

NTSO Meeting

September 29th, 2005

Call to Order:

Meeting began at 11:45a.m.
Passed out October calendar
Intro. of Guest Speaker: Dr. Metcalfe, Counseling Center

New Business:

- Further discussion of fundraising ideas:
 - The group decided to change the fundraiser to a bake sale instead of the haunted tours.
 - An incentive program will be created for volunteers. Each time someone volunteers they will receive ten points.
 - At the end of the year the member with the most points will win a gift certificate to the store of his or her choice.
 - The bake sale will take place during the second week of November, in the LSC mall area, from 11a.m. until 1p.m. each day.
 - The colony apartments will also be having a Halloween carnival on October 31st, from 4p.m. -6p.m. The carnival will begin at 4p.m.

Old Business:

- No old business was discussed at the meeting.

Guest Speaker: Dr. Metcalfe, from the Counseling Center

- Dr. Metcalfe gave a workshop on stress management with the members.
 - He passed out handouts for techniques to help students' better handle stress while in school.
 - Stress meters were also given to the students who attended the meeting.
 - The meeting became an open forum for discussion with such topics as follows:
 - Dating or being in a bad relationship
 - Being a parent (or single parent) and a student at the same time
 - Handling issues that are out of our control, such as the hurricane or a car breaking down.
 - Managing time and studying were also discussed.
 - Creating a support group on campus (through the counseling center) for non-traditional students.
 - Reducing stress by making friends and sharing responsibility with parenting, cooking, etc
 - Starting assignments early to reduce stress.
 - For information on stress management visit www.shsu.edu/~org_ntso/meetings2004_2006.html.

Upcoming Activities: October 31st, SHSU Colony Apartments Halloween Party 4p.m., with trick or treating at 6p.m.

Next Meeting: October 25th, 11:45 -1:00 @ LSC Rm 315