

## HELLO NOVEMBER <3

Happy November friends! 🍂

We hope this newsletter finds you well and filled with anticipation as we prepare for the fall and the colder months! We're crossing our fingers and hoping everyone aced their midterm exams! As the air gets crisp, the leaves turn vibrant, and the holiday vibes kick in, let's enjoy the season together!

### 👤 **BIOPHARM INFORMATION NIGHT**

Do you know any friends in first or second year interested in the BioPharm Program? The BioPharm Exec team hosted their first information night on October 19th from 6pm to 8pm in MDCL 2230!

A second round for the information night will take place on November 21 from 6pm to 8pm in MDCL 2230. Please share with prospective students interested in joining our program!

### 🍁 **FALL PREVIEW: BIOPHARM OPEN HOUSE**

One of the largest open houses at McMaster is approaching! Calling any high school students and those in their first and second years of university: You're invited to be a part of the BioPharm Open House taking place on November 18th from 10 am to 4 pm. This event presents a fantastic chance to delve deeper into the program, engage with fellow biopharm students and share your personal journey and experiences.

### 🍕 **WIN A PIZZA PARTY**

We're running the inter-year competition again! Every time you participate in anything we do, a point is added to your year's tally. This can include: *engaging in our take-overs, submitting surveys/recommendations, attending events, and more.*

A new year, a fresh start to our inter-year competition. Get your competitive side on as we will be having more fun activities and events to look forward too. Stay tuned...!! 🍕

## BIOLOGY & PHARMACOLOGY HELP CENTRE

We're super excited to introduce the BioPharm Help Centre, a dedicated platform tailored to your needs! Whether you seek mentorship, have specific queries, or need advice on anything related to the program or life beyond Mac, our volunteer mentors are here for you!

Feel free to reach out to multiple mentors and explore the BioPharm Help Centre by clicking this link [here](#).

If you're interested in being a mentor, please sign up using this form [here](#).

Lastly, do not forget to check out our [linktree](#) for updated resources!

## THIRD YEARS

We hope you are enjoying all your classes this term. As you transition into your BioPharm classes we hope you are finding a lot of support and guidance from your peers and mentors. The perks of our small class sizes help you gain meaningful interactions that help drive your learning.

If you are ever in need do not hesitate to check out our help centre where you have access to a lot of different mentors who are happy to help out!

### 📅 **Course Enrollment**

Register in all your courses for the 2023-2024 academic year.

### 🗨️ **Introductions**

Network and socialize with your fellow third year peers and upper years as well.

### 📄 **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

We are happy to see you progress into your second co-op term. Take the time to make meaningful professional connections and social connections. Co-op is a great place to build on your skills and learn about the things you like and dislike.

As you are almost about to finish your co-ops next month, make sure you are enrolled in your courses for next semester. If you require any help or assistance do not hesitate to ask!

### 📄 **OSCAR+ Work Term Record**

Upload your letter of job offer and update other necessary details

### 📄 **OSCAR+ Learning Objectives**

Complete and upload your learning objectives document by June 9th

## FIFTH YEARS

Its beginning to look a lot like.....thesis writing time! I hope everyone is on the right track and feel supported by their supervisors and lab. If you are in doubt about your projects now is the time to confirm it with your supervisors and become confident with your projects!

We look forward to seeing all the great things you accomplish :)

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Come follow us, we would love to connect! <3



## RECOMMENDATIONS



### TV SHOW **STRANGER THINGS**

This thrilling sci-fi series follows a group of kids as they encounter supernatural forces and government conspiracies in their small town.



### TV SHOW **THE CROWN**

It offers a glimpse into the life of Queen Elizabeth II as she navigates the challenges of being the longest-reigning monarch in British history.



### BOOK **CAUGHT UP**

Follows the starting pitcher for Chicago's MLB team as he navigates being a single dad. When he meets high-end pastry chef, Miller everything changes as their relationship grows.



### MOVIE **HOCUS POCUS**

When a teenage boy and his sister accidentally bring a trio of witches back to life, chaos ensues. With a blend of humour and magic "Hocus Pocus" is the perfect film to get you in the Halloween spirit.

## MEME OF THE MONTH

## When you're in college but you still go trick-or-treating



*Think you're cool?*

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