

HAPPY MARCH <3

Happy March friends!!

March calls for a busy busy busy month! Lots of deadlines and big events are headed your way. 📅

Make your calendars free as we have an amazing set of events planned for you this month! Importantly, we want you to exercise time out of academics to foster new relationships and connect with others. 🤝

Importantly, be sure that beyond your deadlines you are taking care of yourself and getting enough sleep! It may be a rough month but it should not compensate for your overall health and well-being <3

🎤 INDUSTRY NIGHT

The exec team is hosting an industry networking night on **Thursday March 9, 2023** [via Zoom](#) from **7:00 PM to 9:00PM** featuring our very own BioPharm Alumni. Curious about

what life after BioPharm looks like? Be sure to make yourself there!!

PRESIDENTIAL NOMINATIONS

Welcome our nominees **Paul, Amish & Jasiya** for the McMaster Biology and Pharmacology Society Co-President position. Remember to check your emails and vote between **Thursday March 9th 2023** and **Friday March 10th 2023**. Good luck to our candidates!

DR. GRAEME FRASER GUEST LECTURE

Join us for a lecture and reception on **Thursday March 16th, 2023 at 5:30PM in HSC 4E20**. Dr. Graeme Fraser will be lecturing on the drug discovery and development processes. Food and drinks will be provided! See you there :)

DENIS CRANKSHAW EVENT

The exec team presents the 16th annual Denis Crankshaw Event featuring Dr. Shinya Ito on **Thursday March 23rd, 2023 from 7:00PM-9:00PM in the Farncombe Atrium HSC 3N4-9**. Attendance is mandatory for BioPharm students, be there or be square!

THESIS DEFENSE

The fifth years will be defending their thesis on **Saturday March 25th and Sunday March 26th, 2023 from 9:00AM to 5:00PM in MDCL 2232**. Good luck Fifth Years!!

TAKEOVER SIGNUPS

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

PRESIDENTIAL NOMINATIONS

Welcome our nominees **Paul, Amish & Jasiya** for the McMaster Biology and Pharmacology Society Co-President position.

Our lovely candidates will be doing an instagram take-over between **Monday March 6th**

and Wednesday March 8th to tell you all about themselves and what they would like to bring to the table as Co-President! You can find their descriptions via the email sent out and on our Instagram page @mcmasterbiopharm.

Remember to vote between **Thursday March 9th 2023** and **Friday March 10th 2023**. The link to vote will be emailed to you and can be found on our LinkTree.

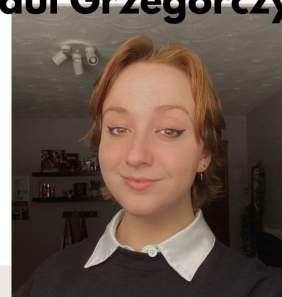
Wishing our Co-President nominees Goodluck!

Amish Gungah



3rd Year Co-Pres

Paul Grzegorzczuk



3rd Year Co-Pres

Jasiya Janjua



3rd Year Co-Pres

INDUSTRY NIGHT PANEL

We have an amazing group of BioPharm Alumni panelists who are so thrilled to meet you! Below is a list of our Panelists for the night:

- **Giuseppina Pacher ('17)** - Business Development Manager @ Insilico Medicine
- **Stephanie Fedorov ('16)** - Global Study Manager @ AstraZeneca
- **Michelle Lo ('18)** - Director, Science & Regulatory @ Klick
- **Daniel Moldavia ('10)** - Value Evidence and Outcomes | Global Director @ GSK
- **Mawleshan Pathmarajah ('16)** - Product Manager - Dupixent @ Sanofi

Come prepared to be amazed and with all your questions you would love to have answered! We have lots of time for Q&A!

DR. GRAEME FRASER GUEST LECTURE



We are pleased to announce that Dr. Graeme Fraser, BioPharm Graduate of class of '94, will be joining us for a lecture and reception on **Thursday March 16th 2023 at 5:30pm in HSC 4E20.**

Dr. Fraser has been working in the biotech in both North America and Europe for many years and lectures on the drug discovery and development process (including how it is done in the context of a biotech company).

We highly encourage all BioPharm students to attend to show support of a program alumni but also the networking opportunity with Dr. Fraser. A reception will follow the lecture with food and drinks!

16th ANNUAL DENIS CRANKSHAW EVENT



The BioPharm program present the 16th Annual Denis Crankshaw Event featuring Dr. Shinya Ito. Dr. Shinya Ito is a Clinician-Scientist at SickKids Hospital and the director of a widely-recognized program of drug safety in breastfeeding mother and child. Currently, his clinical and research scope expands into pharmacogenomics-based drug safety.

Join us on Thursday March 23rd, 2023 from 7:00PM to 9:00PM at HSC 34N-9! Attendance is mandatory and dinner is provided :)



THIRD YEARS

March brings midterms and a wrap of the school year. How are your discovery projects coming along? Must be an exciting opportunity to gain exposure to a research lab and develop new skills. Be sure to keep on track with your discovery project and think of your poster!

Feeling discouraged about the co-op job search? Keep your head high and keep applying. We are in our final stretch so get those job applications in. By now you should have applied to 30 jobs on OscarPlus. If in doubt, do not hesitate to contact Sarah Bell or the SCCE office! Don't forget to email Sarah, with a detailed plan of how your co-op search is going and what steps you have taken. Sharing progress will help you discover any gaps in your job hunt!

Feel free to contact your co-op mentor or any exec team member if you need help/advice/support.

Goodluck on all your final midterms and job hunt!

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

Did you get your grant proposal approved? Make sure to get your grant proposals approved by Dr. Holloway before Tuesday March 7th, 2023 and get your posters handed in!

The date for the End-term TRIPSE has been determined for PHARMAC 4A03: **Thursday April 13th, 2023 from 2:30PM to 5:30PM.** The location will be determined shortly!

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. By now you should have applied to 30 jobs on OscarPlus.

Don't forget to email Sarah, with a detailed plan of how your co-op search is going and what steps you have taken. Sharing progress will help you discover any gaps in your job hunt!

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 and job hunt! <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. Graduate program deadlines for final programs are soon approaching and some may have received or will receive their acceptances! How exciting! Looking forward to hearing all your thesis defences at the end of the month. 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 March, be sure to double check and do your research in advance!

Graduation Photos

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

MENTAL HEALTH AWARENESS



Mental health refers to emotions and how you approach situations in life. With good or healthy mental health, you'll be able to approach challenges, minimize stress, and overcome obstacles. Your mental health will also impact how you socialize and your motivation in relation to your academics.

Regardless of the current state of your mental health, there are things you can practice within your control to improve your mental health! Here are some things you can do: connect with other people, be physically active, learn new skills and get enough sleep.

You have a support network for your mental health available at McMaster. Whether this is through student services and mental health counseling, mentors parents, peers, or professors, there are people all over that are ready and willing to help you with whatever you may need.

Let's break the stigma surrounded around mental health and illness :) 💖

RECOMMENDATIONS



TV SHOW **OUTER BANKS**

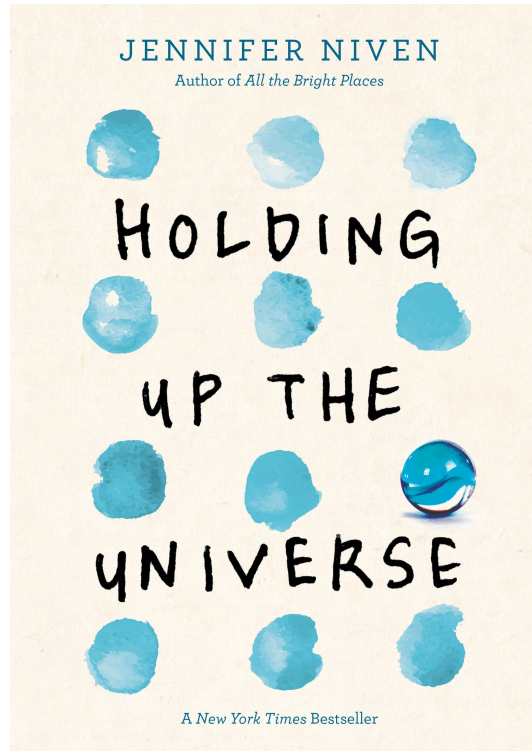
On an island of haves and have-nots, teen John B enlists his three best friends to hunt for a legendary



MOVIE **THE INTERN**

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a

treasure linked to his father's disappearance.



BOOK
HOLDING UP THE UNIVERSE

follows the relationship that grows between Libby Strout and Jack Masselin, two teens who meet because of a vicious bullying "game" that lands them in group counseling

senior intern at an online fashion site, founded and run by Jules Ostin.



TV SHOW
SHAMELESS

The series depicts the dysfunctional family of the Gallaghers who live in the South Side of Chicago. The show stars Frank Gallagher, a single father of six children. While he spends his days drunk, his six kids learn to take care of themselves through their lives.

BIOPHARM PETS

Meet Spring's turtles:
**BIG TURTLE &
MEDIUM
TURTLE** 🐢

What do you call a
famous turtle?

A shell-ebrity lol >.<



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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McMaster Biology and Pharmacology Society

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