



AIMÉE LOUISE ELLIOTT

#iwill



*Aimée Louise Elliott, 19 years old
From: Chippenham, England*

CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Confidence | Empathy | Resilience, Perseverance &
Determination | Compassion | Hope/Optimism

#iwill ... continue to inspire other people to take up social action and recruit new volunteers. #iwill shout about what an amazing experience it is to help others and to get involved with social action when starting university.

I find all my social action experiences hugely rewarding, and you can definitely say I've got the 'bug' to continue. I first got involved at school by volunteering in a care home, and then with helping out at 6th form open days, and mentoring other students, but when I got to university I really started to realise my capacity to make a difference to others.

With Discovery I help young people with ASD over the summer to build in confidence so that they can achieve their potential and I try to do my best to help them get to where they want to be. With Student Minds I help run events throughout the year to raise awareness of student mental health, and eating disorders. Through a local

student listening service, and the Student Minds support group, I can provide a listening ear to students who are going through some really difficult things without judgement. It can be a challenge doing night shifts in amongst university commitments – but it's honestly so rewarding.

Moving to university can be difficult for a lot of students but through my social action, I've found my purpose, I've grown in self-confidence and gained some amazing friendships with people outside of my course along the way!

"There is no better feeling than knowing you have, directly positively impacted someone's life."

Organisations I've Participated With:

My sixth form, a local care home, Discovery, Student Minds Cardiff, a local Student Listening Service

