Hi, I’m Matt Paul*. Vote for me for your Academic Affairs and Careers Officer

**Exams**
- Liaise with college set up a ‘quiet period’ for exam term that is only in effect during the day time.

**Career Focus**
- Ensure a greater awareness of career-based events taking place within Cambridge by setting up a Careers Facebook page.
- Form a highly effective working relationship with the University’s Careers Services for two reasons:
  1) Make Downing their number one College to contact with their best Career opportunities for graduating students
  2) Organise a Careers fair type event for Downing students.

**Stress Management**
- Make the brilliant new JCR Forum a space where people can set up a discussion space to share or help others with stress or work related issues.
- To carry on Kimberly’s tradition, have an hour session set aside every fortnight if anyone wants a chat or to raise any issues.
- Liaise with the Welfare Officers and Disabilities Officer to set up support and stress-relieving events/groups.
- Set up a support system that creates a dialogue with supervisors for those who have become overwhelmed by trying to balance work and extra-curricular life in order to find a solution other than ‘dropping’ the extra-curricular.

**WIN UNIVERSITY CHALLENGE**
I know we have the four winners in this college, and I will track them down. This is Downing’s year! YEAH DOWNING. Bleed Magenta!

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*For those in the know, only Matt will be running, Paul cannot be trusted with such responsibility.*

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Please feel free to contact me with any questions.

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