

# April Le

## Standing for: Welfare Officer

Nominated by: Andreas Bedorf; Seconded by: Ella Brown



### ABOUT ME:

I'm a second year PhD student in Psychiatry who moved here from the United States for my studies. I'm proud of this little village of ours which we get to call home for a short period of time, the porters who greet us with cheerful banter, the café/dining staff who hand-prepare our drinks and sandwiches, the graduate tutors who take care to see us thriving, and the nurse who does so much behind the scenes to look out for students.

According to the University Counselling Service, 40% of post-graduate students at Cambridge don't get to enjoy this due to the pressures of academic life, issues with personal affairs, and for some transitioning to a new country, among other life events. I want to help you become aware of the resources (e.g. University Counselling Service, Students' Unions' Advice Service, college and departmental graduate tutors, college nurse, Disability Resource Centre, to name a few) available to you and how to make them work for you.

### MY EXPERIENCE AT CAMBRIDGE INCLUDES:

- Familiarity with administrative processes related to changing advisors/PhD project
- Self-advocating and navigating across college, departmental and university resources

### AIMS:

If elected Welfare Officer, I seek to:

- Help you **self-advocate** with tact, dignity and confidence by making you aware of resources for which you pay!
- Hold weekly **one-to-one** discussions on Sundays over coffee for any questions (in confidence, of course)
- Set up a **pop-up puppy room** 1-2x a term for stress-relief
- Produce a tip-sheet with **mindfulness training** apps that are student-friendly
- Stretch goal 1: Convince the new master to take on a Downing dog
- Stretch goal 2: Explore implementation of a "One for You, One for Me" menstrual cups feminine hygiene program to address the menstrual hygiene plight of local homeless women

### WHY ME?

I would enjoy being your welfare officer because I have been able to successfully navigate welfare challenges and am now enjoying the best that Cambridge and Downing have to offer. I want Downing MCR members to have their ideal Cambridge experience and will be there to support you all to the very best of my ability through a period of high pressures, expectations, and change.