

HAPPY FEBRUARY <3

Happy February friends!!

February is often known for being the month dedicated to and all about love 💕 .
February is not only about valentines and sweethearts; but about fostering
relationship with family and friends and loving others!

As midterm season comes into full effect in the next couple of weeks, take the time to
use this month for self-love and self-care. Give yourself time, love and attention to
recharge your mind, body, heart and soul!! 🧘💕🧘

📖 THESIS Q&A NIGHT

The BioPharm Exec team will be holding a thesis q&a night on **Thursday February 2, 2023 from 5:30pm to 7:30pm in MDCL 3023**. Third years and fourth years are encouraged to drop by and have their burning questions answered. Snacks will be provided!!

PRESIDENTIAL NOMINATIONS

The exec team is now taking applications for the McMaster Biology and Pharmacology Society Co-President position for the 2023-2025 school years. The due date is **February 24th, 2023 at 11:59pm**. Third years have all been sent emails!

TAKEOVER SIGNUPS

Want to be the next person to do an Instagram takeover? Fill out this [form](#)!

THIRD YEARS

The first half of your semester is flying by! 3B06 labs are soon approaching an end as you will start to begin your discovery projects this month. All the best on your projects this term!

If you have not started applying for co-op positions....you must start NOW!! Many co-op positions are posted in late January and early February. Stay tuned to OscarPlus and continue to perform your own personalized job search. If in doubt, do not hesitate to contact Sarah Bell or the SCCE office! Feel free to contact your co-op mentor or any exec team member if you need help/advice/support.

Goodluck on all your midterms this month!! :)

3rd Year Survival Guide

The [survival guide](#) has a summary of what you can expect from PHARMAC 3A06 and 3B06, common electives, and job search strategies.

FOURTH YEARS

How are we handling the coursework after being away for 8 months?!? Time management and organization will be your best friend this term! Be sure to keep up with your coursework as midterm season is in full effect soon.

Did you get your grant proposal approved? Make sure to get your grant proposals approved by Dr. Holloway ASAP! Better sooner than later. Also, it is important to start

looking for your final co-op position for Summer 2023 now. Check out OscarPlus and perform your own personalized job search. In doubt, do not hesitate to contact the Sarah Bell or the SCCE office! Feel free to contact your mentor or any exec team member if you need and help/advice/support.

Best of luck on all your midterms! <3

4th Year Survival Guide

The [survival guide](#) has a summary of how to get started on thesis searches and what to expect for your PHARMAC courses in the winter.

FIFTH YEARS

Hello friends! This is the longgg homestretch. You're almost half way done the BioPharm program. How exciting! Looking forward to hearing all your thesis defences. However, be sure to keep up to date with grad deadlines and academic deadlines.

In terms of graduation, please review your Advisement Report on Mosaic to ensure you have completed all requirements. If there are any discrepancies, please reach out to our academic program advisor - Tara Young (biophrm@mcmaster.ca).

All the best on your midterms!! :)



Grad Application Deadlines

Many Master's program have deadlines in



Graduation Photos

New dates will be added continually, but

March, be sure to double check and do your research in advance!

[sign up](#) soon! To be included on our class composite, your grad picture must be taken **before February**.



MINDFULNESS

A type of meditation in which you focus on being intensely aware of your sensing and feeling in the moment without judgement or interpretation.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness

exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

RECOMMENDATIONS



[TV SHOW](#)
NEW AMSTERDAM

New Amsterdam follows Dr. Max

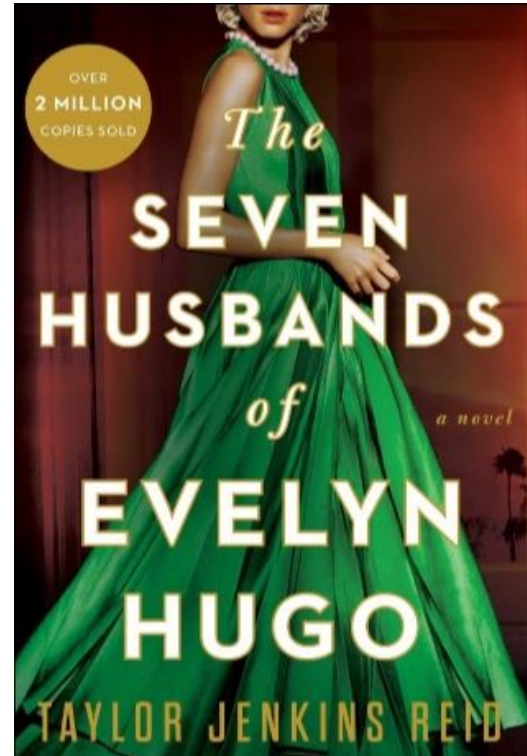


[TV SHOW](#)
WEDNESDAY

Wednesday's attempts to master her

Goodwin as he becomes the medical director of one of the United States' oldest public hospitals, aiming to reform the neglected facility by tearing up its bureaucracy to provide exceptional care to patients.

emerging psychic ability, thwart a monstrous killing spree that has terrorized the local town, and solve the supernatural mystery that embroiled her parents 25 years ago - while navigating her new and very tangled relationships at Nevermore.



MOVIE
BIRD BOX

With an unknown global terror, a mother and her children must find the strength to flee down a river in search of safety. Due to unseen

BOOK
THE SEVEN HUSBANDS

The Seven Husbands of Evelyn Hugo explores themes of loyalty,

deadly forces, the perilous journey
must be made blindly.

betrayal, loss, sacrifice, and
tragedy.

BIOPHARM PETS

Meet Laura's cat:
PETER 🐱

I'm feline beautiful :)



MEME OF THE MONTH

[Click here.](#)

Think you're cool?

Share any recommendations, your pet, or next month's meme here!



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