

Vote [1] Sara For Support Zone



I am Sara Selim, a second-year student studying Economics and Finance. My main focus goes beyond improving support services at Uni but to give students the power to support themselves by providing the right tools and guidance.

Study Buddy Portal

Creating a portal where students can find a course mate to study with. Students can find their study buddy depending on several criteria, such as studying method, grades, accommodation, etc. This will be a useful tool to help students support one another, facilitate the learning process and make new friends.

Weekly therapeutic sessions

Providing weekly workshops to teach simple techniques that help students deal with anxiety, stress and negative thinking. Organizing weekly sessions such as art therapy, music therapy and mindfulness-based therapy to help students deal with their struggles and express themselves in creative ways.

Healthier meals options

Increasing availability of healthy wholesome meals at affordable prices. Providing fluids and healthy snacks in the library during exam times.



Strength

Uplift

Power

Promote

Optimize

Rebuild

Team work