

## Executive End of year report 2017

**Portfolio: Health Executive**

**Name: Stephanie Korad**

As part of your Executive contracts, you are required to complete an end of year report. The better the quality of your report, the more valuable it will be to the Association so please take the time to fill this in well but be honest, and please be concise. The information in your report will be used for **mawsa** annual report.

This is also an excellent opportunity to pass on your knowledge and recommendations to incoming Executive and strengthen Executive handover. By doing so, you are empowering the incoming **mawsa** Executive committee to build upon the achievements of your year better serving our members by growing as an Executive.

### **Introduction:**

- *As the Health Executive for 2017, my main focus this year was to establish within the student community that MAWSA has a Health Executive. I also had a focus on the School of Sport and Exercise, because I am getting a degree in Sport and Exercise and I wanted to start off small, then branch out to the College of Health as a whole. As an exec I've been involved in nearly all MAWSA events and sat on the College of Health Board meetings, and expressed student voice during those meetings.*

### **Key contacts:**

- *Leanne Robinson; College of Health Secretary, [L.J.Robinson@massey.ac.nz](mailto:L.J.Robinson@massey.ac.nz). She is the secretary during the meetings and emails the agendas out. If you cannot make the meetings you contact her. She is the first point of contact if you want to submit something to be talked about in meetings and if there are problems with the meeting or if you want to talk to the person who chairs the meetings.*

### **Communication**

- *Emailing people from the Health Board is the best way to communicate with them. If you have the opportunity to talk to someone face to face, do it.*
- *Be clear and concise in what you want to say. Add 'fluff', because people always read your emails in an angry tone. If you don't understand anything, ASK!*

### **Committee(s):**

- *Member of: The College Health Board. Purpose: To be the student voice during the meetings and feedback to the executive team about possible changes that may happen and affect the students in that college.*

### **What events/activities did you undertake as part of your position?**

- *O-Week: Got involved with the Sex Quiz, all the BBQ's and clubs and giveaway day. Involved with at least one event a day. I got to meet a lot of students and start building a rapport with them. Got my name out there and let the students know that I am their health exec and where they can find me. Hours varied between events. MAWSA organised the event, I helped.*
- *As the health exec, I ran two shared lunches for the school of sport and exercise to grab some feedback from the students about their classes. It was a way for students to vent about courses in a stress free environment. It took approximately 5 hours total to organise the event and about 5 hours total to go through all the feedback, meet with the advocate and collate the feedback into useful stuff.*
- *90% of all MAWSA events*

### **Support of the Executive/Association:**

- *N/A*

### **Highlights:**

- *As cliché as this may sound, the highlight for me would be helping the students out. Seeing how little something like a BBQ lifts a student's spirit and mood is really touching. I am not a struggling student, therefore I sometime forget how hard university can be for students that don't have a job or can't afford food etc... Also just seeing the MAWSA community grow in all aspects was a great highlight. Seeing how hard the execs as well as the staff worked and seeing their hard work payoff is unbelievable.*
- *Shout out to the MAWSA staff. Your hard work does not go unnoticed!*

### **Lowlights:**

- *The biggest lowlight was being a little intimidated by the senior members of the Health College Board and not preparing enough for those meetings. They send the agenda and things to read only a couple days before the meeting, therefore there is no time for me to bring it to the other execs and get their opinion about certain things. I think I could've made a bigger impact in the meeting, but due to being a little scared, I could fully express my opinions.*
- *I think that having a mentor that is on the Board will help with that intimidating environment. Also, better communication with the secretary, because she is in charge with sending out the agendas, so if she could send it a little earlier then the health exec could get another opinion on it. Getting training on how to speak in an environment like a Board meeting, would help and I think knowing that you have the option to say "I don't have an opinion on that right now, but can I take it to the executive and get back to you".*

### **Suggestions for future events/activities:**

- *I found that having school based shared lunches is a good way to get students talking and getting feedback. It's a relax environment where there's food and student can talk about whatever they want without judgement. That would be a good thing to collaborate with advocacy on.*
- *An activity that would be awesome to run next year is one massive group exercise class (like Zumba) in O-Week. It'd be fun, people will be exercising and it's just a good time.*

### **Time Commitment:**

- *The current time commitment for the Health Exec is 5 hours a week. During O-Week, De-stress fest, and other major MAWSA events, the hours committed to the job increase, however there are weeks where there is nothing much to do. The time commitment is dependent on how involved the execs are. I am around MAWSA a lot, therefore I worked my maximum hours most weeks.*

### **Further comments:**

- *I initially did not want this role... I didn't do much for campaign week. But, once I got into the role, learnt about what this role entailed and realised the great opportunity that this is, I really made the role my own and got involved. It made realised that I do enjoy helping people and that the things that I do can impact students in a positive way. Even though, there were times where this role took up my down time, seeing how it helped students really made it worthwhile. I met a lot of people and made some very good friends. You will feel 90% of all emotions you will feel in life with this role. You will feel elation when you pull off an awesome event, you will feel disappointed when something doesn't go your way. You will feel a whole lot more emotions in between, but let me reassure you that everything will be okay and you will learn and you will grow. Being the Health Exec allowed me to network with MAWSA and Massey, which created more opportunities for me as a student. I believe that your attitude towards the role that you have been elected in, will determine your experience. My advice to any incoming execs is to have fun, get involved, and understand that you have the power to really help students out. Draw from your own experience and go from there. You will be faced with adversity, but you'll learn about resiliency. Enjoy it!*