



# General Meeting Minutes

2015 September 15th conducted from 8:30-9:30 p.m. EST in the Adobe Meeting RoWCPC Adobe room

## WCPC Board contact information:

President Paulina Erices: [pve5033@psu.edu](mailto:pve5033@psu.edu)  
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Web Coordinator: Katie Daniel: [kxd5313@psu.edu](mailto:kxd5313@psu.edu)

Meeting called by: Paulina Erices, President  
Type of meeting: Monthly General Meeting  
Facilitator: Paulina Erices, President  
Note taker: Annah Jensen, Secretary

Attendees: Cynthia Roebuck, Lisa Chase-Miller, Melissa Nicole Gilleece, Donna J Harvin, Brandi Cash, Kristine Schmidt, Mary Kay Elsner Spryte, Stephanie Lynn Shank  
Advisors: N/A  
Officers: Paulina Erices, Beth Fahey, Annah Jensen, Katie Daniel

## Agenda topic **Study Tips** | Presenter Paulina Erices, President

**Discussion** Everyone shared their study tips/habits. They were:

Highlighters and Time Management, along with handwritten notes. Reward yourself with chocolate is a must! Plan ahead, write every assignment for the semester in a planner for the week it's due & highlight as I complete it. I write all notes down for every class.

I started to take short breaks in between short study sessions, long sessions don't work for me and my grades have improved.

I color coordinate assignments due dates onto my calendar, Each week I write all my assignments down and plan for the week.

I search for companion book websites to help with testing, and write my notes manually and highlight the important terms.

I make sure that I put time into the assignments that are worth the most (% of overall grade). I set aside specified study time with built-in breaks.

I take notes while reading.

Ask your professor questions, even if you think it's dumb.

A day after taking long-hand notes I type up the notes to help adsorb more into.

Spread your studying out, over 45 minutes-1 hour then break and come back. Set study goals for yourself. Set time to review past material & use flash cards (play with them). Try to teach the material to someone else. Don't over think the question, if you don't know it right then, move on and come back later.

Mellisa also brought up the Myers-Briggs assessment ( <http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/> ) to help learning about your learning style.

## Agenda topic **Informal Last Saturday Night Hangout** | Presenter Paulina Erices, President

**Discussion** The last Saturday of the month will be out first informal hangout meeting, Pauline will be hosting. It will be about a half hour long from 9-9:30pm. Depending on how many people there are it will be in either the Adobe room or Google hangouts.

### *Agenda topic **Roundtable update** | Presenter Cynthia Roebuck*

**Discussion** **Addiction Roundtable** I have 4 people confirmed; 1 I/O Psychologist, a Neurobiologist, Personality Clinical Psychologist, Student Affairs in Psych counseling at PSU to talk about addiction on campus. Will need the room and someone to run the background. Hoping for 10/22 for the date. Mary Kay ( [www.spryte.org](http://www.spryte.org) ) volunteered to speak about her story and her recovery.

**Conclusion** Anyone who is interested/willing to help please contact Cynthia [cor5235@psu.edu](mailto:cor5235@psu.edu) Katie and Mary Kay are both willing to help out.

### *Agenda topic **Newsletter Update** | Presenter Annah Jensen, Secretary*

**Discussion** We're set to publish the 1st issue at the end of the month, it will be a "Meet the Officers" issue. The the next issue will be at the end out October. I have 1 person that is definitely going to write, and looking for more. It will sent out via the Angel emails, as well as posted on the Website on Facebook page. The blog is not closing down the newsletter will just be a supplement. I'm really excited to be starting this up, it's looking like an awesome project!

**Conclusion** Anyone interested in writing for it please email the Newsletter email and [WCPCMindOverMatters@gmail.com](mailto:WCPCMindOverMatters@gmail.com) and I will get back to you as soon as I can.

### *Agenda topic **Open Forum** | Presenter All Members*

**Discussion** Create a contract when working in groups just to state what you will do and what you expect from your fellow members.

Katie updated the WCPC Webpage, it looks great and is mobile friendly so check it out. It flows a lot better and there is a ton of great and useful info available on it.

The book exchange page has been removed, but the idea is still wanted. We'll talk about it more later before next semester. It will be on the WCPC Club facebook page rather than it's own. Word of Advice from Cynthia, if we want to start a Book Exchange page that uses the PSU logo it needs to have approval from PSU.

The winner of the Door Prize (a WCPC T-shirt) is Lisa!

Meilssa shared her youTube page ( <https://www.youtube.com/channel/UChDZXOZnNJFJDTcRdorU-1A> ) and talking some more about the Myers-Briggs Assesmenet at how it can be interpreted/used in everyday life. She and Annah went through Annah's last Myers-Briggs analysis. And that figuring out what those letters/personalities (there are 16 types) mean can help figure out how to adapt and make real life situations work best for you. And she offered to share more later about the Myers-briggs later, in another meeting. She just got back from a conference in Las Vegas for Hypnotherapy. She's also said she was available to talk about how to set up a practice, marketing and getting started after you get your degree.

### **Helpful links**

Research Information: <http://sites.psu.edu/psylec/research-information-for-undergraduate-world-campus-students/>

WCPC Blog: <http://sites.psu.edu/wcpc/>

WCPC Meeting: <https://meeting.psu.edu/wcpcmeet>

WCPC FB Group: <https://www.facebook.com/groups/772607952791626/>

Psi Chi: [www.psichi.org](http://www.psichi.org)

Psi Chi FB page: <https://www.facebook.com/WorldCampusPsiChi?fref=ts>

Psi Chi blog: <https://sites.psu.edu/wcpsichi/>

Graphic Restrictions: [http://ur.psu.edu/stylemanual/graphic\\_identity/graphic\\_identity.html](http://ur.psu.edu/stylemanual/graphic_identity/graphic_identity.html)

**Next general meeting is To Be Determined and held in our usual meeting space.**