Hi! I’m Ellia, a second year graduate student in the neuroscience department, and I am running for GSG Health and Life Officer. I am running for this position because I am interested in improving the health and wellbeing of graduate students on campus! I am personally big into fitness, but I also believe that fitness is only a portion of what contributes to health and wellbeing. I am currently a member of the Healthier Princeton Advisory Board, which meets to discuss how we can improve health and wellbeing of students on campus, including improving the fitness center on campus as well as addressing issues with student health insurance and accessibility of medical and psychological care. I have recently reached out to the director of retail dining on campus to propose healthier alternatives to the current on-campus vending machines.

As the GSG Health and Life Officer, I would work to introduce programs and events that will promote both physical and mental health of graduate students. These will involve all aspects of wellbeing, including fitness, nutrition, stress control, medical accessibility, and health insurance concerns. One event in particular I would like to organize is an event that my undergraduate university held every year during finals: “Therapy Fluffies De-Stress Event!” This consisted of working with the local SPCA, animal shelters, and non-profit therapy animal organizations to bring a variety of fluffy animals to campus for students to come hang out with, pet, and play with. Because who doesn’t love petting fluffy dogs?!

Thank you for your consideration for this position, and I hope to be your next GSG Health and Life Officer!