

JCR Manifesto:

Hi, my name is Sarra Abdalla and I am a first-year law student. I am applying to be a welfare officer here at trinity halls. For me, as I am sure it is the same for a lot of people, moving from home to college was definitely challenging. Moving from my small town up the country and adjusting to the new fast paced lifestyle of the city with lots of new things to worry about such as cooking a proper meal, submitting the assignment, that I do not fully understand, in time, navigating the city, laundry, budgeting all the endless expenses in Dublin and overall doing things out of my comfort zone, such as making new friends and joining societies has been challenging yet exciting to say the least. One thing I have noticed with all the college excitement we have been experiencing is that it can quickly get very lonely and very overwhelming, which often leads to homesickness. While change can be good and refreshing it certainly tends to be difficult and I want to be able to help through this difficulty. A lot of us came from secondary school/high school and were used to our old friends, being in our family homes with a home cooked meal and just overall taking a lot of things for granted. But now you have all this freedom, and you are trying to control how you spend your time. These instances can often be difficult because one second you are living your best life and then the next minute you are loaded with work and have no energy for anything or anyone. I understand how overwhelming it can be to balance everything with all the nightlife, meeting new people, trying out new restaurants, joining societies it can quickly get very overwhelming and then on top of that trying to balance your coursework can lead to a burn out and lots of anxiety and stress if not done correctly.

As welfare officer, I aim to make the adjustment to the new environment as easy as possible. I want to have inclusive monthly events for each house so that people can meet each other and get to know people in their building, and not just their flat mates. These events would consist of a pizza party, movie night, book and film recommendations night and coffee afternoons. I know that balancing college work can be difficult and often leads to stress, so I aim to have study sessions for different courses so that people can meet others in their course and

study together, share notes and tips etc. This way, students can utilize their time more effectively. It has been proven that exercise improves mental health drastically so I also want to have a weekly mental health day and hopefully collaborate with the sports officer so we can all go on a weekly walk in the park or do some yoga, listen to music, and meet new people.

Overall, college has its difficulties, ranging from imposter syndrome to homesickness. I want to try and help improve all these stresses. I will be open to improving any of my suggestions and overall being a good listener to anyone who wants to chat or rant about anything. I believe in creating a cohesive and vibrant community that allows us all to reach our full potential academically, mentally, and socially. Helping students feel better about themselves is one of my top priorities.