**Shannon Pilsworth - EAST Officer**

Hello everyone! My name is Shannon Pilsworth, and I am officially re-running to be the university of Suffolk’s E.A.S.T officer, after a first successful term in the role! As I believe my continuation and devotion to this role will not only benefit me but the students in this school

Being the east officer over the last few months has really opened my eyes to what I could do, as I’ve organised social events for the uni, helped to plan an event during refreshers week, amongst making sure that the students from the school of E.A.S.T are properly represented and heard.

I am still following along with my original manifesto points, as well as adding one new one, which I am delighted to update and share with you all!

**Listening and taking on ideas**

This has been a form one for me ever since I started my term as east officer, and I still believe in it now. I still have this strong belief that listening and taking on the ideas of the students in your school cohort, is a marvellous thing to be able to do, and one that I hope to strengthen and promote if I am voted in for a second term. As before, I am here if you need to talk about your course, about anything personal, or anything else that comes to mind, I am here for you all!

**Social Confidence**

This is a slight title change from my original manifesto, but being the officer for the school of east over these last few months really has given me a lot of social confidence, as recently I hosted the anti valentines party during refreshers week, in which we had a turnout of nearly 40 people, which is amazing! But yes, if you need want help to hone your social confidence when speaking out about an issue in the east school, I am here to help you, and hope to get whatever issue it is resolved!

**Reflection**

Reflection in the role of an officer is something else that I believe is very important, as we need to reflect on all that is being done, and know how to make things better for the benefit of the students we look after, which I will always strive to do.

**Change**

Change again has developed since the last time I was writing this manifesto. With the ongoing cost of living crisis, seeing the change not just me, but many officers and unI officials have put into making sure students are supported during this difficult time is truly tremendous! If you have something that you think needs to be changed, do not hesitate to get in contact with me, I am here to help you feel more able to talk about things, and all that I want as your officer is for you as a student to feel comfortable!

and remember: Support for all students, not just in Suffolk, but across the country!!