



STUDENTS' ASSOCIATION OF MACEWAN UNIVERSITY

**Minutes for the Students' Council Meeting of the
Students' Association of MacEwan University
July 16, 2025 at 6:00pm in the Council Chamber**

Voting Members:

Olad Ayodeji, Councillor
Tolu Dare, Councillor
Jencel Diaz, Councillor
Aryan Dutta, Councillor (absent)
Aidan Fisher, Councillor
Chistian Galera, Councillor
Cierra Jacobs, Councillor
Alem Tesfay, Vice President Student Life
Moselle Namoc, Councillor
Maade Okai, Councillor (absent)
Nathan Poon, President
Israel Reyes, Councillor
vacant, Councillor

Andrei Santiago, Vice President Governance
and Finance
Joehn Torres, Councillor
Vincent Trinh, Councillor
Chioma Uzor, Vice President Academic
Wilfrid Youbi Fansi, Vice President External
Loyal Zidan, Councillor

SAMU Officials and Council Support:

Matt Yanish, Chair
Darryl Kostash, General Manager
Alan Honey, Governance Advisor
Caitlin Yambao, Admin Support

Meeting called to order at 6:00pm.

1. Treaty 6 Land Recognition

We would like to acknowledge that this meeting of the Students' Association of MacEwan University is taking place on the traditional territories of the people of the Treaty 6 region in Central Alberta.

The Students' Association of MacEwan University is situated in the centre of what we call the city of Edmonton, which is called Amiskwaciy Waskahikan or Beaver Hill House in Nehiyawewin (Cree). This is the traditional home of the Nehiyaw (Cree) and Michif (Métis), and meeting place for many Indigenous peoples including the Nakawe (Saulteaux), Siksika (Blackfoot), Nakota Sioux (Stoney) and other nations.

2. Approvals

2.1 MOTION

TO APPROVE THE AGENDA FOR JULY 16, 2025

TORRES/OKAI

CARRIED

2.2 MOTION

TO APPROVE THE MINUTES OF JUNE 18, 2025

FISHER/TORRES

CARRIED

3. Presentations

4. For Information

4.1. Reports

4.1.1. President

4.1.2. Vice President Academic

4.1.3. Vice President External

4.1.4. Vice President Governance & Finance

4.1.5. Vice President Student Life

4.1.6. Governance Investigations & Reinstatement Committee (In Camera)

4.1.7. Executive Committee Workplan

4.1.8. Audit Committee

4.1.9. Strategy and Engagement Committee

4.1.10. Finance Committee

4.1.11. Governance Committee

4.1.12. Students' Council Operations Committee

4.2. Executive Committee Minutes

Minutes of June 11, 18, and 25, 2025 provided.

5. Question Period

5.1. Written Questions

Trinh - For VPSL: Could you elaborate more on what you learned in your HCA meeting. Specifically of "Mental Resilience" and how that helps you deepen your understanding of Student well-being. Will you (and by extension The Council) be able to use that knowledge to help Students' Mental health?

VPSL – Thank you for the question, Councillor Trinh. It would be a pleasure to elaborate on what I learned at HCA!

The biggest takeaway for me was the topic of **mental resilience**. This was reinforced by the keynote speaker, **Dr. Michael Ungar**, a globally recognized social work scholar and leading researcher in the field of social and psychological resilience. Not only did Dr. Ungar deliver the keynote, but he also facilitated a concurrent session that focused specifically for students.

In that session, based on my notes, Dr. Ungar highlighted key factors that contribute to mental resilience, which included: **Structure, a sense of control, accountability, belonging/culture, love for others, positive thinking, supportive relationships, a strong identity, rights and responsibilities, basic needs, and financial and physical wellbeing**. He went in-depth on these points, which helped me better understand what it truly takes to foster student wellbeing.

During his keynote, Dr. Ungar also addressed **internal and external factors** of resilience and explained that resilience exists on a **scale**. Importantly, he emphasized five collective pathways to building a successful educational institution:

Persistence, resistance, recovery, adaptation, and transformation.

After the session, I had the opportunity to speak with Dr. Ungar about my own journey with mental resilience, including some of the strategies I've been promoting to fellow students. I was happy to hear that some of my personal philosophies on mental resilience had some validity.

Another important concurrent session I attended which was closely tied to one of my own priorities as Vice President Student Life was focused on **support for student athletes**. The session, titled "*It's*

100% Mental Health: Unmasking the Hidden Opponent in a Student Athlete's Journey", explored the mental health challenges faced by three student athletes and how they overcame those barriers.

Whether it's the pressure of the sport itself, stress from coaches, or the emotional toll of transitioning out of athletics, this session gave me a new perspective. I found it incredibly eye-opening and informative. I also shared these insights with my counterpart from MacEwan's administration, who agreed on the importance of prioritizing mental health for student athletes, particularly those who are moving on from competitive sport.

I hope this answers your question, and if you want to learn more about my experience at HCA, please feel free to reach out. I may more notes and take-ways from my time at the summit.

Cheers,

5.2. Oral Questions

Topics include: engagement with the student body through other means than athletics; mental health advocacy; advocacy based on survey results; Dean of Library meeting goals;

6. In Camera Period

6.1. Councillor Reinstatement

MOTION TO GO IN CAMERA

TORRES/VPA

CARRIED

MOTION TO GO OUT OF CAMERA

TORRES/FISHER

CARRIED

7. Motions & Business Orders of the Day

7.1. Councillor Reinstatement

MOTION TO REINSTATE SEUN SADARE AS A COUNCILLOR, EFFECTIVE JULY 17, 2025, FOR A TERM ENDING OCTOBER 31, 2025

VPGF/VPA

Favour: Pres, Fisher, Namoc, Trinh, Okai, Jacobs, Zidan, Dare, Vpsl, Vpa, Vpgf, Diaz, Ayodeji, Reyes, Torres, Galera

Oppose:

CARRIED

8. Consultation

9. Evaluation

10. Recognition

11. Adjournment

MOTION TO ADJOURN

TORRES

CARRIED

Next Meeting Date: August 20, 2025

Meeting adjourned at 6:27pm