

## **JILLIAN DAUGHERTY MISS AUBURN PLATFORM**

**Slogan:** “*We Will with Jill*”

**Qualifications:**

- Auburn Freshman Orientation “*Camp War Eagle*” Counselor
- Student Government Association Assistant Vice President of Media Operations
- Panhellenic Sorority Vice President of Academic Excellence
- Member of the Auburn Traffic Appeals Board Committee

Hey Auburn Family,

Like most Auburn students, I originally chose this university for scholastic purposes- to be put in an environment that would challenge me academically and prepare me for whatever lies ahead after my four years here. I have always believed in the power an education can provide us- it can empower you and create opportunities. However, through my time here, I have witnessed the academic struggles that students neglect to discuss daily and have seen first-hand how academic stress can negatively impact one’s mental health and the Auburn experience.

My platform “We Will with Jill” is designed to encourage the student body to create healthy academic habits to help alleviate academic stress: the number one cause of mental health concerns in college age students. Every student goes to college to receive an education, but students choose Auburn University to also receive the Auburn experience on top of a degree. By helping alleviate academic stress and promoting scholarly success, we allow students to graduate with pride in their academic performance and incredible memories outside of the classroom.

I plan to highlight three primary ways to reduce a student's educational stress load:

**BE BALANCED:**

We are human before we are a student- this is something we often forget throughout college. Putting ourselves and our wellness first with a healthy stress coping mechanism is the most beneficial thing we can do for ourselves and our education.

**BE PROACTIVE:**

I plan to accentuate on campus academic resources such as Study Partners, Academic Coaching, UNIV courses and The Miller Writing Center to equip students to set and preserve healthy academic habits such as note-taking, test taking strategies, and time management. After all, half the battle for students is learning ‘how’ to study.

**BE CONNECTED:**

We were not created to do this life alone. We grow best when we grow together as a community, and we learn from others. Auburn Connect is a new platform that allows students to connect with Auburn alumni for career mentorships and networking in their perspective career field.

The line of the creed that my platform embodies is “I believe in education which gives me the knowledge to work wisely and trains my mind and my hands to work skillfully”. My dad always says “Give a man a fish and you feed him for a day. Teach him to fish and you feed him for a

lifetime.” I know that I realistically cannot make Organic Chemistry or math easier to comprehend; however, I am confident, that together, we can educate and equip the student body to find healthy ways to approach their student-life and eliminate academic barriers. Thus, enhancing time and the mental capacity to fully enjoy what makes Auburn University so special!

**I am incredibly honored to have this opportunity. I am so excited to meet each of you and share my heart behind academic wellness.**

War Eagle!  
Jillian Daugherty