

MEETING MINUTES

Dominican University Edgehill Mansion, San Rafael, CA 94901

Monday, March 14th, 2016

In Attendance: Vaughan, Nick, Sarah, Ruby, Danielle, Bilal, Liza, Josh, Rose, Abby, Leah, Hector, Tara, Ethan and Henry

Absent: Alejandro

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| <p>6:30pm – Meeting Called to Order</p> <ol style="list-style-type: none"> 1) Call to order/Roll call; Approval of Agenda 2) Time for public expression (3 minute limit p/p) | <p>Meeting called to order at 6:33 p.m. Marcie and Emily are from the research center in Oakland. Public Health Research, try to understand how the daily environment of teens affects everyday behavior. Take a survey online once each year. Provides smartphone that sends out surveys and you get paid for all surveys responded to. If interested in participating, fill out sheet with contact information. Has to be 14-16 age range to participate. Short surveys are small category questions. Research is to get a baseline idea of how teens’ environment is affecting them. Changes every three years. What are they specifically preventing? Alcohol, drugs and the behaviors that may tie into them. Don’t have to answer a question if uncomfortable. Provide a smartphone to all teens that participate and you can’t really use your existing one. Can get paid \$350 over the course of three years. Bonus for returning phone, extra \$\$ for enrolling. Use alcohol outlets for certain cities in the Bay Area. Sarah got accepted to Marin Catholic. Last Friday, Vaughn’s school band went to a Festival and they were the best band, 2nd place after the Davidson Band and it was fun. Abby had a dance. On Friday, Josh’s school got cancelled because of flooding. The fire alarm went off at Drake for the entire day. Bilal just found out that their jazz band would probably go to Cuba this year. Nick is operating sound for his school musical. Tara went to biotech in San Marin. Liza is getting her braces off soon. Ethan parked up on the hill at the last MCYC meeting, passed a woman with a Chihuahua, one lane road, lady flipped him off, gets out of car, and she says “have fun smoking, I already called the cops.” But Ethan was not a part of what she was talking about. Friends said to be sassy back if it happened next time. Henry accidentally flipped off a hospital van.</p> |
| <p>6:40pm – 6:55pm – Welcome/Opening</p> <p>Icebreaker Group Agreements Review</p> | <p>Energizer with a coin and having to pick up the ball at the end by squeezing hands with eyes closed.</p> |
| <p>6:55pm – 8:10pm – New Business</p> | <p>Marin Human Race is a fund-raiser for YLI and try to get people to fund you by having them go to the webpage. 3-mile run/walk.</p> |

Marin Human Race, May 7th,
7am-11am + BBQ (6:55-
7:05pm)
Accountability (7:05-7:30pm)
Time Management (7:30-
7:55pm)
Celebrating Accomplishments
(7:55-8:10pm)

Really fun. After, there's going to be a barbeque at Deborah's house, the more people who do it, the more money that can potentially be raised. Being sponsored by a running company for T-Shirts or Costumes. They also offered three practice-training runs. They In two-weeks, one of Kiely's co-workers is going to come out and help us set-up. do have pancakes. Mini- party afterwards.

What is Accountability?
Responsibility
Being responsible for things we committed to.
Taking matters into our own hands
Getting done what you need to get done.
Taking responsibility and do what you say you're going to do.
Quotes on the wall from our MCYC applications about how we're going to hold ourselves accountable and the time commitment we said we would be engaged with for MCYC. Greet Kiely with "work work work work work"-and name that song if you can!
Reading the slips out loud and talking about it.
Thumbs up, rejuvenating, and gave people flashbacks of themselves writing the quotes. Good reminder, good to go back to the beginning and get a little refresher. Kind of hard to remember because the pressure starts around this time. Helpful to come back and get grounded. Communication increased and sense of priority has as well, we're in the more difficult part of the year. Should be simple because of a plan, but not necessarily easy. If you follow foundation, it should be easier and simpler. No one needs to panic, everyone is where they need to be and Kiely will let you know if you need to panic, adult advisors are here to help. This Saturday, planting at Lynwood at 10:30 and potentially Marin Oaks on Sunday at 10:30. Help other committees with their work.
Mini mid-year self- evaluation.
Time- Management
Three people have their days planned to a T. They time allotted for certain activities. Worksheets for literally mapping out/ writing down everything you need to get done in a day. Better to overestimate than underestimate. Add all up to how much time you need and compare to how much time you actually have. When factoring in sleeping, overestimate. If time available is less than time needed, then you need to prioritize and maybe shave down some things. Estimate a 30 min. to 60 min. of "Oh &\$*@" for unpredictable things. Make a TO-DO list. When done, erase or check off. Writing things down and list by priority. Use minutes wisely. If driving or riding somewhere, do work to knock things off TO-DO List. It's always okay to say NO; it's a complete sentence. More around homework, depending on if your more of a morning or night person, do it when you work best. Get a good night sleep. Communicate schedule to others. Put down the technology so you don't get distracted. Become a master of your time and be very aware and knowledgeable about your schedule. Start something that causes anxiety right away so you don't think about it. Ask for help.
Celebrating Accomplishments
Halfway through the year, taking a moment to say something

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| | celebratory regarding MCYC. |
| 8:10 – 8:15 – Announcements Next MCYC meeting is March 28th at The Mansion Next cabinet meeting is March 21st at YLI | Thanks for the food Kiely. |
| 8:15-8:25 Clean Up | |
| 8:25-8:30 Closing and Adjourn | |
| Additional Notes: | TO DO: Email out: Minutes to MCYC |