



Arts Undergraduate Society of McGill University
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Council Report of the AUS President

Wednesday, October 1st, 2014

Submitted by Ava Liu

Arts Health and Wellness Week

Arts Health and Wellness Week is currently on this week! It is a new physical and mental health awareness project jointly organized by the AUS and Arts OASIS. AHAW originated out of ArtsDAR's Seeds of Change campaign last April. It stands for Arts Health and Wellness.

I sent out a special listserv about AHAW last week and we made a poster for the website. Please share the AHAW posts which I've made with your constituents.



Here is the schedule for the week:

"It's that time of the year! The Faculty of Arts OASIS and the Arts Undergraduate Society are collaborating to bring you Arts Health and Wellness (aka: AHAW) Week! As part of the McGill Arts Health and Wellness Project, we aim to increase awareness and promote education on mental and physical well-being within the Faculty of Arts! Through a series of workshops, one-on-one peer support, yoga classes, and therapeutic activities, we are aiming to not only raise awareness on health and well-being, but to tackle the stigma associated with seeking assistance.

Monday September 29th, 5:30pm:

"How to Sleep Well"

Speaker: Amanda Unruh, Health Promotion Officer

Location: AUS Lounge in Leacock Basement, Room B-12

*** Veggies Available at this event ***

Tuesday September 30th, 5:30 pm:
"AHAW Self-Care Tips on Mental Well-Being During Midterms"
Speaker: Emily Yung, Mental Health Education Coordinator
Location: AUS Lounge in Leacock Basement, Room B-12
*** featuring a Cupcake Break ***

Wednesday October 1st, 6:00pm:
"AHAW Self-Care During Midterm Exams"
Speaker: Sanu Ariyarajah, McGill Counselling Service Intern
Location: AUS Lounge in Leacock Basement, Room B-12

Thursday October 2nd, ALL DAY:
Midterms Break!
Take a study break with us and enjoy a popsicle!
Location: AUS Lounge in Leacock Basement, Room B-12

Friday October 3rd, 3:00pm-4:30pm :
Free Yoga Session
Location: SSMU Building, Room 401
*** Arts Students - Bring your Student IDs ***

Faculty Affairs

Administration and Building

Update on the furniture in Leacock: We met with building managers. We know that with two more moves, the furniture will be out of the Leacock basement by around October 10th.

Leacock 111/112

We will be putting lamps into Leacock 111/112 to increase the lighting.

Met with Arts DAR

Met with Arts DAR on Monday to talk graduation breakfasts. Will keep you informed.

Breakfast with the Dean of Arts

We had breakfast with the Dean on Monday. Will give oral report.

Equity Workshop

Equity workshop by SEDE on the 15th

Committees

Work Your B.A.

Meeting again with CAPS around October 10th. We have a Careers Committee planning Work Your B.A.

International Student Commission

Eddie, Arts Rep, and I are working on this right now. Will give oral report.

Constitutional and By-Law Review Committee

Finished hiring for CBRC

Website

I took photos of the AUS Executive and Arts Reps and updated the website. I added French Conversation Circle and OktoberhAUS pages to the site.

We are going to look into a revision of the drop-down menus.

Respectfully submitted

Ava Liu

President | Présidente

Arts Undergraduate Society (AUS)

L'Association Étudiante de la Faculté des Arts (l'AÉFAPCUM)

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