

MOUNT ALLISON UNIVERSITY  
MEETING OF THE UNIVERSITY SENATE

June 29, 2020, 10:

L. Bidder, JP. Boudreau (Chair)

A. Beverley, F. Black, C. Brett (Secretary), C. Burke, A. Cannon, A. Cockshutt, M. Cormier, J. Devine, E. Edson, B. Evans, A. Fancy, N. Farooqi, J. Ferguson, C. Forstall, A. Grant, L-D, Hamilton, M. Hamilton, K. Hele, D. Hornidge, R. Inglis, C. Ionescu, G. Jollymore, D. Keeping, L. Kern, D. Lieske, M. Litvak, K. Meade, R. Moser, J. Mullen, A. Nurse, J. Ollerhead (Vice-Chair), G. Ouellette, C. Roberts, N. Robinson, S. Runge, V. St. Pierre, E. Stregger, S. Tobin, J. Tomes, C. VanBeselaere, N. Vogan, A. Whiteway

Regrets: J. Dryden, J. Holton, J. Rogers

Observers: A. Comfort, D. Fleming, J. Hennessy, C. Milner, K. Morse V. Narayana, C. O'Neal, L. Pearse, R. Polegato, F. Turner

01.06.29 Land Acknowledgement

JP. Boudreau read the land acknowledgement and challenged Senators to be ever respectful

deficit. To mitigate this deficit, there have been layoffs. JP. Boudreau assured Senate that these layoffs were not done lightly and that collective agreements were respected.

JP. Boudreau welcomed the incoming

06.06.29 Changes to the Academic Calendar for Fall 2020

**Motion (Ollerhead/Burke): that the Fall 2020 Study Break (9-13 November) be eliminated for the Fall 2020 term and that all dates related specifically to the academic term (not dates related to meetings or holidays) after the break be moved earlier by one week. Thus the See attached revised Calendar of Events 2020-2021 will read as in the Recommended version in supporting document.**

**Motion Carried (8 nays)**

The supporting document is appended to these minutes.

J. Ollerhead noted that concerns over student mental health were taken into consideration when revising the Calendar of Events, but that concerns over COVID-19 weighed heavily in the recommendation. Senators were sent a document outlining mental health supports (appended to these minutes). He noted that the proposed schedule strikes a balance between these concerns.

C. Burke and M. Cormier reported that students, in general, do not support the elimination of the Fall Break. Approximately 60% of 200 respondents in a student survey opposed the motion. M. Cormier read several written responses by students citing the Fall Break as necessary catch-up time. S. Tobin remarked that informal polling of students gave similar results.

V. St. Pierre asked about the date for students to move into residences. K. Meade answered that students will be sent information about moving, including how and when to do so while respecting isolation requirements. Students will also be given information about physical distancing, dining, and other safety measures.

D. Lieske agreed with student concerns about needing a break. He added that it is very difficult to control student movement, with or without a Fall break. He argued that it is important to have some familiar items in these changing times, including the structure of the term.

M. Hamilton noted that some MWF classes will meet on three consecutive days at the end of term, which affects how material is sequenced.

G. Ouellette remarked that other Atlantic Canadian universities have cancelled their Fall breaks. JP. Boudreau said that Bishop's University has also done so.

A. Cockshutt noted that a second wave of COVID-19 may close border again.

K. Meade and A. Comfort emphasized that the Meighen Centre is preparing for student needs. A. Comfort asked faculty recognize that students may need to be absent from classes more often or may need down time throughout the term. JP. Boudreau and F. Black called for flexibility in course delivery. F. Black recommended making course material available early so that students can devise flexible work schedules.

V. Naryana noted that some departments are still waiting on decisions about instructors and so do not yet have a full slate of courses.



JP. Boudreau answered that these considerations were raised with the Board of Regents. He said that the decision making process was about more than just numbers. He noted that recent decisions were taken to control the current deficit and not to eliminate it.

F. Black wondered whether the university has an undue aversion to debt, caused by the financial difficulties of the early 1990s. It seems possible, in her view, to carry a 7-9 million dollar deficit for a short time. She also doubted that the recent layoffs would have an appreciable impact on the deficit.

JP. Boudreau answered that the decision were made with a view of future sustainability.

F. Black thanked JP. Boudreau for his willingness to have this discussion in Senate.

08.06.29      Adjournment

There being no further business or announcements, the meeting adjourned at 12:09 p.m.

Respectfully submitted,

Craig Brett  
Secretary

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Mental Health and Wellness Services for Students  
Fall 2020 Proposed Plan

Counsellingv



Wellness Planning v SM.A.R.T. Thinking! is a healthy mind and body plan to optimize student wellness. This service is free to all Mount Allison students. Offered weekly by appointment both in person and virtually with the Mental Health/Harm Reduction Educator.

Wellness Centre Workshops v During these sessions we will provide an opportunity to check in with one another, discuss relaxation strategies, mindfulness, and self-care, and start to build a community of care. These workshops are free and open to all Mount Allison students. Offered on a regular basis throughout the school year as well as upon request.

Outreach booths v Weekly outreach booths across campus keeping current with resource material to meet the needs of students as well as an opportunity to hear from students.

Zen Den Session v Offers you an opportunity to unplug and de-stress in a relaxing environment with mindfulness activities. This service is free to all Mount Allison students. Offered weekly by appointment.

Massage Therapy v Provides a number of benefits including reduction in stress and an excellent stress management tool. Creates a feeling of well-being and reduction in levels of anxiety.  
[https://www.mta.ca/Community/Student\\_services/Health\\_and\\_wellness/Health\\_Services/Massage\\_therapy/Massage\\_therapy/](https://www.mta.ca/Community/Student_services/Health_and_wellness/Health_Services/Massage_therapy/Massage_therapy/)

Acupressure v Encourages natural healing, improves mood and energy, reduces stress, relieves pain and improves function to affected areas of the body.

Happy Light v Provides bright light therapy that can be helpful for persons suffering from sadness, depression, winter blues, seasonal affective disorder (SAD), fatigue, and sleep disorders. Students can borrow them free of charge from the wellness centre.

Psychiatrist v Mount Allison University offers a psychiatry clinic twice a month. For information on how to get a referral, please contact Anne Comfort at [comfort@mta.ca](mailto:comfort@mta.ca)  
[https://www.mta.ca/Community/Student\\_services/Health\\_and\\_wellness/Mental\\_health\\_and\\_wellness/On\\_campus\\_services/Psychiatrist/](https://www.mta.ca/Community/Student_services/Health_and_wellness/Mental_health_and_wellness/On_campus_services/Psychiatrist/)

Psychologist v There are several psychologists in private practice offering services to Mount Allison students on a fee-for-service basis. They offer psychological assessments, mental health diagnoses, and psychotherapy.  
[https://www.mta.ca/Community/Student\\_services/Health\\_and\\_wellness/Mental\\_health\\_and\\_wellness/Staff/Staff/](https://www.mta.ca/Community/Student_services/Health_and_wellness/Mental_health_and_wellness/Staff/Staff/)

Jack.org student group v Jack.org is the only national network of young leaders transforming the way people think about mental health. With initiatives and programs designed for young people, by young people, a3t off.org s3n 612 792 reA004 (ung )3.998 (p)-3.998 (eople, )-5 (by young)-3.998 (e W\* nJackh6abo) re

mtachangeyourmind <https://www.facebook.com/CYMountallison> Instagram:

For immediate assistance and/or after hours support, use one of these available crisis line services that are available 24/7:

Chimo Helpline 1-800-667-5005 <http://www.chimohelpline.ca/>

Chimo Helpline is still open as per usual; however, is experiencing much higher than normal call volumes. Please be patient and try again in a bit if you are unable to get through.

The Hope for Wellness Help Line 1-855-242-3310 <https://www.hopeforwellness.ca/>

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Or use the chat box to connect with a counsellor online.

Kids Help Phone counsellor 1-800-668-6868 <https://kidshelpphone.ca/>

Whether by phone, text, mobile app or through our website, you can connect with us whenever you want; however you want. Text 686868.

**\*Mobile Mental Health Crisis Team (866-771-7760). If you are experiencing a crisis and need emergency help, please visit/contact your local emergency department (911). \***

## EXTERNAL ONLINE RESOURCES

- x [Campus WELL by Student Health](#) is an online health and wellness magazine designed for University students
- x [Transitions by Teen Mental Health.org](#) is an online resource for students transitioning to post secondary
- x [Jack.org](#) is a group of young leaders focusing on mental health and wellness
- x [A guide to living with worry and anxiety amidst global uncertainty](#)
- x [Wellness Together Canada: Mental Health and Substance Use Support](#)
- x [MindWell U t Mindfulness in New Brunswick](#)