**WVU Psychology Club and Psi Chi Honorary Meeting Minutes**

***Meeting start time: 6:00pm***

**Speaker: Dr. Hawley Montgomery-Downs**

* Faculty member at WVU in the Psychology Department
* Studies sleep & sleep disorders
* Raise awareness about sleep disorders & dangers that can come from them
* Teaches Psychobiology of Sleep in Fall 2019 (PSYC 427)

**Merit Badge University - February 9th**

* Speaker: Sarah (grad student in Dr. McNeil’s lab)
* 340 kids coming to university to take classes & can earn badges in a variety of areas
* Help kids with signing in & earn community service time

***Upcoming Events:***

* **Psych Night - January 25th**
	+ 8pm in Honors Hall Media Room
	+ Myers-Briggs personality test with bracelet making
	+ Brain coloring contest
	+ Brain games
	+ 2 LPs!
* **Valentines Bake Sale - February 13th**
	+ 11am-2pm in LSB Lobby
	+ Come enjoy baked goods & help volunteer to earn 1 LP!
* **Grief Center Dinners**
	+ Service opportunity - cook & serve dinner to those who have lost a loved one
	+ February 28th from 4:30pm-7:00pm
	+ March 28th from 4:30pm-7:00pm
	+ 3 LPs!
* **Suicide Prevention Speaker - January 31st**
	+ 6-8pm in Mountainlair Ballrooms
	+ Josh Rivedal
		- Story of a man’s struggle & recovery from clinical depression & suicide
		- Info regarding local & national resources
		- Discussion of early warning signs of suicide
* **Bob Ross Paint Along**
	+ $5 for all supplies needed & an entry ticket to event
	+ 6pm on either Wednesday March 6th or Thursday March 7th
	+ 2 LPs!
* **Hydration Station - April 12th**
	+ 7:30pm-11:30pm
		- Shift 1: 7:30-9:30pm & Shift 2: 9:30-11:30pm
	+ Station will be by The Foundry Church on High Street
	+ We will be giving drinks & snacks to those in need with Dr. Turiano
	+ 3 LPs!
* **De-Stress with Dogs - February 27th**
	+ 3-5pm in Honors Hall Media Room
	+ Relieve midterm stresses with WVU’s therapy dogs
	+ Visit WVU’s therapy dogs & receive mental health & wellness resources
	+ 2 LPs!

**Pizza Sales:**

* Held every Wednesday in LSB lobby
* 11:15am-12:45pm
* Earn 1 LP & get free pizza for helping out!
* Contact Natalie to sign up: ns0007@mix.wvu.edu

**PSI CHI:**

* Spring graduation application deadline is January 31st

**More Upcoming Events TBD:**

* PSI CHI Induction
* Pool Tournament
* Suicide Prevention - Walk & Bake Sale
* Autism Awareness Bake Sale

**Past Event: Holiday Bake Sale from December**

* Sold hot chocolate and baked treats

**How to Join Psych Club:**

* Submit an application (get at meetings or outside Psych Club office) & pay yearly dues of $10 (give dues to Treasurer Amna)
* By October 31st, email list becomes restricted

**How to Earn Loyalty Points (LP):**

* Every active member = 5 loyalty points each semester
* In order to receive loyalty points, you MUST be a member
* **Earn 1 point:**
	+ Attend Psych Club/PSI CHI meeting
	+ Donate materials to service activity
	+ Assist with pizza sales
* **Earn 2 points:**
	+ Recruit a friend to join (& pay dues)
	+ Attend a social event (no fee)
* **Earn 3 points:**
	+ Attend a social event (fee)
	+ Assist with fundraising
	+ Participate in service activity

**T-shirts Available:**

* $15 for short sleeve shirt
* $20 for long sleeve shirt
* Currently Available: L long sleeve, M short sleeve, L short sleeve, XL short sleeve, 2XL short sleeve

**Office Hours:**

* Hours posted outside club office
* Office is Room 1106 LSB

**Follow Psychology Club:**

* ***Twitter:*** @WVU\_PSYC\_CLUB
* ***Instagram*:** wvupsych
* ***Facebook*:** WVU Psychology Club

***Next Meeting: February 19th, 2019 at 6pm in LSB-G21***

Meeting Adjourned: 6:47pm