



Association étudiante de l'Université McGill

Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.

Students' Society of McGill University

Located on Haudenosaunee and Anishinaabe, traditional territories.

ssmu.ca | (514) 398-6800 | 3600 rue McTavish, Suite 1200, Montréal, QC, H3A 0G3

SSMU BOARD OF DIRECTORS PUBLIC MINUTES

January 05, 2023

The Board of Directors meeting of the Students' Society of McGill University (SSMU) will be held by teleconference on Thursday, January 05, 2023 at 18:00.

Present: Alexandre Ashkir (Chair, non-voting), Jaz Kaur (Parliamentarian, non-voting), Risann Wright (Officer), Val Masny (Officer), Kerry Yang (Officer), Hassanatou Koulibaly (Officer, non-voting), Benson Wan (Council Member), Peter Tai (Council Member), Cat Williams (Officer, non-voting)

Absent: Julia Nam (Council Member), Marco Pizarro (Officer, non-voting), Coco Jie Wang (Council Member)

1. Call to Order: **18:17**

The Chair calls the meeting to order at 18:17. He reminds everyone that the meeting is recorded.

2. Land Acknowledgement

The Chair presents the Land Acknowledgement.

The SSMU acknowledges that McGill University is situated on the traditional and unceded territory of the Anishinaabeg and Haudenosaunee nations. The SSMU recognizes and respects these nations as the true and constant custodians of the lands and waters on which we meet today. Further, the SSMU commits to and respects the traditional laws and customs of these territories.

3. Attendance

The Chair takes attendance. He asks all Members of the Gallery to spell their names for the minutes.

4. Adoption of the Agenda – **APPROVED**

Seeing no additions or corrections, Director Wan motions to adopt the agenda.

Director Masny seconds the motion to adopt the agenda.



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Seeing no opposition, the agenda is adopted.

5. Minutes for Approval:

- a. SSMU Board of Directors Public Minutes 2022-12-08 – **APPROVED**

The minutes are presented.

Seeing no changes or corrections, the minutes stand approved as distributed.

6. Presentation Autonomic

Officer Williams joins the meeting at 18:21.

Jamie Wood is the CEO of Autonomic, a company that builds brain performance enhancement software. They worked with UBC in the past, and helped students use their brains better, which turned into a technology company. Autonomic has been working with McGill students and professors for the past 4 months. They would be able to offer their services to students for free. The software is proven to be efficient, and using one's brain better helps manage stress. They applied to speak to the Board because they were curious about what the SSMU is doing to support students. They have spoken with the Student Wellness Hub, and many students do not know about it or are not comfortable using its services. Autonomic targets high performers, and post-secondary students are in a highly demanding environment and the behavioural patterns being developed at this time will continue into students' careers. Autonomic works mostly with employees in high-demanding environments, which are starting to look for softer skills, such as changing environments and demand. Brains try to make behaviours into habits in order to conserve energy, so many stressors are preventing students from achieving full function of their brains. Autonomic gives them the tools they need to succeed in the workplace. Further, many employers are starting to look for Autonomic training as a skill. Many times, there is so much going on in the brain that new information is going to be forgotten and overwhelming and stressful behaviours will be implemented. They did a study with UBC students, which found that many of them were able to increase their focus and marks by using Autonomic's software. The company provides a personalised neuroscience-based training program for people who are high achievers, to improve overall performance and well-being. Many times, students do not have access to these types of programs, or do not have enough time to do it. This program takes less than 3 minutes a day. It is individualised and free, through brain coaches and artificial intelligence. They take 80+ brain performance habits that become part of the training, and individuals receive 3-8 in their training. The training would be monitored by performance, and there are personalised coaching and accountability sessions. They use AI coaching, and allow students to speak to real coaches. They use 5 measures of brain performance: stress, mood, energy, focus and sleep. Autonomic is launching their pilot in February, and it will be free, light-touch and they want the Board's feedback on student solutions.



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Autonomic has done two (2) efficacy studies with participants, and measured their brains twice before taking the software. They looked at working memory, fatigue, focus, emotional regulation, the ability to deal with cognitive demand and to make accurate decisions. In four weeks, they were able to increase the brain ability of a participant by 5.5%. They will do a live workshop in February, and then add SSMU into the system and give students a customised brain performance training. All data is private, even though they are looking at large pools of it. Wood can put together a lunch for SSMU to learn more. Most people have never had any training on using their brain efficiently under high-demanding situations, which is the problem Autonomic has solved.

The Chair entertains a question period.

Director Wan suggests speaking to the Legislative Council, because the Board cannot take any action on this, since they are the managerial side of the SSMU. He also suggests speaking to departments and student associations directly, since the student experience differs depending on their field of study.

Question:

Director Masny asks where the program goes once the pilot is completed. They ask if the company will profit from their initiative in the future.

Answer:

Jamie Wood answers that they are already a for-profit organisation, and they work with many other companies in North America to help employees improve their brain performance. They see a need in students. They are looking to build Autonomic into universities across the country, which is why they are looking for information about student needs.

The Chair states that he can send Jamie Wood the contact information of the Executives.

Question:

Jamie Wood asks if this is the email address that sent them the Zoom invite.

Answer:

The Chair answers yes, and that he will send them their contact information.

7. Reports:



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a. Clubs Committee Report – **APPROVED**

The Parliamentarian states that this report was approved by the Legislative Council, so it only needs to be ratified by the Board.

Officer Koulibaly presents the Clubs Committee Report from the Fall semester. There were many clubs approved and rejected. There was one name change and some constitutional amendments, which were approved.

The Chair entertains a question period.

Seeing no questions, Director Wan motions to call the question.

Director Wright seconds the motion to call the question.

Seeing no opposition to calling the question, the Chair entertains a vote by unanimous consent.

Seeing no opposition, the Clubs Committee Report is ratified.

8. For Discussion:

a. Presentation on the SSMU Director Residency Requirements (Governance Manager)

The Governance Manager states that she has received some questions on requirements for becoming a Board member in the past few months and years. She has specifically received many questions about residency requirements. She worked with Director Masny on this presentation. They have done some research and consulted with their legal counsel. The Society operates as a non-for-profit organisation, and Gerts Bar and Cafe is overseen by the Bar Manager, who works for the Society. In order to hold an alcohol permit, Quebec requires that overseers and management teams be Canadian citizens or residents. The Board of Directors' membership consists of 4 Directors, 4 Councillors, and 4 Members at Large. Applications are open for Members to become Directors through the Nominating Committee. Qualifications are: to be a member of the Society during the appointment year, be 18 years of age, be a citizen or permanent resident of Canada, not be bankrupt, not have been declared incapable by a court, and not have a criminal record. The Board is the highest governing body of the Society, and is responsible for its finances, operational decisions, HR, legal, and the management team. It also ratifies decisions made by the Legislative Council, the Executive Committee and the Judicial Board. The *Act Respecting Liquor Permits* requires all permit holders to be citizens, permanent residents or have a work permit. After consultation with the legal counsel, there is no scope to broaden the wording or interpretation of the Act. Therefore, all Directors must have a valid alcohol permit and meet the residency requirement. The Governance Manager stands for questions.



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The Chair entertains a question period.

There are no questions.

9. Confidential Session

The Chair asks all those who are not Board members to leave the meeting at this time. The Board enters into a Confidential Session.

10. Adjournment: **20:15**

Seeing no further motions, the Chair declares the meeting adjourned at 20:15.

Risann Wright, SSMU President

APPROVED