

Introduction

Hi, I'm Trina and I hope to be your Student Association's Director of Wellbeing 2021-22. My four years as a St Andrews student have truly been challenging, exciting and inspirational for so many reasons. This community that I have had the pleasure to find here is the result of hard work from many individuals and I want an opportunity to prioritise full time the provision of services to optimise student wellbeing.

Through my time at St Andrews, through personal experience and within my committee roles I have become familiar with a range of services provided by the Student Union and University and so understand what is available and how they operate in providing students with further support and guidance. This experience has also enabled me to see the benefits of the current system as well as providing me with some insight on areas I may seek to work on as DoWell to improve students' experience.

I believe my experience and passions would make me an excellent candidate for Director of Wellbeing. I think I have the passion to push for what students need and the skills to deliver it.

Experience

- **University of St Andrews Sailing Club Wellbeing and Community Relations Officer 2020-21**
 - Supported individuals seeking guidance and support for a variety of Wellbeing related issues.
 - Increased understanding and awareness of services and resources on offer from the union and university
- **University of St Andrews Sailing Club Committee 2018-20**
 - Secretary then Town Club Representative
 - Both positions required a high level of organisation and communication skills
 - Working with a range of people to curate events and publicise activities.
- **Assistant Welfare Manager – Oxford International Junior Programmes** (summer 2020 Cancelled due to Covid)
 - Deemed to have the appropriate skills and qualities to be employed to assist in the provision and management of wellbeing resources for teen participants and staff at a residential camp.
- **Activity Leader – Oxford International Junior Programmes** (various instances and context through the years 2018-2020)
 - Responsible for the provision and presentation leading daily activities and excursions.
 - Strong teamwork and flexibility essential to succeed in our goals, which we did.
 - Learned extensively about group and personal management.

I hope that after reading my manifesto you have a clear understanding for my goals for the coming year, and if not, I would welcome any questions or feedback! I hope that by the end of the week you believe that I would be the best candidate for Director of Wellbeing and **Vote Trina on the 4th and 5th March.**

Wellbeing

- Implement a mandatory requirement for all Union affiliated Clubs and Societies to elect/appoint a Wellbeing Officer to their committees.
 - The Wellbeing officer would provide a point of contact for club and society members seeking wellbeing support services on offer and share and spread information on relevant campaigns and resources.
 - I would work with the Societies Committee, Societies Officer, Director of Student Development and Activities and Wellbeing committee and other relevant committees and groups to ensure sufficient training and support is provided to each Wellbeing Officer.
 - This could either be formed as entirely new committee position or an attached responsibility to an existing position.
 - I have seen the success of this on a committee and within a club as the result of the AU policy introduced last year and believe this would ensure the largest cross-section of the student population are made aware of wellbeing services available.
- Establish a Wellbeing specific, rolling feedback procedure/form.
 - I will create a rolling feedback system specifically aimed at those with responses related to wellbeing and support services offered to students.
 - This will have the option to remain anonymous and I will address issues raised by it on a weekly basis and ensure I am transparent on the progress of each point.
 - I will also publicise and look to engage with other feedback relating to wellbeing at the university in whatever form it comes to me
- Run Wellbeing events with the Wellbeing Committee for meeting new people throughout the year.
 - This has been a difficult year for new students in St Andrews who have missed out on many of the in-person activities that connect and bond our community.
 - We will run various befriending and Academic Family Finding events throughout the new academic year, when we get back in-person, some aimed specifically at incoming second years.
 - I will continue to run online events for students not in St Andrews even when back in-person.
 - I will encourage clubs and societies to curate events to focus on second years as much as incoming freshers.
- Run a “I never thought I’d try...” campaign/week.
 - University is one of the best places to try things that you never thought you would, so I want to broaden people’s horizons and encourage engagement with clubs and societies that that people may have previously worried they needed more experience to participate in.
 - I will highlight that sometimes in trying these new things, people who are feeling lonely or disconnected will have the opportunity here to meet a whole new variety of people.
 - I will encourage societies to adopt a ‘bring a friend’ or ‘no experience necessary event’ and hold this at a mid-point in the semester to encourage participation from those who may have missed out in fresher’s week.
 - I will collaborate with the Societies Committee and AU President and Peer support to ensure as much engagement as possible.
- Lobby student services to continue to provide online meetings to support students living out of or commuting to St Andrews.
 - I will work with student services and other wellbeing service at the university to ensure that there is a system in place that works and is accessible to student remaining out of town, even after pandemic restrictions are lifted.

- This may also increase the number of student services appointments available, as they won't be limited by room availability.

Equal Opportunity

- Lobby the university to provide a sufficient Diversity and Equality Online Training as a part of Online Matriculation.
 - I will work with the Equal Opportunities subcommittee and other support relevant groups and committees to lobby the university to ensure that the training provided is comprehensive and inclusive with all students' wellbeing and equality in mind.
 - I will also look to broaden the scope of what is included in this diversity training so all groups feel represented.
- Better support Widening Access initiatives
 - I will increase the publicity for students and societies working on widening access.
 - will put a spotlight on these initiatives from union medias prior to UCAS application deadlines so both current and prospective students browsing St Andrews online develop a better understanding of widening access initiatives.
 - I will also work and communicate with the University on their initiatives and highlighting them at appropriate times in the application process.
- Continued Out of Semester Contact
 - I will encourage societies to continue events outside the semester, over summer and winter holidays.
 - I will work with the Postgraduate society and other committees encourage greater postgraduate engagement.
 - I will encourage the implementation of a postgraduate rep for each society who could oversee these activities through the holidays.

Democracy

- Make a commitment to every voice matters, is heard and is actively addressed
 - I will have an open-door policy, when restrictions allow, and commit to respond to all emails within 2 working days.
 - I will also continue to commit to office hours online and in-person (when restrictions allow)
- Continue to grow the guidance and support in relation to campaigning.
 - I will extend the running of campaigning workshops to take place throughout the year.
 - I will create a set of documents easily available detailing much of the content of these workshops, including guidance, hints and tips on campaigning and writing a manifesto.