

Keri 4 VPSA

Hey Everyone!!

My name is Keri McDonald and I am currently a 4th year Sport and Active Lifestyle Promotion student here at Glasgow Caledonian University. You may already know me from my role as the Active Lifestyles Intern and I feel I am ready for the next level-bring it on 😊

My position as AL intern has allowed me to learn the ways of the student's association, interact with students from all walks of life and build on many professional and personal relationships. You may have attended a free Zumba class on a Wednesday or gone swimming for free? I am the person behind this aiming to get students more active, healthier and happier! I have worked closely with our current VPSA (Jas) on several occasions, including the Active Lifestyles Campaign in which we gave out free pedometers to students. A few other areas in which I have gained experience during my time here at GCU are as follows: Caley-Olympics (in the build up to the event and on the day), weekly radio show @ Radio Caley, represented Scotland at the Delhi Commonwealth Games Handover Ceremony, Mental Health First training and I am currently working alongside Jas and the Welfare Department to create an exciting Wellbeing Fair for students in March.

If I am successful in the elections then I would propose the following ideas:

- **GOOD FOOD:** When you are spending several hours studying I believe it is only fair to have a **WIDER CHOICE** of food available. I propose for **HEALTHIER** options-wraps, pittas, smoothies etc at a **CHEAPER** price. Now that we have an amazing 24 hour computer lab I feel it is time to work on having hot, healthy food available for students in the **EVENINGS**. I will also campaign for healthier option meal deals to encourage healthy eating for less!
- **WELFARE SERVICES:** I feel that Jas has done an amazing job at developing the services of our Welfare Department and if elected I would continue with this hard work. I feel it is so important for students to know that they can receive **support, advice information** and **representation** on a huge range of issues, from **academic concerns, accommodation problems, personal issues, finance trouble and complaints**. I would continue to promote these services to all students with the aim of improving the overall wellbeing of the student population.

- **NIGHTLINE:** How many students are aware that the number for nightline is on the back of your student ID (or matriculation for us oldies...) cards? Not many!! People frequently make the assumption that NL is simply a listening service; it is actually **INFORMATION** & listening. I think NL is a highly successful strategy and more students need to be made aware of it. I propose that the telephone number is made much **LARGER** on the back of the Student ID card but also it is time to progress on and extend from 5 to **SEVEN DAYS PER WEEK**. This is particularly important during exam periods as students Welfare must be looked after at these crucial times.

I want you to **HELP** me to **HELP** you! In order to succeed in the role of VPSA, I believe it is imperative to listen to what students want, and **NEED**. **I will work towards the needs and wants of the student population.**

I am confident that I have what it takes to fulfill this position and I hope that you consider voting for me as your new VPSA.

Please do not hesitate in contacting me:

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Keri McDonald

