

**FREC APPLICATION 2025**

**individual component**

This is the individual component of the FREC application. It contains three parts:

1. Identification Card: *A card that we will use throughout the hiring process so FREC Committee can identify and distinguish you from every other applicant. Please use a* ***recent and recognizable*** *picture of yourself (as demonstrated in the FREC Info Night PowerPoint).*
2. The FREC Applicant Bio: *In* ***300-500 words****, tell us about yourself and why you would make a great FREC or Plant! This is your chance to let us know what you’re about!*
3. Creative Component:  *The last page of this application is blank. On it, we want you to show us* ***what Orientation Week means to you.*** *You may write, draw, paste a link or scan and upload an image, as long as you do not exceed the borders provided.*

The identification card below **must** be filled out. Please fill the [square brackets] and only edit the black font. Post a **recognizable** picture of yourself into the ‘picture frame’. Please place an ‘x’ in only one of the ‘FREC or Plant’ check boxes to indicate which roles you’re comfortable with. We will be hiring the best candidates for both positions, so please let us know if you think you could do either role!

**To be eligible to apply to be a FREC, you must currently be in your 1st year of Engineering. To apply to be a plant, you must be returning to Engineering for the Fall 2025 semester, and cannot have been an Orientation Week leader previously. If you meet both of these requirements, you are welcome to choose either role.**

When completed, **one group member** must send the following in a **zipped file** to [frec@engsoc.queensu.ca](mailto:frec@engsoc.queensu.ca) by **Saturday, January 11th, 202511:59 pm EST.** Example: If you’re a group of 6, there should be **ONE .zip** file containing 7 documents.

1. Electronic copies of each group member’s individual applications. (6 documents)
2. The group application. (1 document)

When **naming the individual documents**, use the following format: “LastName\_FirstName\_Individual\_Application” e.g. “Shawabkah\_Dala\_Individual\_Application”

Note that **only one submission per group is required.**

The subject line for the email should be: “FREC Applications – First Initial.Last Names”

“e.g. Subject Line: “FREC Applications – P.DeLucia, D.Shawabkah, A.Matosyan, N.AlSeizmann”

If you have any questions, please don’t hesitate to contact us at fc.atm@engsoc.queensu.ca , or chieffrec@engsoc.queensu.ca .

Good Luck!

-FREC Committee ‘25

**NAME**: [ Click or tap here to enter text. ]

**ID CARD**

STUDENT NUMBER: [ Click or tap here to enter text. ]

\* YOUR FACE HERE \*

QUEEN’S EMAIL : [ Click or tap here to enter text. ]

SELF-IDENTIFIED GENDER : [Click or tap here to enter text.]

PLANT OR FREC?:

ONLY FREC: [ ] ONLY PLANT: [ ] GOOD WITH EITHER: [ ]

FUN FACT: [ Click or tap here to enter text. ]

We read every application – and the **effort** that is put into this question will be noticed. Please give thoughtful responses, and **meet the minimum word count of 300 words without exceeding the limit of 500 words.** In the box below, tell us about yourself and explain why you would be good candidate for FREC or Plant.

Click or tap here to enter text.

\*\* INSERT CREATIVE COMPONENT HERE \*\*