

ORIENTATION ISSUE INSIDE

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August 28, 2019

11.

SAVING YOUR \$

Discover all the different ways you can save around campus . P11



EXPLORING UPTOWN

Things to do in and around Uptown Waterloo. P14

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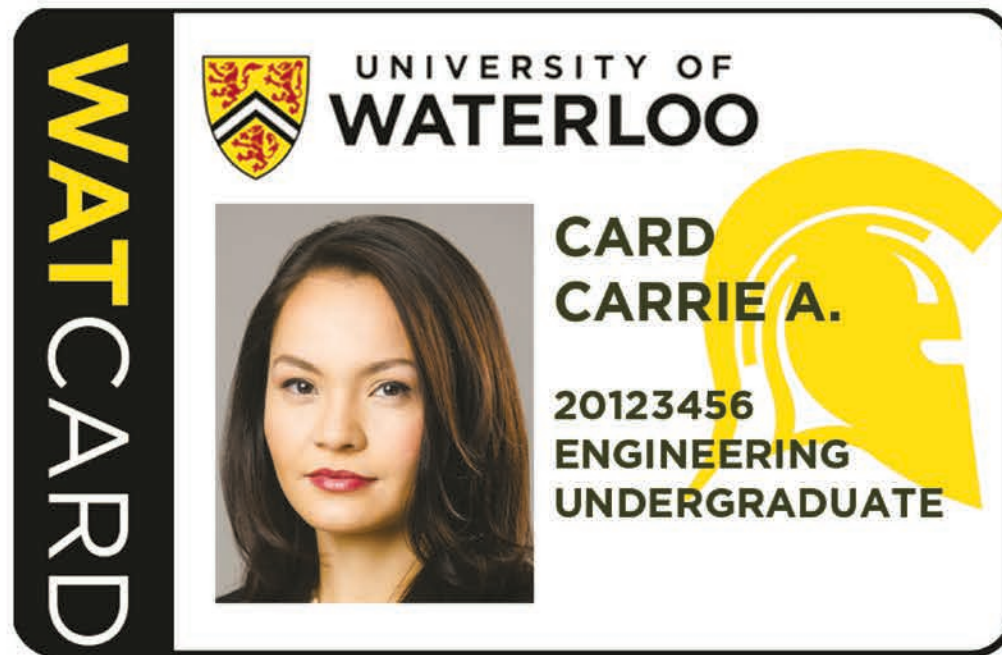
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 UW Imprint

Ayma Aqib
Orientation Editor

Regardless of which city you're coming from, where you're reading this, or the faculty you'll be in for the next few years, you have something in common with the rest of the incoming class — you're probably nervous about this new chapter in your life.

And you have every right to be. There are a couple of critical periods — that is, a stage in which you're particularly sensitive to external stimuli — in your life.

Biologically speaking, these periods pertain to developing skills such as vision, balance, and hearing. But, if there were a critical period for developing your intrapersonal and interpersonal skills, it would be university.

The next few years will bring numerous successes, some failures, tons of opportunities, and most importantly, countless lessons. And although this seems overwhelming right now, just take it one day at a time and you will be completely fine.

New beginnings of any sort can be daunting, and change is never easy. From an increased workload, to possibly living alone, to finding a balance that works for you, this year will definitely challenge you, and that's okay. If there's one thing, and one thing only, that you take from this, it's this: you are not alone.

What you have here is a collection of experiences and tips we wish we had known when we started our university journey. From numerous mental health resources to strategies for saving money around campus, this orientation guide will provide you with a foundation for life as a UW student.

However, as important as your role as a student is, remind yourself to develop your personal skillset as much as your academic and career skillset. Aim to live a healthy and balanced lifestyle while remembering to check-in; with your classmates, your loved ones, and most importantly, yourself.

I hope you use your critical period as a window of opportunity to surpass your own expectations for growth — whether that be academic, emotional, or personal.

William Koblenky Varela
Executive Editor

People are consuming more content than at any other point in history and something like a university news outlet appears as outdated as the paper it's printed on.

But as we share our selfie-aging FaceApp to the delight of spyware developers, follow corporately-funded influencers, or fill out a personality surveys that reveal our political leanings, the need for an independent media grows.

Doug Ford's Student Choice Initiative, where students opt out of fees and the government doesn't replace the funding, means services at UW are at financial risk and could close down.

Because *Imprint* is independent, we won't be silenced by the cut to funding.

This newspaper will be hurt in real terms by students opting out of their \$4.35 fee, but it won't stop the presses.

Instead, this paper will invest heavily in investigative news, art of all kinds, and environmental studies.

Imprint believes that UW students want the most thoughtful news they can get their hands on and that click bait is an insult to your intelligence.

Our online arts magazine, *Quetzal*, will relaunch with astonishing artworks created by UW students themselves.

The new environmental journal we're launching, the *Waterloo Journal of Environmental Studies*, will seek to break the pay-to-publish cloud hanging over scientific studies.

When the pursuit of facts comes under attack, we respond with a creative mind and a critical eye.

Every day, new volunteers come into the *Imprint* newsroom in the Student Life Centre, Room 0137, to pick up cameras, get assigned news stories, or to design page art.

Imprint isn't just in print. Having both a physical and digital presence is key to our survival.

Journalism around the world has suffered a major blow from the content-controlling algorithms of Big Tech.

Breaking through the information blockade of attention-hogging apps will mean providing something beyond superficiality.

A lacklustre news media full of fluff, driven for views by falling ad revenue, has made us all cynical about any talk of journalistic standards.

But *Imprint* is a non-profit paper who answers to neither the university, nor the student union nor our advertisers.

Our editorial decisions are made solely by UW students and me, a 27-year-old journalist who's stared down enough CEOs and federal ministers to know what makes a good news story.

This fall, *Imprint* will begin working with the Indigenous Students Association by providing a dedicated space to Indigenous issues, written by Indigenous people.

Our journalists will be pressing politicians on student issues throughout the federal election.

Everyone knows click bait is easy and has broad appeal.

But it gets old, fast.

You know what doesn't get old? Your bank account and your rights.

Whether we want to pay attention or not, political and corporate interests are seeking to take the public's choices away for private profit.

Young people in Western countries have to work longer hours for less purchasing power than their parents because of that very greed and political complicity.

We live in a time of extreme weather events and climate crises, created by the pursuit of wealth that most of us will never benefit from.

And if you dare raise your voice against the structures of inequality or the destruction of the earth, there is a special word reserved just for you.

Snowflake.

That's why collective voices are necessary now.

That's why in 2019, a student newspaper still means something.

A voice raised by UW students for their own interests, because no one else will speak for them.

The disenfranchisement of university students through crippling debt has been allowed to take place in this country by generations of mismanagement.

The only antidote is people who are fiercely committed to their own cause.

Imprint is your platform to build something more than a piece of paper the university gives you after four years.

The newspaper is your opportunity to craft a distinct path that takes you where you want to go, not where your school or employer would place you.

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For further information on job description or applying for this job, please email your cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.

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For further information on the job description or applying for this job, please email your cover letter and resume to ads@uwimprint.ca or drop in to the office, SLC0137.

A letter from the President

President Hamdullahpur on continuing work on student mental health and bringing the Okanagan Charter to life

As we enter another fall term, I'd like to welcome our new and returning students to campus.

This term begins at an interesting point in our university's history as Waterloo's next strategic plan is being finalized. It's a document that greatly benefited from the student review that we recently undertook that looked at how we could improve services and student life on campus.

These lessons are already being implemented and, through the strategic plan, will guide our community for many years to come.

This plan will not be a document we create and then let it sit on a shelf. It will be a road map for what Waterloo aims to accomplish over the next five years from continuously improving the experience of our student community to experiential education and research goals that have helped make us the most innovative university in Canada for almost 30 years.

As we turn our attention to the new plan and the wisdom of our campus that made it possible, we will continue to focus on improving and expanding the experience of our students. These efforts include the physical improvements on campus such as the new Field House complex we look forward to all students using, transportation upgrades, and new research spaces. While we look ahead, we will also continue our ongoing work on key efforts that are important to our students.

Our work on student mental health and wellness, which has steadily progressed over the past year, will continue. A total of 72 per cent of the Committee on Student Mental Health recommendations released in the Spring of 2018 are underway or complete. These recommendations include expanding the number of wellness staff on



President Hamdullahpur has served as the sixth President and Vice-Chancellor of the University of Waterloo since 2010.

campus, enhanced mental health training for faculty and staff, and creating a Wellness Collaborative that brings our commitment to the Okanagan Charter to life.

We invite all students on our campus to join the efforts to end the stigma around mental health and to learn more about the efforts to bring together students, faculty,

and staff to promote wellness resources, supports and effort available at Waterloo. We can only make progress with the help of our entire community.

This term marks 62 years since the University of Waterloo first welcomed 74 pioneering students to our campus. I hope that you, every one of our 40,000 students, har-

ness that boldness and sense of discovery within you and know that it is that passion that drives us and makes us one of the most dynamic and innovative universities in the world.

Welcome to the start of another outstanding year at the University of Waterloo, and I wish you only the best.

Important September Deadlines

Be sure to add these dates to your agenda so you don't miss out on important deadlines!



SEPT 4 — First day of classes!

SEPT 17 — Final date to add classes

SEPT 24 — Last day for a 100 per cent refund for tuition and other fees

SEPT 25 — Final date to drop classes

SEPT 27 — Final examination schedule released



8 dimensions of wellness

Ayma Aqib
Orientation Editor

Mental health is a term frequently used to reflect a state of emotional well-being, but what does it mean to reach that state? Various studies have emphasized the importance of holistic wellness, as opposed to simply emotional wellness, in order to achieve a true state of self-satisfaction. Although this model was discovered decades ago, the recent emphasis on mental health has brought it back in the limelight, with multiple institutions around the world adopting this model of wellness today.

The eight dimensions of wellness model emphasizes that in order to be truly satisfied and well, one must aim to balance all eight aspects. There are numerous online quizzes you can take to find which aspects you're excelling in and which ones you might need further development in. For now, here is a quick summary of all eight dimensions, along with some resources catered to UW students.

Physical wellness is achieved by leading an active and healthy lifestyle and avoiding excessive consumption of harmful substances like alcohol, drugs, and tobacco. Whether you're working out at the gym or walking around the park, endorphins released during exercise reduce pain and stress. If you're having trouble with your physical wellness, Health Services is the place to turn to.

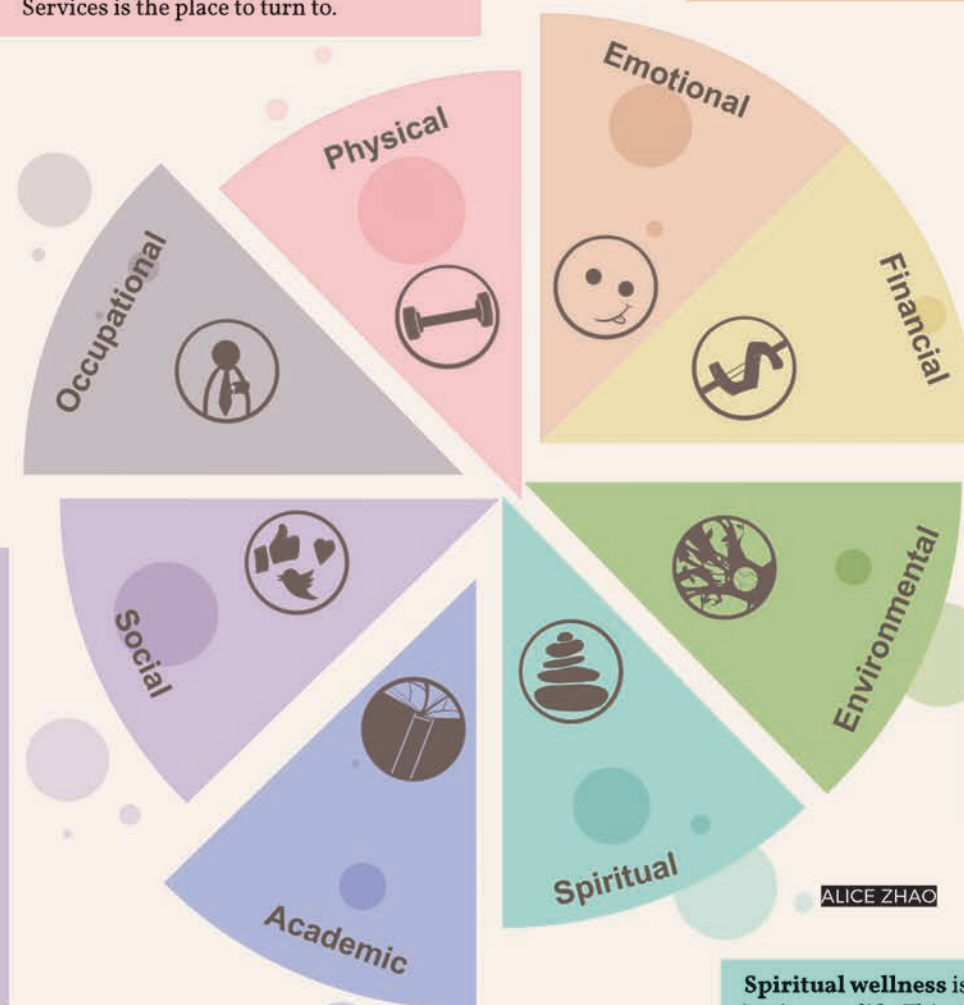
Emotional wellness entails coping effectively with adversity in life. This includes managing and responding to different stressors appropriately. A state of emotional wellness also includes building a positive mindset, and being aware and accepting of how you feel. If you feel emotionally overwhelmed or just want someone to talk to, try the UW Counselling Services on the second floor of Needles Hall North.

Occupational wellness requires finding a sense of satisfaction and fulfillment in your career. Don't let this overwhelm you — you don't need to have a ten-year career plan for this. Occupational wellness can be anything from exploring possible career paths in elective courses, taking volunteer positions, or working part-time. The work-study program or co-op on campus is one way to help your occupational wellness and is for students on OSAP who are taking a full-time course load.

Although finances are sometimes beyond our control, **financial wellness** is understanding and managing your financial situation. Work toward short-term and long-term financial plans by creating a budget and smart spending. Student Financial Services in East Campus 5 can help you with this.

Social wellness means creating satisfying and meaningful relationships with others to develop a sense of belonging. As you start this new chapter of your life, you will meet many new people. Student life can be busy but incorporating time to see friends, even if it's through a study date, will make your time a lot more enjoyable. Joining teams and clubs is also a great way to feel included within a community. Feel free to also come down to *Imprint's* office in Room 0137 of the Student Life Centre to meet like-minded people making UW's official newspaper.

Environmental wellness is understanding that our actions affect our surroundings and striving to reduce the negative implications. Our surroundings directly affect us, so be sure to act accordingly. Reduce your carbon footprint and respect your surroundings.



ALICE ZHAO

Academic wellness is crucial for students and one of the most important aspects of wellness you can practice. This can be anything from attending all your classes, not procrastinating on your assignments, or keeping up with your studies. Immense discipline is required, but pays off in the long-run. The Registrar's Office has academic advisors, should you need help with your academic wellness.

Spiritual wellness is expanding purpose and seeking meaning in your life. This also means reflecting your personal morals and beliefs in your actions. Spiritual wellness promotes a sense of inner well-being and peace through daily life. If you're looking to enhance your spiritual wellness, there are numerous student clubs for spiritual, religious, and charitable causes that you can find on campus.

Meet your WUSA execs!

Michael Beauchemin



Hi everyone, I'm Michael Beauchemin. I'm your **WUSA President** and a recent Engineering graduate. One of my goals as President is to examine mental health on campus from the root to encourage healthy attitudes and approaches to mental health within the student body. I also want to increase the availability of mental health training programs so that we as students are better equipped to look out for each other, and ourselves. Fun fact: I used to have long hair and play the trumpet in a Dungeons & Dragons-themed heavy metal jazz band before we broke up in 2016.

Seneca Velling



My name is Seneca Velling and I'm your **Vice President, Operations and Finance** this year. I recently graduated from Materials and Nanosciences. I've been involved with the German Society, the Science Society, Students' Council, Board of Directors, and I'm a proud co-founder of the Materials and Nanoscience Society. My top projects for this year are the Legal Protection Service, capital improvement/development fund, and environmental sustainability. Fun fact: I have a Feds tattoo on my right shoulder, and I'm thinking about getting a WUSA one to match on my left.

Amanda Fitzpatrick



Hey, I'm Amanda Fitzpatrick and I'm excited to be your **Vice President, Student Life**. I'm currently studying Speech Communication and Women's Studies. Before becoming VPSL, I was really involved with the Glow Centre for Sexual and Gender Diversity as an exec and coordinator. My biggest focus for this year will be based on making campus an equitable and safe place for all of us. Fun fact: I am completely colour blind.

Matthew Gerrits



I'm Matthew Gerrits and I'm happy to be back for a second year as your **Vice President, Education!** I'm a Knowledge Integration and Political Science student with a passion for politics and student governance. This year, I'm going to continue working on the co-op fee review, and work to ensure that additional mental health funding from the government is spent on students. Fun fact: I once won a top showmanship prize at a fall fair with a pig I raised.

Greetings from your undergraduate student association exec team! We're excited to welcome you to campus and hope you have a great year ahead of you. We're also excited to introduce our new name: the Waterloo Undergraduate Student Association, or WUSA!

We're happy to offer a wide variety of services and experiences to Waterloo's undergraduates like Orientation, Welcome Week, operating commercial service like International News and Feds Used Books, and so much more!

Our services aren't possible without the hard work of many people, or without your generous help through your contributions to our fees.

In January, the provincial government made some of our fees optional, which were previously mandatory. We at your student association are always excited to continue offering and improving services based on your feedback, and we support your right to choose where your fees go, be it through referendums, elected student leaders apportioning the budget, or opting-out at point of payment. The tough reality is that if students consistently choose not to pay these optional fees, the level of service we can offer will have to change. We want to be sure you are given all the information about what each fee goes toward, what is lost if you don't pay it and what's gained if you do to, so that you can make an informed decision. To help with that, we've outlined what our optional fees entail:

University Advocacy and Government Advocacy: Our University Advocacy and Government Advocacy fees allow us to represent you and your needs to the people that make decisions that affect us as students. WUSA advocates for you on topics like better mental health funding from the provincial government, a better co-op recruiting term experience, more federal funding for Indigenous languages programs at universities, and so much more.

Clubs: Did you know we have over 250 clubs? If you plan on joining a club — or starting one of your own — the Clubs Funding fee helps to maintain all of our clubs through various kinds of administrative support so that we can have a strong campus life.

Student-Run Services: Our Student-Run Services Fee support a variety of our student services like the Bike Centre, Off Campus Community, Sustainable Campus Initiative, and more. If you want to volunteer or access any of these great services, this fee helps them to create meaningful programming and services for students.

Events: This fee supports next week's Welcome Week events like the Fall Carnival and other cool events we run throughout the year. Without this fee, we might have to run fewer events, and you wouldn't be able to attend the ones we do run.

Societies: Finally, your society fee, which depends on your academic program, enables your student society to offer events of their own, operate spaces across campus, advocate to your faculty about the quality of your educational experience, and more.

All of these areas make up our experience as university students. It's up to you what you want that experience to look like not just for yourself, but for others on campus too. P.S: one fun fact is true — can you guess which one?



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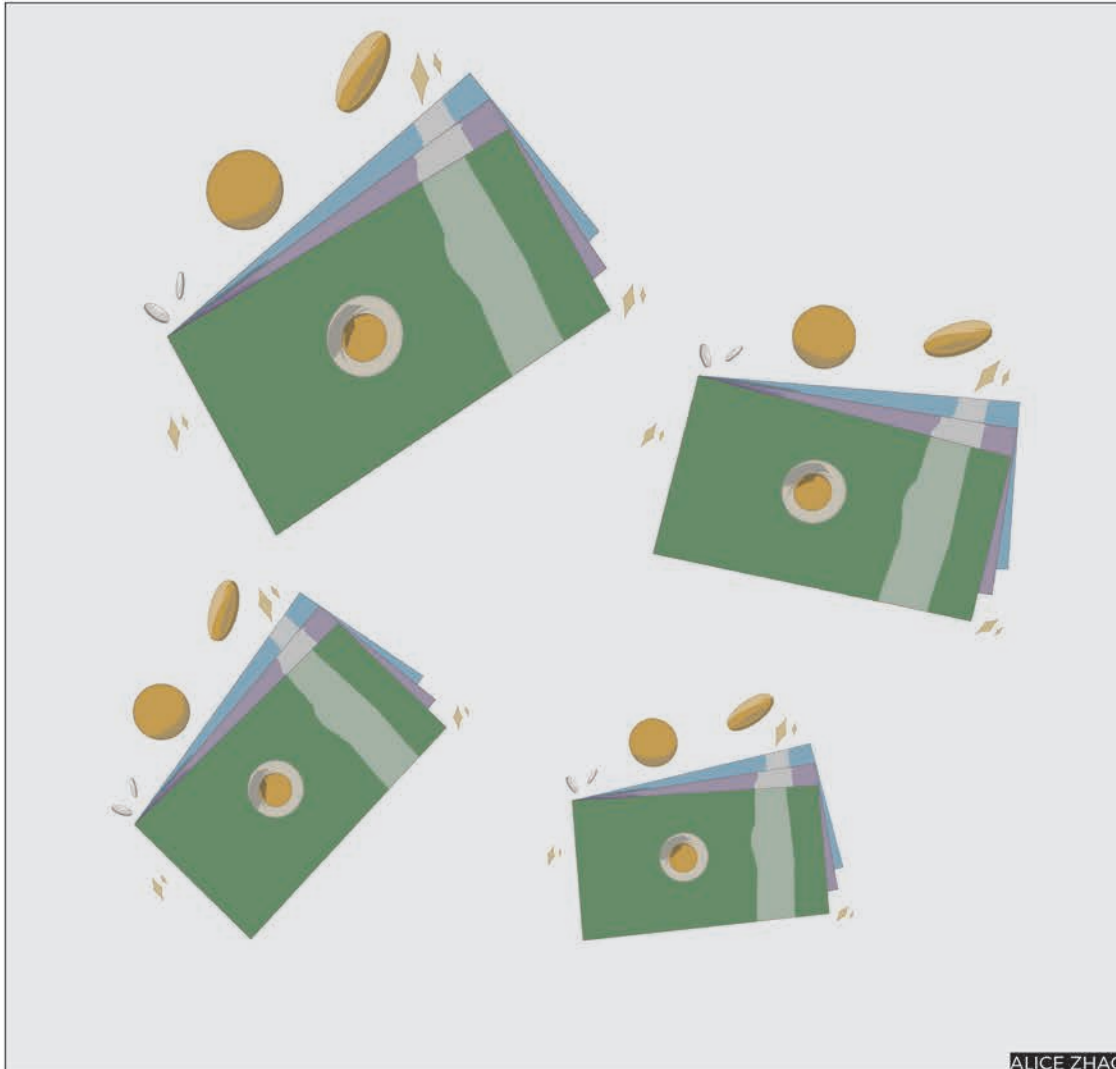
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Keep swimming — we have some financial flotation devices for you



ALICE ZHAO

Anoja Parameswaran
Reporter

Are the OSAP cuts hitting you hard? Need to start saving up? Here are some ways to get some money to make it through another year at university.

Scholarships/Bursaries: The best place to start is here. The UW website has an entire page dedicated to scholarships and bursaries that they give out to students who need it. See if you're eligible at uwaterloo.ca/student-awards-financial-aid/awards/database and apply for them. Some of the applications are simple as filling out a form describing what you need the money for. Others are a bit more complicated, requiring a personal essay or a piece of your work. Other great websites are studentawards.com and scholarshipscanada.com. The Government of Canada also offers scholarships and bursaries under the "Student Aid" section of their website.

Work-Study: This is offered for full-time students with financial need. You can earn up to a maximum of \$2,000 per semester with jobs on campus within a wide range of departments. Find a job as a lab assistant, in the drama department, UW Athletics, or at

Imprint.

Banks: Financial institutions like credit unions, insurance companies and banks often offer promotions or scholarships for their students. Call your bank and ask them if they have any available scholarships for university students.

LEADS: leads.uwaterloo.ca has postings for paid jobs, volunteer positions, events, and workshops at UW. Sign in with your Quest credentials and take a gander. Postings get updated frequently, so check often.

WUSA (previously known as Feds): The Waterloo Undergraduate Student Association has a wide range of jobs available for students, from retail and food services to co-ordinators to mystery shoppers.

Resident Life: If you love your residence experience, you can apply for the positions of Don, Community Leader, Front Desk Assistant or Peer Leader. This only applies in your second year, but applications begin in January.

Likewhat you've read so far? You can work for us too! *Imprint* has work-study positions for Board Assistant, Sales Assistant, Social Media Editor, Editorial Assistant, and Volunteer Coordinator. We're happy to teach on the job!

Getting involved: Just do it.

Kundai Mariga
Reporter

Volunteering can be an extremely rewarding and fulfilling experience.

For most people, it offers an avenue where they can gain experience in an array of areas. This experience could be one that teaches a person about what they like, and what they dislike.

Furthermore, it can provide one with insight into a field they're passionate about. If you are in a cooperative placement program and have no job experience, volunteering on campus could give you some experience and assist you in cultivating a skill set that your future employers will find extremely valuable.

UW offers a wide range of volunteer opportunities that are flexible and can easily fit into one's schedule.

At the beginning of each semester, the Waterloo Undergraduate Student Association, WUSA (formerly known as the Federation of Students) hosts a Clubs and Societies day where students can learn about what volunteer opportunities are available on campus. Don't be afraid to approach the people at these booths, they are incredibly friendly and willing to answer your questions.

In terms of volunteer roles, don't be afraid to ask about what each club has to offer. There are a lot of misconceptions about the type of work volunteers will be doing. Most clubs offer more than one role. Even if you believe that you

might not have the necessary skills, they might offer training activities to help you succeed in the role of your choice. Don't hesitate to ask. The UW community is extremely welcoming.

Among the clubs present at Clubs and Societies day, *Imprint* - the official school newspaper run by students for students - will be among those present. They offer a wide range of roles and are always searching for talented and enthusiastic individuals to join the team.

If you need more information about the volunteer opportunities available on campus feel free to check out the school website for a complete list of what clubs there are on campus.

I hope you will have an amazing first term here at UW!

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Co-op: Moving out and moving on

You might not know exactly what to expect until you get there — and that's okay.

Sunny Flemming
Reporter

I just finished a five-year English co-op program in April. I came to UW wondering what was in store for me as a student.

I never really gave much thought to what co-op would be like until my second year, when I got my first co-op placement with Humber College. I was going to work in the Writing Centre as a tutor, and I was beyond excited. However, I was also beyond nervous about what co-op would be like as I had only worked in freelance tutoring and waitressing up until that point.

It took some time to find a place before we started, but eventually my roommate (and co-worker) and I found a place together. Up until that point, I had no renting experience. I had only ever lived at home or in residence. I didn't know my roommate before we started living together, just like I didn't know my first-year roommate in residence.

During the first two months of co-op, we got to know each other really well because we didn't do much else after work. We were lucky that we were very similar and got along well. I've lived in and witnessed situations where this didn't work out, so it was surprisingly nice that she and I created a welcoming, friendly place to call home.

On my first day at my co-op, I was assigned the morning shift at the centre, which involved being responsible for opening the centre and preparing for the first appointments and drop-in students. I was almost immediately treated like a professional, something I was not used to experiencing. Some co-ops treat you differently because you are a co-op, and they

will often give you smaller jobs at first, gauging your skills, and sometimes they will give you more responsibility. However, I have rarely seen first-time co-ops get the responsibility I had. I was quite lucky to have a good boss-employee relationship. My boss and I often got into work at the same time on different buses, and one day we raced each other into the centre, the winner receiving a chocolate bar. I won, and he held up his end of the deal. Franc, if you're reading this, you're a real one!

A typical day began with me waking up at 6:30 a.m., snoozing my alarm until 7 a.m., running around getting ready, and then bussing to work. I worked from 8 a.m. until 3:30 p.m. tutoring students and teaching one on one courses with two breaks and a lunch. Then I would go home, nap for a bit, then make dinner before my coworker/roommate got home. We would often watch Cutthroat Kitchen while we ate our dinner. Then I would shower and attempt to sleep before midnight but almost always failed to do so. It was strange because even though I was a mess, I was slowly getting a routine and getting my life together. Once I met more people and felt more secure, my roommate and I started going out of the house more. We went and explored downtown Toronto, went shopping, saw movies, and had people over for dinner a lot. I also started doing more things on my own and gained confidence through the process.

And then, as soon as I felt confident and comfortable, I had less than a month left before I had to move back to school and change my whole life around again.

Coming back to school after co-op was a shock. It was hard to create a solid routine while taking



Matthew Huynh, a co-op student at Manulife.

oddly-timed arts classes instead of a regularly-scheduled shift. I had moved back to residence as well, so losing my freedom to cook when I wanted, and eat what I wanted, was difficult to adjust to.

I learned a lot in that first co-op, and it carried over into my future co-ops. I returned to Humber for a term and lived with my aunt and uncle. The next co-op took me to Nokia in Ottawa, my first big move. Then I returned to Ottawa for my final co-op terms and spent 8 months at IBM.

Most of my days were like the Humber days. I woke up early, commuted to work, came home and did nothing for a while. However, as each term progressed, I created a routine, met new people, and became more comfortable.

I learned more and more about what keeps me healthy and happy while away from school and

my usual support system. These are the most important lessons I learned while away:

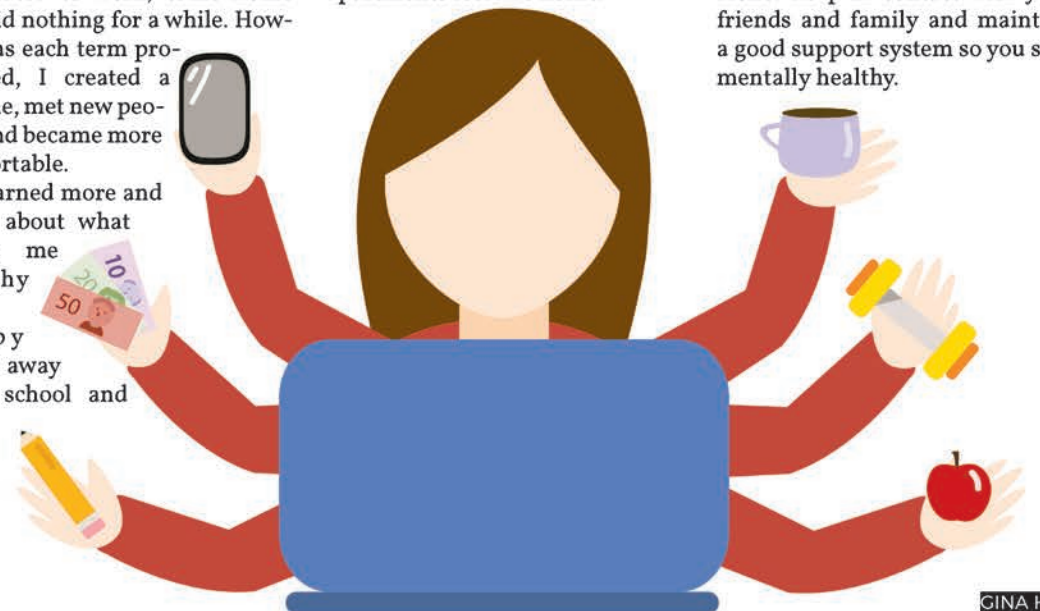
1. Your first month (at least) will be an adjustment period, both to the new job and the new routine. You are not expected to have it all together right away, and you are there to learn. Let it happen.

2. Your home while on co-op needs to be a place where you feel comfortable, since you spend most of your time there. Make your room your sanctuary, even if that means a longer moving process. I always brought a lot of posters and knick knacks to make my apartments feel like home.

3. Get to know your coworkers, as they will be the people you see most often. It's better to spend your days with people you know and like rather than with people you don't know and feel awkward around.

4. Learn to like doing things by yourself. You don't need a friend to go to the movies. You can go to the mall by yourself. You can pick up any hobby as long as it makes you happy, and you don't need anyone else.

5. Remember that although you're often doing things alone, that doesn't mean you're totally alone. Keep in contact with your friends and family and maintain a good support system so you stay mentally healthy.



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ENGINEERING 5

Instagrammable places in and around Waterloo campus



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ENGINEERING 7



WATERLOO PARK

ION: The new player in town causing all the buzz

How the new addition to transit will be changing the way you move within cities

Ayma Aqib
Orientation Editor

The ION is an LRT service, or light-rail transit, that connects Kitchener, Waterloo, and one day will be extended to

Cambridge. You will see it around quite a bit, especially if you walk by the DC/E5 area. The ION had its grand opening on Jun. 21.

There are 19 stops between the cities, including stops like Waterloo Public Square, Grand River Hospital, and Victoria Park.

The two stations closest to the UW Main Campus are University of Waterloo station near the Davis Centre, and the Laurier-Waterloo Park station at the Waterloo Park entrance.

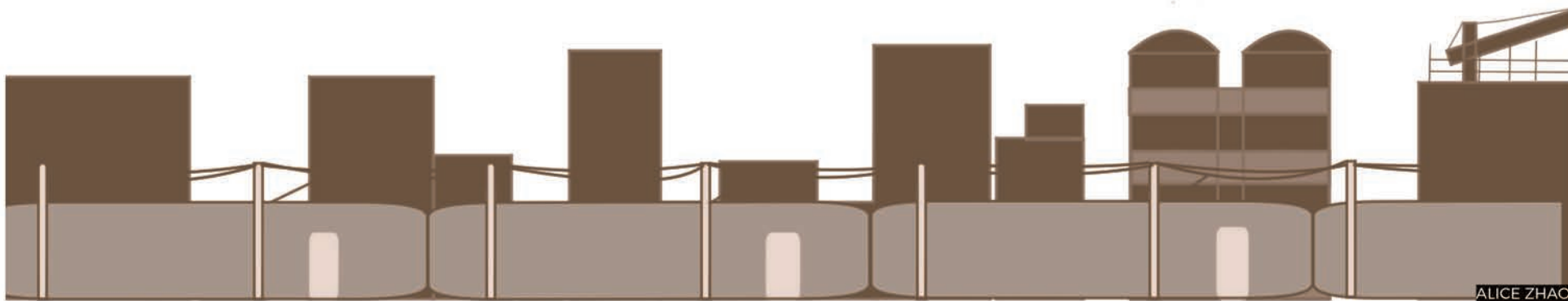
During busier times of the day, you can expect to see a train pass

by every ten minutes, making this means of public transit even more convenient. The fare for the ION is the same as the GRT fare: \$3.25.

However, if you're a full-time student at UW, whether that be on a study or a co-op term, you have full access to the ION with your

U-Pass, so be sure to take advantage of this service.

Another thing to keep in mind is that they do transit checks from time-to-time, so you will need to keep your WatCard on you at all times while you are utilizing this service.



ALICE ZHAO

Student discounts on campus

Getting the bang for your buck

Anoja Parameswaran
Reporter

Tuition might get more expensive every year, but at least you can rely on student discounts to save your ass when you're trying to pay the bills. Here's a list of my personal favourites that have saved me, time and time again.

WatCard's Flex Dollars:

Using your WatCard on UW Food Services gives you a five per cent discount. Sign into your WatCard account at watcard.uwaterloo.ca/OneWebUW/addfunds_watiam.asp

and load up some money. The five per cent you save on coffee everyday might not seem much at first, but it'll add up. This is, however, specifically for flex dollars and not for those who have a meal plan.

Turnkey's Movie Tickets:

Located in the Student Life Centre and the Davis Centre, you can buy discounted movie tickets for Cineplex Cinemas at Conestoga Mall and Princess Cinemas in Uptown Waterloo.

Student Association Coffee Shops:

The student-run coffee shops that go by different names based on the faculty are the cheapest

places to get meals and snacks. Because it's volunteer-run, staff wages are not accounted for in the cost of the meal, so you can get the same quality of food for a cheaper price. Bring your own thermos or mug for coffee and save even more.

GO Bus, FedBus, and Greyhound Services:

Going home doesn't have to empty out your bank account. Sign in using your UW email and get a discount on tickets. Make sure you have your WatCard with you in case of an inspection.

Subscription Entertainment:

Most music apps like Spotify, YouTube Music, Amazon Prime, and Apple Music have student discounts and all you have to do is sign up using your UW email as proof.

Grocery Stores:

Many grocery stores like Sobeys, Shoppers Drug Mart, and Zehrs offer a ten per cent discount on certain days, usu-

ally Tuesday, if you show them your student card.

EngSoc:

If you're an engineering student, you're in luck! Bring your WatCard to the EngSoc office for a special sticker to put on your WatCard to get deals at DōShack, The Break Room, Crossroads Board Game Café, Al Madina, Sweet Dreams Tea-

shop, Marble Slab Creamery, Baba Chicken Grill, and Mongolian Grill.

Always keep a lookout for student discounts. Even stores like Adidas or BulkBarn offers student discounts, you just have to keep your eye out! You never know when you can save a buck or two.



ALICE ZHAO

Interested in coins, tokens, banknotes or medals?

Journey into the world of numismatics!

The **Waterloo Coin Society** gathers on the second Tuesday of every month at the **404 Wing R.C.A.F.A. on 510 Dutton Drive**, Waterloo, Ontario N2L 4C6. Doors open at **6:30pm** for socializing & trading. Meetings start at **7:30pm**. **You're invited!**



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Saving money makes cents

Life is expensive. Fortunately, there are many ways to save money around campus.

David Yin
Reporter

Budgeting and money management are issues that several university students struggle with.

This may feel even more daunting for incoming students, especially in the wake of OSAP cuts. However, there are several re-

sources both on and off-campus that students could take advantage of, despite the current socio-political climate.

Textbooks are expensive. Some cost upwards of a hundred of dollars despite being used for only one or two terms. Luckily, there are several ways to mitigate this issue. Most importantly, never buy textbooks before classes begin. This is a common mistake some first-year

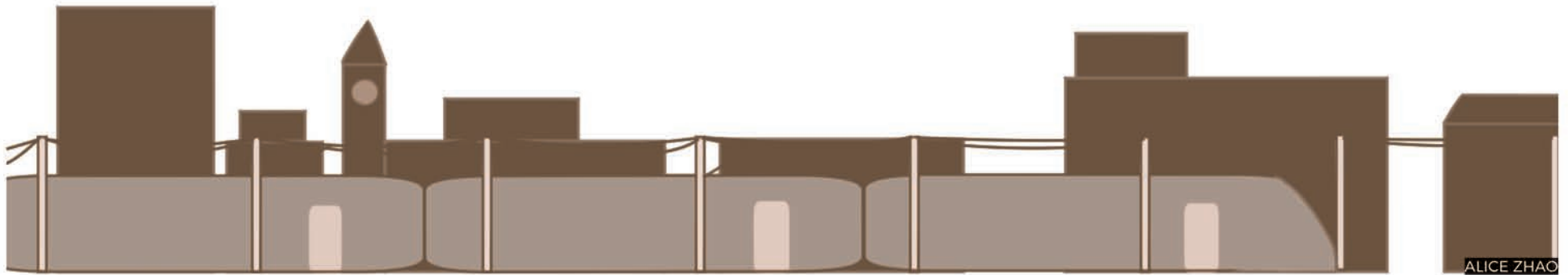
students make; some textbooks are unnecessary for classes. Some university professors realize that not every student has the luxury of buying a brand new textbook that will only have a useful life of four months, so some lecturers will upload their lecture slides (or even the whole textbook) for free.

Additionally, there are several resources on campus for students who need textbooks.

The Feds Used Books store is located at the bottom floor of the Student Life Centre and offers a range of secondhand textbooks at discounted prices. There are several upper-year students who are willing to sell their course materials, sometimes for as low as five dollars. (Yes, they can be that desperate. They have student loans to pay, too.) For those who only need to use a textbook for certain occa-

sions, such as for a research paper or a midterm, the library offers a range of course reserves to lend. Just head to the UWaterloo Library website, access "Course Reserves" under "Services", and present the call number to a receptionist.

As a disclaimer, it is advised to purchase lab manuals or tutorial manuals in full because they are mandatory for their respective courses, are updated every term,



ALICE ZHAO

and may require students to write on or tear off certain pages.

Students are also often required to use a range of software throughout their studies. Word processors, spreadsheets, and presentation programs are most commonly used for virtually all courses, regardless of faculty. For those who do not have any of the above software on their devices, UW offers unlimited access to Microsoft Office for all students. The only required component is a UW email account, which should be activated by now.

Another great alternative to Microsoft Office is Google Docs, Sheets, and Slides. Their layouts are more streamlined and accessible than Microsoft Office, albeit with slightly less features, and each file can be simultaneously accessed, commented on, and edited by multiple accounts. This can be a great benefit for group projects. Additionally, both Microsoft Office and Google Apps are free to download on mobile for those who work on the go. Remember that both the Dana Porter and DC libraries contain an array of computers to be used in the rare case that a personal device breaks or crashes.

Transportation can be a huge issue, especially for commuters and students who prefer to visit their parents once in a while. Transpor-

tation will not cost extra within the Waterloo, Kitchener, or Cambridge regions as access to the GRT buses and ION rail were prepaid with student fees. A valid student ID card is the only item necessary to ride the GRT's transit services. There are a few services that can be used for those who seek to travel further. UW offers bus stops for the student-run FedBus, GoBus (plus a student discount), or Greyhound buses. Whichever bus service students prefer is up to them, as they all offer different perks and ridership experiences at relatively similar prices. Other students may benefit more from carpooling, as there are several students willing to drive others via rideshare apps and social media.

Finally, there are a ton of restaurants, bars, boutiques, and hair salons within the Waterloo-Kitchener region. However, the price of living here may be much greater than at home. All participating students in orientation should have received a goodie bag during the festivities. Inside are various deals, offers, and coupons from local businesses. These promotions only last for a few months, so use them while they are valid. Do keep in mind to monitor such living expenses, though. The last thing anyone would want is to blow off their credit card early into their first term by using as many ser-

vices as possible just to use all their coupons from orientation.

University life may be a challenging stage of life for most peo-

ple; however, several issues can be resolved with a bit of planning, help, and resourcefulness. Be sure to explore the community both on

or off-campus as there may be several more resources to take advantage of outside this article.



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Healthy body, healthy mind

Syed Naqvi
Reporter

Physical wellness is one of the most underrated aspects of life. With the advent of technology and various gadgets, the world has moved increasingly away from physical activity and hence physical wellness cannot be stressed enough.

First and foremost, exercise can increase your energy levels. According to a study, six weeks of regular exercise led to reduced sensations of fatigue for people who had reported fatigue as a constant element in their daily lives.

Exercise has also shown to be good for your muscles and bones. It has been found in various studies that exercise is linked to the release of hormones that are involved in increasing the ability of your muscles to absorb amino acids. This leads to the growth of muscles and reduces their breakdown. Being physically active helps to build bone density, which is extremely crucial for young people. It also helps prevent osteoporosis later in life.

Therefore, with all these benefits and more, it is incumbent upon us as UW



students to participate in as many physical activities as possible. It is quite well known that due to academic and extra curricular commitments, students at UW are not able to



ALEXANDRA HANRATH

locate sufficient time to exercise. However, even by taking out five minutes daily for exercise and gradually increasing, students can benefit in a multitude of ways. It's all about commitment and once the commitment is there, benefits will flow.

Columbia Icefield (CIF) and Physical Activities Complex (PAC) are two main places on campus where students can maintain their physical health.

In CIF, the fitness centre is equipped with 15 treadmills, five spin bikes, Olympic bars, weight plates, and a plethora of other

gym-related equipment. Furthermore, there are five playing fields located in CIF, including the Warrior Field, which is used by football, field hockey, and soccer players. Additionally, there is a fitness studio, three gyms, and a baseball field. In short, CIF is there to cater to all your physical fitness needs.

As far as PAC is concerned, the facility at this moment offers the Warrior High Performance Zone, which is the main fitness centre of equipment to keep students' bodies in peak physical condition. You also have a pool and basketball courts in PAC to further enhance your physical fitness. There will be more fitness space available in PAC once the SLC/PAC expansion is completed.

Whether you are a person who is passionate about physical fitness or you are just a person looking to enter the realm of physical fitness for the first time, UW has you covered.



CHARLOTTE HINGS

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ATHLETICS & RECREATION REGISTRATION

Warrior Recreation Registration starts
Tuesday, September 3rd

- Conditioning Classes Deadline: Friday, September 13th
- Intramural Deadline: Monday, September 16th at 3:00pm
- Instructional Classes Deadline: Friday, September 20th
- Registration for shoe tags, aquatics, first aid and personal training are continuous throughout term.

Some spots might be available for Instructional and Intramural programs past the deadline; email the coordinator for details.

FREE ADMISSION

Students receive free admission to all regular season home games with their WatCard. Visit gowarriorsgo.ca/tickets to reserve in advance.

FREE REC PROGRAMS

- » Fitness and Wellness Shoe Tag Week: September 9-15
- » Instructional Martial Arts and Dance Week: September 16-20

Try out the classes for free before you register
gowarriorsgo.ca/freerec

2019 FOOTBALL SCHEDULE



DATE	TIME	EVENTS
AUGUST 25	7:00 PM	Home Opener, Minor League Day, First Responders Day, Alumni Day
SEPTEMBER 14	1:00 PM	Staff and Faculty, Residence Day, Donor Appreciation Day
SEPTEMBER 28	1:00 PM	Alumni Black and Gold Day
OCTOBER 10	7:00 PM	Think Pink, Senior Day, Feds Food Bank Drive

ALL GAMES AT WARRIOR FIELD

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#GOBLACKGOGOLD

How our MVPs find their work-life balance

Name: **Nedim Hodzic**
Program: **Biomedical Engineering**
Favourite Team: **Toronto Raptors**



Planning, time management, and some sacrifices. Being in any engineering program can be very demanding just due to the volume of work you are getting. Add a varsity sport on top of that and you may quickly find yourself struggling. However, it's not as hard as it looks. I manage my academic and athletic schedules by planning when I will be doing my school work. I keep track of my assignments and give myself deadlines on when I want to complete them (generally a day or two before they're due). In addition to this, I take advantage of any downtime I have during my school days in order to work on any assignments I have. I also use my weekends to study or complete large chunks of work I may have. If I ever find myself in a situation where a task is taking me longer than expected to finish, I will make some sacrifices in my social life in order to finish something on time. Finally, I use my athletic schedule as a break in my day where I can relax, get some physical activity, and recharge for any work I may need to complete later on.

Name: **Sarah Glynn**
Program: **Kinesiology**
Favourite team: **Our team**



I've grown up playing sports so it's always been something I have to work my schedule around. For me, balancing athletics with everything else is about establishing my priorities, deciding what parts of my life I want to put time and work into. It also comes down to playing a sport you genuinely enjoy so that it doesn't feel like a balancing act or a chore. The time to do it is there, it just depends on how you want to spend your time.

Moving and grooving: Athletics at UW

Sarah Mazen
Reporter

Physical wellness is super important for improving your overall mental wellbeing. Here at UW, there are a number of ways to stay active both on and off campus.

First, the Physical Activities Complex (PAC) is the most centrally-located athletic centre at UW. PAC offers many opportunities to stay active on campus.

The fitness centre, known as the Warrior Zone, is open to all students from 8 a.m. to 11:30 p.m. on weekdays and 9:30 a.m. to 6:30 p.m. on weekends. The Warrior Zone is located on the second floor with a view of the gym below. The least crowded hours are early in the morning, and after 6 p.m.

Another great activity at PAC is open rec-

reation and swimming. This includes pick up sports such as badminton, basketball, indoor soccer, volleyball, and swimming.

There are also women's-only fitness hours, open recreational studio times, and even bookable squash courts.

For a fee, usually around \$50, you can attend shoe tag classes. Shoe tag classes are fitness classes that happen every day of the week and are an excellent way of staying active. Shoe tag classes are free to try out the first and last week of the term. The schedule for these activities can be found on athletics.uwaterloo.ca or on the WarriorRec app.

If you are looking to learn a new sport, there's instructional programming that you can register for such as dance, squash, swimming, martial arts, and much more.

A great way to stay motivated is to sign up for UW Recreation's free program, Warrior

Workout Buddy. As soon as you register, you create a profile prompted with questions about your fitness goals, personality, and how you enjoy being active, and based on your profile you will be matched with a workout buddy. Not only will you motivate each other to stay active, but it's a super fun way to make friends!

Another great way to stay active and make friends is through intramurals. You can register as a team, or on your own and get placed on a team.

UW offers a variety of sports at all skill levels, so you can join the team that works best for you. Intramural sports change by the season. In the winter, you can play sports like hockey, indoor soccer, and basketball. During the fall/spring, outdoor soccer, volleyball, ball hockey, and dodgeball are on offer.

UW's second and newest fitness centre is Columbia Ice Field, also known as CIF. With the same hours as the PAC, CIF also offers a variety of drop-in sports, including free skating.

Waterloo is also full of many beautiful parks and trails; perfect for biking, going on runs, or on walks. Waterloo Park, found just off campus, as well as trails such as the Laurel Trail that passes through campus are ideal places to break a sweat. It's an awesome way to enjoy the fresh air, get moving, and get to know the area.

Go try out the many fitness opportunities offered to students on and off campus, and make the most of it. If you are ever unsure or have any questions you can always get in touch with the UW Recreation team in their office at the PAC or check the WarriorRec app. Get moving, Warriors!



The University of Waterloo and department of Athletics and Recreation are excited to announce the grand opening of the Columbia Icefield Field House opening this fall.

The 65,000 square foot space features a turf field for soccer, ultimate frisbee, football, field hockey and general recreation activities.

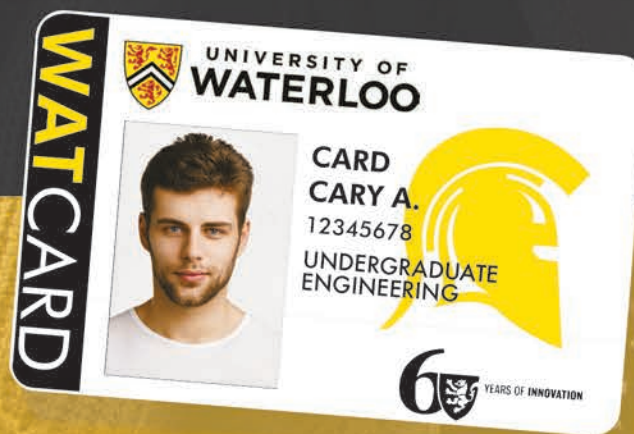
Stay up to date by visiting www.gowarriorsgo.ca or following along on Twitter @wloowarriors.

Did you know your Warrior Recreation membership is included in your student services fees? Download the app today to find out about all the great programming opportunities.

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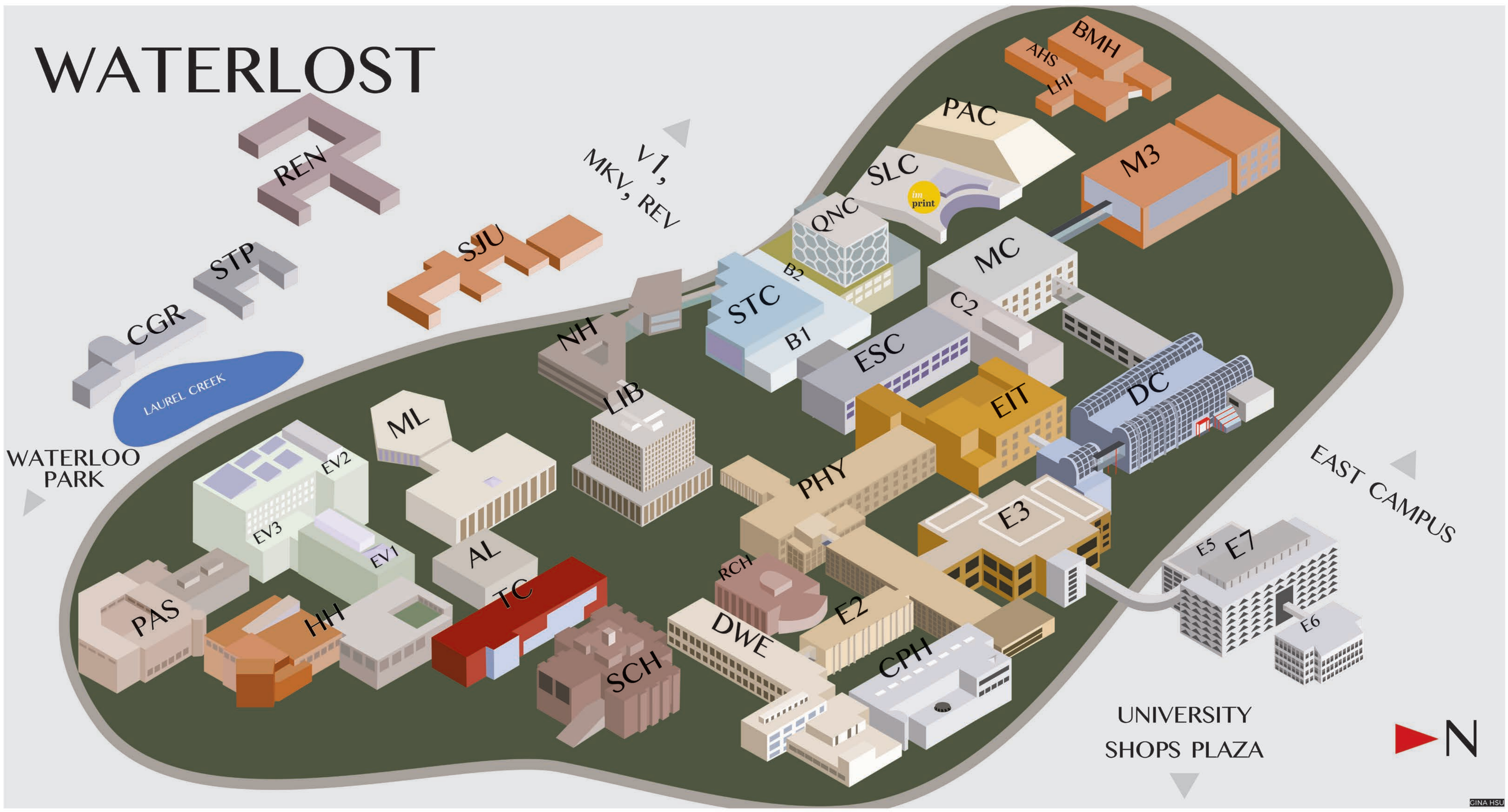
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waterloo.ca/welcome

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WATERLOO



Let's talk about unplugging ourselves

Kundai Mariga
Reporter

I honestly don't know why they allowed me to write about this.

I am no poster child for limiting the amount of time I spend on my phone.

At this point, my phone has morphed into an essential organ.

If you take it away, I might just die. Well not literally, but what am I supposed to do if I can't go online?

Am I really expected to have actual in-person conversations?

I can't morph my face to look like varying emojis to explain my emotions.

I simply can't live without my technology.

How am I going to wake up for class if some angry driver doesn't blare their car horn my way because I am not paying attention to where I'm walking?

Life is all about excitement and if you don't send me a gif to clearly articulate the severity of what you're talking about how am I supposed to take you seriously?

Now I know some of you are sitting there questioning my ability to actually interact with people irl.

Sorry, I mean in real life.

Well, I'll have you know that my internet friends think I'm hilarious, and that's all the validation I need. I mean who needs to actually be a part of the real world when I can be whoever I want on the internet.

My Animoji's look nothing like me. It has purple skin, and I believe that that is an accurate representation of who I am.

Taking time away from my phone will not be conducive to my self-esteem, nor would it help me build relationships.

How are people supposed to know that I am having a great time at a party if I don't Snap every aspect of it.

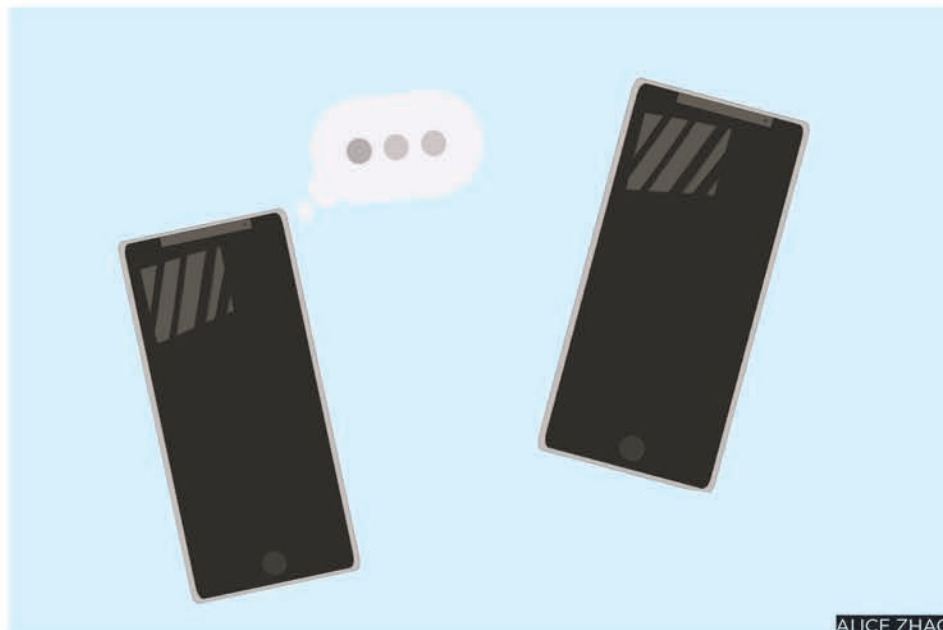
People need me to do this. Actually, if you think about it, I am providing entertainment to all the people who do not care about what I post.

I think that in itself is deserving of some honour.

Call me a saint or give me a knighthood for all my good work.

People are constantly telling us that the internet is bad and all that jazz, but I have had so many helpful people offer to help me with my banking online.

All they needed was my banking information and they took care of everything. If you



ALICE ZHAO

ask me, the internet is full of nice people. Everyone wants to be your friend.

No one has ever approached me from the street and asked to be my friend.

Now why would I want to give all this up by actually developing a personality that I

can use in the real world?

In fact, I want to ask everyone to take time out of their day to plug in, go online and create fleeting relationships.

Isn't that what life is about, the shallow and meaningless?

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Stay well, study well

Sunny Fleming
Reporter

During the past few years, mental health awareness has spread and more people are sharing their experiences with mental illness.

It has become a lot easier to talk openly about your mental health, but many people are still unsure what they should do if they feel mentally unwell or distressed. UW has many services available to you as a student so you can ensure you stay mentally well throughout your studies.

There are several options for talking with professionals or advisors to help your mental health. One of the options most people know about is Counselling Services in Needles Hall. You can book one-on-one sessions with a professional counsellor to discuss better coping mechanisms, learn more about your behaviours, and see how you can improve your mental wellbeing.

These sessions with a counsellor can be done on a one-time or repeating basis, depending on your needs. You can also partake in group therapy sessions or workshops to get more general advice to help you improve your mental health and give you coping strategies. You also have the option to book an appointment with Health Services

to discuss your mental health with a doctor. Another option is meeting with one of the two UW Chaplains, who come from varying faith traditions and seek to help students cope with their mental and spiritual well-being.

If you would like to talk to a peer, you have the option to go to UW's **Mentor Assistance** through Education and Support (MATES).

MATES is a peer-based service where trained volunteers are available to talk to you about struggles and provide you with advice or just a listening ear. They are supervised by a professional counsellor so you get the perks of talking with peers as well as counsellors.

According to their website, MATES volunteers have training in helping students with academic issues, social and relationship

difficulties, coping skill development, transitional challenges to university life, and challenges in adapting to culture.

If you are having a mental health emergency, you can go to **Selling Services** or **Health Services** during their hours of operation. However, if your emergency comes after-hours, you have several options. You can call **UW Police 24/7** if you are worried about you or someone else's safety regarding their mental health.

You can also go to one of the local hospitals: Grand River Hospital and St. Mary's Hospital.

You can also call a helpline like **Here 24/7 (1-844-4373247)** or **Good2Talk (1-866-925-5454)**; these helplines call trained professionals who can help you work your way through a crisis.

Campus resources

Counselling services
uwaterloo.ca/campus-wellness/counselling-services
519-888-4567 ext. 32655

UW mates
feds.ca/feds-services/uw-mates

UW Police
519-888-4567 ext. 22222
For emergency services on campus 24/7

Health Services
uwaterloo.ca/campus-wellness/health-services/student-medical-clinic
519-888-4096

Grand River Hospital
519-749-4300

St. Mary's Hospital
519-744-3311

Emergencies
911
Contact someone you trust
Call a local help line

One corner of the world to another

For those that may be a bit more distant from home

Harleen Kaur Dhillon
Managing Editor

University is a new adventure in the lives of most students, but is especially novel for international students. Students who come to Canada specifically to become a part of the UW community may face unique challenges and have special requirements to feel more comfortable in their new home.

Adjusting to a new culture is not instant — it is a process that may last many years. No class can cover a culture completely, and situations will always arise where students will learn something new from a peer, a professor, or a stranger. This culture change can sometimes be a fresh perspective, but sometimes come as a shock. Either way, here are some tips for learning to live in a new home.

Ask questions — people are generally willing to help and explain themselves when asked nicely. Asking questions creates opportunities for learning new things, making new connections, and speeds up the process.

Be kind to your body — eat a good meal and sleep at night so your body adjusts itself to the new sleep schedule. Give yourself time to accomplish goals and adjust to

your new routine. Most importantly, talk to someone — a close friend, a peer, a don, a fellow international student — about your experiences. Counselling Services is also available if you need more help.

Explore your new home, but stay connected with your old one — it is important to explore Kitchener-Waterloo (KW) to learn about the area and what it has to offer. Spend a day in Uptown, explore new restaurants, and find new favourites. However, it is also important to keep in touch with people back home. Homesickness is inevitable, but staying in touch with family and friends can ease the feeling of missing home.

Learning the language is a big part of becoming accustomed to a new place. Students often seek opportunities to improve their English, and UW offers many programs to connect them to resources.

The Renison English Language Institute (ELI) offers many courses and programs to provide students with better English skills. Among its more academic programs are English for Success, a four-week summer program; English for Academic Success, an intensive 12-week program with preparation for standardized test preparation; and General English at Renison, a four-week program for practice in reading and writ-

ing. The ELI also offers programs connecting international students with student volunteers through the Conversation Partner Program. For more information of Renison's programs, visit uwaterloo.ca/english-language-institute/.

The Writing and Communication Centre also offers programs for students to improve their English. The English Practice Community includes conversation circles and cafés, as well as opportunities to practice writing. They also offer general help with academic needs, such as tutoring or helping with assignments. Online courses and workshops are also offered.

The International Peer Community is also a way for students to connect with other international students that have been in UW for longer. Students can apply for this program with the Student Success Office. In addition, WUSA also has a service called the International and Canadian Student Network, which connects international and Canadian students through biweekly events — the Babble café and Cultural Connection.

Although facing a new environment, culture, and language can seem exciting and overwhelming at the same time. It's not an impossible adventure. Learning to live in a new place with new people takes time and

patience. Mastering the English language — just like mastering Mandarin, Hindi, or Dutch — cannot be done overnight. It's important to give yourself time to grow, learn and to make sure that you're getting all the support you need. You'll be just fine.



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AccessAbility at UW

Labiba Nahian
Reporter

If you are about to attend UW and believe that you will need to be accommodated in your studies, it is important you seek out the university's AccessAbility services.

You can apply for academic accommodations online, as soon as you have received your offer of admission, or as soon as you become aware of a disability.

These accommodations can include accessible transportation services, alternative text formats, alternative testing, learning strategies, notetaking services, peer mentorship transition programs, student support drop-in, and a student technology lab. You and your advisor will work together to ensure your accommodations will be catered to your specific needs.

As mentioned previously, the process to apply is done online and can be accessed at uwaterloo.ca/accessability-services/students/apply-academic-accommodations.

When completing the application, you can submit any required supporting documentation. If you do not have any support-

ing documentation, you may request a form that will allow the school to better understand your needs.

Following this, you will be invited to meet with an Accomodation Consultant to finalize your registration and develop the needed personalized accommodations.

Once you have completed your accommodation plan, you can move onto requesting them for each course using a simple, online system. AccessAbility Services will coordinate with your department to ensure your requests are met. To contact Accessibility Services, you can go to Room 1401 in Needles Hall, on the first floor.

Your involvement with AccessAbility Services is confidential and will not show up on any academic documentation. If any information is to be released to a professor, for example, you will need to sign a consent form. Therefore, you can guarantee the safety and privacy of your information. Students who wish for their parents to have the information must also sign a separate consent form.

For those seeking additional information, a FAQ can be found here: uwaterloo.ca/accessability-services/students/faq-students.



CLAUDIA TAVARA-TELLO

University of Waterloo has a wide range of accessibility services.

Out and about in Stratford

*Travel times are calculated from DC Library

Stratford Festival

55 Queen St, Stratford

43 minute drive, 1 hour and 41 minutes by transit

Open from April to October, the Stratford Festival is the prime location to enjoy classical and contemporary plays dramas and musicals from well-known artists, primarily Shakespeare. They have four distinct stages: the Avon Theatre, the Festival Theatre, the Studio Theatre, and the Tom Patterson Theatre. Tickets usually range from \$19 - \$35 for students.

Shakespearean Gardens

5 Huron St, Stratford

43 minute drive, 1 hour and 36 minutes by transit

Did you just finish watching a Shakespearean play? Shakespearean Gardens is a beautiful themed garden which includes most of the plants mentioned in William Shakespeare's work. It is located only steps away from Downtown Stratford and situated beside the courthouse and river. It is a beautiful sight to enjoy a nice scenic walk and take pictures!

Confederation Park Waterfall

100 Romeo St S, Stratford

41 minute drive, 1 hour and 44 minutes by transit

Wanting to enjoy a waterfall view without going to Niagara Falls? Confederation Park, situated in Downtown Stratford and not too far from the Shakespearean Garden, offers a beautiful waterfall and Japanese garden. It also has benches, making it a picture-perfect picnic option.

Stratford Perth Museum

4275 Huron St, Stratford

44 minute drive

Set in a beautiful, rustic home, Stratford Perth Museum has a lot to offer to visitors who would like to learn about the city's history and Justin Bieber. It has a Bieber exhibit and a wall of fame.

Zainab Tanveer
Reporter



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Our favourite study spots

Mubassir Ahmed
Reporter

five

- The Lever lab has exceptionally good heating and is the only place which is not too cold or too hot during winter.
- Food ★★
Engineering Coffee and Donut shop is a five minute walk from the lab; although the Shop closes at 6 p.m, it's still close to the University Plaza.
- Availability ★★★
It's usually pretty easy to find a spot here.

four

- QNC has multiple studying spots on upper floors, but there's usually someone playing the piano in the QNC basement, making it a much more soothing place to study.
- Food ★★★
While there aren't any places to get food in QNC, both SLC and MC (Coffee and Donut Shop on the third floor) are a short walk from there.
- Availability ★★★★★
You can almost always find a spot here.

three

- SLC is one of the most central buildings on campus and there is always something happening on the main floor. You can find everything you need at the convenience store and it's open 24/7. SLC also allows you to book rooms for group studying.
- Food ★★★★★
There is a food court, Tim Hortons, and a convenience store on the main floor.
- Availability ★★
It's usually easy to find a spot, except during exam season. However, tables with charging ports and power outlets aren't always easy to get.

two

- EV1 is almost like studying outside in a patio, complete with a glass ceiling and plant walls.
- Food ★★★★★
There are several cafés nearby (H3 café, Liquid Assets Café, Williams, Environment Studies' Coffee Shop, Tim Hortons), but they all close before the evening.
- Availability ★★★★★
Because this place is hard to find, there's almost always study spots available.

one

- Hagey Hall is a great place to study with friends and is by far one of the most aesthetic places on campus.
- Food ★★★★★
There are several cafés nearby (H3 café, Liquid Assets Café, Williams, Environment Studies' Coffee Shop, Tim Hortons), but they all close before the evening.
- Availability ★★★★★
There are multiple study spots here and they are always available.

AYMA AQIB



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A helping of healthy resources

Harleen Kaur Dhillon
Managing Editor

UW provides a variety of resources to ensure that students' health needs are met. In addition to having a medical clinic for students, several mental health resources are also available for students of all levels to use. Accessibility services are also available for students to get accommodations for their specific needs. Resources are available for both physical and mental healthcare. Training for staff, faculty, and students is offered to raise awareness about mental health and how to address it.

Nutrition services primarily provide online resources to help with meal planning and preparation for healthy eating. Individual consultation with a registered dietician is possible for students upon referral from a general physician (GP).



After hours **urgent help** is available for students through 24-hour helplines such as Good2Talk (1-866-925-5454) and Here 24/7 (1-844-437-3247). Local hospitals are also available, and in case of an emergency, students should call 911. Peer support is also available through WUSA equity services such as UW Mentor Assistance Through Education and Support (MATES), located in the Student Life Centre room 3102. For a detailed list of resources, visit uwaterloo.ca/campus-wellness/urgent-help-and-emergency-contacts.



Students can register with the **Family Health Clinic** if they do not have family doctors in Kitchener-Waterloo. Their family members can access healthcare through this clinic as well, as long as the students are registered at UW.

Located within the Health Ser-



DAVID YIN

Be sure to drop by the Health Services building or call 519-888-4096 to book an appointment.

vices buildig, the **Travel Clinic** provides pre- and post-travel consultations and health preparations, include vaccinations for travel. Consultations are by appointment only.

The **Student Medical Clinic** is intended for students to meet with GPs regarding any health concerns they may have and offers many services. Appointments can be booked at the Health Services building, across the bridge to see GPs. Walk in appointments are also available during regular hours.

GPs at the clinic are also the ones that sign off on verification of illness forms (VIF), which are required if you are going to miss an exam, major assignment, or any other major academic requirement in a course for medical/health reasons. GPs also provide referrals to other health services including physiotherapy, dietician services, and psychiatric assessments. Psychological assessments are also available in Counselling Services on the second floor of Ira Needles Hall.

Finally, the Student Medical Clinic offers more specific services. Transgender students can access hormone therapy and maintenance, documentation and letters, coordination of care, preventative care, and screening for cancer and sexually transmitted infections. Testing for STIs is also part of general reproductive care options, which also include family planning, pregnancy and birth control consultations, and emergency contraception.

Counselling Services is available on the second floor of Ira Needles Hall. They offer counselling and psychological assessments. Intake appointments can take up to an hour and can be booked with reception, but walk-in intakes are available from 10:30 to 3:30 on Wednesdays and Thursdays. Urgent appointments are available for people that are at risk of harming themselves or others, have had a recent experience of the death of a loved one, or are in an academic crisis.

Counselling Services also raises awareness about mental health in the general community through training programs. These are: Question, Persuade, Refer (QPR); safeTALK; and More Feet on the Ground online and in person.

Seminars, workshops, and group therapy are also available for people with chronic needs. These teach coping methods to deal with different situations ranging from preventing depression relapse to dealing with eating disorders to regular student life.

For more information on Counselling Services, uwaterloo.ca/campus-wellness/counselling-services. For more information on all health services, visit uwaterloo.ca/campus-wellness/health-services.



HARSHI DAMODARAN

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Super smash safety: What to know before you bone

Sunny Fleming
Reporter

Boning, banging, smashing, boinking ... all terms to describe sex. Sexuality is a prevalent part of life, and often when people leave home for the first time, they have more freedom to explore their sexuality and learn more about their bodies and desires. However, doing this comes with risks when you engage in sexual acts with others (masturbating is pretty low-risk, try it sometime). The risks involved with sex are pregnancy, sexually transmitted infections (STIs), and sexually transmitted diseases (STDs). However, if you want to go on new sexual adventures, don't be shy, just be safe. Here are several tips for having a safe sex life.

Consent: Do not engage in sexual acts if you or your partner do not want to. Be sure to get enthusiastic, clear consent from your partner before you have sex of any kind ("Yes, I would like the sex please," for example). This "yes" has to come naturally, and not through coercion. If you or your partner have to bribe, beg, manipulate, or threaten to get consent, it is not consent. This "yes" also needs to come from a partner who isn't under the influence of drugs or alcohol, as that impairs cognition and thus the ability to make decisions. You and your partner can withdraw your consent at any time, even if you are in the middle of an act. Consent is not a one-time thing. Only do things you are comfortable with, and make sure your partner is also comfortable with it.

Talk it out: Be vocal about what you want and what you don't want. Sex is a vulnerable act, so it's important to be respectful to yourself and your partner by setting boundaries and following them. Any relationship, sexual or not, needs communication to function properly. The more vocal you are with your partner about your needs and your boundaries for sex, the more enjoyable the act will be.

Get tested regularly: Even if you don't have what some may call a "wild sex life," you should still get tested if you are sexually active with a new partner or multiple partners. Many STIs don't have visible symptoms, so it's important to stay aware of what's going on with your body, both for yourself and for your potential partners. In most cases, the earlier you catch an STI, the fewer health

complications you will have. You can get tested at Health Services on campus. If your test results are positive, a staff member from Health Services will contact you to discuss treatment.

Use protection: This point cannot be stressed enough. If you don't use some form of protection, and you engage in penis-vagina intercourse, the person with a vagina could get pregnant. If you're not ready to be a parent, use a condom. Another problem that can occur if you don't use protection is the transmission of STIs. If you plan to have a sexual encounter, including oral sex, ensure you have a condom or oral dam (sometimes called a dental dam). An oral dam is used for vaginal oral sex, and a condom is used for any sex act involving a penis. Be sure to use one condom per sexual act, as they lose effectiveness after one use. Using protection is especially important if you don't know your partner's sexual history. Remember: buying a box of condoms is cheaper than having a baby or treating an STI. You can even get condoms and oral dams for free from the GLOW and Women's Centre on campus, as well as Health Services.

Use a lubricant: Lube makes everything smoother. If you or

your partner have a drier vagina, lube can help increase arousal and reduce pain for any penetrative sex acts. You should always (ALWAYS) use lube for anything related to anal, because unlike a vagina, your butt does not self-lubricate. Do not hurt yourself by not using lube. Water-based and silicone-based lubes are safe for use with condoms. Oil-based lubes are NOT made to be used with condoms since they can cause condoms to break.

Have fun: Sex is not supposed to be a scary experience. If you are scared in a bad way while having sex or thinking about having sex, then you should get out of the situation. Sex is not for everyone, and just because people around you are, or seem to be, having a lot of sex, it doesn't mean you have to be doing it too. If you have sex, it should be because you want to do it, and you want to have a fun time. You should, of course, be safe and mindful when preparing for sex, and think of the aforementioned points. But you should also feel good about what you are doing. Don't be ashamed of having sex if you want to, and don't be ashamed if you don't want to have sex either. It's your body, your decision, your well-being, and your life.



Read 2:47 AM

COURTESY THE RAMPAGE ONLINE

Grow through what you go through: Healthy coping mechanisms

Strategies for dealing with the stressors of life

Le Wang
Reporter

Stresses are inevitable, but it's crucial to be well-equipped to deal with them when they arise. Healthy coping mechanisms promote expression of emotions in a positive and controlled way. University is stressful, but take advantage of this time to discover what coping mechanisms work for you. After numerous workshops, I've compiled a list of coping mechanisms I've found to be effective. I hope this inspires you to personalize your style as well.

Individual, indoor:

Listening to music, watching comedic/sad episodes, meditation, mindful breathing, reading poetry, napping, eating a healthy meal, solving a Sudoku puzzle, baking a new dessert, painting

Interpersonal, indoor:

Calling a friend, joining a new club, volunteering in the community, attending an event on campus

Individual, outdoor:

Taking a walk around campus/Waterloo Park, taking photos of natural sceneries, going for a run

Interpersonal, outdoor:

Playing sports at a park with

friends. For example, playing Frisbee near Grad House, or soccer in Waterloo Park.

For more resources, please check the following link from counselling services: uwaterloo.ca/campus-wellness/counselling-services/seminars-and-workshops/coping-skills-seminars-online.

I strongly recommend the four coping skills seminars because they gave me a lot of effective techniques and ideas to further develop my ways of coping with stress and negative emotions. You can access these seminars by watching them online or attending them in person on campus.



390 douro street . stratford . 519.273.3737 . sinvention.com

Out and about in Cambridge

*Travel times are calculated from DC Library

Mill Race Park

36 Water St N, Cambridge
32 minute drive, 1 hour and 24 minutes by transit

Looking for a place to have a nice, peaceful picnic? The Mill Race Park, located right along the water lines of Grand River, offers picnic spots and features remains of a mill from 1847. It offers a beautiful view of buildings. Concerts and festivals such as the Mill Race Festival of Traditional Folklore Music are offered from time to time. It also features a double tennis court, a basketball court, and a soccer field.

Breakout Escapes

114 Main Street, Cambridge
40 minute drive, 1 hour and 26 minutes by transit

Nothing is more fun than going for an adventure with your friends in an escape room and using your brains to escape the room. Breakout Escapes, located right in downtown Cambridge, offers a variety of different adventures for you to pick from. They charge \$22 per person for a group of 2-4, and it gets cheaper depending on the number of participants. It is recommended to make reservations before going.

Ctrl V Cambridge

745 Coronation Blvd Unit #202, Cambridge
31 minute drive, 1 hour and 23 minutes by transit

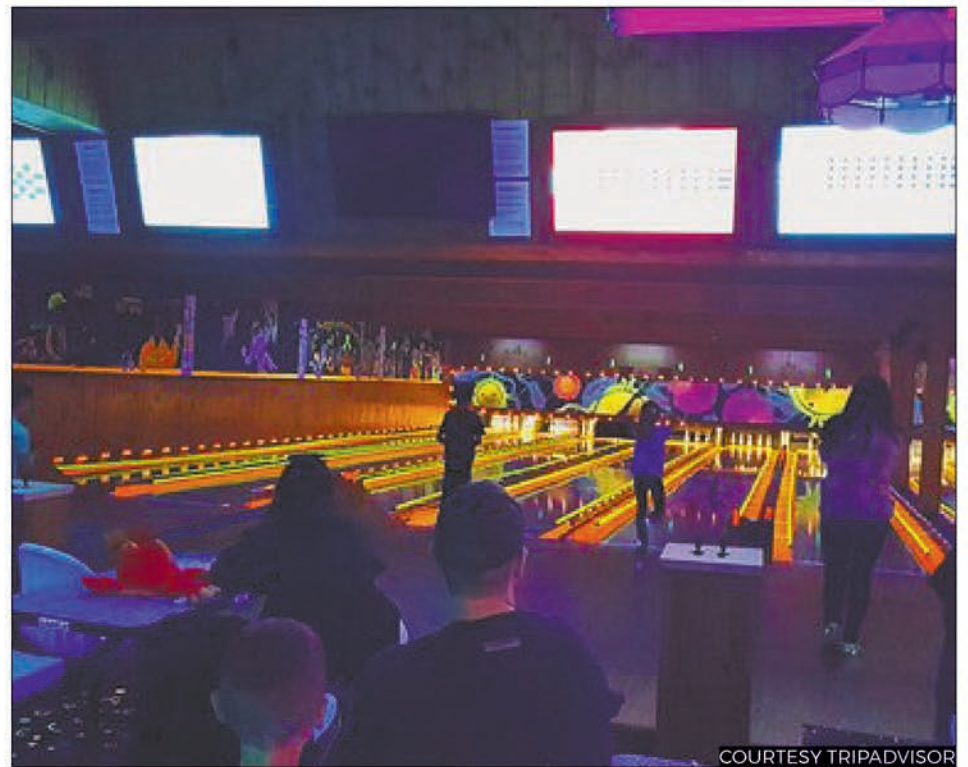
Do you want to experience 3D gaming? Open six days a week, Ctrl V in Cambridge offers a one-of-a-kind virtual 3D gaming experience. They offer a free demo experience on the first Wednesday of every month. From action, adventure, and family games to shooter, horror, and sports games, Ctrl V has something to offer to everyone!

iBowl

10 Park Hill Road East, Cambridge
33 minute drive, 1 hour and 23 minutes by transit

Looking for a place to enjoy your evenings with your friends? iBowl, located on the top floor of an industrial building, offers several different types of bowling, a glow-in-the-dark mini golf course, and an arcade. They offer special rates to students. iBowl is open seven days a week.

Zainab Tanveer
Reporter



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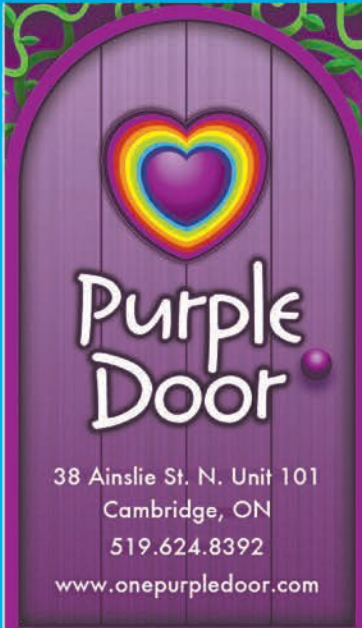


Cambridge Fall Fair ~ September 5 to 8 at Dickson Park. Come celebrate our 180th year at Dickson Park. Four days of family fun, food, music, exhilarating rides, and a unique assortment of art, crafts, and vendors to make your back-to-school weekend memorable! ... thefallfair.com

Community Oktoberfest Luncheon ~ Wednesday, October 9 at Cambridge City Hall. Join the mayor and council for keg tapping, free sausage, Maypole raising, traditional Bavarian music and more!

Christmas in Cambridge ~ November 29 to December 31 At various locations throughout the city, join in on all the festivities!

... check out the website for all events ...



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Welcome to Cambridge!



Enjoy the arts, culture and nightlife that Cambridge has to offer while being mindful of the city by-laws.

What Types of By-laws Are In Place?

Our by-law officers are available to address citizens' concerns in many areas, including:

Noise: Making or permitting noise that is likely to disturb the inhabitants of the City is prohibited 24 hours a day, 7 days a week.

Public Nuisance: Making a public nuisance in the City is not permitted, including littering, spitting and urinating in public.

Fireworks: There are regulations on where and when fireworks can be set off, including prohibiting certain types of fireworks.

Open Fires: A permit is required from the Cambridge Fire Department for open burning. For more information, please call 519-621-6001 and ask for the Fire Prevention Division.

BBQs on Balconies: BBQs are not permitted on balconies of buildings that contain more than 2 living units.

The City of Cambridge By-law Enforcement Division is responsible for all municipal by-laws except for those related to parking, which can be addressed by calling 519-623-1340, ext 4217.

For more information: cambridge.ca/by-laws ; 519-623-1340, ext 7907.

The startup scene right now...

Nick Owens
Reporter

A large part of attending UW is making connections to the world of business outside of university.

For instance, many students will spend nearly half of their educational career on co-op terms, learning about the practical applications of what they are learning in school.

Possibly the best example of the positive influence this has is the number of startups that are created in Waterloo every year.

Two of these companies covered by Imprint over the past year are:

Blue Lion Labs, a startup oriented around creating innovative methods of analyzing algae.

Demine Robotics, a company with a goal of safely removing active landmines from former war zones.

The importance of these companies varies, both from a local level to an international stage.

One driving force behind the success of these projects is Velocity, a local entrepreneurship program that oversees the development of startups.



Left to right: Akshat Soni, Thenura Jayasinghe, and Lors Kushtov working on their start-up, Hiride.

Velocity has multiple programs that include startup coaching, weekly workshops, and other such programs to help ensure the success of new technological and scientific innovations.

Such innovations were highlighted recently during Velocity's competition, held annually in which the winners receive \$5,000 each to help with the development

of their company.

This competition consists of each team presenting their idea in three minutes or less.

This particular year was noted for having a particularly diverse group of students, with half of the companies being founded by women.

Four teams won this year, with each one

receiving the full prize of \$5,000. These companies were:

Emergency Response Africa, a company designed to provide emergency care in Africa and facilitate access to hospitals.

Insula Medical, a company that intends to create an ergonomic insulin pump for people with diabetes.

WatFly, a company that plans to make a prototype flying car by 2020.

VOYHS, a company developing an app to give transgender people resources to train their voice.

Another competition Velocity will be holding is in Toronto on Sept. 19, with much larger stakes.

That competition will have a grand prize of \$50,000 to the winning company and has led to the creation of multiple companies that are now worth more than \$1 billion.

Outside of Velocity, there are still many different startups being created in Waterloo everyday.

For example, another startup is putting out an affordable tabletop Computer Numerical Control (CNC) machine, thanks to collaboration between UW students and a lifetime carpenter.

The only real limit to what can be done is the creativity of the founders.

And how you can join the club, too.

Hayley McDonald
Reporter

The Problem Lab identifies and understands important problems to create innovations with disruptive economic and social consequences. We specialize in understanding important problems, the first essential step of disruptive innovation. The more important the problem, the more challenging it will be to understand.

The Problem Lab encourages students to focus on fully understanding a problem before venturing to solve it as it will lead to better ideas and strategies for new businesses.

We work with students in all faculties, both undergraduate and graduate, whether you wish to launch entrepreneurial careers, begin new ventures, or develop professional skills. Here are some of the events at the Problem Lab:

The Quantum Valley Investments® Problem Pitch Competition: A Problem Pitch where students pitch an important problem to win up to \$30,000 in total R&D funding.

The CCA Workshop: Students can learn where to look to uncover their employers' biggest problems in order to succeed in their careers.

Co-op Problem Award: Students can win up to \$1,500 in tuition scholarship every term by showing a deep understanding of an

important problem in their co-op environment.

Billion Dollar Briefing Workshop: Students are presented with a systemic approach to solving billion dollar problems.

One of the Problem Lab's start-ups, PhosphoPOWER, was founded by Sebastian Alamillo-Falkenberg in the September of 2018. PhosphoPOWER was created as an overarching company to manage a variety of projects that will make renewables the primary source of energy generation for the world.

Alamillo-Falkenberg has combined his background in Marketing and Management to lead the PhosphoTEAM into the future of energy. Working out of Velocity Science

Discovery Labs and in partnership with the Problem Lab, PhosphoPOWER is currently finalizing their Ocean Battery.

Upon asking his biggest takeaway from his experience, he replied, "my biggest takeaway from the problem pitch is that understanding the problem allows you to focus on the solution. A robust understanding of your problem means proper market segmentation, appropriate product development targets, and real customer discovery. To me, problem analysis is deconstructing specific pain points into their fundamental parts: who, when, where, why, how and for what cost. It's the first step in the product development cycle and a key resource to guide your actions."

PROBLEM LAB

2057



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Making moves: Getting around town

*Travel times are calculated from DC Library

Ayma Aqib
Orientation Editor

Once you've settled into your new place, feel free to go out and explore using the various means of transportation around Waterloo and the surrounding areas!

GRT U-Pass

Grand River Transit (GRT) is the public transit service that runs through the Kitchener-Waterloo area. The U-Pass is UW and Laurier University's student transit card and allows students to travel anywhere in Kitchener-Waterloo on public transit. The cards are included with the price of tuition. Just make sure to tap your card before you board the ION.

GRT — ION

The region's crown jewel is the ION light rail line, stopping just outside the Davis Centre Library. The ION has 19 stops, travelling from Conestoga College in Waterloo to Fairview Mall in Kitchener. Trains come every 10 minutes between 5 a.m. and 7:38 a.m. as well as between 6 p.m. and 8:30 p.m. The ION comes every 15 minutes at all other times of the day, switching to a night bus replacement after 1:45 a.m.

GRT — Busses

The GRT operates 80 bus lines in total and several around campus, but you can catch a majority of the buses from the Davis Centre Li-

brary/Engineering 5 stop. Another great thing about the GRT is that you're able to see live bus updates in Google Maps or the GRT Live app.

GRT — iExpress

If you're looking to arrive to your destination quicker, the iExpress buses stop throughout campus and have fewer stops. They also run every 15 minutes, making your commute even more efficient and convenient.

Fed Bus

One hidden gem of transportation is definitely the Fed Bus Service. The Fed Bus is an affordable (probably the least expensive!) and convenient way to get to and from Toronto, Hamilton, Burlington, Markham, Richmond Hill, Scarborough, and London, exclusively for Waterloo undergraduate students. The Fed Bus picks students up from campus and has various drop-off locations depending on the city. Be sure to check out its routes and timings online at www.feds.ca/feds-services/fed-bus before finalizing any trip.

Greyhound

The Greyhound terminal is located in Kitchener on Charles Street. There are usually four to six daily buses travelling from Kitchener to cities like Toronto, London, and Guelph, providing you with more flexibility with your commute. Another great thing about the Greyhound is that you can take the Greyhound bus from



The ION passes the UW stop approximately every ten minutes.

campus on Fridays and Sundays depending on your destination. One important thing to note about the Greyhound is that the prices increase as you approach the travel date; therefore, it's in your best interest to buy in advance if you

know you'll be travelling on a given date.

VIA Rail

If you're looking to get somewhere quickly, VIA Rail is probably your best bet. Although it is a more pricey alternative, it is a good

option if you are on a time constraint. Another advantage with the VIA Rail is the route options. It can take you anywhere from the East Coast to the Pacific. VIA Rail operates less frequently than the Greyhound bus so plan ahead!

Out and about in Kitchener

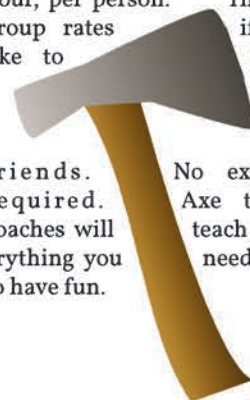
Zainab Tanveer
Reporter

Bad Axe Throwing

700 Strasburg Rd Unit 22A, Kitchener
18 minute drive, 27 minutes by transit

Are you looking for a way to unwind during a stressful and hectic school term? Is the weather outside just not permitting you to enjoy a nice walk? Or, do you just have a lot of energy that you would like to exert? Bad Axe Throwing is probably the place for you to go to de-stress and simply enjoy your evening. Bad Axe Throwing is open to walk-ins and charges \$20.00 an hour, per person. They have group rates if you'd like to go with your

friends. No experience required. Axe throwing coaches will teach you everything you need to know to have fun.



CINA HSU

Ken Seiling Waterloo Region Museum

10 Huron Rd, Kitchener
25 minute drive, 51 minutes by transit

The Ken Seiling Museum is one of the largest community museums in Ontario. It consists of two indoor museum galleries and presents the story of Waterloo region. It's a great place to go if you want to learn about Waterloo's history. The museum also offers daily activities in the Museum Galleries and Doon Heritage Village. A list of the activities can be found on their website: www.waterlooregionmuseum.ca.

The museum is open everyday from 9:30 a.m. to 5 p.m. and charges an \$8 admission fee to students.

Victoria Park

32 Dill St, Kitchener
16 minute drive, 30 minutes by transit

Are you a nature person? Do you enjoy walking around parks and lakes? If so, Victoria Park, one of the oldest parks in Kitchener, may be the best place for you. The park features a lake, hiking trail, basketball hoop, a playground, restaurant and bar with an open mic, and much more. Throughout the year, a multitude of events are held at the park, such as the K-W Multicultural Festival, Christmas Fantasy, Kultrun, and the Kitchener Blues Festival.

Kitchener Market

300 King St E, Kitchener
17 minute drive, 28 minutes by transit

Looking for a way to spend your Saturday? Conveniently located in downtown Kitchener, the Kitchener Market has gobs of vendors with a variety of products to offer to its visitors. From fresh local food to colorful flowers and specialty products, Kitchener Market has everything for you. They offer live cooking classes, music, and also hold special events.

Kitchener Market is open all year long from Tuesdays to Fridays, 8 a.m. to 3 p.m., and on Saturdays from 5 a.m. to 2 p.m.

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The affiliate effect

St. Jerome's University

Sunny Fleming
Reporter

The university colleges on UW campus are religiously-affiliated, community-oriented, and tightly knit. St. Jerome's is no exception. As the Catholic university college on campus, St. Jerome's has several ways to get engaged with your faith if you are Catholic or exploring Catholicism, and builds community with various activities. Many people who live at St. Jerome's come from a Christian background, but more and more people of different faiths have decided to join the community. St. Jerome's, like all the university colleges, has a small community that allows you to grow closer with your peers, the staff, and even the faculty.

On the St. Jerome's campus, you will find a 360-bed residence, a gymnasium, two academic buildings, a cafeteria, and two cafes. The residence, gym, and one of the academic buildings are newly built within



the last three years, and the older buildings were recently renovated as well. If you want a home-cooked-style meal, come to the St. Jerome's cafeteria where you can have unlimited food for a low price at all mealtimes. The Funcken Cafe, named after Father Louis Funcken, also serves baked goods made from scratch and delicious fair-trade coffees and teas.

In terms of programs, St. Jerome's holds classes in many Arts programs, including History; Medieval Studies; English; Italian Studies; Religious Studies; Human Sciences; Psychology; Philosophy; Sociology and Legal Studies; and Sexuality, Marriage, and Family Studies. There's something for every Art's student at St. Jerome's.

Conrad Grebel University College

William Koblensky Varela
Executive Editor

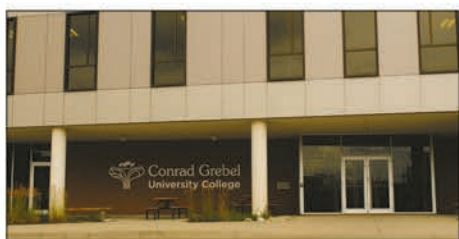
Founded by the Mennonite church, Conrad Grebel University College is home to 142 students each term.

Courses like Music, History, Peace and Conflict Studies, Sociology, Religious Studies and Mennonite studies are offered at the undergraduate level.

Graduate courses in Theological Studies and a masters of Peace and Conflict Studies are also available.

The college is funded by the Mennonite Church Eastern Canada and aims to provide

a liberal arts experience through a Christian lens. Grebel was founded in 1961 to meet the demands of Mennonites who were attending secular post-secondary schools. Today, Grebel's community is around 10 per cent Mennonite.



Renison University College

Sunny Fleming
Reporter

Renison University College is a community based on the Anglican faith that has grown into a hub for studying Social Development Studies and East Asia, among many other things. Like all university colleges at UW, Renison provides all the perks of a small college community with the perks of being on the big main campus of UW. Renison has a more intimate residence community than most, with about 200 students living there each year. Arguably, this can make for lots more opportunities to form closer friendships than in a larger residence.

Renison is located across the creek from main campus between St. Jerome's and St. Paul's. You can take smaller classes there in various areas, including topics like social work, East Asian studies, and studies in Islam. You also have the opportunity to take several language classes at Renison, including Arabic, Chinese, Japanese, and Korean. There are even courses in Applied Language Studies. You also have the ability to take



courses that enhance your English abilities if English is not your first language; these courses are titled English for Multilingual Speakers, English for Academic Success, and English for Success. This is also where the Conversation Partner Program is situated.

Renison also has food options for you to explore, including a delicious cafeteria and the Mobile Moose Food Cart. The community has a wellness centre with two Student Services counsellors and a Chaplain to help counsel you through any tough times you may face. There is also a multifaith prayer room. Renison emphasizes the importance of taking care of yourself in all ways, be it physically, mentally, spiritually, or emotionally.

St. Paul's University College

William Koblensky Varela
Executive Editor

Though St. Paul's was founded by the United Church of Canada, it no longer has a formal relationship with the national religious body.

St. Paul's supports the International Development program, in addition to providing programs for its residents in Environment Living-Learning, and Women in Engineering Living-Learning Communities.



PHOTOS CLAUDIA TAVARA-TELLO

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Making major changes: How to switch and make it work for you

We all change our mind. What happens when we want to change our career?

Ashley Nicolas
WJES/Quetzal Managing Editor

I'm a major changer.

Whether it's in academics or in life, I've felt the unease that comes with finally making that big switch. Maybe you, like me, came into university with a set goal, and maybe that goal came with a definitive major. After spending some time in their courses, people often know whether something is right for them or not. Should you fall into the category of "or not" and start to think about changing your major, you should know that you're not alone. It may not feel that way at the time, but lots of people end up changing their majors. Some even do it three, or even four times.

Let's distinguish between "small" major changes, what I like to call "medium" major

ments of Honours Science, but with even more freedom than the former program. Of course, this is not always the case for every program. But consider that switching may be less tedious than you thought, especially when you (or your academic advisor) feel it's right. Just hop on it soon!

Medium major changes (the addition of a major in the same, or different, faculty)

Some people can't make up their mind, and that's totally fine. In fact, in some cases it might even be a superbly great thing. People often begin university with a single major in mind, but even after choosing one, you might find that you like a new topic more than you anticipated, or that you just can't let your other, non-major passion go. Don't feel like you need to tear yourself in two, pursuing one subject and letting the other one go. Do note that there is always the option to fulfill your other interests

moving to a new faculty. This, like changing majors within a faculty, is not entirely uncommon either. Students will often move from the Faculty of Engineering to the Faculty of Science, or the Faculty of Science to the Faculty of Arts, but of course there are moves to and from all faculties. These big moves can also be completely warranted. Maybe you feel that the program of study you have chosen is not a good fit at all, or you had thought it would be different from what it is, or you are not doing as well as you had hoped and believe you could excel in passions elsewhere.

In this case, the first step is to figure out why you want to move faculties, and what faculty and corresponding program of study you would like to pursue instead. The second step is to check whether your newly chosen program of study is offered at the University of Waterloo. If it's not, you might have to check out other universities that could better accommodate your field of

study.

The third step is to check the admission requirements for your new program. Can you get in? Scary, but that's the real talk you're going to need. Be sure to meet with one or a handful of academic advisors, too. Meetings with advisors sometimes require an appointment, so check this out ahead of time. And, of course, this is all better done sooner rather than later.

Hopefully you are where you need to be, and if not, I hope you end up there soon. Study what you like, do your darn best to succeed, and I am sure it will work out for you. It worked out for me.

One major change, two minors, and an option later, I can happily say that I graduated from my undergraduate career on time. There were bumps along the way, as I'm sure you will soon find, but savour every moment. You're finding out who you are. And, between the academic chaos, that's something worth celebrating.

"Study what you like, do your darn best to succeed, and I am sure it will work out for you. It worked out for me."

changes, and ultimately the "major" major changes.

Small major changes (the changing of majors within a faculty)

Let me get this out of the way: majors are arbitrary. So many people get hung up on their major's name, but at the end of the day (or at the end of several years), we get a diploma that states Bachelor of Science, or Bachelor of Arts, or Bachelor of Engineering, and what have you. From what I've been told by many an academic advisor, it's the courses you take that matters more than the major name on your diploma.

Many programs these days are created so that they offer varying degrees of flexibility in course selection, and often programs will have you taking a relatively broad spectrum of courses. While a little cumbersome, having you take courses in a few distinct fields can allow for an easier major change later on. For example, Biomedical Sciences majors often switch into Honours Science with no delay in graduation or term time, as their courses already align with the require-

through electives and extracurriculars, but if you want to go full steam ahead with your new topic of interest, go for it! How? A double major.

Double majors can be a little tricky to tack on, as they can add a term or two to your undergraduate career, but can definitely be worthwhile. Like many universities, UW offers a "double counting" rule, meaning that they will allow you to apply any applicable course towards two academic plans. This means that you can use a course to fulfill a requirement in your first major, and subsequently use that same course to fulfill a requirement in your second major, or your minor(s), option(s), diploma(s), and/or certificate(s). Though the "double counting" rule makes it easier to fulfill degree requirements, do note that "triple counting" is not allowed. So plan accordingly.

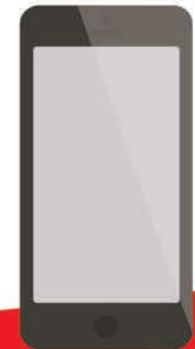
Major major changes (the changing of majors between faculties)

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Equity services

Harleen Kaur Dhillon
Managing Editor

While university is mainly an academic adventure, it is also a time when people come into their own. Over these few years, students become adults and explore different parts of their identities, especially as they interact with different kinds of people. The Waterloo Undergraduate Student Association (WUSA, formerly called FEDs) has four equity services meant to help students throughout their university careers. Students are faced with many obstacles in addition to their academics, and these four services focus on issues faced by specific demographics of students.

These services are: the Glow Centre for Sexual and Gender Diversity, the Women's Centre, Mentor Assistance Through Education and Support (MATES), and Racial Advocacy for Inclusion, Solidarity, and Equity (RAISE). All of these services offer regular office and peer support hours.

The Glow Centre for Sexual and Gender Diversity

The Glow Centre, located in room 2102 of the Student Life Centre (SLC), is the oldest running LGBTQ+ organization in Canada. Student volunteers facilitate weekly events, discussion groups, and a safe space for queer students to occupy. The Glow Centre also has resources for queer students in the UW and general Kitchener-Waterloo communities. In addition, the Glow Centre also offers opportunities for advocacy and awareness campaigns for students that want to be more active in the queer community. There is also a library of books on various queer topics available for students to borrow. Glow is an asexual and trans-inclusive space where volunteers are dedicated to ensuring that queer students receive

the acceptance and support they need.

The Women's Centre

The Women's Centre is a service for women and trans* folks run by students. It provides a female-positive safe-space for all students that wish to use the centre's resources. From information for women's health to over 900 books focused on women's perspectives, the Women's Centre offers resources for women in many different positions in life. Students also pride themselves on their inclusivity and anyone is welcome to use the Women's Centre (SLC 2101) as a safe space.

Racial Advocacy for Inclusion, Solidarity, and Equity

RAISE is the newest addition to the WUSA equity services. It was started by a few students who recognized the presence of racial discrimination on campus and decided to address it. RAISE aims to use an anti-oppressive approach to address and dismantle systemic barriers that students of colour face on the UW campus. They offer regular social activities to uplift the community in UW; they also provide a formal means to report and confront racism. RAISE functions on three pillars: education and advocacy, peer-to-peer support, and community building.

Mentor Assistance Through Education and Support

MATES is the only service in this list dedicated entirely to offering peer support for students. MATES volunteers provide peer support for students facing academic, personal, or mental health concerns. They also connect students with more resources outside of MATES, if they need additional support. The main office is in SLC 3102, but branches of MATES can be found in a handful of faculty buildings and residences as well. For more information on where to find MATES and how to book an appointment, visit uwaterloo.ca/feds/feds-services/uw-mates.



CLAUDIA TAVARA-TELLO

WUSA (formerly Feds) has four equity offices on campus.



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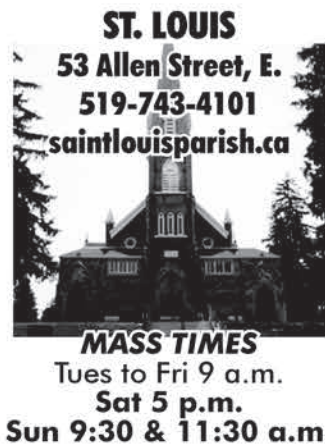


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ORIENTATION ISSUE INSIDE

VICTORIA ROSS

#UWOW

BINGO

try a new study spot (pg 26)	attend at least 3 welcome week events	say hi to a stranger in class	practice a new area of wellness (pg 5)	drop by the <i>Imprint</i> office (pg 3)
buy materials for all your classes (pg 11)	call a loved one	pick up your WatCard (pg 10)	ride the ION (pg 10)	visit an affiliate college (pg 14)
run away from a goose	explore a tunnel and a bridge	free!	try a fitness class	sign up for an intramural activity (pg 15)
visit the Earth Sciences Museum	try a Lime scooter	take a trip to Conestoga Mall	explore Waterloo park...	... and pet an animal in their petting zoo
think of a start-up idea (pg 32)	find your favourite bubble tea in the UW Plaza	get lost in PAS (pg 21/22)	have an Instagram photoshoot (pg 9)	find a cute coffee shop in Uptown Waterloo

ORIENTATION BINGO