

Vote for Michael Timney and a better Cardiff Met

I'm a 2nd year Food Science and Technology student and I would like to be your Students' Union Vice President. I'm a passionate foodie and current Chairperson for Food and Drink Society which aims to promote a fun, social, balanced and healthy view to food and drink.

Before we come to university, people are often told that "it's the time of your life". Students come to university with expectations of perfection, whereas university life can be hard and this view of positivity and optimism is often blurred. Moving away from home and having a new set of responsibilities and independence, can have a serious effect on a student's wellbeing. I take support and clarity very seriously and believe it's a pivotal part of being Vice President.



Encouraging positivity and supporting healthy mind-sets

I believe that the Students' Union should be a positive power to clarify students' view on their time at Cardiff Met. As Vice President I will work to sustain and improve the positivity of university life and ensure that student support about university life is always available.

I will:

- Support and promote the Students' Union and I-zone support in regard to Accommodation and work with them to ensure that every piece of helpful advice and action that we can offer, we do!
- Create a "Lifestyle Workshop" which would include sessions on healthy meals on a budget and easy ways to incorporate exercise into your daily routine.
- Encourage the integration of Llandaff and Cyncoed campuses, investigating improved transport between the 2
- Keeping the SU an inviting place for students to come and talk about anything that they may need.
- Ensure that lectures are recorded and published for those who can't make it into uni and as a revision tool so that students have the resources needed not to fall behind.
- Promote and support current programmes that are available to students to help with mental health and wellbeing such as Big White Wall and Student Minds, in order to ensure that help and advice is always available to Cardiff Met students.

Environmentally Friendly Cardiff Met

Plastic is gradually filling the seas and landfills of our precious planet. The temperature of the seas is rising and the icecaps are melting meaning the seas are rising. I believe that climate change and high plastic usage is a vital issue that needs considering NOW! To achieve an environmentally friendly Cardiff Met, I will:

- Lobby to decrease the amount of plastic used in the Cafes on campus
- Create signs around campus "Think before you throw"
- Encourage the use of reusable cups for coffee by lobbying for further discounts to hot drinks when a reusable cup is used.

- Work with the Environmental Officer to examine whether there are investments in renewable energy sources that the university could install onsite to further reduce our carbon footprint.
- Lobby Next Bike to get more bikes in the future expansion to ensure that no one is left bikeless after a hard day in lectures.
- As a keen cyclist myself, I would want to ensure that Dr Bike and Next Bike stay a part of both campuses so that students can ride when and where they want to.

Feedback from Tutors

When you spend weeks on an assignment and the feedback is minimal or not what you expected, it can be so frustrating. I believe that feedback on assignments should be in a universal format and to a very high quality, on how students can improve further and learn...that is what we're students for after all!

I will achieve this by:

- Working with students that don't feel happy with their feedback from lecturers in order to get to the bottom of what has and needs to happen to rectify it
- Ensuring that there is always a line of communication open from student to lecturer so that feedback can be clarified if needed
- I will push for a universal format of feedback on turnitin, encouraging lecturers to use marking schemes given to students to give feedback on specific aspects of work and ensure that comments are made on all assessed aspects of the work.

Encouraging successful and vibrant Societies

Being the Chairperson of the Food and Drink Society, I understand that taking on any society role can be daunting. I don't think it should be! Running a society is fun and support needs to be given by the SU in order to keep them active and thriving. To make sure that societies flourish, I will:

- Work with Societies and the Societies Officer to increase their outreach and interaction
- Promote cross-campus interaction of sports teams and societies. Often Cyncoed and Llandaff feel like 2 different universities.
- Try to ensure that the SU page, including societies, is up to date, comprehensive and clear for students.
- Improve transport between the 2 campuses so that there is always a way to get to sports events and training.
- Encourage the use of Zen and Centro bars so that there is always a place for societies to hold socials FREE OF CHARGE!

Thank you and remember,

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