

Long Biography

My name is Lida. I am an undergraduate psychology student. As much as I like to be tucked under my covers Sunday mornings, being in a comfort zone is not really my thing. I enjoy taking on new challenges and the feeling of uncertainty that comes with it.

I have always liked to be involved and active in my community. In 2013, I was the Vice President of the Vanier Medlife club and travelled to Peru with members of my club for a humanitarian trip. Then in 2014, I was elected to the Vanier College Student's Association (VCSA) as an executive member. As part of my mandate, I oversaw the Social Justice Committee and was directly involved in writing a brief on intimidation and in developing a panel about bullying. For International Women's Week 2015, I participated in inviting Michael Kaufman (White Ribbon Campaign) to speak to our community, initiated and developed a panel to discuss the documentary 'Girls Rising' and participated on a panel discussion entitled: Women and Racism. I also participated in fundraising for 'Dans la Rue' and initiated a project to implement health and dental insurance coverage for Vanier students, which makes Vanier the first college in Quebec to introduce such a plan.

Since I have been at Concordia, my main focus has been to work on personal projects and focus more on my academics. Last winter, I had an amazing experience going on exchange at the University of Copenhagen in Denmark. Following my exchange, I took the opportunity to travel around Europe for two months with a close friend. I currently volunteer in a developmental psychopathology laboratory, which is specific to my area of interest. I will hopefully be doing my honors thesis next year and since I will be part-time, I thought it would be a great opportunity for me to invest the rest of my time serving the students of Concordia to the best of my abilities.

There are many reasons why I would like to run as the Academic and Advocacy Coordinator of the CSU. I have already been an executive member of an association and I absolutely loved my experience. It provided me with the opportunity to make valuable connections, to learn how to get out of my comfort zone, to become more self-aware, to familiarize myself on how academic institutions work and to bring direct change within the school.

I am running with a team and, if elected, our goal for next year will be to focus on students' well-being by increasing the available resources necessary for their success. University life can take a toll on many students' mental health and our job as executive members would be to provide a supportive environment for them. We would also like to increase the visibility of the CSU and take measures to provide a safe environment on campus.

Short Biography

My name is Lida. I am an undergraduate psychology student. As a former member of a student association, I have the drive and the required experience to best represent Concordia students. If elected as Academic and Advocacy Coordinator, my priority will be to increase the resources necessary to improve students' academic success and their mental well-being. I am also proud to run with a team that reflects one of Concordia's greatest assets: diversity.