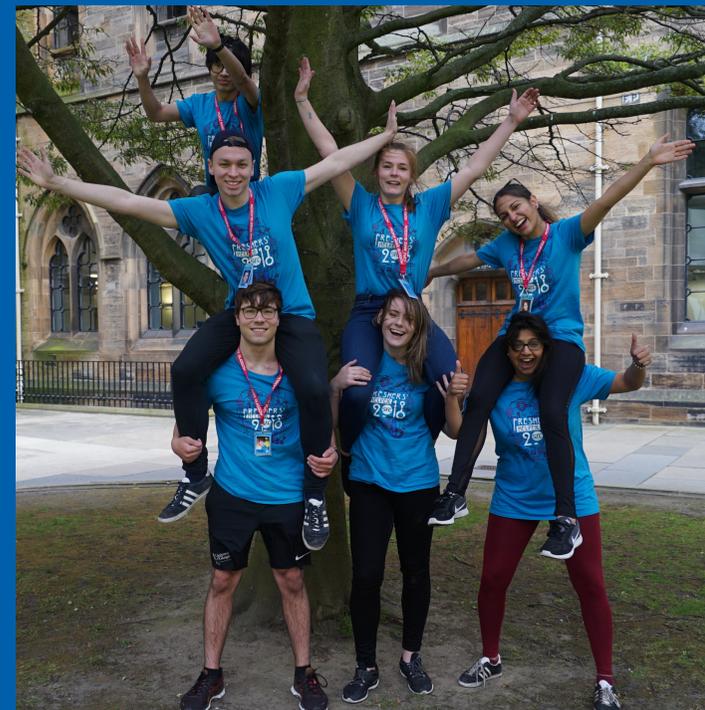


FRESHERS

HELPING

A GUIDE



WHAT IS FRESHERS HELPING?

Freshers' Helpers are a **dedicated group of volunteers** that spend Freshers' Week helping new students in their first week of university before teaching begins.

Freshers' Helpers get trained and get to know each other during training week (**September 10-13th**) before Freshers arrive and Freshers' Week kicks off.



Freshers' Helpers will often be some of the first faces a student sees once starting university and **it's their job to help Freshers ease into university life, introduce them to the campus, and even help them make friends!**

After the day's duties, **Freshers' Helpers get a chance to go out and enjoy the unions' events**

WHAT DOES THE ROLE INVOLVE?

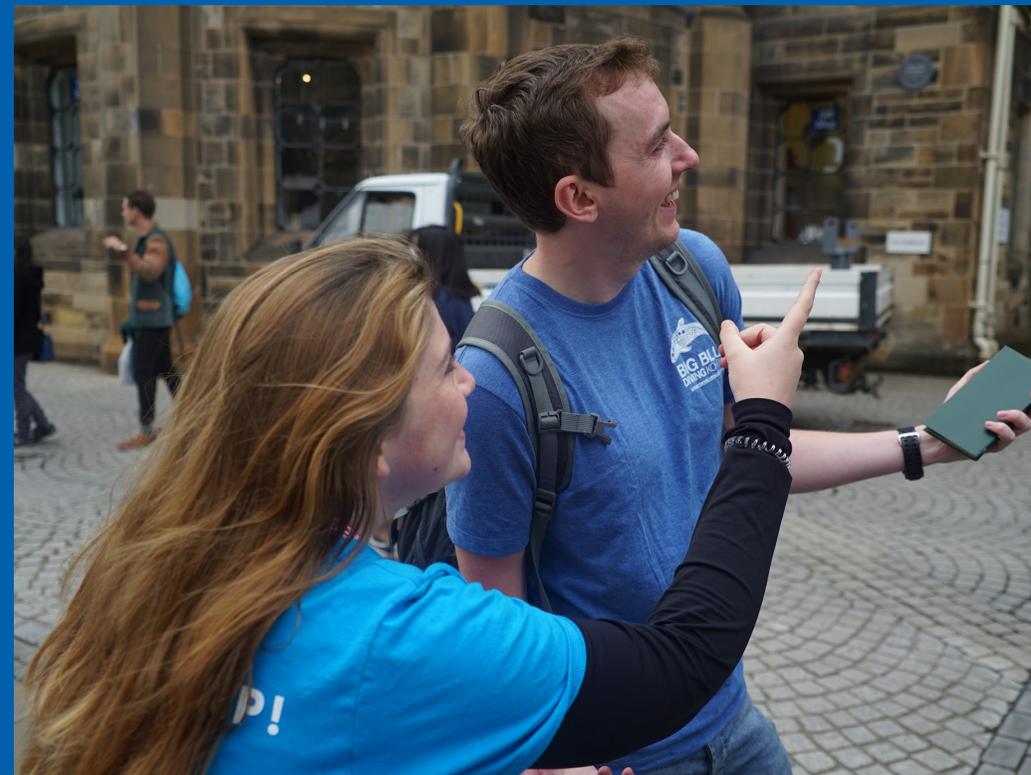
Freshers' Helpers have a variety of duties throughout the week, but these mainly involve running the SRC's daytime events and being a friendly face around campus.

Some of the things Freshers' Helpers will do include:

- Helping with the sale and distribution of wristbands
- Putting together the Freshers' Packs.
- Being a point of information for students' new to the campus.
- Taking eager students around the west end and campus on tours.



- Helping run daytime events and supporting SRC activities, including the Freshers' Fair, Freshers' Address, and other orientation activities.
- Moving Freshers into halls
- Helping get Freshers home on the Nightbuses after the nights out.



WHY SHOULD I APPLY?

- You get the **role officially recognised on your HEAR Student Transcript**. This means you have something to talk about in future job interviews!
- Each Freshers' Helper gets a Freshers' Band which means **you get to enjoy the nights out at BOTH the student unions!**
- You get to **meet a bunch of new people and make many great new friends** you might not have met otherwise!



- Freshers' Helpers have an opportunity to **make a positive impact** on a new student's first week at university.
- **Gain new transferable skills!** From taking a campus tour and developing your presentation skills, to leading a whole Freshers' Helper team and sculpting your management abilities, **there are a plenty of opportunities to develop transferable skills.**



WHAT MAKES SRC FRESHERS HELPING SPECIAL?

You get hands on and **completely involved and immersed in Freshers' Week again**. Fresher Helping gives you a chance to relive Freshers Week with a fun, supportive group of people who will soon become great friends!

We are lucky because our Freshers' Helpers **get to enjoy the nights out in Freshers' week, in BOTH student unions**.



Helping out with the SRC means having a chance to **help at the daytime events**, creating the **Freshers' Week buzz we all know and love**.

You don't have to fit a certain mould to be an SRC Helper and helping out during the day means that **SRC Fresher Helping is a flexible role** for anybody who wants to get involved and make a difference on campus.



WHAT HAVE PAST HELPERS SAID?

"I loved being a Freshers' Helper. As a more mature student I worried that I wouldn't fit in, but I found that sometimes being older had benefits for those who wanted to ask a question without sounding stupid. **I also felt a student more than at any time during my previous 3 years.**

Being a Freshers' Helper has also helped me in 4th year. **It has opened up opportunities** to take part in consultations that I wouldn't otherwise be aware of and has meant I have met people that I wouldn't have known: **I have made a new friend for life and it can't get better than that.**

Kathy

Education

Patrick
Immunology

Why apply? **It's a really good opportunity to meet a lot of people that you wouldn't meet otherwise.** It's a hectic week but it was so much more fun than I was expecting. What I enjoyed? I loved being able to get newly accustomed to Glasgow and showing Freshers what I love about the city. **You have the opportunity to learn a bunch of new skills while having fun.**

Doing Freshers' Helping was one of the best decisions I made at uni. As I was already in fourth year, **helping brought a new and exciting aspect to my university life** (and a chance to relive freshers!).

I was able to meet a lot of new people that I wouldn't have met before and had a blast while doing it.

Antonia

Veterinary Medicine

WHAT HAVE PAST HELPERS SAID?

"After struggling to form a solid friend group in my first year of uni, I decided to apply for Freshers' helping to try and meet new people. **Little did I know when I sent off that application I would make friends for life.**

I have been an SRC Freshers' Helper for 3 years and I can honestly say it has been **such a rewarding experience. SRC Freshers' Helping has been a big highlight of my 4 years here at Glasgow, the friendships I have formed doing this are ones I will treasure, I most definitely have been both friends and memories that will last a lifetime.**"

Vicky

Theology and
Religious Studies

Flynn
Statistics

Becoming an SRC Freshers' Helper was **one of the best decisions I've made in my life.** The nights out are brilliant, and the feeling you get from helping freshers is really rewarding - but by far **the best thing has been all the great people I've met thanks to helping.** They're really a great bunch of fun, welcoming people and I know some of them are friends for life. If you're on the fence about applying just go for it, **you won't regret it.**

HOW DO I APPLY?



Online:

<http://bit.ly/SRCFreshersHelper2019>

If you want to complete a physical application
head here for more details:

[https://www.glasgowstudent.net/events
/freshers-week/freshers-helpers/](https://www.glasgowstudent.net/events/freshers-week/freshers-helpers/)