

Meeting Minutes
MERRITT COLLEGE COUNSELING DEPARTMENT

Date: 3/1/2021

Time: 1:30 pm

Attendees: Salceda, Perez, Moy, Webb, Ciddio, Cheah, Scurry, Alturk, Daniel, Morales, D. Ross, Allen, Khoo, Washington, Cortez, Baez.

Allotted Time	Topic	Person(s) Responsible
1:30-1:35pm	Dean's Corner <i>Accreditation: Student Accessibility and Health Services will meet with the accreditation team today. General Counseling will meet with the accreditation team tomorrow at 10:00 am.</i>	Dean Webb
1:35-2:00pm	PeopleSoft Upgrade 9.2 <i>An overview of PeopleSoft 9.2 was provided. It was recorded. The recording will be shared with the Counseling Department. The overview included Campus Solutions, Human Resources, and Finance. Favorites should have been transferred over. The navigation menu is now on the right-hand side. New feature includes personalized home pages.</i>	Silvia Cortez
2:00pm – 2:50pm	Mindfulness Training <i>Mindfulness/self-care presentation was provided. It was recorded. The recording will be shared with the Counseling Department. Taquelia Washington shared the importance of being present in the present moment. When engaging in breathing exercises, it's important to focus the mind on your breathing. It can make a difference in productivity. Mindfulness can decrease feelings of exhaustion and helps to regulate the nervous system. Mindfulness can be used while driving, parenting, eating, listening, exercising, and meditating.</i>	Taquelia Washington

Merritt College Mission: The mission of Merritt College is to enhance the quality of life in the communities we serve by helping students to attain knowledge, master skills, and develop the appreciation, attitudes and values needed to succeed and participate responsibly in a democratic society and a global economy

2:50 – 2:55pm	<p>Standing Items:</p> <p>Reports from Programs - Puente, Sankofa, FYE, Veterans, SAS, EOPS, Transfer Center, etc. <i>Transfer Center: UC Berkeley is offering a paid internship opportunity for biology majors.</i> <i>Open slots are available to meet with UC Berkeley representative.</i></p> <p>Committee Reports <i>No reports.</i></p>	All
2:55 – 3:00 pm	<p>Announcements:</p> <p><i>Accreditation Visit: Tomorrow at 10:00 am.</i></p>	Rosa and Jose