



## **RAHAT CHOWDHURY**

Candidate for Vice Presidents' Student Life (2)

*HSA Elections 2022 – 2023*

My name is Rahat Chowdhury, and I am a second year combined Computer Science and Business Analytics student. I am excited to run to be your next Vice President of Student Life for the Haskayne Students' Association. For the past 9 months, I have been a Director of Student Life to gain the important experience and knowledge to eventually step up in my involvement in the Haskayne community. I have helped plan and volunteered at events such as New Student Orientation, Haskoween, and Holidays at Haskayne. My role as a director gave me the opportunity to aid in such great initiatives. Given the transition back to in-person classes and activities, it is especially important to build a strong community to both develop and maintain social connections and create a welcoming environment.

In this role, I would like to work towards events that allows students to take a step back and prioritize personal well-being. I would like to plan events that provides students the resources they need in times of distress and promote tools and activities that support them with both stress and time management. In these events, I hope students get the opportunity to take out something positive and be able to freely connect with others on a non-academic level. This will develop a sense of community and a unique culture.

Although at Haskayne School of Business we strive for excellence, it should be made a priority to emphasize the importance of self-care. I would love to be a part of a team that helps students manage their stress levels and relate to them as fellow students. With all the academic pressures and additional responsibilities, a typical university student has, personal well-being and self-care are often sacrificed. In order to create the healthy balance, students should be aware of the importance, the tools and resources available, and ensure that they feel welcomed in our inclusive community.

With the return to in-person learning, there is a lot of mixed emotions involved and a significant amount of adjustment for everybody. This change is not easy on several facets, and we want to ensure that students, regardless of if this is their first time being on campus or returning after a long halt due to the pandemic, have the necessary support so that the transition and adjustment becomes smoother.

When I was in my first year, there were several resources and activities that were held and provided by Haskayne Students' Association and the faculty that made my online experience much better. After having all those experiences with those initiatives, it motivated me to one day be on the other side. With this role, it would be a great opportunity to give back and provide the same support and guidance to other students, especially students who are entering Haskayne for the first time.

I would love the opportunity to promote positive and strong community engagement within Haskayne and help in the effort in bringing students together for the rest of their university experience.