

YEAR PLAN

MSU SRA Kinesiology Caucus

Isabella Bolca, Maxwell Schaub

2024-2025
(June 30th 2024)



OFFICE OF THE KINESIOLOGY CAUCUS

CAUCUS LEADER INTRODUCTION

Dear Kinesiology Students,

Before we present our year plan to you, Max and I would like to express our gratitude for electing us as this year's 2024-2025 Kinesiology Caucus of the Student Representative Assembly (SRA). We hope that our commitment brings forth a better understanding of how the SRA and MSU can support you as current Kinesiology students at McMaster University.

That said, a few themes outline the main objectives we wish to fulfill from our year plan; that is, building awareness of the opportunities created by the SRA/MSU and enhancing our engagement with the Kinesiology student body. By combining goals from the previous year—*our beloved healthy snacks*—and creating new ambitions for this one, we wish to establish a strong outlook of resources for students of the Kinesiology Community. With hopes of working closely with the Kinesiology Society, we aim to prioritize your well-being and address any concerns you may have by advocating on your behalf.

Alongside a dedicated committee of SRA and MSU leaders, we hope that by accomplishing these goals, we can reinforce a positive future that benefits your university experience here at McMaster. We look forward to connecting with you all and sharing the goals planned for the year.

Once again, thank you for your support and feel free to reach out if you have any questions!

Best regards,

Isabella Bolca & Maxwell Schaub

SRA Kinesiology Caucus 2024-2025

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GOALS

Objective 1	Healthy Snacks for Students (Continued)
Description	Continue promoting free healthy snacks for all McMaster students in IWC
Benefits	By having accessible snacks throughout the day, Mac students can easily benefit from replenish their energy during their long days and busy schedules without the worry of cost interfering.
Difficulties	<ul style="list-style-type: none"> • Snack budgets • How often do snacks need to be stocked up on? • How can snacks be evenly distributed? • From last year~ better promotion of free snacks
Long-Term Implications	<ul style="list-style-type: none"> • Encourage students to look forward into eat healthy and accessible snacks provided from the KS office • Improve day-to-day life for students staying on campus or studying in IWC as they work through their busy schedules • Reduce the financial worry of cost by providing free healthy alternatives to snacks during office hours
How?	<ul style="list-style-type: none"> • By having the snacks available during the time KS members fulfill their weekly office hours
Partners	Kinesiology Society (KS), Other SRA caucuses interested in collaboration

Objective 2	Collaborate with Science SRA members for an OUR event
Description	We would like to hold a research symposium event to showcase the new office of the OUR and raise awareness of its existence and amenities for students
Benefits	<ul style="list-style-type: none"> • Making science students more aware of and involved in research

Difficulties	<ul style="list-style-type: none"> • Securing funding • Coordinate Profs and participating offices • Engagement numbers and awareness of the event • Booking a space of adequate size • Catering/ organizing
Long-Term Implications	<ul style="list-style-type: none"> • Better connections for research mean students can get involved in a sooner and greater capacity
How?	<ul style="list-style-type: none"> • Have the OUR and different research recruiting groups show up for a social
Partners	SRA science, any other caucuses interested

Objective 3	Increase Kinesiology Student Body Engagement (Continued)
Description	Increasing awareness and knowledge about the SRA through various platforms such as media, information session etc., can help the Kinesiology Student Body learn ways that the SRA can benefit their well-being and experience at McMaster.
Benefits	<ul style="list-style-type: none"> • Kinesiology students can voice their concerns through various platforms that allows us to advocate on their behalf to the MSU • Kinesiology SRA can provide resources and available opportunities that enable their student body to succeed throughout the academic year • With consistent feedback, we can adapt new methods to supporting the student body to the best of our ability
Difficulties	<ul style="list-style-type: none"> • Communication between students so they're informed on where to access feedback forms • Willingness and comfortability of students providing their concerns or feedback about the SRA
Long-Term Implications	<ul style="list-style-type: none"> • Having a consistent outlet of feedback between the Kinesiology Student Body and SRA instills a better understanding and prospect of interest towards students

	<p>willing to learn more about the SRA & MSU</p> <ul style="list-style-type: none"> • Ensures that the knowledge about the Kinesiology SRA is preserved and passed onto the next representatives of our Caucus
How?	<ul style="list-style-type: none"> • Using various platforms to present information and allow for engagement • SRA Instagram; providing surveys and feedback forms • Potential collaboration with the Kinesiology Undergraduate Portal
Partners	Kinesiology Undergraduate Portal, Kinesiology Society

Objective 4	SRA Presentation (or speech) to First-Year Kinesiology Students
Description	Create a PowerPoint presentation in which we present to kinesiology and science students' information on the MSU services and SRA during 5 minutes of their first lectures
Benefits	<ul style="list-style-type: none"> • Break the MSU bubble and get people involved in the MSU from day one
Difficulties	<ul style="list-style-type: none"> • Getting permission ahead of time from lecturers • Making a good presentation • Audio visual • Being able to send the profs our slides ahead of time and make sure they're downloaded
Long-Term Implications	<ul style="list-style-type: none"> • Greatly increases awareness at a time when we have the largest ever captive audience of engaged people in one room
How?	<ul style="list-style-type: none"> • Send profs the slides and show up day of
Partners	Kinesiology Society, Other SRA Caucuses if interested in carrying out same idea for their faculties

LONG-TERM PLANNING

Overarching Vision 1	IWC Outlet Renovation Plan
Description	Discuss with necessary coordinators/facilitators(?) on the potential of adding more outlets in IWC...OR... having a “rent-out” system for extension cords from the KS office if the primary goal isn’t feasible.
Benefits	<ul style="list-style-type: none"> • Students can efficiently work in IWC study areas without the need to shift locations to find an available outlet • Enhance the spaces in IWC so that students can efficiently work in designated study spots • Promote a comfortable study environment for all McMaster students in IWC
Year 1 (upcoming)	<ul style="list-style-type: none"> • Submit a service request through mosaic • Contact coordinators/facilitators to introduce idea of considering more outlets in IWC • Look into necessary budget and most sustainable approach with minimal construction required • Investigate plausible outlet ideas: the dropdown cords from the ceiling
Year 2	<ul style="list-style-type: none"> • Begin outlet renovation • Potentially finish by end of the year
Year 3	<ul style="list-style-type: none"> • Continue any unfinished renovations if necessary
Partners	DBAC, Facility Services, McMaster University(?), Kinesiology Society

Overarching Vision 2	Kinesiology Society (KS) Office Upgrades
Description	Of the several requests made, there some parts of the KS office that can be upgraded due its “out-dated” age. As this office is frequently used as a space to relax or study, these few upgrades can improve the experience that KS members and Kinesiology students have when spending time in it.
Benefits	<ul style="list-style-type: none"> • Benefit the wellbeing of KS members and McMaster students that spend time in the office • Enhance a versatile space that acts as an area for rest, studying, and a place of sociable engagement with people • First-year kinesiology students can find comfort in the office to familiarize themselves with IWC; create a welcoming transition into the new school year and program • Can improve the productivity of KS members that use the office to promote events, activities and the reputation of Kinesiology Society
Year 1	<ul style="list-style-type: none"> • Discuss parts of the office that should receive upgrades: the couch, outlet situation, chairs? etc. • Look into a budget and most suitable materials that can accommodate costs + office space • Choose the parts that are priority for upgrades
Year 2	<ul style="list-style-type: none"> • Depending on the investment made in the previous year, continue making upgrades to the office in terms of priority/importance
Year 3	N/A
Partners	Kinesiology Society, DBAC(?)

GOALS to strive for

List 5 things that you would like to have prepared for the beginning of September

- Connect with KS to determine types of healthy snacks available during office hours and stock up on any low in stock snacks
- List of people/coordinators to contact to introduce the “IWC Outlet Project” and whether it’s a feasible idea with minimal construction/alterations
- Discuss details with SRA Science Caucus on collaborating for an “OUR Event”
- A vague time of which we want to host it, a few labs which need research assistants or volunteers who want to participate, and offices who want to participate, find out about if we can get the special project fund
- Prepare brief SRA presentation (or speech) to incoming first-year kin students
- Prepare slides and brief profs by email
- Contact people/coordinators that can assist with the potential upgrades to the KS Office and invest in which parts take priority

List 5 things you would like to have completed during the fall term (1st)

- Continue distribution of free healthy snacks and stock up on necessary snacks
- Present brief SRA speech/presentation to first-year kin students
- Update feedback forms on SRA Kinesiology Instagram and connect with Kinesiology Undergrad Portal
- Progress with contacting necessary people for the IWC Outlet Renovation Plan
- Actively engage on the SRA Kinesiology Instagram to provide SRA updates to Kinesiology students

List 5 things you would like to have completed during the winter term (2nd)

- Continue distribution of free healthy snacks and stock up on necessary snacks (as well accommodation for Ramadan)
- Progress through with KS Office Upgrades if priority upgrades are not fulfilled in previous term
- Collaborate with Science Caucus on OUR event

- Create end of the year student feedback form or survey so SRA Kin. can review advice and implement into next year plan
- Solidify if IWC Outlet Plan is feasible; if so, continue through into next year – if no, then discuss alternative plan #2 with KS/MSU

MASTER SUMMARY

June	<ul style="list-style-type: none"> • Finish and submit year plan
July	N/A
August	<ul style="list-style-type: none"> • Discuss necessary budget for snacks with KS available within the fall term (fill out finance form from VP finance) • Start preparing for objective 4 • Apply for special project funds
September	<ul style="list-style-type: none"> • Schedule KS office hours and provide healthy snacks during • Finalize details, present objective 4 to first years • Contact people for vision 2 • Contact people and introduce vision 1
October	<ul style="list-style-type: none"> • Promote objective 3 by updating feedback forms on Instagram • Discuss objective 2 with SRA Science caucus
November	<ul style="list-style-type: none"> • Updates any Kin SRA platforms regarding objective 3 • Meet with KS President and provide progress on SRA year plan goals
December	<ul style="list-style-type: none"> • Create student feedback form and take advice to prepare for term 2 • Decide whether vision 1 is possible and discuss potential alternative (rental outlet system) • Have finalized budget and invest in changes for vision 2
January	<ul style="list-style-type: none"> • Restock in objective 1 if needed • Schedule KS office hours and provide healthy snacks • Continue working on vision 2

February	<ul style="list-style-type: none">• Continue working on objective 3 (updates, graphics, providing info)
March	<ul style="list-style-type: none">• Provide online resources to support students ahead and during beginning of exam season
April	<ul style="list-style-type: none">• Create end-of-term student feedback survey• Summarize + and - outlooks from the 2024/25 SRA year plan• If SRA reps change, prepare transition forms