

HAPPY MAY <3

Happy May! 🌸🌻🌺

As we soak up the warm sunshine and enjoy the beautiful weather of May, we're thrilled to kick off this month's newsletter with a special focus on co-op!

For many students, this time of year marks the start of co-op season, a time for you to gain valuable work experience, build professional networks and apply their knowledge and skills in real-world settings.

So let's make this May a month of growth, inspiration and progress. We cannot wait to see what you accomplish and hear about your summer plans!

- PRESIDENTIAL NOMINATIONS**
Welcome our nominees **Paul, Amish & Jasiya** for the McMaster Biology and Pharmacology Society Co-President position. **Polls will close Tuesday May 9th at 11:59pm.** Good luck to our candidates!
- EXEC POSITIONS**
Interested in joining the BioPharm Society? Stay tuned this coming week for more information regarding exec positions and applications!
- 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.

You can find their campaign statements via the email sent out and on our Instagram page @mcmasterbiopharm.

Remember to vote between **Monday May 8th 2023** and **Tuesday May 9th 2023**. The link to vote will be emailed to you and can be found on our LinkTree.

Wishing our Co-President nominees Goodluck!



THIRD YEARS FOURTH YEARS

Welcome to your first co-op cycle! The start of co-op can be both exciting and overwhelming. We hope your first week has served you well and for those who start later we hope you have fun!

If you're still searching for your first co-op, don't worry! There are still new opportunities appearing on LinkedIn and we have some great tips and resources to help you find the perfect fit. First and foremost, make sure you're staying on top of job postings and networking events and do not be afraid to reach out to alumni and professors. You can also connect with the SCCE office for additional support and resources.

Remember, finding the right co-op is about more than just getting a job - it is about exploring your interests, building your skills and discovering new possibilities for your future career! Although we are in May, stay positive and keep an open mind as you navigate this exciting new chapter in your academic and professional journey.

- Co-op Course Enrolment**
Enrol in SCIENCE 3W0D for the spring/summer term.
- OSCAR+ Learning Objectives**
Complete and upload your learning objectives document.
- OSCAR+ Work Term Record**
Upload your letter of job offer and update other necessary details.
- Spring/Summer OSAP Applications**
As a full-time student over the summer, you may still qualify for OSAP funding to help offset the cost of co-op tuition, rent, etc. If you've applied and qualified for OSAP in the fall/winter semester, fill out this [form](#) and upload it to this [MacDrive link](#) with the document named "LAST NAME_first name_(McMaster student)". You can access the [McMaster Aids and Awards](#) website for more information. It will take 4-6 weeks to receive an update, so make sure to apply early!

FOURTH YEARS FIFTH YEARS

Welcome to your last co-op cycle!

Congratulations on reaching this important milestone in your academic and professional journey! This is a time to reflect on all the experiences you have had so far and to set goals for what you hope to accomplish in your final co-op.

As you embark on this exciting new chapter, the SCCE office is here to support you and provide you with the resources and guidance you need to succeed. So let's make the most of this final co-op and continue to build the skills, connections and experiences that will serve you well as you move forward. Best of luck to you all!

To those who have still not secured a co-op cycle, do not give up. You're no stranger to the game. Keep those applications going!

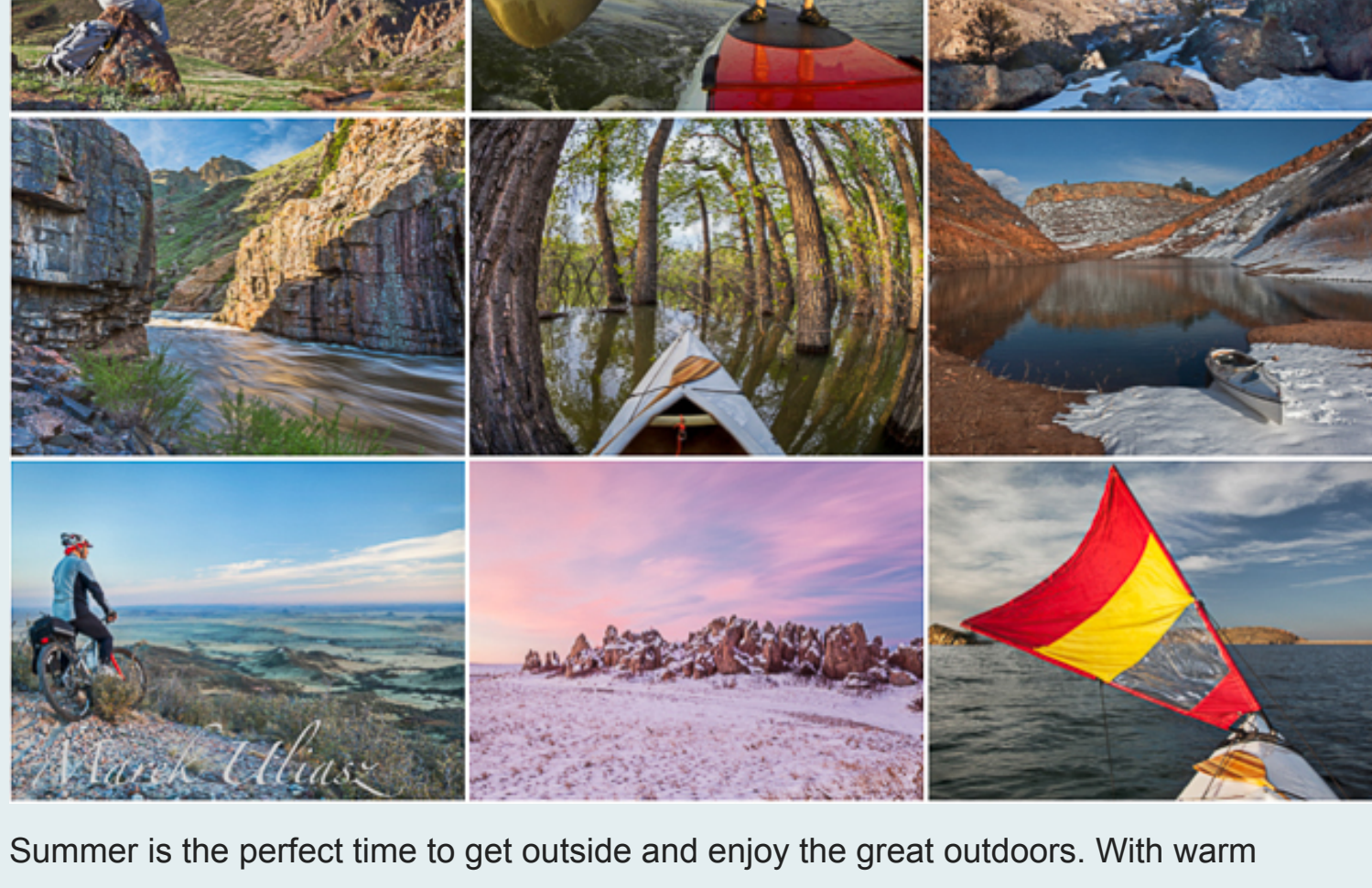
- Co-op Course Enrolment**
Enrol in SCIENCE 5W0D for the spring/summer term.
- OSCAR+ Learning Objectives**
Complete and upload your learning objectives document.
- OSCAR+ Work Term Record**
Upload your letter of job offer and update other necessary details.
- Spring/Summer OSAP Applications**
As a full-time student over the summer, you may still qualify for OSAP funding to help offset the cost of co-op tuition, rent, etc. If you've applied and qualified for OSAP in the fall/winter semester, fill out this [form](#) and upload it to this [MacDrive link](#) with the document named "LAST NAME_first name_(McMaster student)". You can access the [McMaster Aids and Awards](#) website for more information. It will take 4-6 weeks to receive an update, so make sure to apply early!

GRADUATES

Congratulations!! You are now officially part of the BioPharm alumni.

Your last three years of being a BioPharm student has prepared you for your future. We definitely look forward to having you back during alumni workshops to hear your experiences as you navigate your careers. You are now very hardworking and dedicated scientists!

We hope you have an amazing summer holiday and a memorable convocation. Cheers to completing your undergrad!! 🎓🎉



Summer is the perfect time to get outside and enjoy the great outdoors. With warm weather and longer days, there are plenty of outdoor activities to choose from. Whether you're looking for an adrenaline rush or a relaxing way to spend your summer holidays, there is something for everyone!

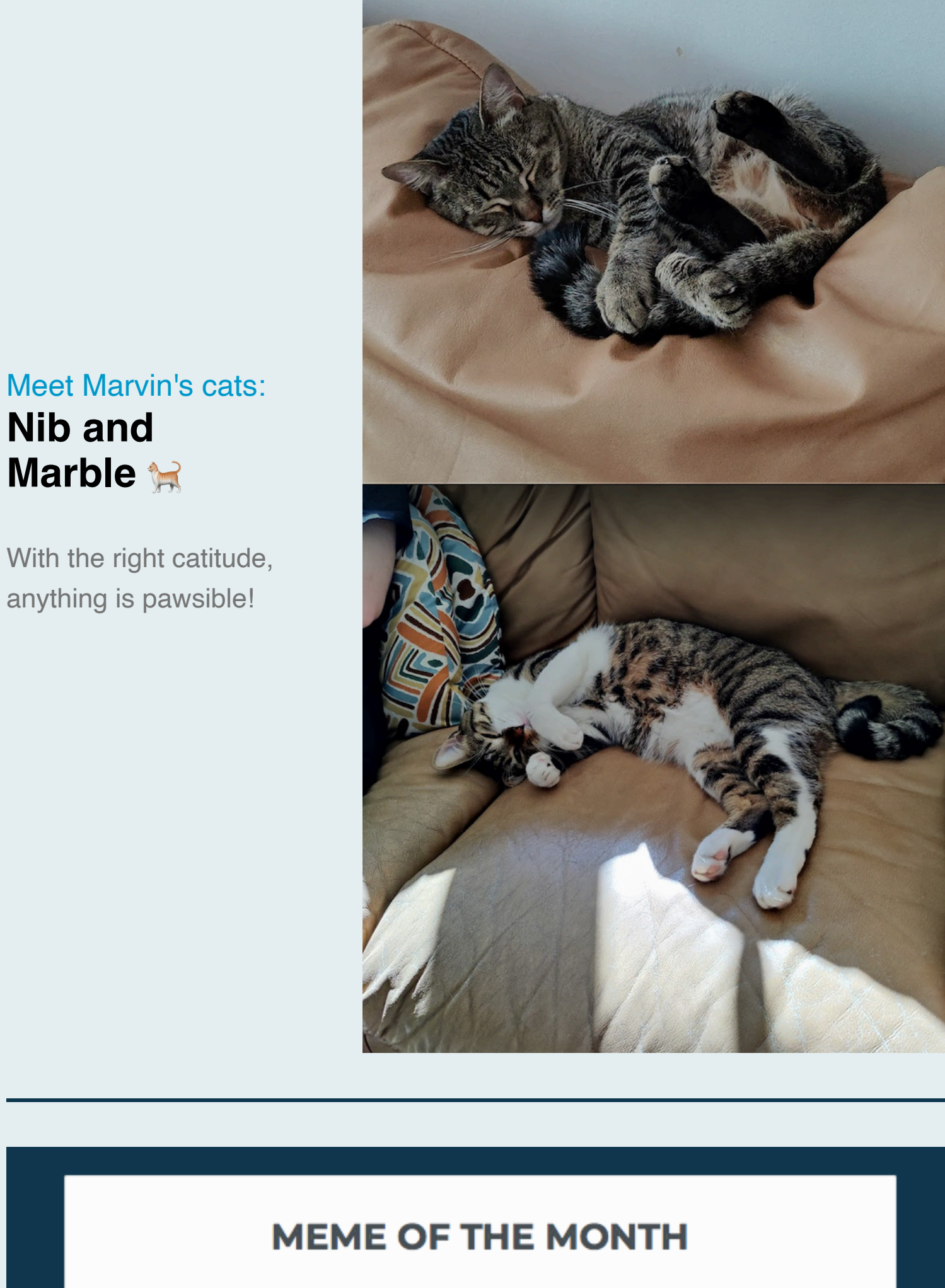
Spending time outdoors is a great way to get some exercise, promote your mental health and improve your sleep patterns. Exposure to natural light and fresh air can help regulate our body's natural circadian rhythms, making it easier to fall asleep at night and wake up feeling refreshed in the morning. So whether you're looking to improve your physical health, boost your mood, or get a better night's sleep, spending time outdoors is an excellent way to achieve these goals.

Why not make a plan to spend some time outside today?

RECOMMENDATIONS

<p>TV SHOW QUEEN CHARLOTTE</p> <p>The series introduces a young Charlotte, who is only starting to understand her power — and the meaning of love</p>	<p>TV SHOW BEEF</p> <p>Dark comedy drama television series where two people whose involvement in a road rage incident pits them against each other.</p>
<p>BOOK NEVER NEVER</p> <p>a story of two lovers, who suddenly become strangers and try to figure out why and how this happened.</p>	<p>MOVIE GUARDIANS OF THE GALAXY</p> <p>Peter Quill, still reeling from the loss of Gamora, must rally his team around him to defend the universe along with protecting one of their own.</p>

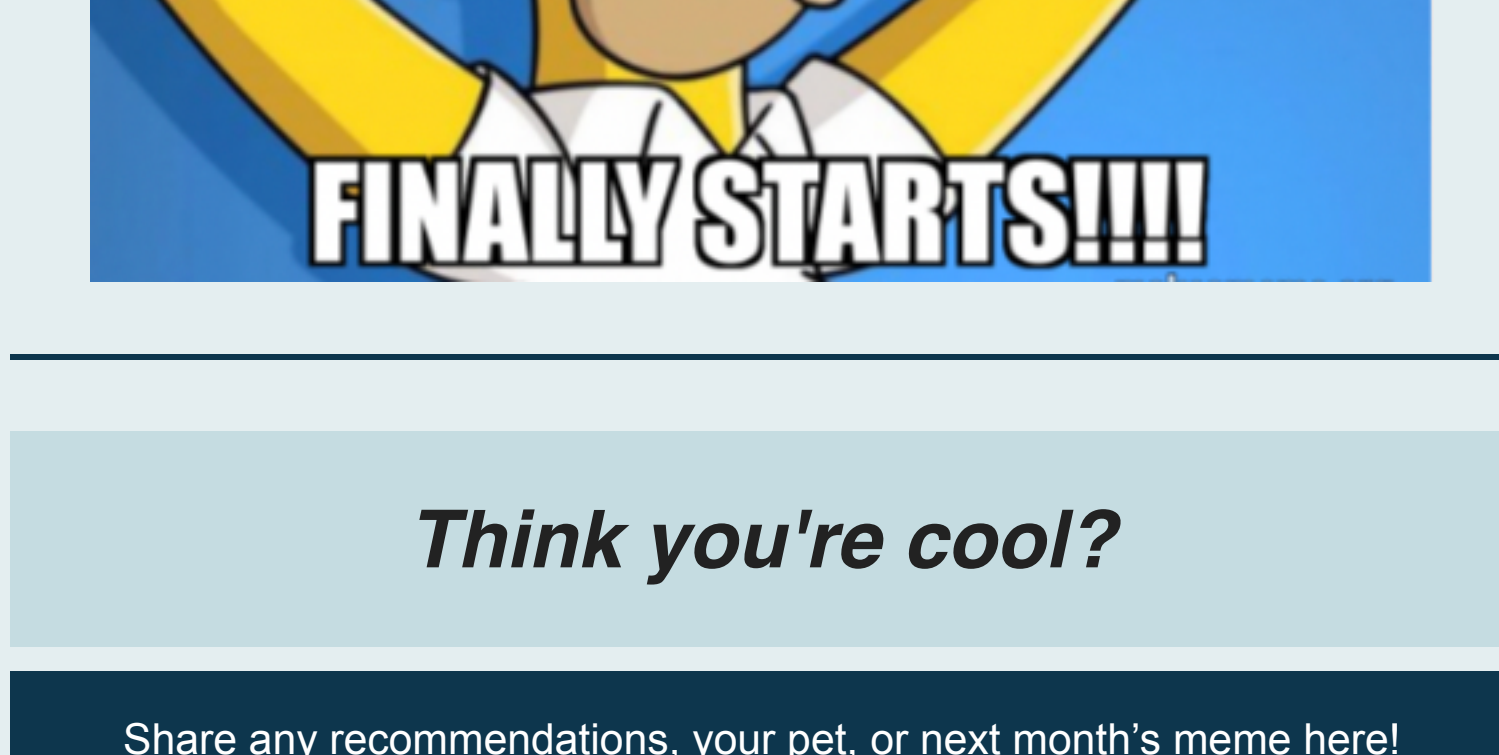
BIOPHARM PETS



Meet Marvin's cats:
Nib and Marble 🐾

With the right catitude, anything is pawssible!

MEME OF THE MONTH



Think you're cool?

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