

Constitution of Holistic Pre-Health Peers

Preamble

WE, the Holistic Pre-Health Peers, hold these truths to be self-evident: that all men and women are created equal and that pre-health students deserve to have a safe and non-competitive environment in which to express their concerns and stresses. We aim to create a setting in which students are encouraged to evaluate and value all aspects of their health: nutritional, fiscal, emotional, academic, and physical, so as to be the best community members *and* health care practitioners possible!

Article I:

Membership is open to all students pursuing health profession trajectories who are currently pursuing an undergraduate degree at Indiana University's Bloomington Campus. There will be no classes of membership – all members will be treated equally with equal access to opportunities. HPHP allows any interested student to participate in, become a member of, and seek leadership positions in the organization without regard to arbitrary consideration of such characteristics as age, color, disability, ethnicity, gender, marital status, national origin, race, religion, sexual orientation, or veteran status.

Article II: This organization shall comply with all Indiana University regulations, and local, state and federal laws.

Article III:

Director:

Acts as primary contact for organization
Holds meetings with members
Records attendance
Oversees potential spending

Article IV:

Our advisor will act as a consult when needed

Advisor will be allowed to keep position until they choose to step down

Article V:

There will be one meeting every two weeks to serve as a roundtable discussion to explore themes regarding the holistic health of members.

There will be non-mandatory social events throughout the semester.

Attendance will be taken at the start and end of meetings for statistical and record-keeping purposes.

Article VI:

Hazing is strictly prohibited. Hazing shall be defined as any conduct which subjects another person, whether physically, mentally, emotionally, or psychologically, to anything that may endanger, abuse,

degrade, or intimidate the person as a condition of association with a group or organization, regardless of the person's consent or lack of consent.

Article VII:

No dues will be charged for membership.

Article VIII:

Financial decisions will be made at the discretion of the President.

Article IX:

This organization, if raising funds, shall ethically raise and distribute profits from organizational functions to either the organization or to members who provide a service that directly benefits the organization. Individual members may not receive compensation from for-profit companies if acting as a representative of a student organization.

Article X:

Members are expected to value their personal health, both physical and mental, as much as possible so as to prevent burnout, increase enjoyment and personal fulfillment, and raise the chances of achieving satisfaction in their field of choice.

To promote a safe, welcoming, and non-competitive environment, members will be expected to*:

- Be empathetic!
- Maintain confidentiality by leaving only with the shared knowledge of group members' lived experiences rather than names or other personal information that would identify people
- Recognize that thoughts and feelings are neither right nor wrong
- Not be judgmental or critical of other members and actively show acceptance
- Reserve the right to choose whether or not to share feelings and experiences
- Have awareness of boundaries
- Respect and accept what members have in common and what is specific to each individual.

*adapted from "Creating peer support groups in mental health and related areas - WHO QualityRights training to act, unite and empower for mental health (pilot version). Geneva: World Health Organization; 2017 (WHO/MSD/MHP/17.13)"