in different groups on Facebook. I encourage you all to keep doing this. I also wanted to share that if there are specific events or news that you would like the reach the whole Nursing Faculty (who may not have Facebook), I will forward this information to go into the weekly Nursing Newsletter. With this I need to receive the information by Thursday in order for it to make it into the newsletter on Friday.
- Also a reminder, if you are sending me posts/pictures to share please attach a brief caption or description to go with it.

Headshots

- Thank you to everyone who made it today for headshots pictures. When I receive these I will make sure to share them with all of you 😊

Intern Project

- In the upcoming weeks I will be starting a new intern project with the VP UA Intern (Nathaniel) that will involve getting information from all of you to start individual bios. We will be asking you a couple questions about yourself and attaching your new headshots pictures to it so everyone can meet all of our wonderful council members!

Feedback Survey

- This week we sent out a feedback survey to all Nursing Students to help us improve the way we communicate with students and how we can better fulfill their requests. I highly encourage each of you to participate in the survey and share it with your Nursing friends. When we get the results we will be sure to share them with everyone!

Thank you for listening, I hope you all have a great rest of the week! 😊

Victoria Schoular



**The Presidential Intern
Report to Assembly**

Jenna LeGrow

intern.president@queensu.ca

Hello NSS!

- This past Wednesday Oliver, our videographer, came to the 202 OSCE practice lab and got some shots of some of the first years practicing their vital signs
- We are almost finished all of our shots
- Waiting on the weather to cooperate for final outdoor shots

Vincat Scientia Morbos,

Jenna LeGrow

Presidential Intern

**The Vice President, Operations Intern
Report to Assembly**

Azra Jeraj

intern.vpops@nss.queensu.ca



Hello Everyone,

Hope you all had a good weekend!

The following is my report:

- We held our office hours and outlined our plan regarding our promotion video
- We reached out to Laura Stephens to get permission to film during 1st-year practice labs
- Our videographer got some great footage of these labs, and we even had some 1st-years arrive in their scrubs!

We plan to film further shots (hopefully before the next meeting), provided that the weather cooperates with us. The remaining scenes are all outside.

Thank you,

Azra Jeraj

The Vice President, University Affairs Intern
Report to Assembly
Nathaniel Gumapac
intern.vpua@nss.queensu.ca



Hello assembly,

- We filmed one of our last shots for our video: Our last major shot would be filmed when the weather is less inclement
- It may be filmed sometime in March, it'd be at Summerhill/outside of KGH
- Unfortunately, I couldn't attend the JDUC renovation meeting, but I was informed of the proceedings and I'm glad the referendum went through
- Whatever is in this report will probably be doubled over in my fellow intern reports %

Thank you,
Nathaniel Gumapac
Intern to the VPUA

Student Senator

Report to Assembly

Alex Troiani

senator@nss.queensu.ca



Greetings Assembly,

SCSSA meeting

- Updated/revised/discontinued awards
- Ontario government funding changes

NSS Historical Members

- ~~-Met last summer with Wayne Pender of the AMS to review historical documents, looking for contact information/names of nursing students who have been a part of the NSS~~
 - ~~o Could not find much information~~
- ~~-Will now start an email chain containing a Google Doc~~

Best Regards,
Alex Troiani

Academics and Professional Development Commissioner Report to Assembly

Michaela Patterson

academics@nss.queensu.ca



General

- Wednesday, January 9, 2019
 - Met with predecessor to fill any gaps of knowledge
- Meeting with Marina on January 25th in regards to OSCE workshop over the weekend
- Updated Professionalism board in Cataragui building
 - Adventure Valley
 - Research Opportunity

Dates for Midterms and Potential Study Buddy Dates

- MICR 121 → February 4, 2019
 - Study Buddy Session → February 1, 2019
- N202 Final OSCE workshop → April 18, 2019
 - Study Buddy Session → April 15-16, 2019
- Things to do
 - Confirm which study buddies will tutor and dates that will work for them
 - Book rooms once buddies confirm

Awards

- Creating PowerPoint containing the various awards and their descriptions
- Creating Google Poll
- Will get both approved by Exec
- Aiming to get PP and Poll sent out by week of February 3, 2019

Elective Mingling Events

- Hoping to have the event in March
- To do: Fill events form, book rooms, snacks

AMS Academic Caucus Meeting

- First meeting of the semester February 1, 2019

Health and Wellness Commissioner

Report to Assembly

Jennie Riddell

healthandwellness@nss.queensu.ca



Greetings Assembly,

OSCE workshop

The social issues commissioner and I have exchanged an email in regard to running an OSCE workshop before the first years first OSCE. I explained my interest in attending and demonstrating some self-soothing strategies to calm and empower the nursing students before and after their practical exam.

Pre-exam Mental Health Panel

I met with a member of Queen's club *Elephant in the Room* to start organizing a panel open to numerous faculties at Queen's for a mental health night before winter 2019 exams. We discussed the possibilities of expanding the night beyond mentioning stress coping, anxiety and depression, and additionally talking about other mental illnesses that are often overlooked such as schizophrenia. Ideas we discussed included having mental health resources at Queen's attend, students to share their journey's and the possibility of bringing in a mental health nurse to discuss the different approaches a hospital health care team takes in treatment. The member will be discussing our ideas at their club meeting this Sunday January 20th.

Sharing and Connecting

To reach more nursing students, before they start struggling. I plan to discuss with Victoria either starting my own NSS Health and Wellness page or sending her material to post on nursing students health and wellness behalf. Things that I would plan on having on this page include having nursing students explain their experience in the program and their stories, inspiring quotes, motivational videos, and tips on how to fill your energy banks (releasing energy and endorphins).

I look forward to the next meeting,

A handwritten signature in blue ink that reads "JRiddell".

Jennie Riddell

Social Issues Commissioner

Report to Assembly

Marina Scott

social_issues@nss.queensu.ca



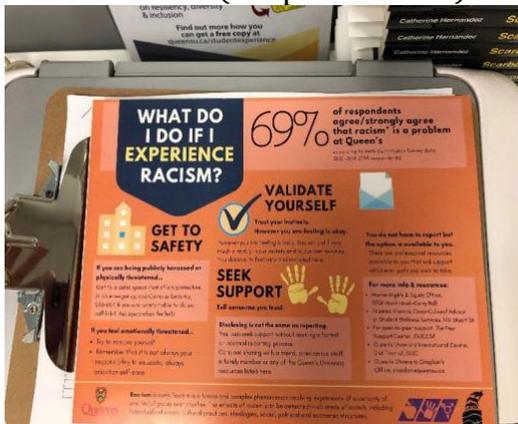
Greetings Assembly,

Event 1 Update and Motion for Event:

I would like to propose AMS Social Issues Commissioner, Myriam-Morênikê Djossou. Be guest Speaker at an NSS Assembly meeting and provide Anti-Oppression training, which be a 1 hour training session. Additionally, I propose that it occur 30minutes prior to our current meeting time of 7pm with the date being selected by a poll to all NSS assembly members.

Equity Caucus Meeting Update and Motion:

- **Future Goals:** We discussed providing students with a resource that highlights the both faculty and university-run/club organizations associated with the LGBTQITT+ community.
- **Discussion Items:** The use of alliances within various social issues organizations, serving indigenous students and populations, including correct terminology, summaries of some of the current projects offered by various organizations, and promoting the Out for Undergrad conference for LGBTQITT+ individuals interested in marketing, business, engineering, and tech occurring in Fall 2019.
- **Motion:** I propose to post in the NSS office and NSS lounge signs made by Queen's Alma Mater Society about what students could do if they experience or witness racism (see photo below)



Orientation Week Information Update:

I have made a graphic available (see photo below) to students outlining some of the current opportunities available to nursing students to become involved with Orientation Week. The graphic has been reviewed by Caitrionia Buckley and is currently Victoria Schoular, Vice President of University Affairs with the plan to be posted to the Nursing

Science Society Facebook page and shared with nursing classes that are not currently graduating in either Winter 2019 or Summer 2019.



Peer-Support Update:

I have met the Assistant Manager of the Peer Support Centre, Carolina Navas. She has informed me that she is responsible for the Peer Support Centre training. I am currently in contact with her about training options. After speaking with fellow members of the NSS, I am planning to take this training by Fall 2019 and then be an additional resource for students. Although I am aware that other members of the NSS have this training, I feel that this training directly relates and would help me to better to fulfill with my responsibilities to be resource for students for concerns pertaining to human rights and social issues.

Best Regards,

Marina Scott [she/her/hers]
Social Issues Commissioner

Events Commissioner

Report to Assembly

Sabrina Smith

events@nss.queensu.ca



CNSA Official and Associate Delegates

Report to Assembly

Amy Rowe & Remi Grnak

cnsa@nss.queensu.ca



Head Cape, Nursing Orientation Week

Report to Assembly

Mackenzie Peirce

nursingorientation@ams.queensu.ca



Hello hello!

Oh wow a lot has happened! Here are some highlights:

Fundraising:

Capes and NOC are still selling chocolate bars and 50/50 tickets! The 50/50 draw will be taking place sometime in the next week, so if you are interested in purchasing a ticket, let me know. There are still tons of chocolates (currently in my basement), so also let me know if you'd like to purchase any! Our first bottle drive was a huge success (shout out to everyone for bearing the major COLD)! We are hoping to hold our silent auction early March, and have at least one more bottle drive coming up! A huge thank you to Georgia for coordinating all of this.

Social:

We have our first welcome back social with the Capes on Thursday January 24th to check in and see how everyone is doing, and help them get settled in to second semester. Our Social committee and Nicole are working hard on figuring out any alterations that they think would be beneficial to make for Orientation events.

Handbook:

Our handbook committee and coordinator Alana are working hard on creating a super wonderful fantastic handbook! The theme has been chosen but sorry, it's secret! Every handbook member has been trained to use the handbook software and has started on their pages. NOC and Cape headshots have been planned for January 25th, and are being taken by our own Health and Wellness Commissioner, Jennie Riddell.

Academics:

Ali and the Academics committee are working on looking at the resources they think would be most beneficial to highlight for the incoming students.

Logistics:

Shout out to Steph and Leigh for driving the U-haul for the bottle drive! Steph, Leigh myself and Carlos from Frec Committee have been meeting to go over the events for Thundermugz and think about any alterations we can make. We will start filling out event forms soon for all events and those are due on February 24th.

Secretary/Treasurer:

Christine has been doing an amazing job at keeping track of finances and looking into ways to save money along the way. Deborah, Christine and myself will be meeting on January 20th to go over the proposed budget for Orientation Week.

Head Cape:

I had a very positive meeting with Cheryl and Dr. Medves to go over expectations and concerns for Orientation Week, and they would love to meet with all of NOC soon. Our first Orientation Roundtable Meeting of the new year took place on January 16th and it was lovely to meet executives from other faculties and see what they are up to! ORT Executive Training is taking place on February 3rd (NOC is so excited) and ORT Leader Training is taking place on March 23rd (the Capes are so excited)!

AST NOC:

AST NOC interviews are on January 26th. Tanisha from AST NOC 2018 will be joining the panel! Applications are due on January 23rd so please spread the word to all your AST 3 friends to apply.

As always, my office hours are from 12-2pm on Wednesdays, and I would LOVE to hear any ideas or feedback you have towards Orientation Week. Thank you to Marina for meeting with me and discussing her ideas, it was super appreciated!

Hope everyone has had a great start to the semester!

Mackenzie

Director of Global Health

Report to Assembly

Ali Daschko

16ad74@queensu.ca



Hello everyone,

I am meeting with two first years on Sunday who are interested in helping my Global Health Initiative with the other faculties.

Other than that, I am trying to find a day that works for everyone!

Thank you,

Ali Daschko

Global Health Director

Year 1 Class President

Report to Assembly

Nathaniel Gumapac

17nnpp@queensu.ca



Hi everybody! Here's a rundown of what we accomplished these past two weeks:

- Finally got our bank card! We set it up, need to receive our yearly operational budget (we had our photobooth event, one of the class council needs to be reimbursed for
- Need to ask Year 2 about Merchandise sales: if they're going to happen
 - Also if so, would "red hot" sweatpants get approved for sale?
 - Honest opinion (be honest to us silly ~~fresh~~-incoming students) if it's feasible
 - We would like to know about ways to sell merchandise to other incoming students; what works best --- current idea is lanyards
 - "Red Hot" Toques during 2nd semester next year? Significantly less suggestive and actually functional
- New Almost Home fundraiser plan:
 - Superhero Run-a-Thon, sort of relay-for-life style
 - Fundraising teams of 4, prizes for teams (try to acquire donations)
- We may also do a Nursing skating event within the next month (hopefully it isn't freezing)
 - I'll put in an event request form for that
 - Is annual Nurse/Eng skating an all years event?

Thank you,

Nathaniel Gumapac

Year 1 Class President

Year 2 Class President

Report to Assembly

Nicole Burgess

14nckb@queensu.ca



Hello everyone!

Happy January!

Scrubs, Stethoscopes, and BP Cuffs:

All delivered at last!

Events:

- Class council meeting on Wednesday to discuss class events as well as merchandise!
Have a great week!

Vincat Scientia Morbos,

Nicole Burges

Year 3 Class President

Report to Assembly

Caitríona Buckley

caitriona.buckley@queensu.ca



-
- **3rd Annual Eng & Nursing Skating in the square**
 - Wednesday, January 30, 2019 from 7-9pm
 - Waiting for AMS sanctioning form to be approved before advertising
 - Graphics and event page complete and ready to be posted
 - **Yearbook**
 - In contact with Elsevier and beginning planning for our yearbook
 - **Committee Meetings**
 - Formal, Pinning, and Yearbook committee meetings begin at the end of the month
 - **Class social**
 - We are hoping to do a “Just Dance” social for our class at the beginning of february

Year 4 Class President

Report to Assembly

Audery Kim

a.kim@queensu.ca



AST Year 3 Class President

Report to Assembly

Julia Leader

13jls6@queensu.ca



AST Year 4 Class President

Report to Assembly

Tracey Davison

16trd1@queensu.ca



Hello Everyone,

The following are the updates for the AST'19 Class Council:

- 1) Formal Committee
 - First meeting will be held Thursday January 24th at 1130 am
 - Will be dividing out tasks
- 2) Potential Events/Fundraisers
 - Class photo
 - Tea and cookies with faculty

Tracey Davidson

AST4 Class of 2019 President

Social Issues Commissioner Goal Plan 2019

Portfolio:

1. Network with other Queen's University social issues groups as well as organizations such as the Mental Health Awareness Committee (MHAC), to formulate a collective body of knowledge concerning present social issues.
2. To organize and promote at least one social issues event each semester.
3. To promote social issues events that are taking place at Queen's University
4. To attend and participate in the Equity Caucus run by the Social Issues Commissioner of the AMS, to promote diversity across campus and within the school of Nursing.
5. To organize a stress relief initiative or event for nursing students during each semester of his or her term.
6. An event or initiative that raises awareness for current and/or emerging social issues amongst nursing students during each semester of his or her term
7. To act as a resource to students when approached with a matter of concern pertaining to Human Rights and Social Issues, in conjunction with the NSS Executive and in consultation with The Queen's Human Rights Office.
8. To produce a written transition manual to the incumbent Social Issues Coordinator

Year Events:

Event # 1(Social Issues Awareness Event): Equity Based Training for NSS

UPDATE: I have spoken with the AMS Social Issues Commissioner, Myriam-Morênikê Djossou. She has offered to be a Guest Speaker and is available to attend NSS meetings. She can provide an Anti-Oppression training, which would be a 1 hour training session and any individual who was a Orientation Week Leader or Executive would have received. Or she can give a new 1.5 hour session called Awareness and Intervention Training Workshop, which discusses stereotypes, discrimination and similar topics to the anti-oppression training. I was hoping that the Equity Based Training for the NSS could occur at a NSS meeting.

Description: An equity based training program for members in the winter semester for NSS members. Number of sessions will be dependent on participant and presenter, but will ideally take place on over two days. The goal of this event is to provide students on the NSS with an awareness of current social issues present on campus. Focus will be dependent on the poll selection of NSS members but could address areas including cultural safety and awareness, anti-oppression, , accessibility, bystander intervention, and accessibility, and will also try to have relation to the field of nursing.

Timeline:

Booking of Training: Completed by January 31, 2019

Training Sessions: Completed by February 28, 2019 (Dates will be dependent on participant availability)

Projected Cost: \$0 (potential expenses if snacks are to be provided at the trainings)

Implementation:

Note: Implementation will vary if proposed option of having Equity based training during NSS meeting

1. Determine the training sessions of most interest (polling conducted at NSS meeting)
2. Confirmation of selected training sessions at NSS meeting
3. Determine the best time to request the training (polling conducted at NSS meeting)
4. Contact the respective offices that run these training sessions.
5. Confirm dates of the training with NSS.
6. Rooming bookings

Equity Based Training Offered at Queen's: (Note: *** indicates training that I have attended and/or that I more familiar with)

- ***Anti-Oppression Workshop: This is an over-arching training that focuses on using anti-oppressive language and engaging in anti-oppressive behaviour.
- ***Anti-Stigma Training: This is a training program run by Student Wellness Services that teaches students how to recognize and respond to mental health problems. It aims to increase awareness and reduce stigma that is associated with mental illness.
- Anti-Discrimination Training: This is offered through CARED and focuses on discrimination and racism. It is a new program introduced last year and I would have to speak to the team to look more at information provided in this training. **UPDATE: currently not being offered**
- ***Accessibility Awareness Training: This training session is offered through the Equity and the Human Rights Offices and provides students with education about making events accessible for all students.
- ***Bystander Intervention Training: This is a training session that aims to provide students with the tools that they need to recognize and respond to sexual violence.
- Cultural Safety Training: This is a training session lead by Four Directions to remove the power indifference from interactions with Aboriginal people and encouraging individuals to self-reflect and work towards building empathetic and collaborative relationships. I am unfamiliar with this program so I would have to look further into how to organize the training.
- ***Intercultural Awareness Training: This training session is offered QUIC and provides foundational information to global cultural differences and provides students with tools to better support international students.
- ***Kairos Blanket Exercise: This is an exercise is lead by Four Directions to better understand the history of the Indigenous peoples in Canada.
- Positive Space Training: This is a certificate based program that aims to create a welcoming space that is free of all oppressive behaviours including harassment and discrimination based on gender expression, gender identity, and sexual orientation. I am unfamiliar with this program so I would have to look further into how to organize the training.
- SafeTalk: This is a certificate based program and does cost some money. It is a half-day alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The focus is on becoming comfortable with asking someone if they are thinking of suicide and helping them link up with appropriate resources. I am unfamiliar with this program so I would have to look further into how to organize the training.

Event # 2(De-stressing Event): De-stress with NSS!

UPDATE: I will be coordinating with Canadian Nursing Students' Association Official Delegate, Amy Rowe and Canadian Nursing Students' Association Associate Delegate, Remi Grnak for the planning of this event, as they have planned a similar event in Fall 2018. I will be also requiring their support to help bring in dogs for the event.

Description: A fun destressing night at the end of the semester that will function similar to the distress night that occurred last year. There will be few activities including colouring, bracelet making, legos, and a photo booth available to help nursing students destress before the end of the semester. I am aiming to hopefully bring dogs in for the event as well through working with Amy Rowe and Remi Gnark due to their previous experience. Additionally, there will be baked goods and goodie bags that students can place a few items in to take home. The goal of this event is to provide nursing students with an opportunity to de-stress before the winter term exam season.

Timeline:

Room Booking: Completed before February 22, 2019

Date of Event: Sometime between March 20 and March 28, 2019

Projected Cost: \$60

Baked Goods, Photo Booth Props & Goodie Bag Items

Baked Goods: \$30

Photo Booth Items: \$15

Goodie Bag Items: \$15

Implementation:

1. Confirmation of room booking (likely room in JDUC)
2. Organization of food for event
3. Confirmation of dogs (potentially)
4. Advertise drop-in date through NSS Facebook page
5. Make gift bags for students
6. Day of Event: pick up food & goodie bags, set-up and clean-up of space

Event #3 (De-stressing Event): Fundraising Movie Event

Description: The goal of this event is to provide nursing students with an opportunity to de-stress at the beginning of the fall semester. In addition it will allow an opportunity for nursing students to meet other nursing students from different years. Either funds or non-perishable food items will be donated to either the AMS Foodbank or a local Kingston foodbank and amount will be determined in collaboration with NSS Assembly members. A poll will be posted in the NSS Facebook page as well as shared to the classes Facebook pages to determine the movie being showed.

Timeline:

Room Booking: Sometime between September 16 and 27, 2019

Date of Event: Sometime in early October 2019 (voted on by students through polls in respective class Facebook pages based on overall majority)

Projected Cost: \$50

Snacks & Drinks (ex. popcorn, soft drinks, chips, etc.)

Implementation:

1. Conversation with charitable organization, likely AMS foodbank or other foodbank in Kingston about preference of money or non-perishable food items
2. Confirmation of room booking (either room in JDUC with projector, NSS lounge or lecture hall)
3. Organization of food for event

4. Conversation with charitable organization, likely AMS foodbank or other foodbank in Kingston about preference of money or non-perishable food items
5. Confirmation of room booking (either room in JDUC with projector, NSS lounge or lecture hall)
6. Organization of food for event
7. Advertise drop-in date through NSS Facebook page (admission is set at a minimal donation and includes food with admission and all proceeds with go charitable organization) (consider a poll for the movie to screen)
8. Day of Event: pick up food, set-up and clean-up of space
9. Bring either non-perishable items or money to charitable organization

Event #4 (Social Issues Awareness Event): Self Care Workshop (Collaboration with Health & Wellness Commissioner Requested)

Description: A event that was originally planned by the previous Social Issues Commissioner that involves providing education to all nursing students about self care. The workshop consists of presentation by Beth Blackett from Student Wellness Services followed by panel of students discussing ways in which they have found helpful for self-care with clinical, school, and life. Additionally, a contingency plan could involve a presentation received in NURS 325 from Jennifer Dods that discusses Self Care for nursing students. The goal of this event is to provide students with an opportunity to become familiar with resources to support their mental health as well as education about self-care strategies prior to exams in the Fall semester.

Timeline:

Room Booking: Sometime between October 1 and 15, 2019

Date of Event: Sometime between October 20 and November 8, 2019

Projected Cost: \$0 (unless food will be provided at the event)

Implementation:

1. Conversation with previous Social Issues Commissioner for Contact Information of Beth Blackett from Student Wellness Services
2. Contact Beth Blackett to arrange for presentation and coordinate students for the panel portion of the workshop
3. Confirmation of room booking (either room in JDUC and projector or lecture hall)
4. Advertise drop-in date through NSS Facebook page
5. Day of Event: set-up and clean up space

Responsibilities & Interested Projects/Initiatives:

- **Equity Caucus Meetings:** Attend the AMS council biweekly meetings that discuss school-wide initiatives. Ensure that the social issues commissioner email is working to get dates of the meetings. It will provide an opportunity for me to meet individuals also working on social issues and perhaps allow for inter-faculty events. I also want to meet the current AMS Social Issues Commissioner, Myriam-Morênikê Djossou.

UPDATE: I have met with the current AMS Social Issues Commissioner, and I am planning on attending the biweekly Friday meetings.

- **Peer Support Centre for Nursing Students by Nursing Students (Collaboration with Health & Wellness Commissioner):** The previous Social Issues Commissioner stressed in her transition manual the need for a counsellor available through the school of nursing. I am hoping to initiate in collaboration with the Health and Wellness Commissioner a program similar to the Peer Support Centre to try to better support nursing students until an embedded counsellor can be hired. It is important to ensure confidentiality if this program is implemented, and I would like to speak to the current AMS Peer Support Centre Manager about confidentiality, as well as the training provided to students who currently work there. Through collaboration with the people I have mentioned above as well as members of the NSS, I am hoping over the winter semester to establish a plan of action for implementing this program in the fall semester.

UPDATE: Plan to meet with the Assistant Manager of the Peer Support Centre, Carolina Navas about training options. She has informed me that she is responsible for the Peer Support Centre training. I plan to take this training by Fall 2019 and then be an additional resource for students. Although I am aware that other members of the NSS have this training, I feel that this training directly relates and would help me to better to fulfill with my responsibilities to be resource for students for concerns pertaining to human rights and social issues.

- **AMS Contact:** Mia Berloni, *Peer Support Centre Manger*
Phone Number: 613-533-6000 ext. 32737
Email: psc@ams.queensu.ca
Website: www.myAMS.org

- **Orientation Week Information Session:** I am hoping to organize a presentation or information session in January with Amy Rowe (2nd year student) for first year students in the four year track program about other ways they can be involved with Orientation Week. Additionally, collaboration could also occur with Caitriona Buckley, Orientation Roundtable Leadership Director 2019. The event would showcase other opportunities for nursing students to be involved with Orientation Week other than be an nursing orientation week leader. Hopefully, this opportunities could also be advertised on Facebook for students who were unable to attend.

UPDATE: There will be a graphic available to students posted to the Nursing Science Society Facebook page and shared with nursing classes that are not currently graduating in either Winter 2019 or Summer 2019. The graphic will have been reviewed by Caitriona Buckley as well as Victoria Schoular, Vice President of University Affairs before being posted and will provide students with some of the current opportunities available to become involved with Orientation Week.

- **Collaboration Between Nursing Orientation Weeks:** I have heard from some students that they feel there is a great divide between four-year track and AST track programs. In collaboration with the NSS President and Vice Presidents, I was hoping to arrange an event in which the executives of Nursing Orientation Week could present the outlines of their weeks as well as have the chance to get to know each other. I am also hoping that photos of the AST O-Week could also be put on the Nursing Orientation Facebook page to ensure equal representation of Nursing Orientation Weeks. Additionally, if collaboration of the

weeks occurs between the two years through an O-Week event, I hope that can act as a resource for helping to ensuring all students feel welcomed.

Contingency Event Ideas:

- **Indigenous Health Issues Awareness:** Tara Lynn Wilson is a 4th year nursing student, she is on the QNSA (Queen's Native Student Association). Contact information would be attained from the previous Social Issues Commissioner and then she or if she is on her integrated practicum, another nursing student in QNSA or other individual could hopefully give a presentation about the health care issues of Indigenous individuals in Canada. Ideally, the presentation would primarily have a focus in nursing. The event would have to be held in the winter term for Tara to give the presentation, but if another individual was available then it could take place in the fall semester as well.

UPDATE: Tara Lynn Wilson is currently on placement outside of Kingston. However, I have reached out Katie Montour, QNSA President, and I am planning to attend at least one QNSA meeting (Sundays at 7pm) and inquire about feasibility of providing nursing students with information on the healthcare issues of Indigenous individuals in Canada.

- **OSCE Workshop:** A event that has run in the past and could be organized with the Academics Commissioner to help prepare 1st year students (AST and 4 Year Track) prepare for their NURS 202 OSCE exams. One of the biggest responsibilities of this event is to not scare students, but to maintain a positive atmosphere in which students feel a safe and comfortable space to ask questions. This event would have to occur before the vital signs assessment. The event could include information about how to prepare for/advice on the OSCE and the opportunity to practice their vitals on students, and an opportunity for nursing students to ask questions. It is also very important that the information does not breach Academic Integrity Regulations and perhaps coordination with the course professor could be arranged if organizing this event.

UPDATE: Work with Academics Commissioner, Michaela Patterson and Health and Wellness Commissioner, Jennie Riddell and will collaborate in conjunction with clinical faculty to finalize details and dates of the event.

- **Stigma Speaker Series in Health Care (Collaboration with 4th Year AST Program):** Consider collaborating with the 4th Year AST student who organize a speaker series in the fall semester. The event could provide students with an opportunity to education nursing students on global health, stigmatization of abortion, psychosis, drug addiction, health issues of Indigenous Peoples of Canada, concerns of individuals in LGBT2Q+community, lived experience of patients, and other topics and was an event recommended by the previous Social Issues Commissioner. Either running a similar event in the winter semester or collaboration with AST students in the fall semester could be organized.

UPDATE: This event has been removed from my goal plan

Appendix B: Events Commissioner Goal Plan

Goals: Winter 2019

1. Physical activity promoting event

Goals: Hold an event that promotes physical activity as a way to destress. Thinking along the lines of Zumba, conditioning class, or yoga class.

Date: Week 5 or Week 6 (weeks of Feb 4th/11th)

Costs:

- Wallace Hall – free without set up or food. ARC dance studios - \$39.00/hour
- Instructor cost

2. Mentorship Program

Part 1 Goals: Continue this in 2019. Broaden program to include AST's in September 2019. AST's currently have a buddy program, but it is not as extensive with the application and requirements currently. Perhaps amalgamate the programs to strengthen the quality of the programs.

Date: September 2019, put out applications for this in March.

Cost: N/A.

Part 2 Goals: Hold events, such as coffee breaks, trivia, games night, etc to encourage first year students to meet with their mentors.

Date: Week 4 & 8 (weeks of Jan 11th/March 4th). Continue to hold events for mentorship program if successful in fall semester 2019.

Budget: \$50 for food and drink at events.

3. Study Hall

Goals: Host an event in 2019 around midterm time that is a safe, non-stressful space to study and learn. Idea is to promote learning by being with other student nurses studying for similar midterms.

Date: Dependent on when most midterms fall – likely somewhere between week 5-8.

Cost: 50\$ for food and drinks at event.

Location: Free classrooms or Wallace Hall on campus.

4. Events with Profs!

Goals: Host an event where students and professors can engage in a non-judgemental and stress-free environment.

Date: Later in the semester, perhaps around week 9-12.

Cost: \$50 for food or drinks at event.

Location: In the Cataraqui building – perhaps student lounge or first floor lounge.

In relation to all goals – make all events accessible and inclusive and ensure all students feel comfortable at events and in asking for accommodations if needed.

Appendix C: Academics and Professional Development Commissioner Goal Plan
Academic and Professionalism Commissioner

Goal-Plan 2019

AWARDS

- Create polling system **Google Polling** to vote for the awards + 2 MCs
- Review folder of award descriptions
 - **Reddick Award for Excellence in Nursing Education**
 - **Award for Passionate and Devotes Clinical Instructor**
 - **Award for Excellence and Enthusiasm in Nursing Education**
 - **Award for Student Dedication and Involvement**
 - **Valedictorian**
 - **Florence Nightingale Medal**
- Use Google polls
- Posted on Facebook year group chats
 - If I'm finding that the Facebook year groups are ineffective, I will inquire about Mary Owens emailing links to the polls
 - **At least 60-75% class response**
 - **Polls active for 2 weeks**

STUDY BUDDIES

- Contact current study buddies and see if they want to continue tutoring
 - **No need to hire study buddies for this semester because previous tutors would like to continue tutoring**
 - **Will hire for Fall 2019**
 - **Will update application for Fall 2019 hiring**
- Sessions occur: before midterms, exams, based on needs (example: big project coming up, etc.)
- First Year:
 - SEM 1: stats, biochemistry
 - Create advertisement/tips cheat sheet for how to study or PSYC 100 → if there's a high demand for tutoring though, it will be incorporated
 - SEM 2: NURS 202 OSCE, ANAT bell ringer, MICR
- Advertise for the study session at least two weeks in advance
- **BUDGET**
 - currently tutors are paid \$20/hour
 - I will keep track of the hours they are tutoring and submit it to person in charge of finances
 - **Hours and estimated costs were made and sent to VPOP**
 - Budget will vary depending on the demand for each course.
 - Will be dependent on the number of tutors needed and frequency of sessions

COUNCILS

- Re: Society Composition Manual, attend meetings for:
 - **Academic caucus of AMS**

ACADEMIC LIAISONS

- Save/print/become familiar with class requirements needed for each year

- Continue board with resume-building + job opportunities
- Attach mail address to the board
- Be available in the nursing lounge at least once a week

NEW IDEA

- For Study Buddies: hire tutors to have study buddies for 2nd year courses
 - SEM 1: PHAR 230, PHGY 215, NURS 206
 - Tips + tricks for clinical (examples: time management cheat sheets, tackling nerves)
 - SEM 2: based on polls
 - Likely: PHGY216
 - poll in 2021 group chat on Facebook
- after each study buddies session, post feedback links
 - Use linkform for a rating of 1-5, placed in slides at the end of study buddy sessions --> reviewed by an exec member once b/c questions will be the same for each session **OR** create page on NSS website where student can give feedback about Study Buddies; strong advertisement about the implementation of this place + responses are in one place
 - this allows tutors to improve sessions
 - allows students to voice changes they want to see

Appendix D: Health and Wellness Commissioner Goal Plan

Health and Wellness Commissioner Goal Plan 2019-2020

Fall semester 2019

1. Yoga

For my first health and wellness event I hope to organize a Yoga class at the ARC, studio 330 or see if the Queen's yoga club would be interested with combining for a date. It was mentioned in previous health and wellness manuals that the ARC has the least expensive prices to offer.

Event: Hour long yoga session

Location: the ARC

Date: aim for mid to end of September

Still need to organize:

- getting in contact with the Queen's Yoga club to see if a combined class is possible
- create a Facebook event
- compare the ARC and studio 330 prices

2. Elephant in the room

Queen's University has a new mental health club called Elephant in The Room which focuses on an anti-stigma for mental health campaign. I would love to get in touch with their executive to see if we could collaborate for a mental health talk.

Event: mental health talk

Location: Queen's campus

Date: before fall exams

Still need to organize:

- Getting in touch with Elephant in The Room
- Creating a Facebook event

Winter semester 2020

1. Blood Pressure "mini clinic"

For extra practice for all nursing students a mini clinic of taking blood pressure can be made for all students and community members visiting the ARC. This could be collaborated with Queen's First Aid, and was mentioned in a previous years goal plan of having extra medical supplies to use. Blood pressure cuffs could be supplied by nursing students.

Event: blood pressure cuff mini clinic

Location: the ARC

Date: January 2019

Still need to organize:

- Creating a Facebook event
- Getting in touch with the ARC to make sure we are able to use their space

2. A skills day

For all nursing students to either demonstrate a skill or learn a new skill from one another. In a room on Queen's campus, pre-registered nursing students who have any skill from knowing how to make a bracelet to being able to teach how to loon call, anyone can mingle around and learn whichever skill they would like to learn or teach a skill to another. In addition to networking and engaging with all years of nursing, this ideally would be a destress night after midterms.

Event: skills session

Location: Queen's campus

Date: early March 2020

Still needs to be organized:

- Getting nursing students with skills to teach
- Creating a Facebook event



Nursing Science Society

Date: January 23, 2019

Time: 7:01

Minutes Taker (Position): Azra Jeraj (Intern to Vice President, Operations)

Purpose of Meeting: NSS Assembly meeting

In Attendance:

- ✓ Julia Kruizinga (President)
- ✓ Victoria Schoular (Vice President, University Affairs)
- ✓ Deborah Wang (Vice President, Operations)
- ✓ Alex Troiani (Senator)
- ✓ Alma Ahmed (Speaker)
- ✓ Sabrina Smith (Events Commissioner)
- ✓ Michaela Patterson (Academic & Professional Development Commissioner)
- ✓ Marina Scott (Social Issues Commissioner)
- ✓ Jennie Riddell (Health and Wellness Commissioner)
- ✓ Mackenzie Peirce (Head Cape)
- ✓ Ali Daschko (Director of Global Health)
- ✓ Saad Ihsan (Nursing Games Captain)
- ✓ Remi Grnak (CNSA Delegate)
- ✓ Amy Rowe (CNSA Official Delegate)
- ✓ Jenna Legrow (Intern to President)
- ✓ Nathaniel Gumapac (Intern to Vice President, University Affairs)
- ✓ Azra Jeraj (Intern to Vice President, Operations)
- Audery Kim (Class of 2019 President)
- ✓ Caitriona Buckley (Class of 2020 Class President)
- ✓ Nicole Burgess (Class of 2021 President)
- ✓ Nathaniel Gumapac (Class of 2022 President)
- ✓ Tracey Davison (AST 2019 Class President)
- ✓ Julia Leader (AST 2020 Class President)

Meeting Minutes

- 7:02 - Meeting commences
- 7:03 - Motion #1 Carries
- 7:03 - Motion #2 Carries
- 7:04 - Presentation by Vice President of Operations regarding annual budget
- 7:10 - Question period regarding annual budget
- 7:12 - President's Report
- 7:17 - Vice President of Operation's Report
- 7:18 - Vice President of University Affairs Report
- 7:20 - Presidential Intern's Report
- 7:20 - Intern to Vice President of Operation's Report
- 7:21 - Intern to Vice President of University Affairs' Report
- 7:22 - Student Senator's Report
- 7:23 - Academic and Professional Development Commissioner's Report
- 7:25 - Health and Wellness Commissioner's Report
- 7:26 - Social Issues Commissioner's Report
- 7:29 - Events Commissioner's Report
- 7:30 - CNSA's Report
- 7:32 - Head Cape's Report
- 7:33 - Director of Global Health's Report
- 7:34 - Year 1 Class President's Report
- 7:35 - Year 2 Class President's Report
- 7:37 - Year 3 Class President's Report
- 7:38 - Year 3 AST Class President's Report
- 7:38 - Year 4 AST Class President's Report
- 7:40 - Question Period
- 7:42 - Health & Wellness Commissioner's Goal Plan
- 7:43 - Academic & Professional Development Commissioner's Goal Plan
- 7:44 - Social Issues Commissioner's Goal Plan
- 7:46 - Events Commissioner's Goal Plan
- 7:47 - Motions #3, #4, #5, and #6 Carry
- 7:47 - Nursing Games Director's Report
- 8:01 - President's Report on AMS Clean Air Policy & Discussion
- 8:14 - Year 3 AST Fundraising Discussion
- 8:23 - Meeting Adjourns