I. Call to Order
II. Roll Call
   a. Absent: Lindsay Roth, Jessica Andrade, Iris Seo, Jasmine Setoodehnia, Christa Chiao, Carletta Traylor, Se Lin Lee, Martina Powley, Greta Stacy, Alexa DeJesus, KeQin Li, Hannah Giltner, Jessica Barragan, Katelynn Wertsch
   b. Quorum met
III. Minutes
   a. September 20th- minutes pass 32-0-11
   b. September 27th- minutes pass 39-0-8
IV. Director of Wellness - Emily Nagoski
   a. 97% of Smith students are stressed
   b. Questions
      i. How important is sleep?
         1. One of the four pillars of wellness
         2. Four pillars: nutrition, physical activity, mindfulness, and sleep
         3. During sleep: bones and muscles repair themselves and brain re-wires for motor learning
         4. Most of benefit from physical activity happens at night while sleeping
         5. College students who nap (20 minutes or more) in the afternoon remember morning classes better than students who do not
         6. Must get four hours in a row or more in a night
         7. Only pull an all night-er for fun because you will hate how you feel the next day
      ii. Can a nap be too long?
         a. Either a full sleep cycle 1.5 hours plus or 30 minutes or shorter
         b. Not everyone is natural nap-er
      iii. What if you always wake up with a sleep hangover?
         1. Stress response kicks in and you realize how tired you are
         2. If you are sleeping nine hours or more a night and are still tired see a doctor
      iv. Does sleep debt carry over for years?
         1. Yes, but you need less sleep as you get older
         2. 80% of college students are dangerously sleep deprived
      v. If you are a deep sleeper and you need more sleep, will an alarm still wake you up?
         1. For some people your morning circadian peak will wake you up but, others will not wake up during a fire drill
      vi. How careful should you be with caffeine?
         1. Caffeine overdose is real
         2. Can feel like a heart attack
         3. No long term health effects, but you can get addicted
4. Start consuming caffeine 20 minutes before you want to be alert and stop four to five hours before you want to fall asleep

vii. How can I stay awake late at night without caffeine?
   1. Sugar
   2. Studying while moving around, read aloud or have a homework session with other people around
   3. Drink decaf or caffeine-free soda

viii. What is average time to fall asleep?
   1. Healthy is 10-20 minutes
   2. If it takes you more than half an hour then you are five and a half times more likely to get a cold
   3. Take a hot shower before bed, read a chapter of a book, or make a list to fall asleep more quickly

ix. Is Red Bull bad?
   1. A few times a semester okay
   2. Do NOT mix with alcohol

x. Why does Red Bull knock me out?
   1. She doesn't know, but will look it up
   2. People with ADHD can be knocked out by caffeine

xi. What can I do if nothing will keep me up?
   1. Open a window for cold air
   2. Engage in a light quantity of physical activity
   3. Try ginger teas or mints
   4. Drink ice cold water

xii. Is it common to get migraines after drinking caffeine?
    1. Caffeine can be a trigger for migraines

xiii. What should we tell students who say that they do not have time for personal wellness?
    1. Person first, student second, everything else third
    2. Explain ill-effects of sleep deprivation

xiv. Is it possible to get hives from stress?
    1. Yes, she did when she was interviewed here for her job

xv. Are there any stress reducing activities you can do by yourself?
    1. Lots!
      a. Take a shower and notice the sensations in your body
      b. Try different meditation techniques
      c. Self massages- earlobes, scalp, wrists, hands, feet, stretching, etc.

xvi. Where should students go if they are overwhelmed with stress?
    1. Wellness@smith.edu, counseling services, or seek out other resources like the Jacobson Center to lessen stressors

c. Stress is a physical response
   i. A stressor is something that stresses you out
      1. Papers are chronic stressors
   ii. Physical activity is the best remedy for stress
      1. Second best for females is affection
   iii.

V. Announcement from Megan Beyer (Smith Model United Nations President) on Smile Train
a. Smile Train is a non-profit that helps children with clefts
c. Filming a short piece- 'What makes you smile?'

VI. Announcement by Smith Democrats on voting
   a. Sophie Mettler-Grove- President of Smith College Democrats
      Smith.democrats@gmail.com
   b. Voter Registration
      i. October 19th is deadline for voter registration in any state
      ii. Can only be registered in one state
      iii. Float the Vote- October 14th 11am-2pm-voter registration event on Chapin Lawn- free ice cream
      iv. Go online to find the absentee ballot procedures for your state
   c. Northampton Mayoral Debate-October 17th in Carroll Room at 7pm
      i. Mayor Claire Higgins is retiring
      ii. Michael Bardsley v. David Markewicz
   d. Rides to polls
      i. Smith Democrats, Republicans, and Smith SGA can drive you to polls for Northampton Elections- outside JMG
      ii. Drivers needed (email Smith.democrats@gmail.com)

VII. Ada Fireside Chat, Wednesday, Oct. 5, 7-8 p.m., Campus Center Goldstein Lounge (Red Room)

VIII. Announcements/Open forum
   a. ASA and KASS- Asian Teahouse- Family Weekend-October 22nd 7:30-9:30 Sage Hall
   b. Curriculum Committee will be tabling the week of October 17th in the CC basement everyday from 11am-2pm
   c. 5 College 60 second video contest- Submit by October 15th- visit fivecolleges.edu/video
   d. NOW Smith- Thursdays 4:15-5- Seyle 110
   e. Remember to vote in Smith elections: Smith.edu/voting
      i. Running for class of 2015 President: Katherine Aguilar and Emilie Schwartz
   f. October 19 from noon until two-Pet-a-Pet Day Chapel Lawn

IX. Adjournment 8:47