### Ruby Coles

**Candidate for**  
Vice-President, Student Life

#### Questionnaire

| What are your qualifications and/or experience that relates to the position you’re running for? | I have been involved in the DSU for just over four years, first as an O-Week leader and society president. I went on to work as an Active Listening Commissioner (2017), as an Information Center Representative (2017) and currently as a Night Manager, where I am responsible for overlooking all afterhours SUB events. I have been able to work in the background and on the sidelines for a few years for major events and I am ready to take on the tasks of taking a leadership role within these projects.  
I have volunteered for two years now with the Dalhousie Medical Campus Response Team (DMCRT) as a mental health volunteer. Where half the portfolio of the VPSL revolves around student wellness, I would like to apply my skills here to create more impactful wellness initiatives on campus. I have been involved in planning and executing mental health awareness week and educational sessions on mental wellness. Mental health is a huge passion of mine and I would love to work with the rest of the union to not only work on the initiatives I am passionate about, but to help other students highlight their passions and make a positive impact on campus. |
| Why do you think you are a good candidate? | I am dedicated to the wellbeing of our student body and passionate about community engagement. I believe that on a campus with upwards of 20,000 students, with over 300 societies and student groups, no one should be left feeling alone. Unfortunately, we do have a lot of students experiencing loneliness which can greatly contribute to poor mental health, decreased performance in school and work and more draw towards substance abuse. As VPSL, my top priority would be the wellbeing of students; this includes increasing student engagement, fostering a more supportive and inclusive community and helping students share positive experiences together. I am approachable, compassionate and goal oriented. I am organized and will work efficiently and effectively to ensure that your student life is as sweet as it can be. |
| What are the top 3 things you’d like to accomplish during a term-in-office at the | Increased community engagement  
- Making head leader positions during o-week a full year mentor position to help first years learn about the services and societies available to them and to help them feel part of the greater Dalhousie community. This will further help |
- Organize o-week by faculty as opposed to residence to better incorporate off-campus students and allow students to better socialize with their faculty peers, forming friendships that can help them throughout their university career.

- Work closely with societies and student groups to empower students and to foster a more inclusive campus where we can all feel connected.

- Host townhalls in residence to better understand the voices of first year students, who don’t necessarily know all they have access for through the union.

- Host townhalls with society groups to clarify expectations and goals for the year, forming closer relationships between societies and the union.

- Increasing collaboration between the union and societies, as well as between societies and societies; this will improve the efficiency of resources and help societies with similar mandates get the most out of their own events and programming.

Improve student wellness initiatives
- Create a wellness caucus uniting students and societies who focus on mental health and wellness in their mandate.

- Provided the funding is available, create a wellness commissioner position to help the VPSL create, promote and execute wellness programming on campus.

- Work with the VPAE to evaluate student feedback on current wellness programming to improve on weak points and better cater to student needs.

- Better help societies promote and execute their own wellness events.

- Actively engage with students and implement more workshops and programming surrounding mental health, active listening, anti-oppression, self-care, survivor support among others, to not only help individuals but to foster a more open, understanding and inclusive community on campus.

- Collaborate with Dal Health and Wellness services promote and improve student services. I will both within the VPSL portfolio and alongside other executives to improve wellness initiatives and programs as well as in fostering an inclusive and safe campus for all students.

Create more personal and professional development opportunities for students
- Collaborate with Dal-Connects to better promote and engage students in professional development opportunities on campus.

- Engaging various local businesses in the potential of Dalhousie students to make a positive impact on their businesses.

- Collaborating with Student Success services through the university to create more networking opportunities for
| **What inspires you and why?** | • Mental Health! I have volunteered with the DMCRT for two years now and have had the opportunity to learn so much about mental wellbeing and have met so many incredible people. I love furthering my education in this area and having the chance to pass along my knowledge, either through running workshops or even in lengthy conversations with people who started out as strangers. Discussing mental health openly and honestly has allowed me to smash stigma and promote healthy mentalities to so many people on our campus. I love using this topic as a way to meet and connect with people and have a positive impact on those around me. |
| **List one fun fact about yourself** | • When my friends want to embarrass me, they call me “Cookie.” In my first year, we received coupons for a salon that also gave out tattoos (I do not advise this). I wanted a moon, but my tattoo turned out like a poorly designed chocolate chip cookie, although I have grown to love it, my friends have called me “Cookie” ever since. |
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Webpage: www.ruby4vpsl.wixsite.com/2019  
Email: ruby2vpsl@gmail.com |
# Dalhousie Student Union

## ELECTIONS 2019

### Renayre Forbes

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<th>Vice-President, Student Life</th>
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### Questionnaire

#### What are your qualifications and/or experience that relates to the position you’re running for?

- I am an Applied Computer Science student, so I eat, breathe and sleep organization and innovation. I sat as the Chair of Programming for BIPOCUS for Summer 2019 where I helped coordinate BIPOCUS Presents: Dreaming in Colour. I also sat on the O-Week committee for 2018. In high school, I organized cleanups, social gatherings, and workshops that fostered a welcoming and diverse community. I am currently a Microsoft Student Partner, which allows me to organize workshops addressing actual needs of the community, rather than trends.

#### Why do you think you are a good candidate?

- I am organized, persistent, and dedicated to improving the Dalhousie student life. I genuinely care about the about their thoughts and opinions. I put my personal beliefs aside to listen and help make improvements where necessary. I have researched past accomplishments and failures of the DSU to help facilitate positive change and direction. I believe in preserving the rights of students to enhance their their lives, both on and off campus.

#### What are the top 3 things you’d like to accomplish during a term-in-office at the DSU?

- I plan on expanding established pillars within the DSU, to promote inclusion, transparency, and sustainability. Assuring all groups within the student body are represented and included, I hope to restructure events and campaigns, like Orientation for example, to encourage a higher turnout of Graduate students, mature students, and upper year undergraduates. I hope to promote an environment that highlights and recognizes the entire student body including, but not limited to: Indigenous students, students of colour, students within the LGBTQ+ community, disabled students, and any student whose voice has been silenced. I’d like to build on better modes of communication to create a better flow of conversation between the DSU and student body. I will encourage free information, that is easily accessible, to promote collaboration between the DSU, societies, and faculties to develop and support campaigns tailored to the student body. I hope to promote Athletics as well as Health Services (especially Mental Health) to increase awareness and collect feedback for improvements. I would like to collaborate with departments/organizations on campus (including the Sustainability Office and College of Sustainability) to support sustainable practices and
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<th>What inspires you and why?</th>
<th>Random acts of kindness, especially from strangers. It shows a great amount of selflessness, like people that thank the bus driver, people that smile at strangers etc. One time I was studying at a cafe during finals and a stranger, who turned out to be an alumnus of Dalhousie, bought me a cup of coffee to help out with finals. It may seem like a small courtesy but I will never forget that.</th>
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<td>What is one fun fact about you?</td>
<td>In primary school, my friends and I started a rap group where we would make academic themed remixes to famous songs. Our number one hit was where Bedrock turned into PEMDAS (&quot;I-I-I-I can make you PEMDAS&quot;), then we'd perform them in front of the class. It was as bad as it sounds</td>
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| Campaign Links | Reddit: Reddit/user/ren4vpsl  
Snapchat: ren4cpsl  
Instagram: ren4vpsl |

reduce the ecological footprint that can be created by this position. I hope to cultivate the DSU as a model organization that supports and accurately represents the student body at Dalhousie, while upholding our core values.