



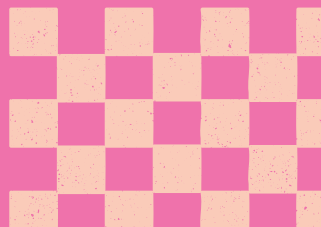
university of stirling
students'
union



STIRLING STUDENTS' UNION 2023/24



Everything you need to know
about your Students' Union





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**STIRLING STUDENTS'
UNION SUPPORTS,
DEVELOPS AND
REPRESENTS STUDENTS
THROUGHOUT YOUR TIME
AT UNI.**

WE'RE TO HELP YOU...

- **MAKE LIFELONG MEMORIES**
- **BUILD SKILLS FOR THE FUTURE**
- **WITH SUPPORT & ADVICE IF YOU NEED IT**
- **INFLUENCE YOUR LEARNING**



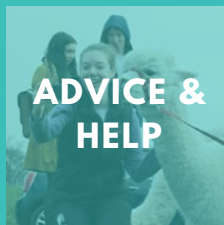
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WHAT DOES YOUR UNION DO FOR YOU?



**STUDENT
VOICE**



**ADVICE &
HELP**



SOCIETIES



**SPORTS
UNION**



**VOLUNTEERING
&
EMPLOYABILITY**



**BARS,
CATERING &
EVENTS**



**UNION
SHOP**



**SUSTAINABILITY
&
THE GREEN
& BLUE SPACE**



VISIT THE UNION WEBSITE



UNION WELCOME

We are your Students' Union. We're the home of your student experiences and voice at Stirling University and you're automatically one of our members!

We aim to offer something for every single student and want you to know that we'll be with you every step of the way.

We have 100s of opportunities for you to get involved and try new things, helping you embrace life at Stirling Uni including...

SOCIETIES | SPORTS CLUBS | VOLUNTEERING | SUSTAINABILITY | ACADEMIC REPS

Everything we do is student centred - we even have four full time elected Sabbatical Officers who act as representatives helping to make changes at the Union, Uni and in the community. Collectively, they are called our 'Sabbs', and you can read more about them in this handbook.

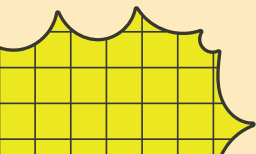
Our Sabbs are supported by Volunteer Officers who run events and campaigns for specific causes or groups of students. We also have a team of Academic Reps who work on representing your views to teaching staff so you can influence your learning.

And should you ever need a supportive ear then you can access our Advice & Help Team who are on hand to offer you the guidance you need should you ever need it.

We'd love for you to get involved, so join us around campus and find out more!



UNION WEBSITE



UNION PRESIDENT

Hi! I'm Leen, your Union President for 2023/24. Along with the team, I work with University management to ensure that the student voice is heard.

I also lead on the Equalities Zone and there are exciting plans in place for the year ahead and hope you will take the chance to get involved with your Students' Union.

My priorities for the year are:

Showcasing student-led events and celebrating student achievements - we have an amazing and proactive student community here at Stirling, so let's celebrate it!

Work with the University to develop our inclusion and integration approach for international and INTO students, as well as specifically enhancing the mental health support available for students of colour.



**CONTACT
ME**

VICE PRESIDENT EDUCATION

Hey guys, I am Katie, your Vice President of Education for 2023/2024. From Academic Reps to enhancing teaching and learning, I am here to assist with you all things academic.

My priorities for the year are:

To run life skills workshops that are open to all students to join. This will be a space where an expert in the area will be assisted by student volunteers to help you grow your confidence in a variety of areas outside of your studies. The keys focus for these workshops this year are finding part-time work, stress and time management, personal finance, finding accommodation and cooking. Keep an eye out for these workshops throughout the coming year.

To strengthen the existing academic representation system so that Student Reps can feel empowered to make lasting change in their degrees. I want to prioritise helpful training and support for Academic Reps and provide more opportunities for Reps to connect with each other and the Union.

To facilitate conversation around consent at Stirling with the aim to bring in a consent course to ensure that every student understands the culture and environment we are dedicated to upholding at Stirling.

I hope to see some of you as Academic Reps!



CONTACT ME



VICE PRESIDENT COMMUNITIES

Hi! I'm Zoë, your Vice President Communities for 2023/24. I'm responsible for supporting societies, sustainability, transport, housing, and volunteering.

We have so many societies, from Brig Student Newspaper to a Taylor Swift society! And if we don't have what you're looking for, you can start your own!

My priorities for the year are:

Supporting non-traditional students; with an emphasis on clearly explaining to students what help they can receive.

Supporting and promoting societies so they can be as strong as possible.

Fighting against the cost of living crisis, primarily by improving our community food initiative.

Promoting campus sustainability.



**CONTACT
ME**

SPORTS UNION PRESIDENT

Hello! I'm Murray, your Sports President for 2023/24. My focus is all on our 53 sports clubs and supporting them throughout the year in British Universities & Colleges Sport (BUCS), Scottish Student Sport (SSS) and general club activity.

My priorities for the year are:

Alumni Engagement: Create an engaging alumni day to reconnect with graduating students.

Development: Both personal and club development. Highlighting and promoting the skills that come with being a committee member. Introduce a club mark and accreditation system for essential club tasks.

Promotion: Elevate sports union clubs' visibility within Stirling's sporting landscape. Emphasise Tier 2 clubs, collaborating with the University for enhanced recruitment. Enhance social media presence and engagement through campaigns.



**CONTACT
ME**



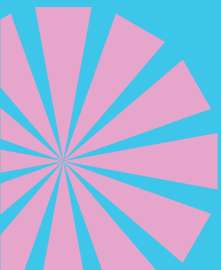


SOCIETIES

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SPORTS CLUBS



WELCOME CHECKLIST

Top tips to start the year
and make the most of your
student experience!



- Say hi! Everyone's keen to make new friends and in the same boat!
- Visit the Union website to see how you can get involved
- Join a society and/or sports team
- Take the online learning modules*
- Visit the Green & Blue Space
- Try the menu in Studio
- Grab a coffee from Starbucks (located in Underground)
- Like and follow the Union on social media
- Visit the Library
- Attend a General Meeting
- Stand and vote in a Students' Union Election
- Have fun! Embrace the opportunities available

*Learning Online - Canvas and Teams; Essential guide to Library & IT services; Academic integrity and writing; Don't be a bystander, be a friend.



STUDENT VOICE

Student Representation is at the core of what the Students' Union is all about. From paid to voluntary, there are over 600 Student Reps who collectively represent and champion the rights and views of all 17,000+ students at the University of Stirling.

As a Student Rep, you have the chance to not only give a voice to fellow students but also develop valuable skills and experiences that can benefit you in the future, such as building your CV, meeting new people, and influencing University decision-making.

SABBS

Sabbatical Officers are full-time paid elected Reps that provide the overall leadership of the Union and achieve political, social and educational change that will have a lasting impact on the student experience at the University.

VOLUNTEER OFFICERS

Volunteer Officers are flexible part-time roles held by students who are elected to represent specific remits, and build supportive communities throughout the year. From running events and campaigns to advocating for students, Volunteer Officers ensure all students have a voice at the University.



SABBS



VOLUNTEER OFFICERS





**UC
FACULTY
OFFICERS**



**PG
FACULTY
OFFICERS**



FACULTY OFFICERS


Faculty Officers are paid Student Reps, recruited each year to represent Undergraduate, Postgraduate Taught, and Postgraduate Research students. Faculty Officers offer strategic input within Faculties, support the academic representation system, and deliver a project based on the student needs within their Faculty.

ACADEMIC REPS

Academic Reps are the foundation of student representation and gather feedback on your learning experience. They make sure that your education is the best it can be as they work in partnership with the University to continually improve the student learning experience and regularly attend Student-Staff Feedback Committees.

**BE AN
ACADEMIC
REP!**





**WHO WILL LEAD
YOUR STUDENTS'
UNION?**

stirlingstudentsunion.com/elections

MAKE A CHANGE

Do you have an idea or something you want to change? Get in touch with one of your Sabbatical Officers. You can also visit the Representation Hub in the Students' Union to discuss your idea and get advice on what to do next.



**FIND
OUT
MORE**

GENERAL MEETINGS

General Meetings are an opportunity for students to shape what we do and what we say. They are open to all students to discuss and make decisions on matters that impact student life. Any student can get involved by submitting motions or voicing their opinions - collectively we'll make a better world.



ZONE MEETINGS

Zone Meetings are open to all students and are an opportunity to hear from your elected Officers and shape the activities and initiatives within the four Zones; Communities, Education, Equalities and Sports Union.



UNION ELECTIONS

As a student-led organisation, each year the Students' Union holds Elections in Autumn and Spring to elect Student Reps to lead the Students' Union to represent the interests and opinions of the student body.



HOW CAN I GET INVOLVED?

Any student can put themselves forward to stand as a candidate, so make sure to check out the Union website for more information. Standing as a candidate can be a great experience, and you will develop skills such as campaigning, project management and communication.

If standing isn't for you, don't worry! All students can still get involved by voting on the Union website during the Elections to make sure that the Student Reps represent what matters to you.



DATES TO NOTE

Autumn Elections will elect the 2023/24 Volunteer Officers and our National Union of Students Delegates.

**NOMINATE:
29TH AUG - 2ND
OCT 2023**

**VOTE:
17TH OCT - 19TH
OCT 2023**

Spring Elections will elect our 2024/25 Sabbatical Officers and Volunteer Officers.

**NOMINATE:
11TH DEC 2023 -
12TH FEB 2024**

**VOTE:
27TH FEB - 29TH
FEB 2024**

spectrum
.life 

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24/7 Student Support.

24/7 Student Support is a free, confidential service that provides in the moment emotional wellbeing support to all students.

**Call and see how
we can help:**

0800 031 8227 (freephone)

Students can also arrange a call back via **WhatsApp** or live chat;

- WhatsApp: Text '**Hi**' to **07418 360 780**
- Online: <https://universityofstirling.spectrum.life/login>
(Organisation Code: Stirling)





ADVICE AND HELP

The Students' Union Advice & Help service is free, independent, impartial, and confidential. The Union is an independent and registered charity, so we always and only have your best interests in mind. We do not judge any student who asks for advice or help and nothing about the issue itself will stop us acting in your best interest.

How we deliver

We seek to empower students; we offer confidential support, information and guidance including specialist support and representation for academic appeals, disciplinary proceedings, academic misconduct, fitness to practice referrals, professional progress referrals and complaints.

We never tell you what to do. Instead, we explore options with you so that you can make informed and considered decisions that you feel are in your own best interest. We will help you to weigh up your options and the potential outcomes of these options.



Contact us

Call, email or drop into the Students' Union office and your enquiry will be handled in confidence and directed to the person who may best help you, or we will signpost you to other services where appropriate.

You don't need to be on the Stirling campus to access support. Your Union can support you by phone and email and can also arrange, when required, for you to have Union representation in person at your campus or placement where appropriate.





ACADEMIC INTEGRITY

Prepare to Pass and don't get caught out!

Academic integrity rules can be confusing, but not knowing them can have serious consequences.

If you're unsure, you can brush up on your academic integrity by checking out the University's online learning module. Click the QR code below to get started!



**PREPARE
TO PASS**

I've just found the perfect article about my essay topic, they literally say it perfectly!

Sounds good! Just make sure you paraphrase and don't copy & paste.

Paraphrase?

Yeah, put it into your words and don't copy them word for word! Otherwise it would be plagiarism.

GREEN & BLUE SPACE

Our Green and Blue Space acts as the Students Union's central hub for living sustainably. From zero waste products and sustainable lifestyle swaps to re-selling unwanted homeware and clothing, we have something for everyone!

Bring your own containers and come stock up on food, soaps and body care, or grab some of our bestselling vegan pick n mix.

We take donations throughout the year and welcome unwanted clothing, homewares and unopened food.

The Green and Blue Space is located just off the Atrium, on the way to the Students' Union and is open weekly to students, staff and the public.

Also check out our weekly garden sessions at the Union community garden on campus.





The Careers Service can help you:



Create a
CV



Explore your
options



Gain work
experience

Activate your TARGETconnect account
to gain access to vacancies, events, and
much more!



We are part of the Student Services Hub,
for more information:



ask@stir.ac.uk



[@stirunicareers](https://twitter.com/stirunicareers)



University of Stirling
Careers Service



Ask a question to a Careers
Consultant via TARGETconnect

YOUR OPPORTUNITIES

Careers & Employability

Your Students' Union offers a range of ways for you to boost your employability, like volunteering opportunities and paid positions, training and acquiring useful skills in our retail/catering outlets, getting involved with our environmental projects, or even running a society/sports club.



Volunteering

Do you want experience, skills, and knowledge, as well as a boost to your CV? Lending a helping hand opens all sorts of doors, and doing good feels good! Whether it's gardening or community outreach, leading societies or being an Academic Rep - there's something for everyone!



STEER Peer Mentoring

Steer Peer Mentoring is a programme which assigns peer mentors within the same course subject area (where possible) to students who are seeking guidance. It's an opportunity for students, including postgraduate and international, to meet new people, learn more about their course, and find out about the academic and social opportunities available.



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WELCOME
WEEK '23



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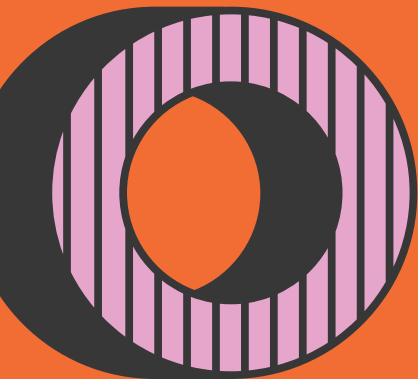
[STIRLINGSTUDENTSUNION.COM/SHOP](https://stirlingstudentsunion.com/shop)





UNION SHOP

The Union Shop in the Atrium, and online, has a huge range of student essentials and is the only official outlet for University of Stirling branded merchandise as well as cards, gifts & stationery. Visit us online or in the shop in the Atrium where our helpful, friendly staff can help you find what you need.





Book VENUE for your event

Whether for a club or society, a presentation, private party or celebration, we can help you plan and deliver what you want.

To find out more, email theunion@stir.ac.uk or scan the QR code





THE ROBBINS

The Robbins Centre is the Union's on campus facilities for you to enjoy. It's the perfect place to meet up with friends. Safety is our top priority and we run several initiatives to keep you safe.

Click the QR codes for opening times.

STUDIO



Studio offers a great range of food for you to enjoy throughout the week. You'll also find a well stocked bar at student friendly prices and can enjoy live UEFA football as well as weekly quizzes and Karaoke. Come and visit and check out our pool table!



VENUE



Venue is where you'll find activity taking place throughout the year. From Welcome Week to regular society and Union events, Venue is also available for hire for your own private party!



UNDERGROUND

Your own on-campus Starbucks where you can grab a Frappuccino and some tasty treats then relax in one of our booths to study the day away!



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SPORT



MEMBERSHIPS

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HEALTH AND WELLBEING.
JUST PLAY SPORT.**



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out more

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UNIVERSITY FOR
SPORTING
EXCELLENCE**



#JustAsk the Student Services Hub!



Live chat via your portal



ask@stir.ac.uk



stir.ac.uk/student-life/
support-wellbeing



01786 466022



/UofSStudentHub



@UofSStudentHub



Campus Central, University
of Stirling, Stirling, FK9 4LA

Here are some of the things you can #JustAsk about:

- Money support
- Emotional wellbeing
- Mental health
- Support for learning
- Careers
- Matriculation
- Accessibility
- Study skills
- Fees
- Modules
- Change in study
- Budgeting skills
- Immigration
- Timetables
- Funding
- Exams
- Study Abroad
- Graduation

The Student Services Hub, where any student can #JustAsk

#erasethegrey

We reject all forms of gender-based violence.

We take all steps in our power to nurture a culture of respect and a university community that feels confident to challenge and report all forms of GBV.

Need to talk? Contact stir.ac.uk/67q

Report GBV reportandsupport.stir.ac.uk

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A campaign by



University for the Common Good

Mental Health, Wellbeing and Counselling

- Mental Health Adviser appointments
- One At A Time Counselling appointments
- Wellbeing Drop Ins
- Groups

Your Mental Health
and Wellbeing



Loch View



One At A Time
Counselling



Check out Loch View, our wellbeing suite

Quiet space to relax | Sensory room |
Craft area | Library corner | Games and puzzles

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*TERMS & CONDITIONS APPLY
www.macrobertartscentre.org/stirling-uni-tickets

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Pick up an application form from Scran in the Atrium,
email **SHSoncampusjobs@stir.ac.uk**
or telephone **01786 451666**

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- Central Hospitality Services -

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Want to know more about what's happening to you
and your body during your 'time of the month'?

Visit young.scot/Periods



KEEP IN TOUCH WITH YOUR STUDENTS' UNION



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UNION WEBSITE