

Gurkiranspreet
PREA KAUR

A VOTE FOR
YOUR ACTIVITIES
OFFICER



*"My honesty, passion
and love for life will
ensure you have the
most exhilarating and
supportive postgraduate
experience whilst
studying at Keele*

WHAT'S ON MY AGENDA

Most of you may know me from when I ran to be your next KPA President earlier this year. Although I did not win, I would still very much like to be a part of the next committee as your Activities Officer.

I completed my Undergraduate and Masters degrees at Keele and I'm currently undertaking my PhD. I have been a part of the Keele/Stoke-On-Trent community for six years.

Some of you may know me from organising Black Cats Art Collective workshops, an initiative to make art and literature more accessible. However, most of you may have seen me as part of the KPA staff; meeting me when you came to pick up your events package from the KPA during lockdown or teaching you how to bake through the online KPA baking classes.

Being a member of staff at the KPA has allowed me to work several different roles and with so many wonderful individuals that I feel privileged to be able to run as next Activities Officer. My two years at the KPA have given me a great insight into how the KPA works as a charity with the university to support postgraduates in many ways. However, I want to work more closely with the trustee board, the clubhouse, and the university to improve postgraduate wellbeing through the activities you can take part in.

I want to make your experience of Keele, whether that be on or off campus less stressful, more invigorating and full of exhilaration.

I pledge

PREA KAUR

WELLBEING

I have used the wellbeing services on campus to support my mental health during my studies, especially during this pandemic, and I know how hard it is to get help and even when you do receive help, support outside of professional spaces is lacking.

When we are struggling mentally, not only do we need medical help but there should be activities in place for us to relieve our stress and express how we feel.

I will work closely with wellbeing services already available on campus to offer wellbeing focused activities. Such as therapeutic poetry workshops, outdoor yoga and funded wellbeing baking sessions. Equally, I will fight to get more funding for workshops on how we can help ourselves spot the red flags of poor mental health and when to pursue medical intervention.

ACCESSIBILITY

I want to improve ease of access to events and activities for all university students.

I aim to make events more accessible to students who live off campus; continuing with some online events and investing in innovative ways to support blended learning.

I will lobby senior staff to make physical spaces more user-friendly to those with visible and invisible disabilities, so when events and workshops are held, everyone can access them.

Postgraduate International students need more support. I want to put forward a new programme which pairs them with Keele volunteer students who can, through the necessary training, help international students integrate into the Keele environment. This would work as a buddy system.

I would work to secure funding for activities which promote the development of knowledge exchange, so that the KPA's commitment to supporting international students remains strong.

UNITY

Now more than ever, we must pool resources to improve the learning environment for not only postgraduates but all students, and this can only come from the KPA collaborating with different departments across the university, particularly the SU where our postgraduate voices must continue to be represented.

We are still reeling from the effects of the pandemic which I want to address through working closely with senior staff to make positive changes for our community. What I can promise you is that, if you elect me, I will try and make your postgraduate experience at Keele as stress free and as fun as possible!

The second promise I can make you is that as a student and organiser who has experience working with different departments in the university, I work well in a team and there will be empathy in everything I aim to accomplish.

I WILL ALWAYS LISTEN TO YOU, BECAUSE IT IS THE COLLECTIVE POSTGRADUATE VOICE THAT HAS THE POWER TO HELP ME CONTRIBUTE TO POSITIVE STRUCTURAL CHANGES IN HOW YOU EXPERIENCE THE UNIVERSITY.