



university of stirling
students'
union



Stirling Students' Union

Handbook 24/25

www.stirlingstudentsunion.com





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LATE NIGHT
DELIVERY

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**



WHAT DOES **YOUR UNION** DO FOR **YOU?**



**STUDENT
VOICE**



**ADVICE &
HELP**



SOCIETIES



**SPORTS
UNION**



**VOLUNTEERING
&
EMPLOYABILITY**



EVENTS



**UNION
SHOP**



SUSTAINABILITY



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 leaders 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**

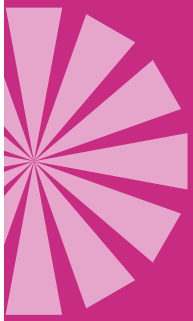


UNION PRESIDENT

Hi! I'm Leen, your Union President for 2024/25. 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:



Cost of Living: Securing sustainable funding for the community food initiative and helping students combat the effects of the cost of living crisis.

International Students: Collaborating with the University to implement intercultural strategies.

Student Voice: Enhancing student voice platforms.

Inclusion: Supporting various inclusive campaigns and events and working to foster an inclusive community.



**CONTACT
ME**

VICE PRESIDENT EDUCATION

Hello, I'm Adelayo, your Vice President of Education for 2024/2025. My role involves improving the Personal Tutor Scheme and supporting Academic Reps. I'm here to assist with enhancing your learning and teaching experience.

Let's stay in touch!

My priorities for the year are:

To reform the personal tutor scheme to help you communicate your needs, struggles, and improve the system of getting all the help and support that you need while building valuable relationships with tutors.

To improve the existing academic representation system so that Student Reps can feel empowered, valued and supported 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. Remember, you only need to be a student to sign up as an Academic Rep!

To create awareness and representation, to educate students, particularly international students, on how their learning and teaching experience can be supported and the help available through the Students' Union.



CONTACT ME



VICE PRESIDENT COMMUNITIES

Hi! I'm Justine, your Vice President Communities for 2024/25. I'm responsible for supporting societies, sustainability, housing and volunteering.

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

My priorities for the year are:

Supporting and promoting societies so they can be as strong as possible, and working with them to build community.

Promoting inclusion and building power through a variety of campaigns to ensure that students know their rights and that we are promoting a safe and inclusive campus.

Fighting against the cost-of-living crisis, primarily by working on improving our housing so that it is better and affordable.

Promoting campus sustainability.



**CONTACT
ME**

SPORTS UNION PRESIDENT

Hello! I'm Laura, your Sports President for 2024/25. My focus is all on our 54 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:

Accessibility: Ensuring every member of our sports community feels heard and valued.

Collegiality: Improving club development with a review of committee training and the creation of a handover toolkit to prevent loss of knowledge between outgoing and incoming committees. For collaboration, continuing sport swaps and assisting in promoting more collaboration between clubs that share the same facilities.

Engagement: Increasing fan engagement on social media and fixtures coverage, alongside the development of our club mark system the 'StirScale'.



CONTACT ME





SOCIETIES



university of stirling
students'
union



SPORTS CLUBS



The Union supports student-led societies and sports clubs which are open to everyone and a great way to meet new friends. Come along to the Societies Fayre or Sports Bazaar during Welcome Week and meet the societies/clubs. Give it a Go sessions run throughout September giving you the chance to discover what's on offer.

JOINING SOCIETIES

More info



For all the latest information on joining societies including the full A-Z of societies on offer, scan the QR code to visit the Union website. If you're interested in starting a new society, get in touch at theunion@stir.ac.uk



Good to know

- Membership fees are different for each society.
- You will need an individual membership for each society you wish to join.
- Memberships last for an academic year (1st June to 31st May) and need to be renewed each year.

JOINING SPORTS CLUBS

More info



For all the latest information on joining the Sports Union and clubs including the full A-Z of clubs on offer, scan the QR code to visit the Union website. If you're interested in starting a new club, get in touch at theunion@stir.ac.uk



Good to know

- Membership fees are different for each club.
- You will need a Sports Facilities Membership, Sports Union Membership and a Sports Club Membership (some limited exceptions apply on Facilities membership - visit the website for full info).
- Memberships last an academic year (1st August to 31st July) and need to be renewed each year.



GIVE IT A GO



VISIT THE UNION EVENTS WEBSITE FOR INFO



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 Students' Union society and/or sports team
- ☐ Take the online learning modules*
- ☐ Visit the Green & Blue Space
- ☐ Check out the classic Uni hoodie in the Union Shop
- ☐ Like and follow the Union on social media
- ☐ Visit the Library
- ☐ Attend a Students' Union General Meeting
- ☐ Stand and vote in a Students' Union Election
- ☐ Have fun! Embrace the opportunities available

***Check out Stirling Essentials for the Academic Integrity and Writing and Consent Matters modules as well as a host of other useful resources.**

STUDENT VOICE

Student Representation is at the core of what the Students' Union is all about. We have over 600 Student Reps who collectively represent and champion the rights and views of all 16,000+ 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



DIVISION AND FACULTY OFFICERS

Division and Faculty Officers are paid Student Reps, recruited each year to represent Undergraduate, Postgraduate Taught, and Postgraduate Research students. Division and Faculty Officers represent students at Division or Faculty level, support the academic representation system, and each deliver a project based on what is most important for the students that they represent.



UG DIVISION
OFFICERS



PG FACULTY
OFFICERS

ACADEMIC REPS

Academic Reps are the foundation of student representation and gather feedback on your learning experience. While Division and Faculty Officers represent a large group of students at a high-level, Academic Reps are expected to be your voice on a more day-to-day basis. 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 Conversation meetings.

BE AN
ACADEMIC
REP!





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 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 and 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 help you 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 2024/25 Volunteer Officers and our National Union of Students Delegates.

NOMINATE:
27TH AUG - 30TH SEPT
2024

VOTE:
15TH OCT - 17TH OCT
2024

Spring Elections will elect our 2025/26 Sabbatical Officers and Volunteer Officers.

NOMINATE:
17TH DEC 2024 - 11TH
FEB 2025

VOTE:
25TH FEB - 27TH FEB
2025



How are you?

If you'd like to talk about how to support your
Mental Health and Wellbeing contact the
Student Services Hub.

Mental Health and Wellbeing Support at the University includes:

- Mental Health appointments
- Counselling appointments
- Loch View Wellbeing Space
- 24/7 Student Support helpline on 0800 031 8227

98% of students accessing the services said the mental health support they received improved their overall student experience.

Find out more! Scan the code.



STUDENTS' UNION ADVICE SERVICE

The Students' Union Advice 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 email, MS Teams or phone and can also arrange, when required, for you to have Union representation where appropriate.



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SPORTING
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UNIVERSITY of
STIRLING
SPORT



YOUR WELLBEING YOUR WAY

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club sport and social
sport. Choose how
you get active at the
University of Stirling.



**DOWNLOAD
THE SPORT APP**





ACADEMIC INTEGRITY

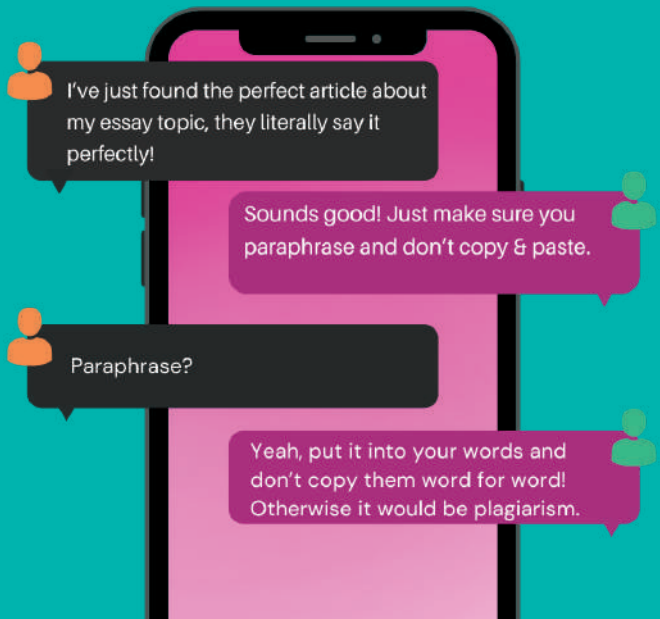
Prepare to Pass and don't get caught out!

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**



university of stirling
students'
union



your green &
blue space



UNION COMMUNITY GARDEN & ORCHARD

MEET GROW EAT.

JOIN OUR COMMUNITY GARDEN PROJECT.

**CULTIVATE FRIENDSHIPS, LEARN NEW
SKILLS, AND BE PART OF OUR SUSTAINABLE
COMMUNITY.**

**ALL EXPERIENCE LEVELS WELCOME.
DROP-INS EVERY WEDNESDAY 2-4PM.**



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 around the corner from the Union's Atrium office and is open weekly to students, staff and the public.



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





Careers Service

How do we help?

- Support on finding Part time Opportunity for you
- CV & Cover Letter review
- Career Workshops
- 1 - 1 Career consulting

How to access?

- Activate your Account on TARGETconnect



Have questions?

- Submit your question on TARGETconnect
- ask@stir.ac.uk
- Send us a message on social media



@stirunicareers



University of Stirling Careers Service

Be the One
BE THE DIFFERENCE

YOUR OPPORTUNITIES

Careers & Employability

Your Students' Union offers a range of ways for you to boost your employability. Whether volunteering opportunities or paid positions, you can acquire training and useful skills by getting involved. Some examples include our environmental projects, or even through 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! Check out the volunteering opportunities available to you via our new Volunteering Hub.



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.





UNIVERSITY OF STIRLING STUDENTS' UNION

AMERICAN LETTER HOODIE, T-SHIRT, BAG & PEN

£29.99





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.

Check out the
Online Shop



COMMUNITY FOOD INITIATIVE

This initiative was formed by our 22/23 Union President and VP Communities. The initiative aims to alleviate food poverty and financial stress, whilst encouraging food sustainability and reduction of waste.



Located next to the Green & Blue Space, pop in and take what you need from the community fridge and pantry. You can also donate any kind of food that is in date and unopened. If you are interested in helping out with the initiative, get in touch at theunion@stir.ac.uk



#JustAsk the Student Services Hub!



Live chat via your portal



ask@stir.ac.uk



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



01786 466022



@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

From Sushi to Shawarma Tacos to Tofu

There's something
for everyone
here on
Campus!



For more information on our range of
tasty, eating and drinking venues
on campus scan the QR code below



Backstage



SUP

PATHFOOD
UMAMI

BOARDWALK

The Pool

THE BITE

STIRLING COURT
HOTEL

HAWKER



Stirling
Campus Eats

#erasethegrey

We reject all forms of gender-based and sexual violence.

Speak to one of our specialist team of Sexual Violence and Misconduct Liaison Officers. Visit our website for more information stir.ac.uk/67q



Report gender-based and sexual violence via reportandsupport.stir.ac.uk



UNIVERSITY of
STIRLING



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EVERY DAY

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BOB

Notes:

Notes:

Notes:

Notes:



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Campus Eats

2 TOPPING PIZZAS

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SMALL

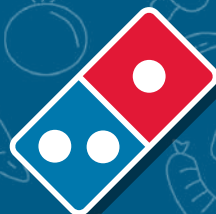
£5.99

M
MEDIUM

£7.99

L
LARGE

£9.99



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Port Street, Stirling,
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84 Henderson Street,
Bridge of Allan, Stirling,
FK9 4HA

01786 833888

**LATE NIGHT
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Got your
period?
We've got
you!



To find out where you can pick up
your free period products please visit
www.stir.ac.uk/freeperiodproducts

Want to know more about what's happening
to you and your body during your 'time of the
month'? Visit young.scot/campaigns/periods



Scottish Government
Riaghaltas na h-Alba
gov.scot

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union



Let's Get Connected for Our Latest News & Updates

