

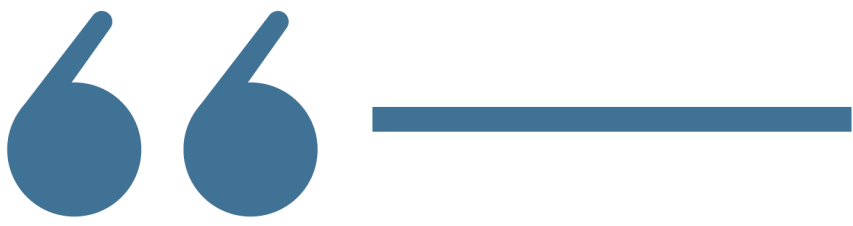
Mallika Singh

**SUO  ELECTION**  
**2025/2026**

**Faculty of Arts & Social Sciences Student  
Representative Candidate**







Hi!

I'm Mallika Singh, a Psychology major and a Sociology minor at UBCO, who is passionate about mental well-being and student success. I aim to create a thriving campus where we avoid burnout.

M

During my time here at UBC, I have received various awards including the IMES, OIS and now recently the IURA, reflect my dedication and drive to make a change. More importantly, my work with mental health initiatives across Canada as well as with the Canadian Mental Health Association, has shown me that mental well-being is not a luxury, it's a necessity. We need a campus that supports us both academically and personally.

A

Volunteering with PICNIC, the Farmers Market, and the Taekwondo Club, I've interacted with students firsthand and seen the struggles students face: overwhelming workloads, expensive textbooks, and even skipping meals to afford course materials. While I love extracurriculars, I believe before anything else, we are all students first. That's why I support initiatives that tackle small everyday struggles rather than large scale issues.

L

L

I

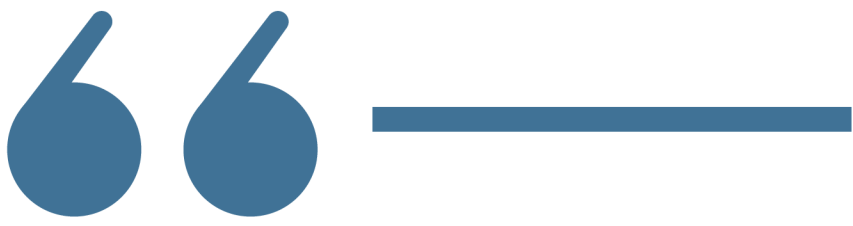
I strongly support initiatives like Smart Meals (and others, please see attached platform points), which provide affordable, nutritious food. If elected, I'll advocate for expanding and regularizing such programs, ensuring no student must choose between eating and textbooks.

K

A

University can be overwhelming, and I understand that. I'm committed to advocating for policies that prioritize student well-being, reduce stress, and ensure academic success doesn't compromise our mental health.

Let's make UBCO a campus where we thrive, not just survive.



## Platform points

As someone deeply passionate about mental health and student well-being, I have several initiatives I hope to introduce if elected.

While I recognize the need to navigate logistics and explore how SUO, as an independent organization, can collaborate with UBC, these are some key ideas I aim to advocate for:

- No-Deadline Week – Work with professors to implement a week each semester where assignment deadlines are paused, allowing students to catch up and reduce burnout.
- “Not Alone” Buddy System – A peer-support initiative that pairs students for regular check-ins or attending events together, fostering connection and combating loneliness, because I recognise it is hard to form friendships in university.
- Free Textbook Exchange – A student-led network for donating, borrowing, or trading textbooks to improve affordability and accessibility.
- Stress-Relief Stations – Pop-up spaces featuring fidget toys, mindfulness activities, and guided meditation to help students recharge, particularly during exam season.
- 24\*7 accessible study space: A dedicated, all-night study area available not just during finals, but also midterms, ensuring students have a quiet, accessible place to focus whenever they need it.

In conclusion, as a Faculty of Arts and Sciences Representative, I'll work to reduce stress, improve mental wellness, and help build a supportive campus with the rest of my team. Together, we can make student well-being a top priority!