

HELLO SEPTEMBER <3

Happy September friends! 🥳🍕

We hope this newsletter finds you well and filled with anticipation as we prepare to welcome you back to campus for the Fall 2023 semester. Whether you're a new BioPharm student who just completed the summer program or a returning student embarking on your thesis journey, we are excited to have you as part of our BioPharm community! (We did not forget about our fourth years, hope your co-ops are going well!)

Let's get ready for 'note'-worthy experiences this term!

LINKEDIN HEADSHOTS

Unlock your career potential with a standout LinkedIn profile! A professional headshot can make all the difference in making a strong first impression online. Join us for our exclusive LinkedIn Headshot Event on **Thursday September 28th from 6PM to 8PM!**

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...!! ➔

MESSAGE FROM DR. HUIZINGA



Fall 2023,
A new beginning for some of you,
Or the end in sight of a journey
Looking forward to your first coop
Or being thankful for experiences lived.
Eager to discover your destination
Or having found it and you cannot wait to start
What will the next three years bring me
Or realizing how much you have grown
BioPharm has meant so much to so many
May it be the same for you!

Jan Huizinga

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

Welcome to your first semester of BioPharm! You had the opportunity to meet with your peers and settle into your classes.

We understand that transitioning to new courses and academic responsibilities can sometimes feel daunting, but it's important to remember that growth often comes from stepping out of your comfort zone. Here are some tips and resources to help you navigate this pivotal year:

- 1. Academic Advising:** Reach out to Dr. Huizinga if you require assistance in selecting the right courses and ensuring you stay on track to meet your academic goals.
- 2. Faculty Support:** Your professors are not just educators but valuable resources. Attend office hours, engage in class discussions, and seek their expertise when you have questions or need clarification on course material.
- 3. Study Groups:** Consider forming or joining study groups with your peers. Collaborative learning can be incredibly effective in understanding complex topics and can provide a support network throughout the years.
- 4. Time Management:** Balancing coursework, extracurricular activities, and personal life can be challenging. Develop effective time management skills to ensure you can excel in your studies while maintaining a healthy work-life balance.
- 5. Connect with Upper Years:** Reach out to students who have already completed the courses you are now taking. They can provide valuable insights, tips, and advice.

If you have any questions, never hesitate to ask the exec team or upper years for guidance :)

Course Enrolment

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.

Course Add/Drop Date

Wednesday September 13, 2023

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

Congratulations on completing your first co-op! Here's a roadmap to help you thrive during your second co-op:

- 1. Set Clear Goals:** Define your objectives for this co-op term. What specific skills do you want to develop? What industry insights do you hope to gain? Setting clear goals will give your co-op experience direction.
- 2. Network Actively:** Engage with your colleagues and superiors. Your professional network is a valuable asset, so seize every opportunity to connect with professionals in your field.
- 3. Seek Mentorship:** Identify a mentor within your workplace who can provide guidance, share their experiences, and help you navigate your career path.
- 4. Build a Portfolio:** Document your achievements, projects, and accomplishments during your co-op. This portfolio will serve as a powerful tool for future job searches and interviews.

Your second co-op is a stepping stone. Approach it with enthusiasm, an open mind, and a commitment to continuous learning. Embrace the challenges and relish the successes, as they all contribute to your growth and professional development.

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

Congratulations! You have completed your final co-op term and now guess what? You're officially on the next big step - your senior thesis!

You should be looking to secure a thesis placement by now. Ensure you have filled out the thesis approval form and submitted it to Tara Young and registered in the course PHARMAC 4T15 on mosaic.

This year, you have to complete a work term symposium for your co-op on September 13th.

Cannot wait to see everyone's amazing co-op experiences!

Site Visit & Work Term Symposium

Work Term Symposium on Wednesday September 13, 2023.

Thesis Approval Form

Send completed thesis approval form by September 15, 2023.

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



RECOMMENDATIONS



TV SHOW

THE 100

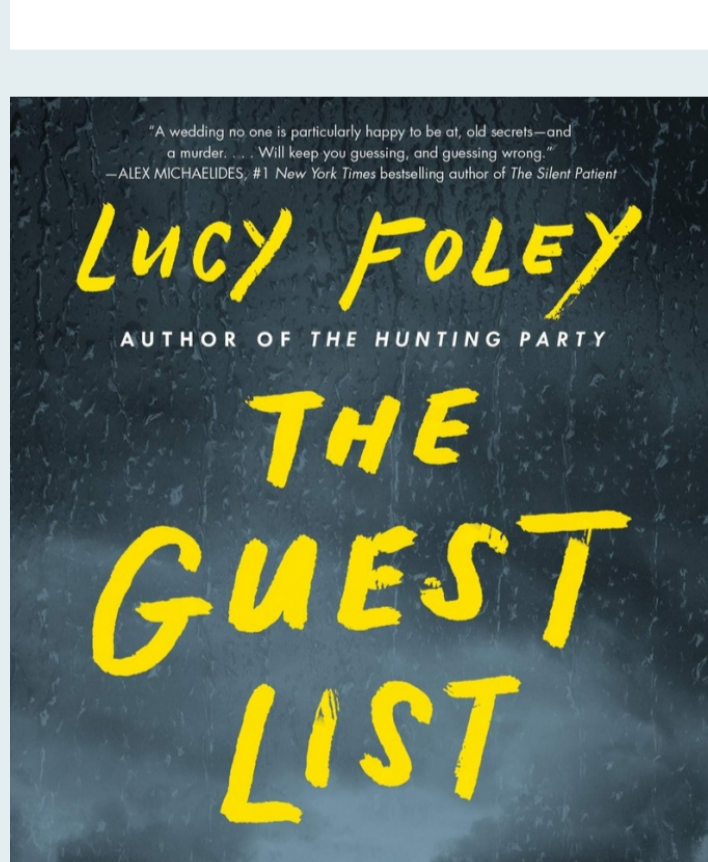
The story follows a group of 100 juveniles sent down to Earth from a space station to determine if the planet is habitable again after a nuclear apocalypse has wiped out most of humanity.



TV SHOW

HOUSE M.D

Follows unconventional Dr. Gregory House and his team solving complex medical cases while navigating ethical dilemmas. The series explores the boundaries of medical genius and the human condition.



BOOK

THE GUEST LIST

A suspenseful mystery set at a remote Irish island wedding. As secrets and tensions among the guests escalate, a murder occurs, turning the celebration into a thrilling whodunit where everyone is a suspect.



MOVIE

PITCH PERFECT 1

Follows a college freshman named Beca who reluctantly joins an all-female a cappella group known as the Barden Bellas. Together, they compete against rival a cappella groups while facing personal challenges.

BIOPHARM PETS

Meet Nazmul's Hamster:

RUFUS 🐹

Hide-and-sneak is what I love to play hehe :)



MEME OF THE MONTH

Syllabus week? More like syllabus first five minutes of class now turn to chapter 3, you were supposed to read 1&2 in your sleep last night.

Think you're cool?

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