
Student Voice Meeting Minutes

22 January 2019

The **second** meeting of the **Western Sydney Recovery College Student Voice Advisory Group** was held at **Community room, West Point, Blacktown on 22 January 2019.**

Attendees: 1 staff member, 3 students

I. Welcome

The meeting commenced with acknowledgement of country and acknowledgement of mental health lived experience.

Attendees introduced themselves.

II. Discussion of Terms of Reference

As one student had not been to prior meeting, we read through the Advisory Group Agenda from previous meeting. Points 1 and 2 did not require any additions or amendments. For Point 3 we discussed the pros and cons of numbers low and high when attending groups. All agreed upon low numbers = more intimate conversations and increased ability to speak up, while higher numbers also contributed to the richness of stories that can be shared, though less ability to speak. The group is happy with this allocation of numbers, though one student would be comfortable up to 15 students.

Discussed Point 5, Meetings. Student who attended previous meeting was unhappy that we had broken our own rule of having only one educator present. She did then agree that life can be unpredictable. She maintained that we should change our wording in case of need for spontaneous change that may be required, stating that our current rule is not flexible.

All students agreed that they would have preferred to attend rather than have it cancelled today. Minimum cancellation is day before. Students would prefer higher attendance but agreed this is the nature of attendance rates inside and outside of our recovery college, and cannot be helped. No other changes needed.

In last meetings minutes, the topic of money was raised, and again the \$40 payment to those who attend student Voice was discouraged. Would detract from the aspect of attending this for self and college, and would open up to students who were not genuine in their attendance for monetary gain. How to distribute minutes was agreed upon that read through silently, and points added at the end were best. Date for next meeting given, 19th February 2019. No other additions or amendments made.

III. WSRC Course promotion Brainstorm

Discussion on how to promote the college. Institutes such as TAFE Blacktown and Mount Druitt, in high volume and community advertising spaces. Approaching hospitals such as Blacktown and the new Nepean TAC unit piloting Mental Health focus. Community Centres. Libraries. Word of mouth.

IV. Discussion about WSRC courses and course ideas

Discussed workshops attended. 2/3 students have been to 3 or more workshops. They have said they were well attended, facilities were good, and no changes were necessary overall.

Topic of MHFA course was brought up. New student asked if we ever run normal ones. Was discussed that they are quite common, and so our college is running courses that focus on target groups such as YMHA, ATSI MHFA and OP MHFA. Discussion that more workshops were needed tailored toward the older demographic.

Suggestions of new topics included 'Identifying and working through Fear', 'Trauma' topics, 'Teaching parents how to help their child with Mental Health issues' and 'how to communicate with a child who has Mental Health issues', 'Art Therapy', 'Healthy writing' and expanding on our 4 part writing course to add more time for exercises.

In regards to Hub/no hub. Two out of three voted hub if we could manage it. Reasons cited were; mobility for elderly and disabled having easier access to transport, and ensuring reduced steps and or access to ramp. A central unit where all students could gather which eased communication, materials, formation of new ideas and information.

Student requested we hold more workshops, 3 days per week, have booklets as part of the curriculum, and have examinations at the end.

V. Discussion about Student Learning Plan

Discussed aspects of the Student Learning Plan (draft). Students seemed ok to fill in the form. Discussed briefly what stood out, and used this to add to the attached student learning plan.

At this point one student voiced concern at heaviness of the Student Learning Plan, and the identified one question that stood out for them. The student felt pressured by the timeframe allocated, with all agreeing that this type of questionnaire cannot be done quickly. The student's reaction to the Student Learning Plan was understandable, and all parties agreed. Staff member acknowledged that they did not mention the heaviness of these questions before going through the plan with the students. The college staff members should be mindful of this if they plan to use the Student Learning Plan in the future.

Adjournment

Adjourned at 12:12pm.

Next meeting: 19th February, 2019. 11am-12pm at Community Room, Blacktown.