

Hi everyone,

If you're reading this right now then you probably know that I'm one of your candidates for UPEI Student Union President. The President is essentially the CEO and chief spokesperson of the Student Union.

Throughout my time at UPEI, I've been involved with the Student Union both as Residence Representative last year, as well as Deputy Chair this year. Both of these roles have helped give me valuable experience, as well as an understanding of the organization. I also have been involved on campus through being an NSO leader, and Campus Life Advisor. These positions have helped me learn more about the everyday students that study here at UPEI.

It's with these experiences, as well as my ambitions to serve the students of this University to the fullest my ability, that I believe I'd make an excellent President.

## 1. Two-Way Communication

It is my firm belief that students should have more of a direct voice in the decisions being made by their Student Union. Along with this I also believe that we should inform our students better on everything that we provide them with. Therefore, as President I want to ensure that our students are being provided with both a voice, and an understanding pertaining to the services and events that we provide.

- a. In order to keep students more informed, from our end, I'd like to go back to sending out the UPEISU Newsletter weekly to students through their emails, as well as recording these Newsletters to our website, so students may have access to them at any time.
- b. At the time of writing this, the UPEISU Instagram account had 1,648 followers, the Facebook account had 3,843 followers and the Twitter account had 2,848 followers. Without even assuming the possibility of recently graduated students following these pages, we still aren't too close to our 4,500+ student population following these accounts. By working with the incoming Director of Communication, I'd like to create new incentives for students to be following all of our social media accounts.
- c. Communication is a two-way street. Not only do I want to increase the amount of information going out to students, but I also want to increase the amount of information our students are giving us. To do this, I would like to set up a booth in every faculty building, multiple times a year where we can have conversations with our students. For this, I would also like to

have the faculty representative to the council present for at least one of the visits to their building.

- d. Another way for us to receive more input from students is to not only have a form created with the specific intent of providing recommendations for the SU to consider. At the moment there is a section on the UPEISU website for students to contact the SU, which is great, but I want to create a more specific form designated for recommendations and feedback that is posted all across our social media accounts.

## 2. Community

Being a University student can be exciting, fun, stressful, and sometimes a little scary. In order to make sure our students feel comfortable and welcomed here, I want to bring the student community closer together.

- a. Every year there are students that choose to take summer courses and Education students that take summer courses as a mandatory part of their degree. A tight-knit campus community shouldn't just be something we strive for during the regular school year, but over the summer as well. If elected, I'd like to work alongside the incoming VPSL in ensuring that we are offering events during the summer which can help the summer student community feel closer together.
- b. Something else I'd like to do in cooperation with the VPSL would be, creating a series of workshops where we would give students on campus an opportunity to share their skillset with other students. This not only an opportunity for students to learn new things, but also to allow them to learn these new skills alongside students who share their interests.

## 3. Sustainability

We are currently living in a World that is under threat due to climate change. As young people we need to be taking care of our planet. I believe the Student Union is currently in good shape when it comes to their environmental impact, but I know that we can always do more to help our environment.

- a. If elected, I would like to reduce paper usage by the Student Union by 50% during my term. As much as I understand the effectiveness of using posters and flyers for promotional purposes, there are alternative ways of advertising such as social media. Therefore, we should be doing more to make these types of reductions. As well as reducing other paper waste wherever there are alternatives.

- b. To ensure that Clubs and Societies are also operating in a more sustainable manner, I would like to introduce measures that would help avoid any events held that could potentially leave a negative environmental impact.

## 4. Mental Health

Mental Health is a huge issue around the World, especially for University Students. According to the 2019 ACHA NCHA Canadian Reference Group, 51.6% of students 'felt so depressed that it was difficult to function', and 68.9% of students felt 'overwhelming anxiety'. This issue clearly affects so many, and we need to take action.

- a. One point of action I'd like to take is to increase the utilization of the Aspiria app. I strongly believe that this is one of the most valuable services our Student Union offers, and it's my hope that anyone needing to use it knows about it. This can be done by:
  - i. Including a section on it in every UPEISU Newsletter we send out.
  - ii. Highlighting a different service that the app provides every week on the UPEISU social media pages.
- b. In terms of something recurring that can take place to educate students on Mental Health, I'd like to introduce bi-weekly instagram takeovers where different students can talk about experiences, advice, or just any information that can be shared about mental health. This is something that can be done to show students that they aren't alone. Some examples of students who can be a part of these 'takeovers' could be the new Wellness officer, or the Health & Wellness rep on council.