

September 8, 2005

In attendance: Zach Pfister (ZP), Katie Osterhage (KO), Anne Harris (AH), Rebecca Upton (RU), Peter Graham (PG), Cindy Babbington (CB), Marnie McInnes (MM), Janet Vaglia (JV), Matt Hertenstein (MH)

1. appointment of committee positions

Co-Chair for Fall 2005 (to become chair in Spring 2006): Peter Graham

Secretary for Fall 2005: Anne Harris

2. University Review Committee (URC) and the Community Conduct Council (CCC)

Members of SLAAC serve on the URC folder w/ procedure and guidelines to be given to new members

SLAAC is responsible for nominating 6 faculty members to CCC

RU: discrepancy between time spent in training and time actually serving (sometimes none)

CB: reasons are difficulty in scheduling CCC hearings and few number of hearings

RS: suggestion that Julia send out a note at the beginning of the week announcing whether or not there is to be a hearing that week

MM: suggestion to find volunteers for CCC outside of SLAAC

nominations: Ann Jennings, Erik Lindland, Jason Fuller, Sean Foley, Harry Brown, Angela Castaneda, Tiyi Morris, Sharon Crary

RS: will e-mail nominees, if they accept, will forward names to James Lincoln.

3. Academic Integrity Program on September 18

Tone we want to set: a review of the plagiarism issue, a positive discussion

Agenda for the evening: we began with the idea of 6 groups of app. 100 students each then decided on a more intimate model, using mentor groups and inviting (but not obliging)

FYS faculty to join said groups. Students will still be asked to brainstorm as a group about academic integrity (beyond plagiarism), and fill out note cards with their definitions of academic integrity, and will still have an opportunity to work with the Lipson book.

Procedure: because of the change in format, the following procedure will be used:

- RS will contact FYS faculty to invite them to the September 18 event, to ask them to distribute the Lipson book in their classes, to ask them to invite students to return to class after September 18 with questions about plagiarism, and to let them know that members of SLAAC will be delivering the Lipson books to their offices and will be available for discussion about plagiarism, September 18 and related issues.
- RS will draw up a hand-out explaining the September 18 event and the importance of discussing plagiarism with students – this, to be given to the FYS faculty member along with the Lipson books.
- MM will assign around 6 seminars per SLAAC member and make the books available in Academic Affairs for delivery.
- RS will signal the change to Chris Niles who will then inform mentors.
- RS will make an announcement about Sept. 18 meetings at Sept. 12 faculty meeting

Discussion focused on:

- making the session more personal to invite honest questioning, one-on-one contact
- logistics of delivering the books and alerting faculty as to September 18 event
- importance of faculty realizing that the Academic Integrity Policy is a faculty policy, not an administrative policy – making SLAAC members visible on this issue

4. AQIP and the Strategic Plan

Procedure: Special AQIP faculty meeting held on September 19 to discuss list of projects brought forward by faculty committees.

List of 3-year programs culled from faculty and staff are presented to team of faculty and staff and administrators who attend an AQIP retreat in October.

Our accreditation is based on how well planned and how well executed these projects are.

3-year programs that we want to suggest for AQIP

PG: Initiative for wellness via better food, organic farming, integrated agriculture at DePauw - with accompanying documentation outlining ethical, environmental, community, pedagogical, economic, health and quality of life rationales

discussion of possibilities and current situation (pitiable) for food at DePauw

MH: big push for wellness on the campus – possibility of hiring Wellness Center Director

MM: endorse a project specific to food, les it become subsumed in bigger issues

AH: Presence of Greek systems on campus – can we really do anything about it?

RS: question might rather concern changing the profile of the type of student we recruit to come to DePauw – less students who want to “go Greek” – more intellectual

discussion of social possibilities for students, emerging problems with current first year class, social options students don't take advantage of, types of schools that DePauw students are also looking (surprise how few other liberal arts colleges they consider – they actually consider many state schools), question of finances.

MM: Internationalization of student body – need to discuss procedure, strategies

Meeting adjourned – next meeting will be Thursday, September 22 in Julian 300.

December 8, 2005

Present: Rebecca Schindler (chair), Peter Graham, Janet Vaglia, Matt Hertenstein, Cindy Babington, Marnie McInnes, Zach Pfister, Katie Osterhage, Rebecca Thompson, Amanda Graue
Guest: Bill Tobin

I. Approval of the Previous Minutes

Previous minutes were approved

II. Bill Tobin, Office of Institutional Research

The committee asked Bill a variety of questions about recent GPA trends and about the NSSE data.

A. GPA trends

The committee was particularly interested/concerned by the increasing number of A's being assigned.

- It was noted that the data as we saw it did not distinguish between A's and A-'s.
- We discussed why the GPA are rising:
 - is this truly grade inflation or are our students performing better
 - more class that rely on discussion and active learning allow students to perform better
 - noted that it may be problematic if faculty are not using the full grade scale
 - a suggestion was made to put the course average on transcripts along with individual student grades (IU apparently does this on report cards, but not transcripts)
 - Suggestion was made to remind faculty about what we say in the catalog regarding the meaning of each grade
- We also requested that Bill Tobin break down the numbers in to A, A-, B+, etc.

B. NSSE data

- The committee is looking at the recent NSSE data in regards to the AQIP action plan on student engagement
- Bill provided the committee with background about the survey
- it was noted that the survey is only conducted with first-year students and seniors, whereas our concerns are with the sophomores
- the committee discussed with Bill Tobin whether it would be worth it to invest in a similar survey for sophomores
- it could be done, but he was not sure about the cost
- we also asked about DPU specific questions (right now the survey contains questions that are specific for a set group of liberal arts colleges)
- We concluded by agreeing that members of SLAAC would look at the data again in preparation for discussions next semester about student engagement

II. Student Social Space (Amanda Graue)

Amanda reported on the recent work of the Student Social Space Committee.

- She emphasized the students' desire for a permanent social space with places for information gathering; they passed a white paper through student congress and cabinet expressing their desires and concerns.
- They had a good meeting about this with the Trustees
- They are still gathering feedback on student needs
- But they are still waiting to hear from Dick Speller and James Lincoln on whether the university is going to move on this
- Students on the committee then raised some issues:
 - Students are kicked out of the 'social space' in Walden (as it is now) at night
 - It was also brought up that some students have been refused service at the Duck (although not for being underage)

- Students argue that it is better for them and for the university if they have a place near campus where they can relax and drink
- The main problem seems to be that the Walden is a business and balancing this with student needs for a social space is incongruent.
- Students are also collecting data on what other schools have done for their student spaces. The committee urged the students to keep this on the front burner and offered to help. We suggested having some faculty join the student committee.

IV, Student Bill of Rights (Zach Pfister)

Some colleges have adopted a 'Student Bill of Rights' that is designed to protect students right to free speech in the classroom regardless of their religious or political views.

Zach brought this to SLAAC because of recent reports that some students feel discriminated against in the classroom because of their political views.

- an informal survey of students suggest that there is at least the perception of discrimination in certain classes with certain faculty

Although we agreed that, if true, the reports of discrimination should be looked into, we decided to table this issue for now – it was noted that we do have existing policies in the handbook to protect students.

V. Podcasting

The committee was asked by some members of the faculty to discuss this as it may related to classroom atmosphere.

Some members of the committee expressed their concern that podcasting was brought by IS to student congress without being discussed with the faculty first.

We agreed that since most of our colleagues would probably not be interested in podcasting their classroom sessions that this was a non-issue (at least for now).

Minutes submitted by Rebecca Schindler

February 9, 2006

4 p.m., Julian 300

Present: Julia Bruggemann, Cindy Babington, Tim Cope, Peter Graham (chair), Amanda Graue, Doug Harms, James Lincoln, Marnie McInnes, Katie Osterhage, Zach Pfister

1. New members were introduced.
2. Minutes from 12/8/05 were approved (with a tiny typo correction). MM will take minutes this time, after which we'll rotate responsibility.
3. Changes in Grade Grievance Policy were approved and are ready to bring to the March faculty meeting.
 - We replaced "associate dean of academic affairs" with "an academic dean." This wording corresponds to the wording in recently revised Academic Integrity Policy. The phrasing allows academic deans with various titles to convene the URC, as needed.
 - In point #2 of the policy, we replaced "(dean of the school)" with "(director of the program or dean of the School of Music)".
 - We changed the time allowed for an appeal of URC decisions from "two weeks" to "three business days." Three business days is the standard time allotted for an appeal of other judicial decisions.
 - We corrected the title of the VPAA.
4. We discussed proposed changes in the Settlement Process section of the Academic Integrity Policy. A revised draft will be circulated at the SLAAC meeting on Feb. 23. Once we've decided on the appropriate wording, we'll take these changes to the faculty meeting in March.
5. PG will meet next week with the Oversight committee to discuss AQIP plans. CB is the liaison for the AQIP wellness projects. SLAAC will be asked to direct the wellness study; we'll need to appoint a task force for this purpose, including staff members and students not on SLAAC. We should think about our nominations for this task force before our next meeting. SLAAC will also be involved in AQIP discussions of academic excellence and engagement.
6. Next meeting: Thursday, February 23, 2006, 4 p.m. UB FISHBOWL.

Respectfully submitted,
Marnie McInnes 2-10-06

February 23, 2006

4:00 p.m., UB Fishbowl

Present: Rebecca Schindler, Peter Graham (chair), Julia Bruggemann, James Lincoln, Marnie McInnes, Tim Cope, Amanda Graue, Kathryn Osterhage, Rebecca Thompson, Zach Pfister, Cindy Babington, Doug Harms

1. Doug Harms was appointed as secretary for the meeting.
2. The minutes from the 9 February meeting were approved as submitted.
3. Marnie will distribute the proposed revisions to the grade grievance settlement process to members of SLAAC in the next day. Committee members should examine this proposal and submit comments to Peter; assuming everyone agrees we will bring this to the faculty at the March faculty meeting.
4. The committee spent most of the meeting discussing the AQIP Wellness project that SLAAC is charged with leading.
 - Peter met with the AQIP oversight committee last week to discuss plans. Peter reported that the committee was concerned with continuity considering that many members of SLAAC will be on leave next year. SLAAC noted the issue and briefly discussed it, but did not resolve anything or make any proposals.
 - During Spring semester SLAAC is charged with conducting a study of attitudes and practices related to wellness and of opportunities to promote it, specifically in the areas of fitness, stress management, and nutrition. The study will assess what programs are most likely to meet demand and be well utilized.
 - SLAAC members discussed several ways of accomplishing our task, including:
 - o conducting a survey of students, staff, and faculty
 - o organizing one or more open forums where interested members of the community could provide input and suggestions
 - o contacting other universities to ascertain their approaches to wellness
 - o compiling what's currently being done on campus regarding wellness by various groups
 - SLAAC decided on the following:
 - o Cindy will circulate several standard survey instruments regarding wellness to members of SLAAC. We will examine these at the next meeting and decide if we feel any of these are appropriate for our use.
 - o During spring semester we will invite leaders of various campus groups to visit with us to discuss what's currently being done regarding wellness on campus. At our next meeting we will develop a list of a few questions to give our guests to help lead our discussion. We will also develop a list of campus organizations to invite; some initial suggestions include the Wellness Center, the Compton Center, SODEXO, Food Advisory Board, Kinesiology Department, Office of Spiritual Life.
5. We briefly discussed grade inflation. We concluded that we are not in a position or disposition to address this situation, and although we are concerned about the trend, will not actively pursue it as a committee at this time.

6.

- Zach reported that he met with MAO regarding time banks, particularly the impact on students of minimal time for lunch. MAO did not seem eager to address these issues at the current time.

- Amanda, Katie, and Zach reported on their meeting with students, administrators, and food services regarding the social spaces at the Walden. They reported that students do not feel comfortable utilizing the existing space, that the Duck closes too early and doesn't provide significant entertainment events. The students suggested that an area directly connected to the Duck be developed and equipped with pool tables, large-screen television, lounge chairs, etc. They reported that non-structural changes will be considered now, and structural changes will be considered later.

The students are meeting with SODEXO on Thursday, 2 March at 4:00 at the Duck, and members of SLAAC are invited to attend and participate.

SLAAC also agreed to invite Dick Speller to our next meeting to discuss student social space and our food service. Peter will extend this invitation.

7. Next meeting: Thursday, 9 March, 4:00 p.m. in Julian 300.

Respectfully submitted,
Douglas Harms, 24 February 2006

March 9, 2006

4:00 pm Julian 300

Present Peter Graham (chair), Zach Pfister, Katie Osterhage, Rebecca Thompson, Doug Harms, Tim Cope, Amanda Graue, Anne Harris, Marnie McInnes, Julia Bruggemann (secretary)

Guest: Dick Speller

1. Julia Bruggemann was appointed as secretary for the meeting.
2. The minutes from the 23 February meeting were approved as submitted.
3. The committee spent most of the meeting in a wide-ranging discussion with Dick Speller about Sodexho and Food Services across campus (including the Walden Inn). He is the first of a number of guests who will visit SLAAC this term to ascertain the state of wellness on campus.

Peter introduced SLAAC's charge to examine the state of wellness on campus, especially in relation to nutrition, fitness etc. and asked Dick Speller to report on how Sodexho was selected, how it is financed, how it responds to community complaints.

Speller reported that Sodexho finished its first 3-year term last year and the contract was renewed for another 4-year term. Prior to Sodexho's arrival, food services at DePauw were in trouble, there was not good management and a bid went out in 2002 for outside companies. Two big companies, Chartwells and Sodexho made the short list. He reported that a well-rounded list of criteria were applied and lots of people were involved in the choice, which was difficult, because both bidders had real strengths, gave impressive presentations and samples of food. In the end Sodexho won out, though people felt strongly about each of them. Sodexho's particular strengths included financial guarantees that beat Chartwells, and also its impressive national organization that could respond quickly. There was a short turn-around time between when the decision was made to award the contract to Sodexho in spring and August when they were up and running. The first Sodexho manager stumbled, but they replaced him very quickly (over the weekend), which was an impressive response. Steve Santo came in mid-fall 2002 and has been a good manager, in tune with students/campus and responsive to complaints and new ideas (vegetarian and vegan food options, for example). On the whole, Speller said that the administration was sufficiently pleased with management, food, variety etc. to renew the contract last year.

After Speller's initial presentation, members of the committee raised a variety of questions and concerns:

- racial discrimination lawsuits faced by Sodexho
Speller said that he wasn't familiar with this lawsuit, but that it did not affect DePauw and probably made Sodexho a stronger company
- the current committee structure to address grievances
Food Advisory Board. Peter Graham will sit on the FAB for SLAAC.
- Sodexho's response to student complaints
Speller explained that from his perspective, they do well and utilize a variety of info gathering built into system (suggestion boxes, cards etc.)

- possibility to increase the use of organic, locally grown foods which are fresher, use less energy to procure, positively affect the local economy, and town-gown relations; some examples of other campuses (Kenyon, Middlebury, Wabash) who do something like this were given
Speller responded that he believes that if we ask for it, they'll deliver; they're doing some things with local foods already, but they have internal company standards and purveyors

- decision-making behind the recent contract renewal
Speller explained that the process wasn't as involved as the first time around, because there was a positive, established relationship; there was some reliance on student input (via response cards in the Hub etc.), the impressions of Student Affairs and the Food Advisory Board. Speller said there has been limited negative feedback, but most of what he hears is positive. He also described the Sodexho management as extremely responsive.

- we had some discussions about how Greek houses procure their food, which is entirely independent from Sodexho; since some already use local purveyors, we discussed the possibility of using them as a model

- we discussed the possibility of using the wellness surveys to demonstrate a desire and market for local food; that way we could use the AQIP-process to create leverage and push Sodexho to provide more healthy food options; the survey could also ascertain if students would be willing to spend more (via their board plans) for better quality food and more variety

- we discussed the Longden dining hall, which still exist, but is struggling; Zach explained that students don't have time to sit down for lunch, they don't serve breakfast anymore, but there is good turnout for weekend brunch; He suggested a reliable and consistent take-out menu for Longden, especially late-night (the kind of food that used to be served at the Gate)

- Speller explained the financial relationship between DePauw and Sodexho where DPU pays Sodexho a fee for management. DePauw also pays all the other bills (staff, produce, supplies etc.), but relies on Sodexho's expertise and market power. Sodexho charges a mark up for providing these supplies.

- We asked for specific numbers on the Sodexho management fee. DP didn't have these, but said he'd e-mail them to Peter.

- we talked about Café Roy as a positive development on campus and a good model for further changes; the Walden dining room, however, was characterized as inconsistent, overpriced, and sometimes leaving a bad impression on job candidates and others. Though Speller agreed on the characterization of the Walden dining room and agreed that there is still room for improvement at the Walden in general (with relation to the Duck, the Student Social Space) he reminded the committee that lots of positive things had happened there in the past year since Sodexho had taken over the management.

Peter thanked Dick Speller for his time and promised to keep him informed about outcomes of our deliberations, the surveys, and so on.

4. AQIP Questions

SLAAC discussed the cover letter and questions drafted by Peter and approved both with some minor changes.

SLAAC discussed the list of people who would receive the questions. We added a few names:

Emma Brown (student)

Someone from Posse (possibly Diane Hightower or Karyn Vickers)

Chris Niles

Trish Cooksey

SLAAC decided that Peter will send out the survey questions to the people on the amended list as well as a slightly modified letter (via email) to the entire faculty to give other interested people some options for input and to find out who else on campus is interested in getting involved in discussing wellness.

5. Student Wellness Survey

Zach and Katie explained the reasoning behind their draft for the student survey, but they agreed to alter it to comply with AQIP directive (nutrition, fitness, stress management)

This survey is to be given at a student congress meeting.

Some other comments about the AQIP process:

Zach expressed some worry about the apparent lack of communication between committees dealing with wellness issues. The Campus Coalition under President Bottoms is doing this as well, but it is unclear how their efforts tie in with SLAAC.

Anne is SLAAC liaison to Coalition and she will join their wellness committee and report back to SLAAC.

6. Grade Grievance Hearings

Marnie informed the committee that there will be one or two grade grievance hearings coming up. She is scheduling them for the 2nd week after spring break, maybe 10th or 12th of April 4:15 pm. A faculty member of SLAAC will have to chair the hearing and students who have been trained by Community Conduct Council will also participate. She will call for volunteers in the next days/weeks.

7. Updating Grievance Procedure

Marnie has reviewed some of the grade grievance hearing procedures which are a bit dated and has suggested a few changes, the most substantive of which is to include the department chair of the involved department at the hearing, because he/she has been involved in process at earlier stage and may have useful insights. SLAAC decided to endorse Marnie's changes.

8. New business

Anne brought the new data on grade inflation to the attention of the committee, (the average DPU grade is now a B+), and although SLAAC agreed this was not a great trend, it decided not to take up this issue at this time and instead focus on the AQIP wellness initiative.

9. Next Meeting, March 23 at 4pm, Julian 300

Minutes respectfully submitted by Julia Bruggemann.

April 13, 2006

Meeting called to order at 4:00 pm.

Present:

Peter Graham (chair), Katie Osterhage, Tim Cope, Doug Harms, Cindy Babington, James Lincoln, Anne Harris, Julia Bruggeman, Patrick Croner.

Guest: Madeline Eagon

1. Tim Cope appointed secretary for meeting.
2. Minutes from March 9 meeting approved as submitted.
3. Members introduced.
4. Minutes approved from last meeting.
5. Madeline Eagon came to this meeting to announce planned revisions to the DePauw website, and solicit feedback about what alterations might be needed.

The timeframe for revisions was discussed, and Madeline announced a target date of early fall 2006, or the end of the fall 2006 semester at the latest.

Comments by committee members included:

a. Several people felt that the homepage is currently too "cluttered," and needs to be simplified. The phrase "simple elegance" was used (repeatedly) to describe the appearance of an ideal homepage. Specific suggestions for improvement included:

More quicklinks, and less front-end clutter. A non-scrolling homepage, so that all important material may be viewed "at-a-glance". ME agreed that this was a good idea.

It was suggested that the "front page" news on the website was geared too strongly towards alumni achievements, leading to a dearth of local news relevant to DePauw students and faculty. M.E. did not agree with this assessment.

DePauw should highlight "work in progress" as well as past events. It was noted that Oberlin has a web page that does this.

M.E. said that the current plan calls for a "rotating" design, with photos that alternate over time and are linked, through mouse rollover, to captions and pages associated with the photo. This idea was well-received by SLAAC, as long as it is kept simple and not too flashy.

The homepage has too many clickable links, making it difficult to find what one needs. One of the main reasons school homepages are visited is to find contact information for someone at that school. Perhaps an obvious link to the faculty/staff directory is needed.

Some things are difficult to find in the present structure of the homepage. For example, a link to set up an I drive account is buried under ITAP. M.E. disagreed that things were disorganized, but allowed that the logic behind the structure at times appears "random."

b. Another major point was the administration of broken links, and keeping important web pages up to date. ME indicated that this was not a part of the plan under discussion, but agreed that it was important. ME suggested that perhaps control of such important material be placed under the administration of the University rather than individual departments.

4. We discussed the FGSC committee reduction proposal, as it relates to the faculty sanity aspect of wellness at DePauw. Some points under discussion included:

It was noted that there are 341 committee positions at DePauw, equivalent to 1.5 per faculty member. 75% of committee positions went uncontested this year.

One of the suggestions in the FGSC proposal was that coordinating committees (CAPP, MAO, COF, and SLAAC) consist only of tenured faculty. The general consensus of SLAAC is that these committees function best with a mixture (at least 2 tenured faculty per committee was suggested). PG agreed to bring this up with FGSC.

It was observed that fewer committee positions might mean more meaningful and substantive contributions by those few committees, and more dedicated members to those committees as well. However, it was also argued that combining existing committees as suggested by FGSC will increase workload and necessitate the recruitment of subcommittees, which is essentially what we have now. Although it was generally agreed that the numbers quoted above represent a problem at DePauw, a couple members doubted whether the FGSC proposal was the correct way to fix it.

Lastly, the option of a faculty senate was brought up. It was noted that many DePauw faculty meetings are "dominated by frivolity," and that proposals generated by committees are often subject to on-the-fly revision on the floor of faculty meetings. A faculty senate would adhere to the concept of representative government at the core of the FGSC proposal, and allow each department to have a representative that acts as a liaison in that department's interests.

5. The final item on the agenda was an update on the AQIP wellness initiative.

SLAAC has received responses from our wellness survey. Members of SLAAC were given copies of the wellness survey, and PG instructed us to review these prior to the April 27 meeting.

KO announced that she had results from a similar survey administered to student congress.

Because SLAAC's work on the wellness initiative will likely carry over to fall 2006, and because current membership of SLAAC will be completely replaced by then, PG will invite the fall 2006 members of SLAAC to our April 27 meeting for a briefing on our progress this semester.

PG will also invite Cara Satchell (Coalition for Building a Responsible Community) to the April 27 SLAAC meeting.

6. Next meeting April 27, 2006.

Minutes respectfully submitted by Tim Cope.

SLAAC April 27, 2006

Meeting called to order at 4:00 pm.

Present:

Peter Graham (chair), Katie Osterhage, Tim Cope, Doug Harms, James Lincoln, Anne Harris, Julia Bruggerman, Marnie McInnes, Amanda Graue, Kevin McElvoy

Guests: 3 faculty members who will serve on SLAAC next year: Jen Adams, Angela Castaneda, Greg Schwipps; and Cara Setchell, staff representative for Coalition for a More Responsible Community.

1. Peter Graham appointed secretary for meeting.
2. Minutes from April 13 meeting approved as submitted.
3. SLAAC members for next year introduced to present Committee.

- PG brought new faculty up to speed with SLAAC's charge to shepherd the AQIP Wellness Initiative for the University. A 3-year initiative, PG informed next year's members that we had been, this year, defining "wellness" and collecting information about wellness on campus.

4. Cara Setchell briefed SLAAC on the CFMRC, which Bob Bottoms chairs. This year that coalition has concentrated on alcohol-related issues. Recently they have been focusing on a more comprehensive view of wellness

CS passed out handouts of MyStudentBody.com, a comprehensive college Web site that works with students and nationally-recognized experts on the most relevant health issues on college campuses. These include stories from students and beliefs re healthy

5 components of Web site: alcohol, stress, STDs, tobacco, and nutrition.

There's also a blood alcohol calculator and calorie calculator on the site

Site seems most effective for women and binge drinkers; so it's doing its job or seems to be

CS discussed a DPU student survey given to all incoming freshman. It used to be mandatory; now it isn't. Still, 96% of incoming freshman filled it out. AH wondered if this survey could be given to sophomores or other upperclass students. CS said most preventative measures were directed toward first-year students and Greek students.

CS said that the CFMRC will institute an Alcohol Task Force next year, composed of students, faculty, and staff, to assess alcohol environment on campus.

AH said there should be more wellness opportunities for upperclassmen. She added that next year SLAAC should make it a priority to have one member also join the Coalition for a More Responsible Community and attend these meetings.

5. Katie Osterhage presented a summary of 48 student responses to a wellness survey done at a recent Student Congress meeting (This is transcribed below in its entirety in the appendix).
6. KO said that there were three areas of concern of the overwhelmingly number of students responding: 1) Physical Fitness, especially the lack of equipment in the Lilly Center; 2) Stress Management—a "big problem," said KO, and "not handled well." Alcohol is used as stress reducer, often in bingeing situations; and 3) Nutrition.
7. Although a few students thought the Hub was doing better here, the vast majority wanted healthier, tastier, and a great variety of organic and locally grown food choices on campus. Other

students wanted more PR on wellness. Some thought there might be a nutritionist on campus, but didn't know who s/he was?

8. A discussion ensued among SLAAC members on the results of this survey.

- PG said that Wellness was obviously a top concern of students and wondered if SLAAC should organize a Wellness Task Force. It would be comprised of 3 faculty, 2-3 students, 2 administrators. One of the first duties of this task force would be to investigate what other peer institutions were doing about wellness on campus, especially nutrition and alcohol. The TF would work with Sodexo and Greek houses to bring better, more nutritious, and more locally grown food to campus.
- Many thought this was a good idea. But then discussion turned to the topic of faculty burn out and service overload. There were too many task forces PG and others agreed.
- MM said we should trust our coordinating committees, like SLAAC, to act as this task force itself and present recommendations to Bob Bottoms and other administrators.
- TC said we had the data already—from the student surveys and from the SLAAC survey on wellness sent to key wellness faculty and staff last month.
- TC said nutrition should be at the top of the list of things to be improved on campus
- JB and AH agreed.
- AH said, "Alcohol, bad food, not enough food, and not enough exercise. These students are saying the same things over and over."
- TC wondered about the expense.
- PG said that was one of the things the task force should look into. What would the cost be to students and could it be offset by the University. If better, healthier, tastier, and more locally grown food options were available and it cost \$100-\$200 more a year per student, how much would the University pitch in?
- PG said it was an ethical responsibility for DPU to provide these food alternatives to students.
- AH wondered if we should survey Greek students. Sit down with them and ask what they are doing with food initiatives. Perhaps we could encourage these houses to adopt healthier food options. Big difference between 150 students and 2400.
- JB suggested we jot a note to the new Greek Life Commission and ask them to investigate Greek food and nutrition in their report.
- PG said he would email Dick Speller and get the financial information about Sodexo and the cost of student meal plans.
- More talk on forming a task force. Members suggested that we contact Martha Rainbolt who headed the Library Task Force and perhaps use that as a model for the Wellness Task Force.

9. Another discussion ensued on the proliferation of committees, task forces and coalitions. It was somewhat a continuation or footnote to the SLAAC conversation on 4/13/2006.

- MM said the proliferation was a sign of a healthy campus, with a well-engaged faculty and staff.
- MM said wasn't opposed to good, sensible solutions to cut back on committees and such, but she warned that if faculty didn't serve on these, then they might feel left out of decisions. She feared an "Us v. Them" scenario, meaning "Faculty v. Administrators."
- PG said there was a Catch-22: faculty wanted less service work, but with the growing campus and responsibilities, faculty still wanted to be making the policy. MM said mental wellness was a real problem. With cell phones and emails, the "feedback loop" has become minutes instead of days or weeks. Pace is hyper fast. AH said faculty had a sense of both powerlessness and fatigue. Where are decisions made? By administration or faculty? By committee? By task force?

10. The discussion turned to what SLAAC should do in the last part of the semester and next year. It was resolved that SLAAC should act as the Wellness Task Force. We would put out an open invitation to other faculty and staff members if they wanted to join us.

- PG said committees should do their job, take more responsibility instead of farming out another task force or creating another coalition.
- JB said in the last SLAAC meeting, we should draft a plan of action for the following year. PG suggested we send out the SLAAC Wellness Survey to all faculty and staff. Some agreed. Some demurred.

- TC said we have all the data we need.
- It was further resolved that we make a list of well-defined and manageable goals and, upon collecting and synthesizing data, we should make a list of well-defined recommendations to President Bottoms and Neal Abraham.
- JB volunteered to bring a laptop to SLAAC's last meeting, and the Committee agreed that we would draft the goals and priorities of the SLAAC Wellness Task Force.
- TC said the draft should include a summary of our discussions this year, a summary of what needs to be done, a list of priorities (nutrition, stress management, and physical fitness).
- Each SLAAC member next fall could look up 3 peer schools and see how they are dealing with emotional wellness and nutrition and physical fitness.
- Economic models are important. We need these.

11. Next (and last) meeting May 11, 2006, Julian 300. 4 p.m.

Minutes respectfully submitted by Peter Graham

Appendix:

Student Wellness Survey Results, presented to SLAAC, April 27, 2006

The following are the results from the Student Wellness Surveys distributed during Student Congress. The surveys were distributed at two different meetings over approximately the past month. Forty-eight (48) completed surveys were returned and the results are compiled below. The original survey questions/categories are bolded. Responses that I (Katie Osterhage) found particularly relevant or interesting, are in italics. Repeat responses are not listed more than once. For information about general trends in the results, please see the survey results summary sheet.

What do you consider 'Wellness?'

- being healthy
- being able to function at DPU with out the idea of leaving every week (by force or choice)
- a well rounded approach to life
- the well being of a person's health, mind, body and soul
- balanced life through physical, mental health
- the overall balance of eating, fitness, sleep
- good eating, exercise habits, stress management, also good self image for a lifetime
- maintaining the needed balance of intellectual, physical, spiritual needs etc.
- physical good health and mental well being- forging good habits for life
- Balance- having everything you need to do what is necessary to succeed
- overall well-being of an individual
- feeling well in regards to physical, social and emotional standards

What is your overall perception of wellness on DePauw's campus?

- above average
- it's ok...
- That is very hard to tell, and it is largely on an individual basis. However, many students seem to have only mediocre bodily health due to poor meal plan food.
- piss poor
- generally good- high stress associated with rigorous academic schedules
- it varies too much to say
- students appear to be "well" but often have unhealthy habits
- not that great, many students forget to exercise or sleep.
- DePauw on a whole is not well. Drinking is out of control. There should be more enforcement of the law.
- I think we're physically fit but spiritually lacking
- there seems to be a feeble attempt to promote wellness, but not well enough publicized. People here are definitely health conscious but not well conscious
- a majority of the campus works out, tries to maintain overall health

- We are getting better on campus, but we focus on separate sections on campus such as first years, but what about Greek houses?
- eh... it really needs improvement
- People can be very physically fit, but not well, and people can be intellectually well, but it isn't often that students are overall well.
- not great? stress and diet in sororities/fraternities? attitudes toward food
- some care, but a lot of people don't
- it is really lacking due to stress, poor food choices and excessive drinking
- being pushed heavily, needs work
- it is too important? it is a personal thing
- improving, but could be a lot more for the student's mental well being
- things exist, but are not advertised
- I think we have a pretty good sense of wellness, probably better physically than in the other mental areas.
- I don't know. I guess bad; people drink a lot, don't eat well and sleep little
- I think DePauw does a great job "trying" to help us attain wellness.
- enough, not everyone needs a specific "wellness" plan to be well
- Horrible! Our campus is full of eating disorders, bad eating habits in general and stress (also lack of sleep).
- doesn't happen
- it is very bipolar, speaking of students actions
- lack of trust between services and students
- good- except for alcohol abuse

Please describe your current perception of wellness on DePauw's campus with regard to the following categories:

Fitness Wellness-

- wellness due to frequent exercise. I think 40% of students exercise enough.
- exercise and walking from place to place
- appropriate facilities... Lilly could be improved
- There aren't a lot of places to work out besides the Lilly center that are easily accessible.
- needs improvement in most of the population, but this is more an American problem than a DPU problem
- not too bad, people walk around a lot and usually stay pretty active
- generally good, maybe more aerobics classes offered for students and more intramural awareness
- the Lilly Center is always full- the majority of students are relatively fit
- done most frequently before breaks. No fitness generally on campus
- DPU is very fit
- good, but need more options!
- bad, our fitness center sucks. Too crowded, no ventilation= ?
- I know the PE classes are always filled
- despite restraints of Lilly Center, a lot of students exercise regularly
- this is our strongest aspect of wellness on this campus
- not bad- (fitness center) monopolized by athletes
- good, people work out too much
- There was a time for meditation but it was shut down because of lack of money and participants. However the people who went were regulars and enjoyed it.
- Lilly weight room, outdoor work out type spaces
- campus is very fit, gym always full, however some of these people are not fit, but rather have poor body image and eating (exercise) disorders.
- pretty good for the most part- people care what they look like
- everyone seems to be involved in an activity or sport

Stress Management Wellness-

- I feel there is a lot of stress.
- seeing counselors and creating your own fun out of things that may not usually be fun
- I don't really take advantage or know what the campus offers. Maybe advertise services a little more
- there are lots of activities to participate in, but stress management is a little under looked. It is hard to combat stress
- horrible or great. Students know how to drink their stress away. It is a bad practice but it seems to work.
- more activities to alleviate stress- getting minds off stress would be great... maybe more comedians
- poor, Most people seem to be stressed out continuously and thus use methods such as partying to release stress
- students are very stressed- don't often address the problem
- I think stress management is left on an individual basis
- students are embarrassed to admit they are stressed- or ask for extensions
- I don't think there is enough of this
- most students lead a high-stress lifestyle
- most people just drink to release stress- it'd be great if this weren't the majority... but, it's college.
- terrible, our stress as a campus is off the charts
- play outside for a break from busy schedule
- there are a lack of activities/things to do on campus for stress relief
- concerts, poetry readings, speakers
- This is particularly poor- people are overcommitted and they choose ineffective means of dealing with it. At best they are constantly sleep deprived
- good- I assume that if you are partying, your stress is under control
- not much here except for a few lectures given
- is this what counseling services deals with?
- I think most people have good stress management, although some definitely get overly stressed all the time
- bad, we are all stressed out from so much work, I never sleep
- taking time to relax and enjoy a good social life
- The people at the Wellness center really help
- alcohol... knowing how to deal with tough situations and changing environment. Drinking the worries away is the most prevalent.
- decent to poor- while some use exercise, most use alcohol as a stress reliever
- there is no sense of stress management. People carry their stress around with them
- This is just a guess, but most drinking in excess is done because people are not happy. They are stressed, not strictly due to classes, but more so because their choices are severely restricted (housing, eating, recreation).
- pretty good on campus- people seem to adjust well to stress

Nutritional Wellness-

- eating healthy food, (not much healthy food on campus) |
- decent variety of organic foods, quality and variety of overall food could be improved
- the food is not entirely healthy, but at least it tastes good.
- needs improvement? lack of good nutrition on the meal plan. I ate the best food ever (health wise) when I cooked my own food at a duplex.
- not bad
- Hub does a good job balancing foods
- students have some very disordered nutritional habits
- poor. Food offered by Sodhexo isn't the healthiest. They seem like they're trying to improve though.
- high greek life creates added pressures to stay fit
- not enough quality food

- it has improved a lot since I've been here
- also not so good, eating disorders are still an issue, not many resources
- I have heard a lot about this, but don't see anything, or any help for Greek houses
- eating habits are developed before college- someone concerned with nutrition finds healthy options
- very little- fruit isn't ever ripe, salad could have better quality. There is little difference from eating fast food.
- varies a lot, mainly a personal thing
- not so great- food at hub and greek houses is not as great as it could be
- still need to bring a wider variety of foods and fresher foods, need more posting of nutritional info
- not promoted enough
- lots of people don't have breakfast, liquid breakfasts
- the healthy options available at the hub cost so much more and are harder to get a hold of
- people are too rushed or concerned with calories to make healthy meal choices
- sub par- we aren't eating the right foods, in the right ways, at the right times
- Perhaps if DPU would allow competing food businesses be paid with tiger meal account money, we could get a better idea of what the students really want. Hah, craziness. Or you could do your usual arbitrary socialist action and piss everyone off.
- bad- the hub and longden are only ok, but frat and sorority food is awful!

Please name some of the on campus wellness related resources:

- Wellness Center, health services, counseling services
- Lilly
- Public Safety
- Office of Spiritual Life
- Nutritionist on campus somewhere (but not well publicized)
- Q,W, S Center
- ARC
- tutors
- career center
- GEAR
- ITT (?)
- alcohol and sexual assault task forces
- student orgs
- JC
- MARWAR
- philanthropies
- Circle K

With what groups/organizations do you participate that promote wellness at DePauw and how do they do so?

- sporting groups (club soccer, rock climbing, im sports) hapkido, tae kwon do, Rugby, women's b-ball, Field Hockey, cycling
- Varsity athletics- exercise, action, stress management
- women's Intramurals- offer sports to women- recently started offering a pilates class and a weight/fitness adviser to all DPU women
- Lilly Center facility
- Nature Park
- women's center
- JC (spiritual wellness), support and confidence boost, healthy attitudes and decisions
- AAAS
- Res Life
- Wellness Committee- coordinates with other organizations to promote wellness
- Circle K, Civic Fellows,
- Alpha Psi Omega- service fraternity that promotes emotional and stress wellness with leadership

workshops that work on stress management, with volunteering

-Gospel Choir

-MECCA

-Women Against Rape- informing women how they can stay safe

-DU Fraternity, Pi Phi, alpha chi (mental wellness, occasional programming), kappa (stress management speakers), Delta Gamma

-Student Athletic Advisory Board

-IFC- responsible drinking

-Independent Council- activities off campus allow people to get away from the stressful environment for a bit of fitness

-SODA- promotes alternatives to drinking

-College Libertarians- because libertarianism isn't about telling you what makes you happy, it's about asking you and profiting off that.

-“all orgs promote wellness in some way because they provide a relaxing outlet for some students”

What particular changes related to Fitness, Stress Management and Nutrition could improve the overall level of wellness on campus?

Fitness:

-more facilities or sports in the gym

-improvements to Lilly, better fitness center

-basically what is in the Lilly Center Report*

-more classes and space in the Lilly Center for working out, classes for credit as well as for general well-being.)

-improved fitness center- more machines! –especially cardio equipment

-free aerobic/fitness classes

-work out gym= too small, mat room= too small, old, dangerous

-rentable resources, bikes maybe?

-increase the hours that Lilly is open

-there is no real space for the martial arts that is safe and accommodating to it's particular needs

Stress:

-less work, I know we are here to study, but a little less work will reduce stress.

-The problems with stress and other mental issues are often caused by the activities people participate in. This change has to come from the student body.

-3 day weekends

-more time management workshops, maybe part of freshman orientation

-more free massages

-easier course loads

-talk to professors to be aware about student's stress and pressure

Nutrition:

-better food

-improvement to Hub/Longden food selection, more healthy choices, variety

-more healthy food (fresh fruit and veggies) at Hub etc.

-more organic foods

-need more access to educational resources online

-info about healthy diets and unhealthy fads

-No Sodhexo

-make the nutritious choices cheaper and more easily accessible in the Hub

-late night eating options (after 7 or 8pm) are mostly limited to Taco Bell, Marvs and Anthonys,

The only cooked food available at the hub is pizza and grill items...

Miscellaneous:

- drinking- less of it.
- more resources, greater awareness..... better publicized events/resources
- better understanding that wellness is a mentality- not just focused on physical body. Students need to understand this concept- and faculty need to understand stress levels breeched during academic school year.
- enforcement of drinking laws. Not just awareness but prevention, Parental task force?
- health center open on weekend- people don't get sick just during the week.
- more emphasis on wellness, not just good health/good looks
- Student Social Center!
- alternate entertainment at nights, places to spend quality, less self-harming time
- being more visible, get the word out!
- I think there should be more emphasis on fitness and nutritional management than there is. The dieting here is horrible and the very minimal fitness programs are scarce, so to improve a way students can follow a healthier diet and fitness strategy would be crucial.
- people need to take responsibility for themselves
- give a longer lunch time
- workshops that include things such as natural food, stress relieving music and students talking with friends (more comfortable atmosphere)

General Trends in the Student Wellness Survey Results:

- There seems to be a greater amount of people on this campus that understand/consider wellness to be physical well being, more than mental/emotional well being.
- Students are not fully aware of existing wellness related resources. Increased publicity is necessary.
- Of the three aspects of wellness, students feel that we are excelling the most in Fitness Wellness.
- The Lilly Center is usually full and overcrowded and does not provide an adequate amount of space for all who use it.
- A large number of student respondents would like to see the weight room expanded and additional cardio machines.
- Many students would like to see additional classes available both for credit and for recreational purposes.
- Stress Management is a large problem for students, and many do not know how to handle stress in a healthy manner.
- A large number of respondents believe that use of alcohol is the most frequently implemented form of stress management at DePauw.
- There were mixed responses about the Nutritional wellness at DePauw. A few students indicated that they are happy with nutritional options, but more expressed dissatisfaction.
- Many acknowledged that improvements have been made in dining options, but increased variety and availability of tasty, healthy foods is desired, especially organic foods and fresh fruits and vegetables.
- The healthy food that is currently available is harder to find, is not always fresh and is significantly more expensive.
- Students would like to see more available information such as posted nutritional information and suggestions
- Some students have heard about a campus nutritionist, but feel it should be better publicized, as they do not know how to access this resource.