Hi everyone!

For those who do not know me, my name is Sam, and I am your Social Sciences and Humanities School Officer. First, I want to thank everyone who voted for me in the March 2023 SU elections and re-elected me as a School Officer.

Since starting at the University of Suffolk in 2020, I have held various roles within the Students’ Union:

* Chair of Student Council
* President of the Psychology Society
* Chair of Activities Committee
* Secretary of the Students with Disabilities Committee.

I have enjoyed my time within societies and would encourage you to consider joining a society or putting yourself up for society elections for a committee role. If you do not see a society you want to join but have an idea for one, why don’t you speak to the SU and start a new one? Getting involved with the SU has allowed me to meet new people, form new friendships, as well as strengthen my skills. Being a part of a society has also given me opportunities to destress from university work and grow my confidence. I love helping to think of new events and putting them on for students to enjoy.

This year my manifesto points are:

1. Investigate ways of providing **access to alternative (hopefully cheaper) places to get drinks and snacks.** I especially want to look for alternatives in the Waterfront and Atrium building.
2. **Host random acts of kindness events** at different times throughout the year.
3. **Create a university map** **for each building**, showing floor plans to help new and returning students navigate the university easier. From that, I hope to also create **three tailored maps for students with disabilities**. As a wheelchair user myself I can understand how frustrating it can be learning to navigate the campus and find the easiest most accessible route.
4. Investigate more ways to **support students on campus**, especially mental health. I hope to expand on the NHS well-being workshops and the therapy dog sessions I have already implemented.
5. Work with the careers team to **investigate ways of supporting students to gain work experience** during their course. As not all courses can include work experience, but it is something often needed to progress towards your chosen career.
6. **Keep breaking down potential barriers between students and the academic staff**. By using the networks, I have developed this year, to further improve communication.

If you see me around campus, please come and say hello. If you have something you need to speak to me about, and you do not see me around campus, please do not hesitate to contact me either by emailing me at su.sshschoolofficer@uos.ac.uk or by messaging me through my Facebook officer page <https://www.facebook.com/SamClarkeSchoolOfficerSSHS>

Keep up to date with what I have been up to by following my social media pages:

* Instagram @samclarke\_uos\_sshschoolofficer
* Facebook @SamClarkeSchoolOfficerSSHS