

# Anson To



Year 3 Molecular BioEng  
Candidate for BioEng Wellbeing  
Departmental Representative

I'm running because I believe well-being is crucial to our learning!!

I'm committed to prioritizing student wellbeing and fostering a supportive community where everyone feels valued and empowered.



## This Year as Your Wellbeing Events Officer

- **Activities**
  - Paint-by-numbers
  - Essential oils blending
  - Arts and Crafts Socials
  - Pop-up snack box in common room
  - New Years Resolution, Feedback and Lucky Draw
- **Worked closely with the Wellbeing Rep Network + Bioeng Soc**
  - Organized wellbeing events
  - Attended wellbeing rep training and meetings
  - Familiarized myself with event planning, budgeting and how collaboration with dept. works
  - Identified areas of improvement next year



## Goals for Next Year

- Ensuring **wellbeing training** is **accessible** to anyone interested in learning to look after their friends
- Organize socials for **students re-joining** the department after a year in industry/ interruption of studies/ Intercalating students
- Establish forms for **anonymous feedback** and regularly address student concerns with staff.
- Continue fostering a sense of community through **student-staff socials**
- Promoting **destigmatization** of seeking mental health support
- Continue organizing a **diverse range of wellbeing events**