



2019-20 SFSS Board of Directors

EXIT REPORT

Nick Chubb

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Table of Contents

INTRODUCTION	3
COMMITTEES	3
EVENTS	4
GROWING PAINS.....	5
MY SUGGESTION	6
CONCLUSION.....	7

Introduction

So ends my time on the SFSS Board of Directors. My name is Nick Chubb and I was the Applied Science Rep for the 2019-20 board year.

Summarizing a whole year's worth of hard learned lessons and experience is nearly impossible, especially for me--applied science isn't exactly known for producing exceptional writers. However, here is my best shot at giving a summary of everything that I learned and what to do for the future.

Committees

The entire duration of my time on the board I was part of the Events Committee, Vancouver Campus Committee (VCC), and chair of the Surrey Campus Committee (SCC).

The primary reason why I really wanted to chair the SCC because I already, as applied science rep, had a lot of DSU and club connections there and believed that I could use these connections to help throughout the year. From the start, I didn't realize it would be as much work as it was; so many meetings with our Members Services Coordinator, Shelley, bi-weekly (sometimes weekly) meetings, writing reports, proposals, event budgets. Over time, I began to get used to the role and with the help of my team we successfully ran many events throughout the year. Surrey students consistently echoed concerns to me about the lack of support they felt from the SFSS, and how they were 'forgotten' by us. By the end of the year, many students knew who we were and could really see the difference that the increased engagement by us had. Ultimately, I believe my connections helped a lot with the success of the SCC this board year.

Like Surrey, while I began on the VCC I knew that many Vancouver students felt no attachment what-so-ever to the rest of the school community and were getting left out of all kinds of events. Our mission was to change this and have more of an SFSS presence on campus. At the end, although we did fewer events than we would have liked, we still were the first VCC to spend any money at all from the budget line. I hope that whoever is on the VCC in the future can continue this upwards trend of engagement at our Downtown campuses.

Events

A side effect of being on 3 event-based committees was that I found almost 90% of my time on board doing committee work around events at either Surrey, Burnaby, or Vancouver Campus.

The SCC was by far where I was most successful with running events: together with my team we ran over 15 events throughout the course of my board term. Years prior, the SCC had only been known to do one or two events a year, but this year our constant activity was noticed by many Surrey students. From pizza parties, to photo-booths, to swag handouts, to club days, and to our one (would have been 2) pub night--we constantly had an event we were working on or planning.

As part of the Events Committee, I was part of the pub night team that was focused on communications with the Study Public House and organizing our popular Pub Night events. The first of these that I helped plan was the Fall Kickoff Afterparty. Arguably our most successful pub night, it sold out a week before the event date and we had to turn down many last minute party-goers. Our other two events (the Halloween Pub Night) and the ("Last Chance 4 Love" Pre-Valentines' Day Pub Night) also sold really well and was highly regarded by attendees. I also

helped organize other events for the Events Committee as well. During Fall Kickoff, I was the designated Talent Search Director, who worked very closely with our production company to help select the proper artists to get. Ultimately, this proved much, much harder than we had planned. Due to numerous delays by SFU, we were left with very little time to ensure we could get artists, and, as such, were forced to pay a premium for waiting until almost 'the last minute' to book. However, despite the issues, the event ran exceptionally well and attendees had many great things to say about it. I know students who had doubted they would enjoy themselves or the artists who ended up confiding in me after that the event went better than they expected. If it hadn't been for the current COVID-19 pandemic, I would have also been running several other events that had to be cancelled.

As part of the Vancouver Campus Committee, I helped organize SFSS presence at the few events that go on downtown. At the start of the semester we were invited to hand out swag and candy at the SFU Goldcorp Building welcome back barbecue. Then, during Christmas we volunteered to hand out Krispy Kreme donuts for the SFU Vancouver Campus Winter Warm-up. Many students remarked that they appreciated us being on campus downtown, as, like Surrey students, they feel like they are usually 'forgotten about,' and in the future there are lots more events to plan for to give back to the Downtown community.

Growing Pains

Definitely the parts of the year that will stick with me the most also happen to be the ones that hurt the most. I think there are 3 main lessons I can take away from everything I've learned over the last year.

The first lesson was definitely the hardest. I frequently have issues with anxiety, and in my head letting someone down is as bad as lying to them because of how deeply I am afraid I am of being a failure. At the time, I didn't realize this but now I recognize it as an internalized battle I have between the artificial Personality set of ethics, the "how can I get people to like me" mindset, versus the true Characteristic Ethics, the "how can I do what's right" mindset. In other words, instead of focusing on doing what's right I, out of fear of failing I would do what I perceived would make people like me more. This reframing of my ethical code has been a huge change to my whole life outlook now, and it came from me over the last year learning that it's ok to fail sometimes, and that I should communicate with others when I can't do something. Although I'm still learning, I now try to refrain from considering what people will think of me personally when I make a decision, thus building up my character trait of integrity instead of just making me look better.

One other thing I wish I knew at the start of my time on board was to reach out more to previous board members. It's such a unique position and the best resource you can access are those that have done it previously. It wasn't really until the end of my time on board that I started having conversations with previous board members and asking for advice. Knowing sooner how much of an impact this would've had on my mental state during board would've been a big benefit to me.

My Suggestion

During my time on board, many of my closest friends heard me complaining constantly about how lost I was, which was true; I didn't know where I was going or how to get there. This uncertainty about the future subconsciously increased my anxiety levels without me even

realizing. Seeing me struggle with this internal inability to believe in myself, a close friend of mine suggested reading the book *the Slight Edge*. And so, 8 months into my board term—and for the first time during my university career—I picked up a book and read it for fun. I truly believe that this is the point where my personal life began to turn around. The principles of the book outline how building small, daily habits will overtime grow to massive changes and success. In line with these principles, now I am reading daily and have begun to learn so much about myself and how to be successful. Of the books I have read over the last several months, the two that I definitely wished I had read earlier into my board term were *the Slight Edge*, as previously mentioned, and *How to Win Friends and Influence People*. *The Slight Edge* helped me conceptualize my goals and realize my potential, while *How to Win Friends* taught me strategies to communicate better (an area I have always lacked in). These are just two of the books that have left an impact on me, there are thousands of other helpful books to read, but the only way to ever get there is by reading little bits at a time. And so, my suggestion to whatever future board member will read this is to spend 15 minutes a day reading a few pages of a good book.

Conclusion

Despite all of its challenges for me, this year I spent on the board will remain in my heart forever. I have made so many new connections and friends that I never would have otherwise made. I've learned so much about myself and have built so many great habits from suddenly having to learn how to keep my life and everything going on in order. It's helped me realize my place in the world more seeing that I can act in a professional manner, when I used to think I would never make it in the real world. I'm incredibly grateful to everyone I was on the board with for all the times we shared and the lessons that you have helped me learn. And to any

future board members I wish you the best of luck and use this opportunity to grow as much as you can.