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.

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.
“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

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.

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Statistics

Online:
If you want to complete a physical application head here for more details:
https://www.glasgowstudent.net/events/freshers-week/freshers-helpers/