

# Helen Nguyen

## 2023 Advocacy Fellows Reflection

The past five months with Will, Victoria, and the other BT fellows have taught me a lot about advocacy work. As someone who finds it difficult to share their struggles, I've learned that my stories can empower others who go through the same experiences and help raise awareness in our community. Being involved in the Young Invincibles Advocacy Day, I got to see that advocacy is about *teamwork*. To get the attention of our representatives and deliver an impactful message, it is best to divide responsibilities among the team (facilitator, note taker, and storyteller). I am grateful for the opportunity to collaborate with other advocates and hear about their experiences as college students. I'm also so appreciative of Will and Victoria for their continuous support and encouragement to keep learning and asking questions.

I really enjoyed attending the Trellis event where the Fall 2022 Student Financial Wellness Survey results were presented. I think these analyses can help legislators to make data driven decisions to improve postsecondary access and success for all students. I hope to look into how my university assesses basic needs for students and create an action plan to meet those needs. I would love to continue to build the Advocacy Fellows Program further and bring more people on. I am going to follow the current news and lean on my network for help.

I believe that a new wave of advocacy is coming along as technology advances. Social media and virtual meetings will be vital to share information and make advocacy more accessible to the community. It's important for us to educate ourselves.

"Be the change you wish to see in the world" - Gandhi