

Spring Officer Elections 2025

Welfare Training Session



Housekeeping

- This session will be recorded
- You're welcome to keep your camera off
- There will be a Q&A at the end, but you are also welcome to ask questions throughout the session
- Please raise your hand or post in the chat if you'd like to ask a question
- Please stay muted if you're not talking
- You're welcome to eat, drink, play a game, have your pet with you etc

Activity

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- What do you define as “welfare”?
- What ideas / plans to support your welfare do you have already?

The (Potential) Stress of Campaigning

- When you are busy campaigning, whether it's running around campus talking to students, posting on social media, or getting distracted by other candidate's campaigns, it can be VERY EASY to forget about your wellbeing
- Campaigning can be very draining – both physically, emotionally and mentally – and taking care of your wellbeing is therefore really important

How Can You Take Care of Your Wellbeing?

- Planning your campaign
- Support from a campaign team (if you have one)
- Support from Student Voice
- Wellbeing support at the SU, University and externally
- Respecting other candidates
- Have fun! And use the election as an opportunity!

Planning Your Campaign (1)

Planning your campaign and schedule in advance

- Include everything that will be happening in your life in the next few weeks
- What are you going to do during your campaigning slots
- Practice answering questions before voting week and before Candidate Q&As
- Crisis plans/risk plans

Example Timetable

TIME	TASK
7am-8:30am	Wake-up, breakfast & get ready for the day
9am-11am	Lecture
11am-1pm	Campaigning time – talk to students around campus
1pm-1:30pm	Lunch/chill time
1:30pm-3:30pm	Seminar
3:30pm-6pm	Campaigning time – talking to students around campus
6pm-7pm	Tea-time/chill time
7pm-9pm	Campaigning time – scheduling social media posts and responding to social media comments
9pm-10pm	Reflection time
10pm	Bedtime

Example Timetable

TIME	TASK
10am-11am	Wake-up, breakfast & get ready for the day
11am-1pm	Campaigning time – film some TikTok videos & post
1pm-1:30pm	Lunchtime/chill time
1:30pm-2pm	Meeting with supervisor
2pm-5pm	Lab session
5pm-7pm	Campaigning time - talk to students around campus
7pm-8pm	Chill time/dinner time
8pm-8:30pm	Wellbeing call with friend
8:30pm-9pm	Campaigning time - respond to comments on TikTok
9pm-12am	Work on assignment
12am-1am	Get ready for bed/bedtime

Campaign Teams

- You don't have to do everything yourself!
- You can delegate campaigning tasks to your campaign team members
- If you don't have a campaign team, that's okay!

Support From Student Voice Team

- Welfare room during voting week
- Welfare room during Results Night
- Training resources
- Come and talk to us!

Other Support From The SU & University

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- Candidate buddies
- SU Advice Centre
- [Advice Enquiry Form](#)
- [Wellbeing information](#)

Respecting Other Candidates

- Being civil, positive, nice, respectful, cute, beautiful etc...
- Focus on your own campaign!
- Complaints – only if another candidate has broken a rule, and you can evidence this
- Hate crime/discrimination

Have Fun! Use the election as an opportunity!

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Even if you lose, there are so many opportunities that you can get from this!

- Making new friends
- Meeting students that you wouldn't otherwise come across in your day-to-day student life
- Be as creative and imaginative as possible in your campaign
- Building new skills and/or enhancing existing skills
- Preparing scenarios for interviews
- Expressing your passion and dedication towards a particular cause

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Q&A

Any questions?



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