

Congratulations on being part of the Aston Students' Union Autumn Elections

The next couple of weeks will be exciting and full of learning experiences for you.

This guide will help you navigate the next part of the elections process, offering essential information, advice, and guidance to ensure you're fully prepared for your campaign.

Please read on to find out more about what you'll need to do:

Key Dates and Guidelines

Campaigning

Campaigning is not permitted until candidate names have been officially published on the Students' Union website. The date and time that campaigning opens will be confirmed during candidate training. Candidates should refer to the Election Rule Book for full campaigning rules and guidance.

Training Sessions.

You must attend one of the candidate training sessions. Training will cover election rules, campaign guidance, and provide an opportunity to ask questions. Candidate photos for the voting website will also be taken during the session, so please come prepared for your photo.

The dates, times, and locations of all sessions will be published on the Students' Union website. It is the candidate's responsibility to check the website for the latest information and attend a session

Attendance is expected, not only to understand the rules but also to maximize your campaign's potential.

Manifestos

To participate in the elections, every candidate must submit a manifesto, which can be written, visual, or both. This is your chance to present your ideas, vision, and passion for the role.

Submission Deadline: Candidates should check the Elections website for the manifesto submission deadline. It is the candidate's responsibility to ensure their manifesto is submitted by the published deadline.

Note: If you miss this deadline, you may be withdrawn from the election.

Word Limit: 500 words if you are submitting a text manifesto (strict limit – excess will be cut off).

Creating Your Manifesto

Your manifesto is a crucial document that convinces students to vote for you. Here's what you should include:

1. **Introduction:** Who are you? What position are you running for? Provide a brief introduction to grab attention.

2. **Why You're Running:** Share your motivation. Why are you passionate about this role?
3. **Your Vision:** What will you do if elected? Highlight key projects, policies, or changes you aim to implement.
4. **Your Experience:** Demonstrate why you're a good fit for this role. Highlight any relevant experience, previous involvement in the SU, or related skills.
5. **Slogan:** Include a catchy, memorable slogan to boost your campaign's visibility.

Tip: Keep it concise and impactful, focusing on what matters most to your voters.

How to Upload Your Manifesto

1. Head to <https://www.astonsu.com/voice/elections/autumn/>
2. You'll be taken to the nominations page where you submitted your nomination
3. You'll see an image like the one below. Click 'Stand in Election'. On the following screen, click 'Stand'. You will then be given the opportunity to type out your manifesto.



Welfare While Campaigning

During the week of campaigning, it is very important that you look after yourself. Running in the elections can be tiring and so ensuring your welfare is the best way to keep your campaign going! Here are some tips for looking after yourself.

Stay Healthy

The basic rules of staying healthy: eating well, sleeping enough, and keeping active. All three of these things are still important while running in the elections. Campaigning uses a lot of your energy, so it is important you make sure to eat your 3 meals each day. The Students' Union provides a free candidates breakfast during the week so you can start each day on your top form! This is also a great opportunity to socialise and get to know other candidates.

During the elections week you may feel like you could be doing more or campaigning for longer, but it is vital that you don't let yourself burn out. Getting a decent night's sleep after each long day will ensure you are ready to go again the next day.

Finally, it is important that you are keeping active while campaigning! During the week you will likely be doing lots of walking around talking to students which will keep you active, but it is also good to do some exercise not related to campaigning to give yourself a break! If you

make sure to do these 3 things, you should have more energy to talk to students who could vote for you.

Get Some Support

Having a good group of friends around you will help to keep morale high during the elections. Having a strong campaign team supporting your election means you can take the breaks you need without feeling guilty and means you have a group of people to talk to and support you. It also means there are more people to campaign for you!

If you do start to feel overly stressed or upset, you can always speak to staff in the SU. They will make sure you get the support you need during the elections so never be afraid to seek support.

Campaign Your Way

There are many effective ways of campaigning. From lecture shout outs to social media so make use of your strengths. The main thing to be aware of is when to stop and take a break, everyone has their limits so if you need to stop and rest, make sure you do so.

Supporting Others

Remember that other candidates are not your enemies! By the end of elections, you could have made new friends who were running against you. While ensuring your own wellbeing, if you see another candidate campaigning it doesn't hurt to check in and have a chat with them.

The Advice and Representation Centre

The ARC is always available in the SU all year round! It is a great service which is open 10:00-16:00 Monday to Friday, with drop-in hours from 10:30 am-12:30 noon.

Campaign Teams

It can be beneficial to have a small campaign team, made up of a couple of friends, to help and support you during your campaign. They can give emotional support and help you to cover more ground. If you've not done this already, start getting your team together now!

That's it for now – please get in contact if you have any questions! Email voice@union.aston.ac.uk.

Good Luck!

Running in these elections is a big step, and no matter the outcome, it's a valuable experience. Take this opportunity to grow, connect with the student community, and showcase your passion. We're excited to see what each of you brings to this election!