

# SIERRA MUELLER-OWENS FOR WELFARE

## ***Student Welfare during COVID***

We must return to face to face teaching as soon as possible, however, it is also important to support students who are vulnerable to COVID-19. Students with compromised immune systems and other vulnerabilities to COVID-19 who are not required to complete labs and other in person training should be supported with alternative access to education until it is safe for them to return to face to face teaching. I will advocate for online alternatives for students to participate in lectures, tutorials, and seminars where possible.

## ***Financial Welfare***

International students should have their fees frozen when they begin in first year to provide financial stability for international students. I will lobby the college to implement a fee freeze for international students so that their fees do not increase as the student progresses in their degree.

I will establish a small fund that will be available for Non-EU international students who are experiencing unexpected costs relating to their wellbeing as deemed appropriate by a panel. Non-EU students are ineligible for most grants and bursaries.

Many students do not know that they might qualify for financial assistance. I will promote the bursaries and funds that are available for Irish and EU students within the college by promoting information in the SU emails and on social media. I will continue the TDGSU and USI fight for lower fees for every student.

## ***Personal Welfare***

Now that a virtual curriculum for consent training exists, it should be available to every first year and for societies and sports clubs. I will promote the consent curriculum and hold consent workshops throughout the year.

I understand it can be very overwhelming to bring a worry to a sabbatical officer, so I intend to introduce group office hours for students. I will welcome groups and pairs to discuss their concerns with me and trusted individuals. I will also continue to offer office hours over Zoom in order to reach students who are not able to access the office due to location or a disability.

I believe all students should feel recognised and accepted in college, therefore, it is essential that gender neutral language be incorporated into the vernacular of all college staff. I will implement training and resources for staff about the importance of gender inclusive language and using correct pronouns.

Mental health is a crucial aspect of college life and impacts student welfare. I will promote the use of NiteLine, a student listening service, as a resource for any student who is struggling with their mental health. During mental health week and beyond, I will advocate for more opportunities to participate in meditation, yoga, and other restorative practices, as a way to promote stress relief. I hope to collaborate with the Meditation Society, the Yoga Society, and sports clubs in my promotion of stress relief.



## **ABOUT ME**

***pronouns: she/her***

My name is Sierra Mueller-Owens, and I'm an international and final year law and political science student and am especially passionate about political advocacy. During my second year, I was an S2S mentor for Erasmus students, which helped me understand many of the welfare problems that students face in Trinity. TDGSU has become an important part of my college experience. As a third year, I was a class representative in the SU. I really enjoyed being involved in student movements, so I ran for Gender Equality Officer! As the Gender Equality Officer, I strive to improve student life in a number of ways. For example, I was able to secure funding to distribute free period products to students by placing tampons and pads near bathrooms and posting menstrual cups to students who do not access Trinity in person. I was trained to be a consent facilitator at Trinity Hall and participated in the first virtual consent workshops. I also represented Trinity at USI's pink training, a weekend of workshops about the LGBTQ+ community nationwide and in higher education. I am also working on an exciting Women's Week full of insightful events. It would be my honour to represent Trinity nationally while looking after the welfare of students during a time where student wellbeing has never been more important.