

Date: 2/25/2020  
Location: Plex Office

# RCB Executive Board Meeting

**Start Time: 6:04**

**Members Absent: Maria**

1. Review
  - a. Reading of the Minutes
2. Executive and Advisor Updates
  - a. Jakob (VP of Academic Affairs)
    - i. Quiz Bowl this Sunday
      1. Getting food from Gigio's and Viet Nom Nom
      2. Have all prizes
  - b. Maria (VP of Social Affairs)
    - i. I did research about study foods and such for the reading week study break thing. All below
      1. Coffee: Coffee keeps you awake by blocking a chemical that makes you sleepy (adenosine) as well as boost good neurotransmitters such as serotonin.
      2. Blueberries: Blueberries have antioxidants that improve connection between brain cells and improve memory.
      3. Dark chocolate: The flavonoids in chocolate enhance memory and learning, and it is a legitimate mood booster.
      4. Orange juice/oranges: The vitamin C in oranges helps prevent mental decline, and the good sugars in orange juice help your brain work during studying.
      5. Green tea: Green tea boosts brain function by improving alertness, performance, memory, and focus. It also has L-theanine, which is an amino acid that increases GABA transmission, reducing anxiety and making you feel relaxed. However, it doesn't make you feel tired because L-theanine increases the frequency of alpha waves in the brain.
      6. Protein bars: Protein helps the brain send messages and creates brain chemicals that improve your mood.
      7. Bananas: Similar to the oranges, the naturally occurring sugars in bananas are great for a quick sugar boost.
    - ii. Other items:
      1. Stress balls
      2. Ear plugs
      3. Slime
      4. Coloring pages and crayons
      5. Checkers/chess/board games

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6. Lavender essential oil
7. Bring my Himalayan salt lamp
- iii. To take home:
  1. Sleepy-time tea
- c. Sophia (VP of Philanthropic Affairs)
  - i. PhiloFriday 3/13 6-8pm Swift 107
    1. I sent the emails to philo/academic chairs today and will reach out to them 1-2x before the event
  - ii. NU Thrift got back to me and said they'd be happy to collaborate with us this quarter or in the future - in terms of logistics if we collect any clothes we can store it in NU Thrift's storage room in Plex
- d. Danielle (VP of Public Relations)
  - i. Email updates
    1. From Ergo Salon - "Ergo would love to be involved in any events, formals, mixers, you name it, Ergo wants to be apart of it! I am also offering 30% off new clients"
    2. A&O productions wants to partner for a movie night Friday before reading week in Norris; all they mentioned was our help marketing so...
    3. NU World Cup for some reason wanted to partner together
  - ii. [RCB Syllabus page](#) looks good; Nancy, I agree with you about the format for Hobart and PARC, maybe we could mention it and see if they have any other ideas
    1. Also, should we put you under executive board rather than RCB presidents?
    2. ICR?
- e. Charlotte (VP of Financial Affairs)
  - i. Nothing
- f. Jenna (VP of Inter College Relations)
  - i. The library does allow food, so I will book a room there soon for the reading week study party
- g. Eleanor (President)
  - i. ArtFest and elections thank you!
  - ii. Reflections on elections (for notes I'll be sharing with Maya for next year)
    1. See discussion section
  - iii. New board/transitions

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1. Will be sending an email out to the presidents announcing the new board (especially since some of them did not get updates from their representatives)
  2. Will be inviting newly elected board to come to exec next week
  3. Individual transition meetings
- h. Nancy (Advisor)
- i. RSVP online sign-up for officer conference launched today; new officers reply by 3/1.
  - ii. Heads-up reminder about your participation/support for the officer conference, Tuesday, April 7. Please review your Spring class schedule; I hope you don't have any conflicts with the time block, 5-8 pm.
  - iii. I'll be at RCB this Wed.,. 2/26 (@ CRC).
3. Discussion
- a. Elections - changes for next year?
    - i. Attend RC exec meetings as a "fireside" before interest dinner?
    - ii. Consider not using catered food from Norris (could meet outside of Norris in a res college to prevent this)
    - iii. Clarifying before interview what the process will be (10 minute interview, questions, etc) was good
    - iv. Clarifying possibility of co-VP early on, include in initial outreach/form, though note that some positions don't work well
      1. We've never had more than one position be a co-chair at a time
      2. Not for finance, PR, president
      3. Clarify what would happen if academic co-chairs and president stepped down?
      4. Potentially amend the constitution to be more explicit about co-chairs to give guidance to President and candidates
      5. Add question to application that specifically asks about reasoning for running as co-chairs rather than running individually
      6. Keep applications separate and interviews together
    - v. Introduce yourself when you ask questions for friendliness/comfort
    - vi. Have current person in that position introduce themselves (or they'll already be introducing themselves if they ask)
    - vii. Clarify in emails that applicant will interview with both exec and presidents rather than "the board"
    - viii. Continue to invite candidates to ask questions at the end

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- ix. Inviting them to take food was nice
- b. Going over the budget super quickly!
  - i. [https://docs.google.com/spreadsheets/d/1pA5gKKuzIngVQNkbMCs2veu\\_\\_ZKgrdeX7R6a53yHe4/edit#gid=1360140806](https://docs.google.com/spreadsheets/d/1pA5gKKuzIngVQNkbMCs2veu__ZKgrdeX7R6a53yHe4/edit#gid=1360140806)

**End Time: 6:45**