

## AVS/IVSA UK & Ireland Elections 2019

**Name:** Isobel Arthur

**Position:** Junior Vice President

**Vet School:** Nottingham

**Year:** 3

**About me:**

I am a 3<sup>rd</sup> year vet student at the University of Nottingham and have been a member of the AVS central committee for 2 years as the junior and senior representative for Nottingham.

**Experience:**

I have been the Nottingham rep for 2 years. During my term as senior rep, AVS sports weekend 2018 was hosted by Nottingham with myself as one of the chief organisers of the event. This role has meant that not only my organisation abilities, but my ability to deal with stressful situations and with a variety of people/companies, have improved massively.

**What I would try to achieve in my role:**

In my time at vet school and as a member of AVS committee, I have realised just what a massive issue mental health is in vet students. I have seen first-hand how dismissive people (particularly of the older generations) can be of mental health, saying 'well I had to deal with it so you can too' etc. My aim would be to try to promote awareness of relevant mental health issues and increase support of students by their peers and academic staff. I would aim to educate people to detect signs of mental illness and how they can help when someone is suffering. I would like to try developing a more accessible support system that students feel that they could use for anything, whether it is vet life related or pastoral. Following on from this, if I were to be elected, I would also like to work on the concept of perfectionism in vet students and how 'it's ok not to be perfect', by altering unrealistic expectations about the course and what it is to be a vet.

**Why you should vote for me:**

Succeeding in organising the biggest ever AVS sports weekend and being on AVS committee for 2 years has given me a valuable insight into the work and organisation that goes into the running of the AVS. As much as I know I have lots to learn still, I feel I am more than ready for the challenge and responsibility of representing the vet students of the UK and Ireland.

