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**VOLUNTEER FOR IMPRINT**

Wondering how you can volunteer with *Imprint*?  
Read on to find out everything you need to know. P2



**HIKING GUIDE**

Check out all the wonderful places you  
can explore in the Waterloo Region. P19

**RES LIFE P35**

10 things you need to have in your dorm  
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**WORK-STUDY P27**

A comprehensive guide on the different  
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**UW SERVICES P32**

A list of helpful services offered by  
UW for all students.

# Orientation 2021: The hybrid model



ANDRES FUENTES AND GINA HSU

# Letter from the editor

The first year of university is exciting, emotional, intense, and anxiety-inducing yet fun-filled at the same time. I should know — I was in your shoes just two years ago, though at a different school and not in the mess of a global pandemic.

It was bad enough that you had to graduate high school in these Unprecedented Times™, but now you also have to start your post-secondary education in those same times. If you're like me and thrive in socially awkward situations, it can definitely be a challenge to make a witty remark in the Zoom chat wishing you'll get at least one reply. You long to find something relatable to laugh about with your classmates, which you hope will lead to a friendship or two.

It's easier for those students living in residence, but if your classes are all online or you're learning from home, having the university experience you dreamed about or saw in the movies may not be as attainable as it seemed (I know I was pretty bummed out when I realized I wasn't going to live the *Legally Blonde* lifestyle).

This is why it's so vital that you make the most of these next few years. You get to choose your own adventure, whether that's getting involved in your faculty society or campus clubs, participating in varsity sports or recreational activities, or even just grinding to get that degree and get out of here — the choice is yours to make.

This year's *Imprint* Orientation issue is a mix of all of that and more to

ensure incoming first-year students are aware of every opportunity the University of Waterloo has to offer. Heck, I'm learning about the various activities and resources available to students and I don't even go here!

If you require academic accommodation you can contact AccessAbility Services; if you're interested in sports, Ontario University Athletics is back for the 2021-22 season; if you prefer the outdoors you can visit one of the many parks or conservation areas in and around Waterloo region; and if you're still missing some things for your dorm room, we have a list of the essentials you might not have thought of, and it's all packaged for you in this paper.

Of course, a collection of thin pages might not satisfy your craving for campus. Fear not — UW is planning on offering some in-person learning and activities, though you can only participate if you declare your vaccination status and are fully immunized against COVID-19. If not, you'll have to get tested twice a week. Be sure to get that done in advance so you can still come to campus, even if you're just stopping by the Imprint office to say hi (we'll be there to say hi back!).

And if you ever feel like you're alone or you're anxious about deadlines, assignments, exams, personal problems or whatever it may be, know that there will always be someone to support you. If you're living in residence, talk to your roommate or floormates, your don or your RA. You can also reach out

to your academic advisor, professor, peers or any of the mental health supports on or around campus. Make your mental health and overall well-being a priority — burnout is very real, and it only gets worse if you don't address it head-on, early on.

To end off on a lighter note, I leave you with a challenge: read through the issue and find someone who's doing

the same. They might be a stranger or someone you already know. Find something to talk about — maybe it's something you really liked or something you didn't (make a witty remark about me; come at me, bro). Share a laugh and make a connection that you'll (hopefully) carry throughout the years you have at UW.

Oh, and also try to avoid the geese.



Alexandra Holyk, Executive Editor

## So you want to volunteer with *Imprint*...

Alexandra Holyk  
Executive Editor

*Imprint* is always looking for and happy to welcome new and returning contributors to our publication.

*Imprint* is a place that allows students to speak their minds, build their portfolios, create things they are passionate about, or even just come hang out in between classes. It is not, however, a place where you can print things for free — I know the name might be a bit misleading.

Whether you have experience working on your high school newspaper or yearbook, or have no experience at all and are simply interested in getting involved, we are willing to work with you and help you publish professional-grade work.

At *Imprint*, contributing writers and copy editors have the freedom to control their re-

lationship with the paper and volunteer as frequently as they like. Our written sections include news — both campus-related and KW region-focused reporting, science and technology, sports and health, as well as arts and life. We also have an opinions section for some 'spice' and distractions in case you get bored in that three-hour lecture.

Not into writing? Not a problem. We're also looking for photographers, graphic artists and layout designers to tell visual stories and add aesthetic value to our paper.

Though *Imprint* is the University of Waterloo's campus newspaper, our publication houses many different creative teams and outlets for students to get involved in, including our arts magazine and our peer-reviewed academic journal.

Unleash your inner Rupi Kaur — who happens to be a UW alumna — and consider contributing to *Quetzal*, our arts magazine.

*Quetzal* accepts visual art, photography, short stories and poems from UW students

in an effort to promote their talents and showcase their artwork to the greater UW community.

If the late Stephen Hawking, a former UW professor, is more your vibe, consider contributing to the Waterloo Journal of Environmental Studies (WJES) — our peer-reviewed academic research publication.

WJES helps take undergraduate papers to the next level where they undergo a review process by UW professors and graduate students.

Our studies focus on everything related to the environment: climate change, sustainability, urban planning, law and more conventional environmental science.

WJES needs students who care deeply about academic research and the environment to contribute, assist with the peer review process, help run the publication and grow its followers.

*Imprint* has a place for everyone and anyone looking to get involved at UW. If you're

interested in volunteering, pop by our office in the Student Life Centre (SLC), or send us an email at [editor@uwimprint.ca](mailto:editor@uwimprint.ca).

### Getting involved

→ Reach out to our Executive Editor ([editor@uwimprint.ca](mailto:editor@uwimprint.ca)) or one of our section editors, or sign up using the form on our website

→ Make sure you indicate what you're interested in volunteering for: writing (news, science and technology, sports and health, arts and life, opinions), visuals (graphics, photography, illustrations, layout and design) or copy-editing

→ You'll receive information about joining our term Facebook group where you'll find regular updates on our production schedule, stories, meetings, events, etc.

→ Communication is key. If at any point in the term you are no longer able to volunteer with us, please let our Executive Editor or section editors know. We'd hate to see you leave without a goodbye!

# What is a WatCard and what can it be used for?



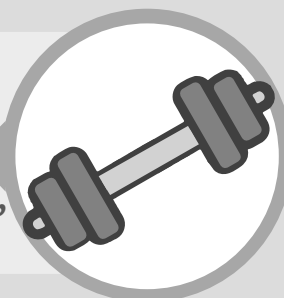
**Student identification (ID):** The WatCard is the official student identification card of the University of Waterloo.

**Debit card:** Make purchases on and off campus. Reload or add money at the WatCard office, online, at one of the main libraries or Food Service terminals, and at Turnkey desk.



**Library Card:** The barcode on the bottom of your WatCard serves as your library card. Non-students will have to activate their barcodes before they are able to use the library services.

**Gym Pass:** Students are entitled to use the Physical Activities Complex (PAC) and Columbia Icefields (CIF) facilities. Your WatCard will able you to use the facilities, sign up for courses, borrow equipment and use the towel services.



# A letter from the new UW president

President Vivek Goel welcomes students as they return to in-person activities

**D**ear students,  
Welcome to a new academic year at the University of Waterloo.

New students, thank you for choosing to join the Waterloo community. Like you, I am also looking forward to my first full school year here. I know this is not the way you imagined starting your university journey. I want you to know that our faculty and staff are working extremely hard to give new and returning students the best experience possible given the constraints, and to support your success at the university.

As we start to come out of the other side of this pandemic, I hope everyone looks to the school year ahead with optimism. Whether you are able to make it to our campuses in person or are joining us online this year, I encourage you to make the most of your time here. I am pleased that we are able to open up more in-person services and experiences this fall term, and we have also worked hard to ensure robust services and supports are available to you online.

Your university experience is so much more than what you study. Whether you join a club, start a business, participate in a sports or recreation program, take part in student governance or attend events to connect with other students — I hope you find something meaningful to you.

I, my team and the university community are committed to supporting you as you complete your studies and to helping you achieve your full potential during your time at Waterloo. And that includes supporting your health and wellbeing. While I am hopeful that we will continue to trend in the direction of relaxing pandemic-related restrictions, I understand that the ongoing change and uncertainty will pose many challenges. Please



Goel began his five-year term as president and vice-chancellor of the University of Waterloo on July 1, 2021.

continue to take care of yourselves and each other, and make use of the mental health and other supports available to you.

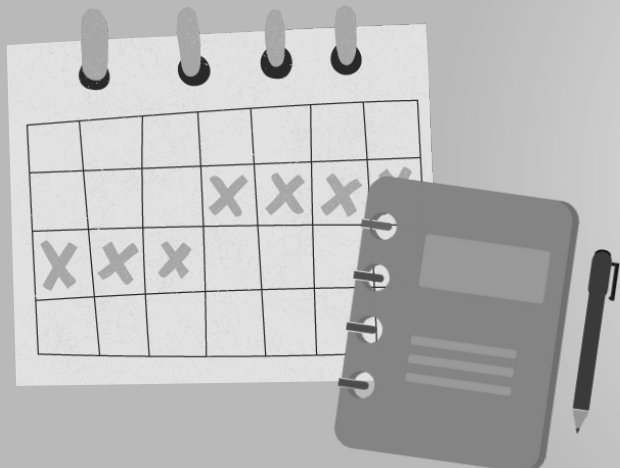
Helping all students reach their full potential also means removing any barriers

that stand in the way of their success. I look forward to continuing the important work already underway to advance anti-racism, equity, diversity, inclusion and decolonization. It is important that everyone feels wel-

come, that you have a place at Waterloo, and that you can truly thrive here.

I wish you all a safe, healthy and successful year ahead. I look forward to seeing more of you on our campuses.

## Upcoming dates & deadlines



**Sept. 8** — First day of classes

**Sept. 21** — Last day to add classes

**Sept. 28** — Last day to drop classes  
(without them showing up on your academic record)

**Sept. 28** — Last day for a full refund for tuition and other fees

**Oct. 9-17** — Reading Week

# Balancing in-person vs. remote learning: What to do if you're still learning online

Keerthikah Jegatheesan  
Reporter

**W**ith more people getting vaccinated, in-person classes may soon become a reality once again.

According to the University of Waterloo, the school is “planning to deliver significantly more in-person learning, teaching assistantships, and research in the fall 2021 term.”

As a result, anyone that is expected to have a study term starting September will have “course delivery options determining which will be held in person, remotely, and possibly in a hybrid model.”

For a lot of people, this will be the first time they are stepping onto campus and meeting other students in over a year.

This can be overwhelming for some as it is a drastic change after staying in isolation for so long.

As someone who has had to come to campus for in-person classes throughout lockdown, here are some tips and tricks on how to balance this change.

## Make a daily schedule

It is so important to plan out what you're going to do for the day, every day. With having classes on campus and online, you will most definitely feel like you have to be at a million places at once.

Having a reference by your side will help keep you on track and maneuver through your tasks without feeling like you're falling behind. I prefer to make my schedule a day ahead so I can assess what tasks need to be carried over to the next day and plan which tasks I will be starting.

I like to make my schedules on a piece of paper, but there are many online applications, such as Notion, that allow you to be creative with how you plan out your time. have fun with your planning.

## Make connections with people that are in the same program as you

Having two or three friends that you share the majority of your classes with provides a lot of benefits in the long run.

Not only do you have connections for your online classes where you are not able to meet people, you also have lab partners, extra help and someone to remind you for upcoming deadlines.

It is an effective way to make sure that you are on track with your schoolwork while expanding your social circle.

One way I'd try and get to know people would be during my labs. Instead of asking the TA or lab professor a question, I'd approach the people who were working near my lab station.

Although the interaction would take no longer than a minute, it lets the other person know indirectly that they can approach me as well if they need help with something.

Another way to network yourself if you're not much of an extrovert is by joining faculty-specific or residence-specific group chats that are constantly being created on the University of Waterloo Class of 2026, Frosh 2021 Facebook group.

From there, you can check out the profiles of people who are in the same program as you and cross-reference them if you've seen their name in your live lectures.

Shooting a message as simple as “Hey! I think we're in the same class, want to work together?” can be the start of something that benefits both parties.

A lot of your peers are in the same boat

as you — they all want to talk to new people as well, it's just a matter of who makes the first move.

## Don't make all hours of your day dedicated to school

Having a heavy workload makes it very easy to get solely preoccupied by school. While that is one way to stay on top of your studies, it's also another way to accelerate your path toward academic burnout. To make sure you don't reach that point, dedicate some hours in your week to doing something that's not school-related.

It can be as simple as taking a nap or going out for dinner with friends. Having a change in environment helps you realize that there is more to life than striving for the top marks in the class. If you believe that your workload is too much of a strain, which is totally normal to admit, you can find out who your academic advisor is and plan out your course load with them.

You'll be very surprised at how accommo-

dating they are with tailoring your schedule to your preferences.

## Office hours and tutorials are crucial

You may think that office hours and tutorials are useless because of their optional attendance, but it gives your instructors an opportunity to tell their students any details that they may have forgotten to go through during your lectures.

These blocks on your schedule are the times where TAs will go over how to solve exam-style problems and professors will give you answers for upcoming quizzes. It is the perfect time for students to be able to question their instructors as much as they can about any marked assessments with which they are struggling. I highly recommend participating in them live, or at least keeping up with the recordings when they are released.

*Reminder:* it is not the end of the world if you're struggling to adapt. Take it one day at a time and don't be so hard on yourself.





**Sheila Ager**  
Dean of Arts

**W**elcome new arts students! I know already that you are a remarkable and resilient cohort. You've completed the last chapter of your lives and now begin a new one during an unprecedented time in global history. I truly admire every one of you for the accomplishments that have brought you to this moment.

Whether you are an incoming undergraduate, or a new graduate student, I hope you will embrace the vast range of learning opportunities within your programs and well beyond them. And I want to stress that while we encourage you to strive for excellence here, remember that excellence does not require perfection, in you or in others.

I also want to share a thought I recently of-

fered to the graduating class of 2021 — because it's just as relevant to you as you embark on your new university career: Uncertainty is a basic fact of life, and even if we have made elaborate and detailed plans, none of us can foretell what life will throw at us. One of the best things about being an arts student is the flexibility and adaptability that you will learn — it will put you way ahead when the challenges of learning, work and life come your way.

While this fall term will not yet be "normal," I am optimistic we will get to that new normal soon.

Once again, I'm very pleased and proud to be welcoming you to the Faculty of Arts at the University of Waterloo.

All my very best to you.

**O**n behalf of the Faculty of Mathematics, I want to extend a warm welcome to all new students coming to the University of Waterloo. It is an exciting time to embark on a journey of learning and discovery, and I am sure you will find the university has courses and programs for every intellectual curiosity.

I am, of course, somewhat biased, and I especially hope you will explore the diverse offerings from the Faculty of Mathematics. We have more than 20 programs from computer science, to statistics, actuarial and business mathematics, to pure and applied mathematics. Our award-winning professors are the leading researchers and educators in their fields.

More generally, I hope you will take every opportunity available to you for academic guidance and support as first-year students. Our academic advisors can help you plan your degree program, there are study and assignment

help centres for almost every academic subject, and there are numerous health and wellness resources. New students can sometimes be unaware of these supports or feel hesitant to use them. As part of orientation, make a note of the available services, and be sure to reach out if you need any help or guidance.

Finally, it is not an exaggeration to say that we live in unprecedented times. We face enormous challenges in our communities, in our country, and around the world.

Our university is at the forefront of innovation, leading the kinds of transformation and change that will help address the challenges we face. By pursuing your education in the Faculty of Mathematics, you are now part of that innovation.

I commend you for joining us and rising to the challenge, and once again, welcome to the University of Waterloo.



**Mark Giesbrecht**  
Dean of Math

**H**ello incoming students. Personally, I would just like to say how absolutely thrilled I am that we're beginning the process of welcoming you to campus.

While we don't know exactly what the future will bring, I do know that Environment's commitment to giving you the academic experience you deserve never wavers.

If you're curious, your first assignment should be reading Environment's strategic plan: TOGETHER for a sustainable future. We're proud of it because it lays out exactly what makes Environment exceptional.

Togetherness means you're more than a number in Environment. We approach the delivery of your education from a place of caring and a commitment to being, "a people-centred institution committed to genuine care, concern, respect, inclusivity and well-being for all."

Our humble commitment is to make tangible progress in creating a welcoming, inclusive and respectful place for all.

We respect and honour your commitment to scholarship that will help manage and solve our most wicked sustainability challenges. Busi-

nesses and government look to Environment to lead efforts on climate change.

Bring your ideas and your energy and we'll help transform them into local, national and global impact.

Start thinking about the career you want in sustainability. Across the world organizations are hiring the next generation of sustainability leaders to meet the moment. Through co-op, internships, labs, field courses you'll be in a position to choose a career in an industry or sector that needs your skill and experience more than ever.

It may sound "cheesy" as they say, but our students, staff and faculty often describe Environment as a family. That's one advantage of being a smaller faculty. I suggest getting to know people. You're sharing this journey together, our community is there to support you, and at times needing your support. Collectively we're working together to get you at the forefront of making Canada and the world more sustainable.

Thank you! Welcome to Environment. And watch out for the geese.



**Jean Audrey**  
Dean of Environment

**W**elcome, Faculty of Health students! Whether you're beginning university on-campus or from home, we are so excited to have you join our community. We come from different places and study different fields, but we all have the same desire to improve people's health and wellness, and I know you will fit right in.

Some things to consider as your classes begin: First, we are here to support you. Your success, both academically and in terms of your work-life balance, is of the utmost importance.

Your advisors, professors, student relations officer and other staff are here for you, so please connect with them. Be sure to take advantage of all the different services the university offers to support your growth.

In the faculty, we have weCONNECTu, a mentorship program; Ten Thousand Coffees, where you can connect with alumni; and Healthy Conversations, discussion groups that can help you meet other students, among other opportuni-

ties. If you are unsure where to begin, start by contacting your academic advisor.

Second, we can't predict what the term will look like, so we will need to be flexible. We are planning on having spaces, both inside and outdoors, where you can study or meet up with others, depending on public health guidelines.

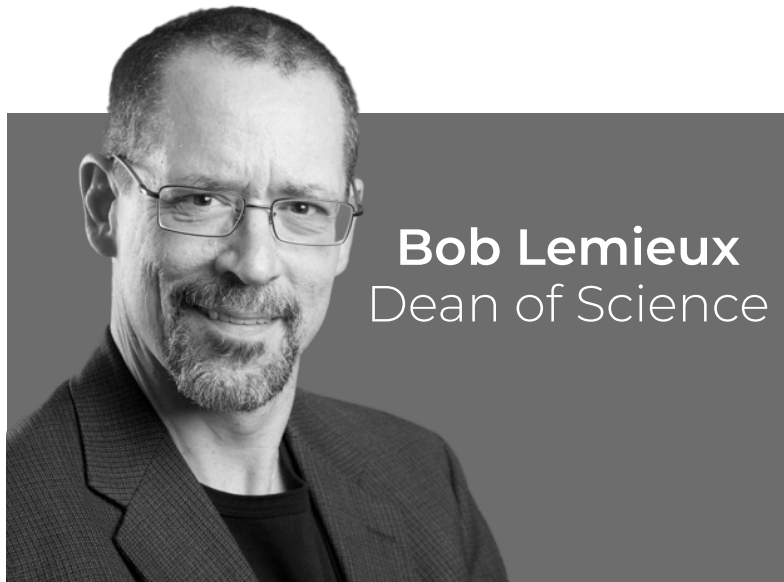
Other areas, such as the libraries, athletics and the Student Life Centre, will also be available to students if public health allows. We are hopeful that even though it won't be a "normal" term, it will still have many of the elements that allow us to get to know one another and work toward common goals.

Finally, have fun! Approach your studies and this new journey as if you have been given a gift that you treasure.

Be curious, open to new experiences, thoughtful about your decisions and make others feel as welcome as you yourself would like to be welcomed. We are thrilled you decided to join us; let's get to it!



**Lili Liu**  
Dean of  
Health



**Bob Lemieux**  
Dean of Science

**I** am very pleased to welcome you to the Faculty of Science. My name is Bob Lemieux and I have the honour of serving as Dean of the Faculty of Science.

At Waterloo, you are joining a community of students, staff, faculty, and alumni who are trailblazers and leaders. We welcome you to Science and look forward to seeing you learn, thrive, and find your place in our community.

Of course, not all lessons are academic, but come also in the form of life lessons gained only through experience. I encourage you to make the most of your time here at UWaterloo. Get involved with clubs and societies, the leadership opportunities, or athletics and intramurals on campus. Over the past year, we have seen the importance of science in our society as we see researchers around the world, includ-

ing our own Waterloo scientists respond to the COVID-19 pandemic. The world needs science now more than ever, and I am confident that you, our incoming students of 2021, are ready to add your contributions to our community and the world as a whole.

In Science, we are all driven by our fundamental curiosity about the world around us. As you navigate the next several years, I encourage you to hold on to the curiosity you feel now, and let it guide you towards your passions and discoveries.

You will learn about the world in new ways and discover things that you could have never imagined possible. Reach out for support when you need it, follow your curiosity, and continue dreaming of the impact you can make on our world.

**I**t is my pleasure to welcome you to Waterloo Engineering, the very best engineering school in the country!

Once again, we have attracted an impressive cohort of the brightest students to our first-year engineering and architecture programs.

You are now part of our strong community of top researchers and teachers, dedicated staff, and motivated undergraduate and graduate students.

Online Orientation Week, taking place from Aug. 30 to Sept. 3, provides a fantastic opportunity to find out more about Waterloo Engineering and your department. The week's activities will help you build important connections with fellow first-year students and over 200 upper-year engineering orientation leaders. You will also experience faculty traditions like earning your hardhat and meeting the Engineering Society's mascot. Be sure to take part in this fun event.

Throughout the year, you may feel overwhelmed at times, adjusting to new expecta-

tions for academic and workplace performance, learning the ropes of our co-op program and choosing among the wide variety of extracurricular activities. Please remember that there is a strong support system available to you at all times. The First-Year Engineering Office is an invaluable service available to assist you with academic and personal counselling, as well as tutor sessions and upper-year mentors. Your professors and teaching assistants are also excellent resources and upper year students can provide important insights.

After a challenging 18 months, the Waterloo Engineering community will be gradually returning to campus this fall. I look forward to greeting you in person sometime soon.

I wish you all the best as a new Waterloo Engineering student. I am confident your educational journey will be full of rich and rewarding experiences that will take you beyond the classroom to a world of unlimited possibilities.



**Mary Wells**  
Dean of  
Engineering

# Mental health support at UW

Nicola Rose  
Arts & Life Editor

It's not uncommon to struggle with mental health during university, whether you're dealing with mental illness, academic stress or any number of other challenges. The University of Waterloo has a network of services and resources to support you during your time here. There are also numerous options available throughout the Kitchener-Waterloo region. All full-time undergraduate students — those enrolled in 1.5 on-campus credits or who are on a recognized co-op work term — are automatically enrolled in the WUSA/GSA Health and Dental Plan, which includes some mental health coverage.

Campus Wellness has a database of on- and off-campus resources for students in the region, including physical and mental health assistance, academic support options, spiritual services and more.

If you're unsure of who or where to reach out to first, there are several strong options:

## Dons

If you live in residence, your dons are an excellent first point of contact. They are trained to support you and have a good understanding of the many resources available on campus. You can reach out to any of the dons in your building with concerns about your mental health or the wellbeing of a friend and they will help you access the support you need.

## Academic advisors

Academic advisors are another great option. Like dons, advisors are aware of UW's mental health supports and can direct you to the service that best fits your needs. Advisors can also help you navigate UW's AccessAbility Services — the office that manages academic accommodations. During co-op terms, your co-op advisor can offer similar support, though you can continue to talk to your academic advisor as well.

## Counselling Services

You can also reach out to UW's Counselling Services directly. Counselling Services offers free individual and group sessions, seminars and training opportunities to students. During COVID-19, individual appointments are being provided by phone and video. To book an appointment, call 519-888-4567 ext. 32655.

When you call, you will likely be greeted by a receptionist and asked to fill out a privacy and registration form. Next, you will talk to an intake specialist who will help you determine which specific resources will support you best. Counselling Services can also direct you toward off-campus options such as text or email counselling or other community supports. Lastly, if you want to support a friend, Counselling Services can guide you through that process too.

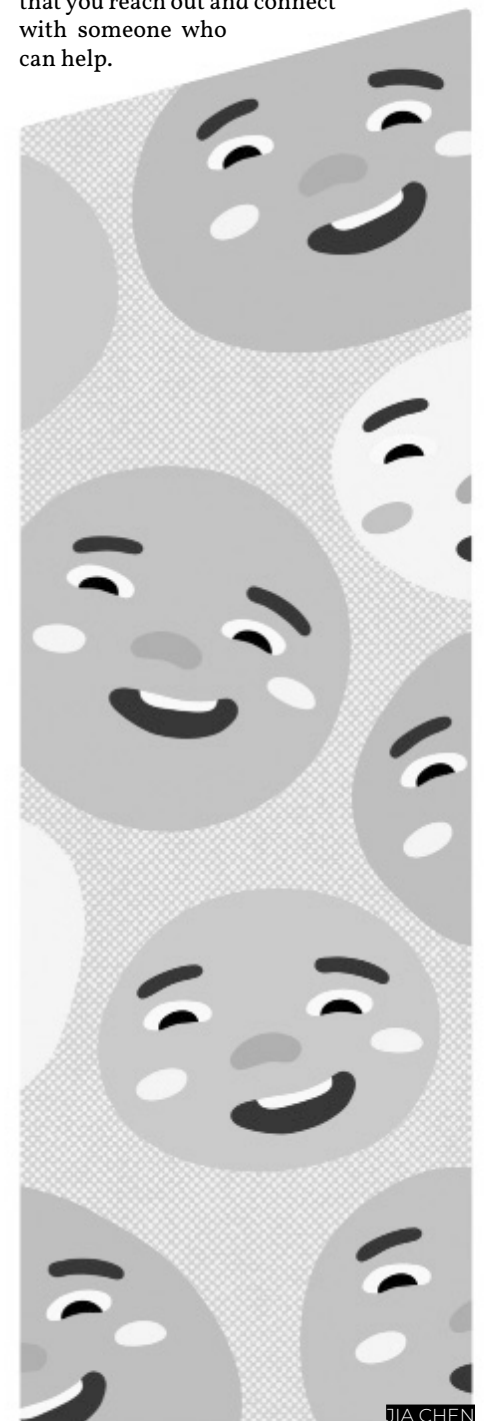
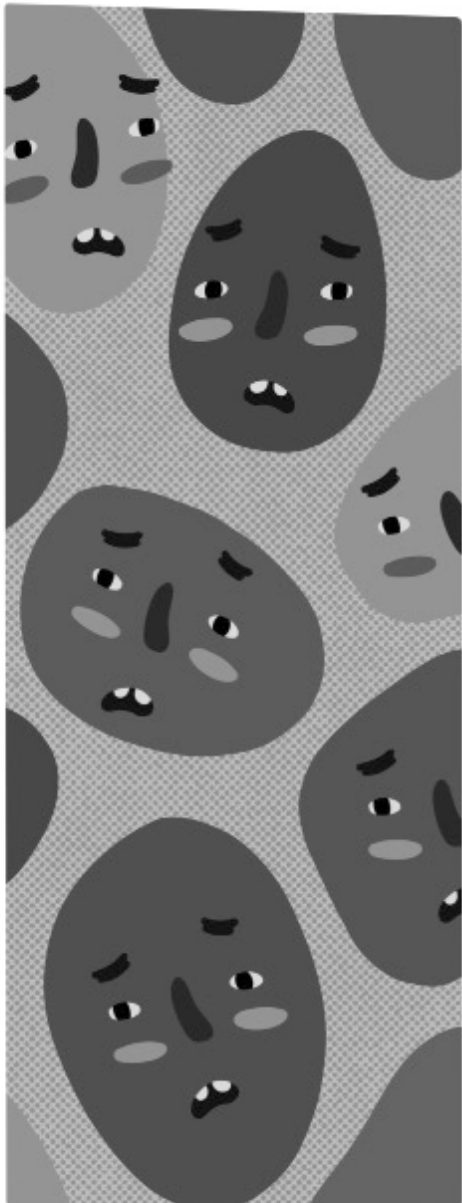
## MATES

In addition to the support provided by Counselling Services, UW offers peer-to-peer support through the Mentorship Assistance Through Education and Support (MATES) program. MATES connects trained student volunteers with students who are struggling with their mental health and other social or academic challenges.

## Chaplains

If you're looking for faith-based options, UW chaplains represent 11 different faith traditions. UW also has many multi-faith spaces, though these may remain closed until pandemic restrictions ease further.

Any of the options above will assist you in finding the best resources for your specific situation. The most important thing is that you reach out and connect with someone who can help.





# Sleeping tips from a tired mechanical engineering student

Hello, my name is Audrey. I'm a fourth-year mechanical engineering student at the University of Waterloo who has recently converted from a sleep-deprived zombie to a fresh, well-rested human. I'm here to tell you about the importance of good sleep and some tips on how you can achieve the "zzz"s that you need.

## What are the benefits of sufficient sleep?

A quick Google search on the benefits of sleep results in an overwhelming list, ranging from weight gain prevention and reducing risks of common chronic illnesses such as heart disease.

From a student's perspective, a significant amount of these listed benefits may seem far-fetched.

Students might ask questions to convince themselves that these benefits aren't as impactful to their lives in its current state compared to the "benefit" of pulling an all-nighter before their final exams.

I was one of those students, but I've learned through comparing the performance of my sleep-deprived body to my non-sleep deprived body, that some of these benefits are not as insignificant as I thought they were. In my attempt to convince you with my personal experience that it might not be worth it to sacrifice sleep, here are my observations:

- **Sleep stabilizes your mood and mental state.** When my sleep debt piles up and I've been pulling all-nighters before consecutive midterms and deadlines, I definitely feel that I'm more stressed and running on a shorter fuse compared to when I maintain my regular healthy sleep schedule.
- **Sleep increases productivity and quality of work.** A justification that I commonly hear to not sleeping enough is that you're getting more time to do work when you decrease your sleep from your regular eight hours to five hours. That's technically true, but typically the quantity and quality of work is not directly related to how much time you spend working when you're sleep deprived. I noticed that when I'm sleep deprived, it's very difficult for me to focus and therefore it takes more time for me to finish my assignments and projects.
- **Sleep improves memory and learning capability.**

As mentioned before, when I'm sleep deprived, it's difficult for me to focus.

Specific to learning and memory retention, I've had numerous days when I'd come to lectures after pulling an all-nighter the night before, and I notice that although the

professor is speaking, I can't seem to comprehend what they are actually saying.

On these days, I typically walk out of the lecture hall confused and thinking that I just wasted hours of sitting in lectures learning nothing.

The same thing happens to me when I try to review lecture notes after a night out with friends and sleeping at 3 a.m.

I find myself out of focus, reading the same sentence again and again, trying to remember if the professor discussed this and how these concepts should be used to solve course assignments.

## How can you figure out how much sleep you need?

There are many studies to address just how much sleep adults need. The range of optimal hours of sleep mentioned in most of these studies typically fall between seven to nine hours. However, everyone is different. So how can you figure out your personalized sleep needs?

- Check your planner and look at the two weeks ahead.
- Ask yourself what your ideal wake up time is. This should be consistent for the two weeks ahead.
- Subtract 10 hours from that and aim to sleep at this time daily.
- You can set an alarm at your ideal wake up time as a backup (in case you're sleep deprived and oversleep), but do not set an alarm before then.

Maintain this routine continuously for a minimum of two weeks, including weekends.

This is important because initially, it's very common to notice inconsistencies in the time when your body naturally wakes up, especially if you're sleep deprived before following this routine.

The two weeks will give your body time to adjust, and by the end of these two weeks, you should be able to determine how much sleep your body needs. Note that the two weeks and 10 hours are from my personal experience.

If your natural wake up time is still inconsistent after two weeks, you can evaluate your night routine before going to sleep, as well as how long it takes you to fall asleep.

If you don't see any noticeable problems, then give it another week and don't give up.

Also, if you find yourself needing more than 10 hours at the end of the experiment, it might be good to visit a sleep clinic to check for common sleep issues such as sleep apnea.

## What can you do to sleep better?

A common issue when dealing with sleep is not being able to fall asleep, and I've definitely struggled with this. I've had numerous nights when I was in bed by midnight but laid awake for hours not being able to fall asleep. This is what helped:

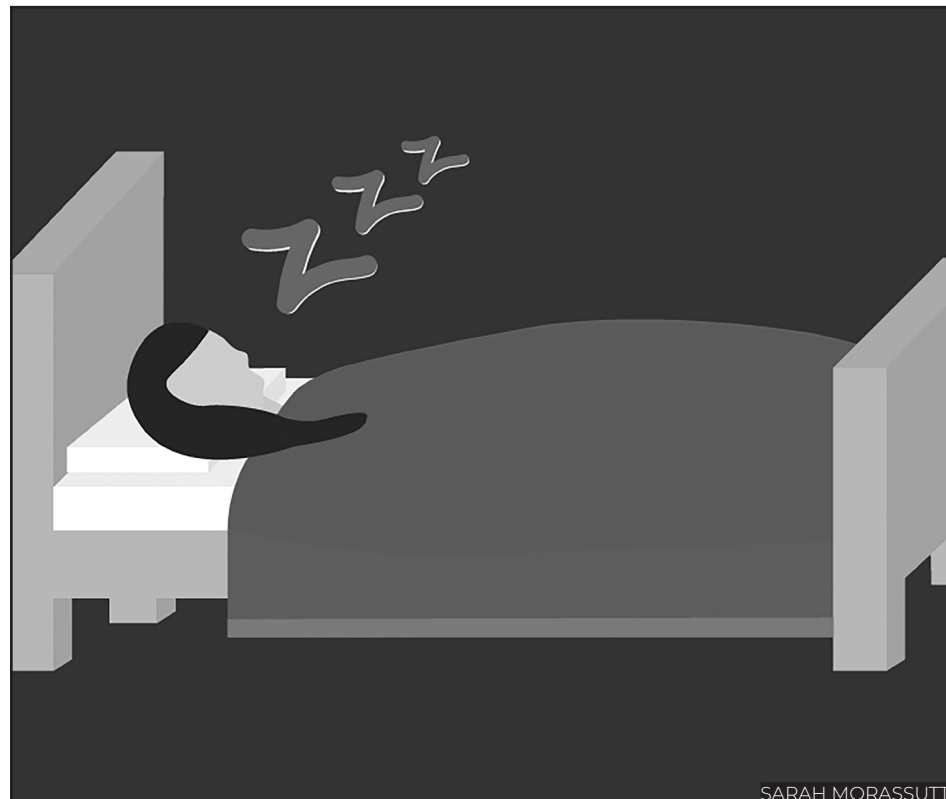
- **Keep room lighting low before bed if possible.** I typically turn off my overhead lights an hour before my bed-

time, and turn on my nightstand lamp (low intensity yellow light).

- **Establish your own personalized relaxing bedtime routine and follow it.** It's up to you to determine what activities to do before bedtime, but these activities should be relaxing to you.
- **Create rules for yourself on what to avoid before bed.** What should you avoid before bed? Google would tell you — No caffeine or nicotine six hours before bed, no alcohol or THC a couple hours before bed, no heavy, greasy foods, no electronics and so on. I would tell you that I've tried all of them, and if I had to pick, I think the thing that has made the biggest impact on my sleep was avoiding my phone before bed. Scrolling through Instagram and Youtube at night might feel relaxing, but you're actually consuming a lot of content, which stimulates your brain and makes it more difficult to fall asleep. That, and the fact that Instagram and Youtube are just too addicting to stop after a couple of posts or one video.
- **Empty your brain.** When you lie in bed at night, sometimes there are persistent thoughts and feelings that intrude and distract you from sleeping. Examples of such thoughts and feelings could include dread for the next day's hectic schedule, anxiety for co-op rankings, feeling lonely from being away from friends or just stress in general. It's easy to indulge yourself in these thoughts, and before you know it, it's three in the morning and you've spent hours in bed awake thinking. Something that has helped me deal with this is either making time before bed to meditate with calming lo-fi music, or to write all these thoughts down in my notebook, and tell myself that I'll save the thinking for another day.

For most students, including myself, achieving balanced sleep is a long journey. The first step is to acknowledge the importance of good sleep and to start prioritizing your sleep over other commitments.

I also encourage you to take some time to do more research into sleep, as this article could not encompass all the benefits of sleep and tips on how to improve your quality of sleep. Good luck!



SARAH MORASSUTTI

# Meet your WUSA execs

## President

Benjamin Easton (he/him)



Easton is the CEO of the corporation in addition to being the speaker of UW's Students' Council, the vice-chair of WUSA's Board of Directors and a student representative on UW's Board of Governors and Senate. His responsibilities include managing student government activity, working with faculty societies, as well as responding to various needs that arise within the organization.

## VP Ops and Finances

Matthew Shwarze (he/him)



Shwarze's role involves managing and overseeing the financial and administrative aspects of the corporation. This includes annual budgets, human resources and commercial operations. He also helps student groups with their budgeting, manages health care plans including the health and dental plan, as well as deals surrounding UW's student bus pass.

## VP Education

Stephanie Ye-Mowe (she/they)



Ye-Mowe is primarily responsible for most of the advocacy work done by the corporation. She also oversees advocacy related to academic experience, co-op and experiential learning. They lobby UW administration and staff to improve academic services and persuade all levels of government to help undergraduate students access quality post-secondary education.

## VP Student Life

Catherine Dong (she/they)



Dong handles the student experience within WUSA. She works with various student services and clubs supported by the corporation and helps organize events, including Welcome Week and orientation. They also participate in on-campus advocacy, particularly related to wellness. Dong and Easton head equity-related initiatives as well.

Alexandra Holyk  
Executive Editor

The Waterloo Undergraduate Student Association (WUSA) is the official collective voice and legal representative of undergraduate students at the University of Waterloo. Established in 1967, the student-led organization has provided undergrads with the services and support they need during their post-secondary careers.

According to the executives, there are several initiatives and projects expected to be implemented within and by WUSA this year. This includes bringing in an exterior consultant to complete a "holistic review" of the corporation's governance structure in an effort to make governing documents more accessible to students.

"They often act more as a barrier to preventing things from happening than as a structure to support student actions," Easton said.

Both Easton and Shwarze are also working on the contracts governing WUSA's relationship with the university, particularly surrounding the corporation's space in the Student Life Centre (SLC).

"We're looking at modernizing and updating the agreements governing how our space works and how we can operate in this space...as well as pursuing a separate, more effective and broadly just better agreement to facilitate our food operations and our commercial operations," Shwarze said.

As VP student life, Dong said she is

working on improving the support and structure for services in order for them to best serve students.

"When students aren't in class or working, then it's my job to make their lives better," she said.

In terms of clubs, Dong said they are making sure that student groups and collectives have the support they need to enlist students who have never been to campus. She is also working with Shwarze to develop financial support mechanisms for students who wish to volunteer but face barriers due to financial needs.

Looking back on her time as an undergraduate student, Ye-Mowe said they recognize the hard work students tend to put into their faculty associations in order to make their academic experience better. She said WUSA should be using its knowledge and resources to support the work these students are doing at all levels.

Ye-Mowe also mentioned that as a student with a disability, they hope to address some of the barriers that exist for students with disabilities. She specifically highlighted issues surrounding financial aid, academic accommodation and just having an overall sense of community.

Ye-Mowe added that WUSA is hoping to ramp up the advocacy work the corporation is doing toward the provincial and federal governments. "There's a lot of ways in which the government can do things that benefit students and we're going to make sure that's on their minds, especially with regards to pandemic recovery," she said.

## Welcome Week at UW

For every first-year student, Welcome Week is an opportunity to make new friends, find your classes on ur campus (though you'll probably get lost in one way or another for at least a month) and participate in activities you normally wouldn't enjoy to "try new things."

Last year, Welcome Week was delivered virtually due to the COVID-19 pandemic. This year, WUSA has several in-person activities planned for incoming students, though these are subject to change based on government-mandated restrictions.

Welcome Week is expected to take place from Sept. 13 to 17. Here's what the week will look like:

### MONDAY (Sept. 13)

On Monday, WUSA is hosting an ice cream social at the fountain area near the Mathematics and Computer (MC) building from 11 a.m. to 2 p.m. If ice cream isn't your thing (lactose intolerant gang, where you at?), feel free to attend the virtual boombox trivia event later that day at 7 p.m.

### TUESDAY (Sept. 14)

On Tuesday evening, enjoy a movie night under the stars in the Davis Centre (DC) Quad starting at 8 p.m. Sex Toy Bingo is back! WUSA will be hosting the live event on its In-

stagram story at 7 p.m. — be sure to tune in.

### WEDNESDAY (Sept. 15)

Wes Barker, a comedian, magician and YouTuber will be the main act in the Arts Quad on Wednesday. The location is not yet set in stone and may change to be indoors, but it will take place from 7 p.m. to 9 p.m. that evening.

### THURSDAY (Sept. 16)

On Thursday night from 8 to 11 p.m., head to the DC Quad (near the Davis Centre Library) and take part in a headphone disco. It might not be the club experience you were expecting in first year, but it is definitely an experience you won't want to miss.

### FRIDAY (Sept. 17)

Finish the week on a strong note and test your chopstick handling skills by attending the chopstick challenge event in the Davis Centre Courtyard on Friday. The event runs from 9:30 a.m. to 2:30 p.m.

Please note that the locations of each in-person event are subject to change based on capacity limits and COVID-19 restrictions. WUSA encourages participants to keep up to date with events and information through its Instagram page and website.

# WUSA's student services

## MATES

MATES (Mentor Assistance Through Education and Support) is a peer support program offered through WUSA in consultation with Campus Wellness. MATES volunteers are undergraduate students who provide one-to-one peer support for academic, social or low-level mental health concerns. Volunteers are trained to provide helpful resources and referrals, while also creating a welcoming space where you can chat with another student about what is on your mind. Email [mates@wusa.ca](mailto:mates@wusa.ca) if you have any questions or visit [www.wusa.ca/mates](http://www.wusa.ca/mates) for more information. Keep an eye out on social media @uwmates for event updates and encouraging wellness content.



## FOOD SUPPORT CENTRE

The Food Support Service strives to ensure all students have access to affordable and nutritious food by providing support through an anonymous hamper program, connections with other food banks and events to raise awareness about food insecurity. Through the hamper program, students can access up to four food Hampers, including meat, vegetarian, halal and kosher options, and one hygiene hamper per month. To access the service, you just need to request a hamper at the SLC Turnkey Desk and fill out a short survey. The process takes less than two minutes from start to finish.

## RAISE

RAISE is a student-run equity service that operates under WUSA. RAISE was created by Black non-binary students and Black women students at UW. These founding students were a part of UWBASE, the University of Waterloo's Black Association for Student Expression. They saw a major gap within our existing student-run equity services that did not holistically address, support or advocate for racialized students, namely addressing anti-Black and anti-Indigenous racism and xenophobia.

Although RAISE has only been around for less than three years, together with our community and mentors they have changed the performative narrative around equity and inclusion, and what solidarity means and looks like beyond all colonial borders, through their three pillars: community building and learning, education and advocacy and confidential peer-to-peer support.



## WOMEN'S CENTRE

The Women's Centre aims to be a female-positive and supportive environment for all women and trans\* folks. They're run by dedicated student volunteers and hold events and campaigns to educate on various issues through an intersectional feminist lens.

The centre also provides sexual health resources such as condoms, pads and pregnancy tests, in addition to peer support hours to support students on any and all issues. The centre prides itself on being intersectional and providing a safe space for everyone. This fall, the Women's Centre will be holding in-person & online peer support and events. Follow the centre on Instagram @uwomenscentre to catch up with them.

## GLOW CENTRE

The Glow Centre for Sexual and Gender Diversity is the oldest continually-running university-based 2SLGBTQ+ group in Canada. Run entirely by dedicated students, Glow promotes a healthy attitude towards all sexual and romantic orientations and gender identities on the UW campus by providing peer support, social events, advocacy work and educational resources.

There are multiple ways to get involved with the Glow Centre. You can join events (currently online), visit the centre and find them on Facebook @glowuw and Instagram @uwglow to stay up to date. The big event for the fall will be Coming Out Week in October, so be sure to keep an eye out for news to come.



# Fall 2021: UW's return to campus

Mahnar Omar  
Reporter

After more than a year of online learning and “unprecedented times,” University of Waterloo students are finally back on campus for in-person learning. Well, sort of. Here's what you can expect:

In June, UW announced that it will offer more in-person classes starting fall 2021. That being said, the majority of programs will consist of “a mix of online and in-person courses.” Students can expect restrictions on labs, libraries and student clubs, among other in-person activities, to ease.

While many restrictions previously enforced have been lifted, students will be expected to continue following certain rules on campus concerning health and safety requirements, study spaces, in-person courses, laboratory access and employee access.

On Aug. 24, UW president and vice-chancellor Vivek Goel announced that all students, faculty, staff and visitors to campus

will be required to show proof of their vaccination status starting Sept. 7.

Individuals have until Oct. 17 to submit their proof of vaccination. Those who are not fully vaccinated before Oct. 17 will be required to be tested regularly before coming to campus. It is recommended that individuals get tested no more than 72 hours before coming to campus.

These measures replace the initial plans that required all visitors to campus to self-declare their vaccination statuses.

Vaccine appointments for first and second doses can be made via Health Services. To book an appointment call 519-888-4096.

Aside from declaring their vaccination status, those who wish to come to campus will have to conduct self-screening for COVID-19 related symptoms via campus check-in. There are two ways to check-in: automatic recording (recommended option) and manual recording.

#### Automatic recording

Every time someone connects to the campus wifi (eduroam) their username and time

of connection are recorded. If this option is selected then nothing else is required after successfully connecting to eduroam.

#### Manual recording

This option requires completing the campus check-in form. This option requires logging in the names of the buildings that you visited (all of them) and the times you arrived and left each building. This form must be completed every time you attend campus.

In accordance with international physical distancing measures, individuals will be expected to maintain a distance of two metres.

Face coverings such as face masks are required in university buildings and student residences. However, there are certain exceptions regarding face coverings, such as people who are unable to wear face coverings due to a medical condition or disability.

Other exemptions include children under the age of two, instructors when teaching if face-covering acts as an impediment during the lesson — given that physical distancing is being maintained, and when a face-cover-

ing may create a risk for the wearer during work-related tasks — which workplace safety guidelines will determine.

UW does not consider face masks with exhaust valves or mouth shields as acceptable face coverings.

Employees should refer to UW's Health and Safety guideline during COVID-19 and Working Alone guideline to better understand what to expect with the return to campus. Employees are also expected to complete hazard-specific training and other mandatory training which includes returning to campus safely during COVID-19.

UW also has a safety app, WatSafe, with “safety and emergency resources” and tips on how to remain safe. WatSafe can be downloaded via the App Store, Google Play and BlackBerry World.

Seats in study spaces will be available via pre-booked appointments. These spots can be reserved through the study carrel bookings site.

In addition to these rules, other protocols may apply according to one's faculty or department's requirements.

## COVID-19 vaccination clinic and testing centre at UW

Alexandra Holyk  
Executive Editor

As part of the University of Waterloo's plan for students to return to campus, the university opened two vaccination clinics and a testing centre for the community.

However, the vaccination clinic at the School of Pharmacy located at UW's Health Sciences campus in Kitchener, Ont. closed on Aug. 13 after almost five months of administering vaccines to Waterloo residents.

According to the Region of Waterloo website, the clinic closed to prepare for classes and students this fall.

In order for students, faculty, staff and visitors to come to campus, UW is requiring those individuals to self-declare their vaccination status. Should someone refuse to declare their vaccination status or indicate that they “prefer not to say,” UW will provide them with the necessary information regarding vaccination and testing centres. These individuals will be required to be tested for COVID-19 twice a week.

#### Vaccination clinic at Health Services

On July 12, UW opened its first on-campus vaccination clinic at the Health Services (HS) building.

The clinic is offering the Moderna

COVID-19 vaccine to all students, employees and family members of students and employees over the age of 18.

The clinic is open from 9 a.m. to 12 p.m. Monday through Friday, excluding statutory holidays.

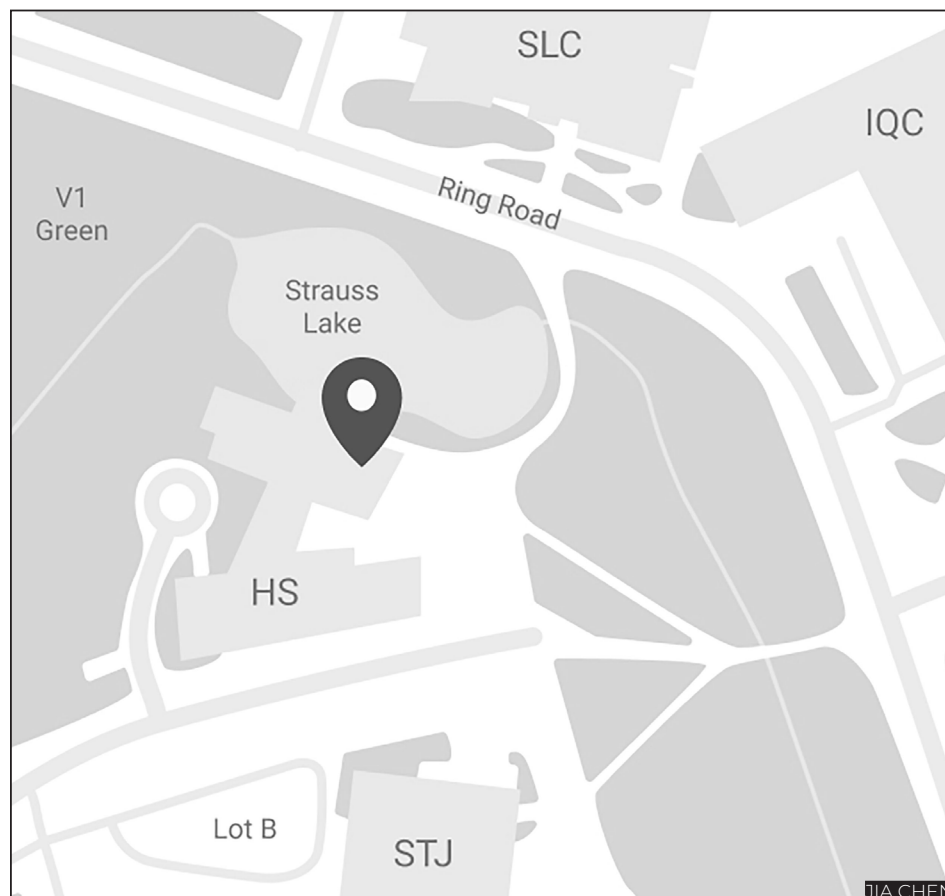
To book an appointment, individuals must call 519-888-4096 and provide their full legal name, student ID number (if applicable), address, telephone number, UW email address, provincial health card or UHIP info and current vaccination status.

#### COVID-19 testing assessment centre at Health Services

Testing for COVID-19 is available by appointment only to university students, employees, postdocs and family members living in the same household. Those who are experiencing symptoms must fill out the COVID-19 Assessment Registration Form to register for an appointment and will be contacted with an appointment date and time.

The centre is not booking appointments over the phone or email and is not accepting walk-ins. It's open Monday to Friday from 9 a.m. to 4 p.m.

*Note:* UW also offers a rapid antigen screening site on campus for asymptomatic employees and students only. The site is located in Room 1301 in the Davis Centre (DC) and it is open on weekdays.



Vaccination clinic and COVID-19 testing centre at Health Services.

JIA CHEN

# Getting involved on campus

Sharanya Karkera  
Reporter

Nothing guarantees a well-rounded university experience like getting involved on campus and being part of a variety of clubs. But when you're fresh on the turf, the number of options at your disposal can seem slightly daunting.

For an undergraduate student, everything starts with WUSA. At the beginning of the semester, WUSA organizes the Clubs and Societies Day, which is the best place to learn about UW's student culture and different types of clubs.

Most clubs have a booth in the Student Life Centre where they display information about their organization, however, it is not yet confirmed if the event will take place due to the pandemic.

You can also search for specific clubs on the WUSA website. Filter your search by general type, such as "creative arts, dance and music," or by keyword, such as "films."

LEADS is another place where you'll find postings for executives and volunteers for clubs, so check often. Postings

for the next term usually start to appear toward the end of the previous or early in the new term.

If you just want to join a club to participate in activities, reach out to the club via email or social media to ask about membership. Several other ways you can find out about clubs and events they host include following WUSA Clubs on Instagram (@wusaclubs) for posts and stories or following WUSA Clubs' Facebook page and checking out the "Events" section.

Clubs at UW offer lots of variety in terms of purpose, activity, level of commitment and size. Find something that fuels your soul, like Fashion for Change or the Jamnetwork. Fuel your professional development with clubs like the Waterloo Toastmasters Club or the FinTech Club (UWFTC).

Expand your academics beyond the classroom with clubs like Biomedical Science Student Association or Women in Science, Technology, Engineering and Mathematics (WiSTEM).

Go beyond and make a difference with clubs like the UW Cancer Foundation or Innocence Club UW (ICUW).

If you're just looking to have fun, clubs

like the Tetris Club or UW Quizbowl might be for you. If you want to satiate your palate, the Campus Crusade for Cheese or Tea and Culture Club sounds scrumptious. Whether you're interested in food, politics, religion, dance, business, gaming or the environment, there are more than 200 student clubs you can choose from. With nearly 30 athletic clubs, ranging from archery and dragon boat to quidditch and ultimate frisbee, the world is your oyster.

To connect with students in your faculty or program, Waterloo's faculty societies are the place to go. These societies run events like faculty mixers and are reservoirs of information for samples of previous exams. You can get involved by going to events or regularly volunteering to get a feel of the different leadership positions, including first-year representatives or executives in your senior years.

If you're feeling more entrepreneurial, you can even start your own club and fill a gap in the community. First, get in touch with the clubs manager to discuss your idea. Then review the clubs manual. Next, create your club's constitution by using the online template and you're set

to apply. Some primary criteria to keep in mind include inclusivity within the club, a minimum of 15 members along with the executives and presidents and 67 per cent of the membership should be current UW students (graduate and/or undergraduate). Remember to check the complete list of guidelines for WUSA clubs.

Another win-win way to get involved is volunteering. Explore your passions, develop employable skills and connect with people, while also giving back to the community and getting a chance to make a real difference. In Waterloo, Ont., there are always groups — both on and off-campus — looking for support. Which cause are you most invested in? How much time do you have to commit? Animal shelters, nursing homes, food banks, thrift stores, Imprint, etc., are always looking for people to help out. In most cases, they're also super flexible with your time.

Whatever is your preference, getting involved on campus is definitely an integral part of university, and with so many options out there, you shouldn't hesitate to put yourself out there. If nothing else, it's always a terrific learning experience.

# The best study spaces on campus

Jenny Yang  
Reporter

With campus slowly re-opening in the fall, the University of Waterloo is expected to offer more in-person activities and support, including study spaces. As part of UW's safe return, students accessing study spaces on campus will be required to record each visit, either automatically when connected to campus WiFi or manually.

Here are some on-campus study spaces for students to choose from:

## Independent (silent) study spaces

The Dana Porter Library is definitely one of the most popular independent study spaces as floors six to nine have individual carrels normally available for independent study sessions, as shown in these floor plans. Normally, these carrels do not need to be booked, but it can be quite difficult to find a spot during exam season.

The Davis Centre (DC) Library is also a popular choice for independent silent study, and 50 independent study carrels located on the ground floor of the library are currently open for booking. The carrels near the large windows on the east side of the library are especially enjoyable, since they offer large amounts of natural light. The DC Library is also close to DC Bytes, the cafeteria located in the building, which is awesome for when

you want to get food while studying.

## Group (quiet or cooperative) study spaces

The Student Life Center (SLC) offers a quiet, enclosed study area for groups and a few independent carrels on the third floor. Although quiet study spaces for groups can be a little odd, it is nice to sometimes study quietly with a friend to motivate each other.

The lower floor of the DC Library also offers long rows of square tables for group study sessions. There are also no noise restrictions, thus allowing optimal cooperation in groups.

The Dana Porter Library offers a wide range of group study spaces, as shown in the floor plans. It also has large round tables to work with other students, therefore making group discussions more inclusive.

## Lounge and classroom study spaces

Classrooms can also be good group study or independent study spaces outside of those already mentioned.

Quantum Nano Centre (QNC) and Mathematics 3 (M3) classrooms feel newer and more modern. The QNC classrooms and the large M3 classroom (1006) are best for small group or independent study — the tables and chairs are attached to the ground and the tables are long, making it hard to communicate when studying with larger groups. The smaller classrooms in M3 on the second and third floors, along with the fourth and

sixth floors in the Mathematics and Computing (MC) building, have moveable tables and chairs that can be repositioned for large group studying. The area is super quiet as the building is mainly for graduate students.

The QNC hallway on the first and second floor also have paired study tables that are built into the ground. Although the hallway may sound like a noisy place to study, it is actually rather quiet on the weekends and offers lots of natural light with the floor to ceiling windows in QNC. These windows also offer awesome views of the Peter Russell Rock Garden, making you feel integrated into nature.

Speaking of nature, the Environment 1 (EV1) atrium is a really nice study lounge that feels like the outdoors indoors. The ceiling is made entirely of glass, offering lots of natural lighting. EV1 even has background trickling water noises. Make sure your electronics are charged before going as there are not many outlets available and it can get quite dark at night, since the atrium relies mostly on natural light.

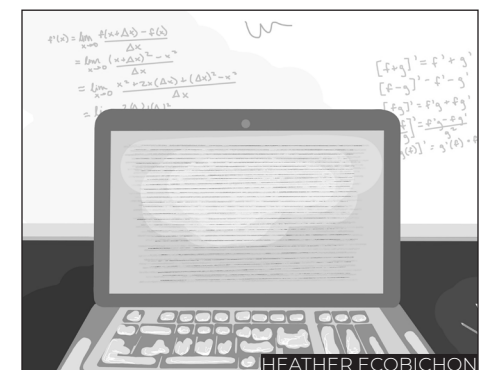
Another environment study lounge that offers lots of natural light is the top two floors of the Environment 3 (EV3) building. The floors both have a lounge area on the northside with sofas, high-top chairs and tables with outlets. The area has an amazing view of campus and lots of natural light in the day, as well as lots of light at night. On the first floor of E3 there is also a cafe, which can be nice for getting meals during long study

sessions without having to pack up your stuff.

The lounge in the new addition to Hagey Hall is located right at the entrance and also offers lots of natural light and a good mix of sofas and tables. It has a more modern feel and is right next to the Arts Coffee and Donut Shop, which can be great for getting a snack while breaking from studying.

## Computer labs

For study spaces with computers ready, there is the Mac lab on the third floor of MC. The computers can be accessed using your WatIAM ID and password. There is also a computer lab in the Engineering 5 (E5) building for engineering students. The lab has sofas and tables that have computers and lots of desk space. The computers also have special software downloaded for students, a list of which can be found online.



# Get your geek on! An orientation guide for geeks by geeks

Claudia Tavera-Tello  
Reporter

You are a first-year student excited for the subsequent chapter in your life at the University of Waterloo. You strive to communicate with friends and build strong relationships. However, there's something that makes you feel special: you are a geek, and you need to express yourself and socialize with people who have similar interests.

*You are a geek, and you need to express yourself and socialize with people who have similar interests.*

But where can you meet new people with similar tastes and hang out? Imprint collected several clubs and meetups in Waterloo area that will help you meet other people who are unapologetically geeky.

## CLUBS

**CTRL-A (Club That Loves Anime)** - For over two decades, this club has accepted those who adore anime, gaming and Japanese pop culture at large. CTRL-A has weekly meetings, several weekend anime screenings, game nights, and special events such as karaoke, end-of-term hotpots and a cosplay café for each term.

**ESports UW** - ESports UW recruits students, staff, and other members to play or compete across a variety of game genres. From League of Legends to StarCraft, this club has bi-weekly meetings, provides support and manages tournaments from popular games.

**Fighting Game Club (FGC)** - Fighting Game Club accepts all players and holds weekly meetings and a meet-up at the Pin-Up Arcade Bar, where you can play and practice your skills with other players with fighting games like Street Fighter and Super Smash Bros.

**The University of Waterloo Game Development Club (UWGDC)** - The University of Waterloo Game Development Club allows students of all levels to program, design, test and discuss games. There are conferences and weekly meetings that focus on game design, and they have the recent and updated tools needed to develop your games, such as Unity, Unreal Engine 4, and Blender.



**Horror Club** - The Horror Club allows students to express their interest in the genre by discussing, experiencing and developing their creations, through activities like watching horror films, playing video games and telling frightening stories.

**Deception Board Games Club** - The Deception Board Games Club brings students, employees, and faculty together to play board games, including Avalon and Mafia. Other activities include teaching members how to play, learn unique skills and setting up boarding events.

## HANGOUTS

**Pin-Up Arcade Bar** (247 King St N Suite 8, Waterloo, Ont.) - This is a place to meet up, eat, drink and have a joyful time! They have the best selection of games — from pinball to classic arcade. They offer beer and original cocktails. Pin-Up Arcade Bar is open for families until 9 p.m. daily and for adults-only after 9 p.m. Admission is \$5 per person.

**Crossroads Board Game Cafe** (258 King St N, Waterloo, Ont.) - This place is for those who love espresso and board games. You

have a selection of titles available, including Cards Against Humanity, King of Tokyo, Mafia, and Dark Souls: The Board Game. Food offered ranges from frozen treats to sandwiches, as well as hot and cold beverages. Admissions are \$6 each.

**Revive Game Bar** (90 King St N, Waterloo, Ont.) - Located in Uptown Waterloo, this bar is an excellent spot for late-night entertainment and dining. With live performances, DJs, 90s to 2000s gaming and a great menu, you will feel like it's a blast from the past!

# Tips on living a mobile lifestyle

Audrey Avianto  
Reporter

The typical University of Waterloo student tends to relocate at least once a year. For students in co-op programs, this number can go up to three times a year. Packing and moving out is a hassle when you have a lot of items, no car, or have no family or friends near you who are available to help you move. So here are some tips that could reduce the stress of packing and moving:

## 1. Follow a minimalist lifestyle.

I recommend you check out *The Minimalists* and *"The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing"* by Marie Kondo to get some guidance on what minimalism is and how you can apply it to your life. However, the concept is popular online, so a quick YouTube or Google search can show you how people typically follow the lifestyle. Some people fall into the extremes of having only a couple of clothing articles and no furniture, but don't let these examples discourage you because minimalism is different for everyone. Minimalism is a concept that encourages you to have less, and to be grateful and intentional about the things you do have. A simple way to start incorporating minimalism in your life is to start thinking about the following guiding questions when faced with items you have: Do I need this item? Do I use this item? Does this item bring me happiness? What would I use if I didn't have it? Why do I have it?

## 2. Curb the temptation to buy more.

Buying more adds to your inventory list and makes packing and moving more difficult. There are many tricks on how you can resist buying more items.

First, buy only items that you need. If the item you want to buy is something that you're not sure you need, wait a couple of months before buying the item. By the end of that period, if you still want the item or figure out that you need it in your life, then you can pull the plug.

Beware of sales. There's a concept where if a \$1,000 phone is on sale for \$750, you're not saving \$250 buying it if you don't need it, you're still spending \$750. Following this concept when dealing with sales; change your mindset from "I'm saving money buying this item" to "Do I need this item? Because I'll be spending

hard-earned money for it."

Plan ahead on what you need to buy for big sales like Black Friday or Boxing Day. There's no question that big sale days save you money if you only buy things that you need, such as a good winter coat that keeps you warm if you don't have one. However, it's easy to fall into a sinkhole during Black Friday when you're in the mall without a plan of what you need and everything's 75 per cent off.

## 3. Digitize notes, textbooks and books.

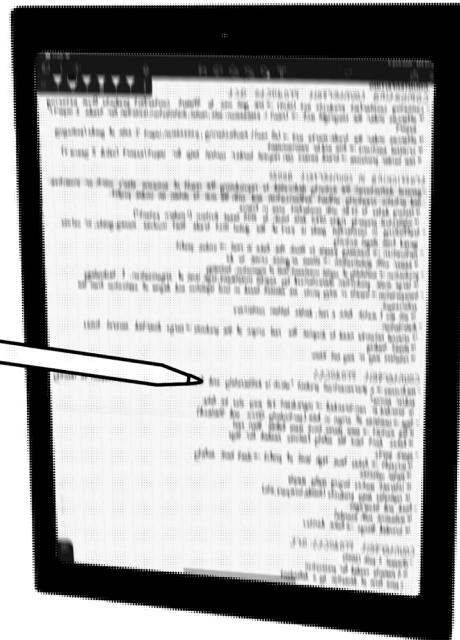
Use digital copies of textbooks. Invest in a Kindle if you love reading. Invest in a tablet which you can take notes with (or just scan your physical notes and store them in your laptop). This is a tip that helped me an immense amount, especially in my first year when I bought physical copies of textbooks and books. I ended up having to sell them since they made up to 30-40 percent of my entire luggage.

## 4. Deep clean and tidy your room weekly.

Have you ever encountered a time when you need something that you think you don't have, so you go to the mall to buy it, and the thing shows up in a random location in your room one day, and now you have two of the same item? To prevent this from happening, try cleaning your room weekly and placing things in their proper locations. Labelling your storage boxes or cabinets if you have a lot of them would also help you locate

room, re-visit the box which contains items you don't need and decide whether to sell them, donate them or throw them in the trash (some items like used toiletries cannot be donated).

Once you have gone through your whole



GINA HSU

During summer, you don't need your bulky winter gear at hand. When you're on a co-op term, you don't need 10 Hilroy notebooks that contain your first-year notes. Be intentional about what items you need, and for the rest of the items that you don't need and can't get rid of, store them in a temporary location. If your family's nearby, you can store them in your family home's basement. If you have a friend that has extra space in their home, you can ask if you can borrow some of that space. Also, as another option, you can check out some of Waterloo's local storage options, such as YouPackWeStore.

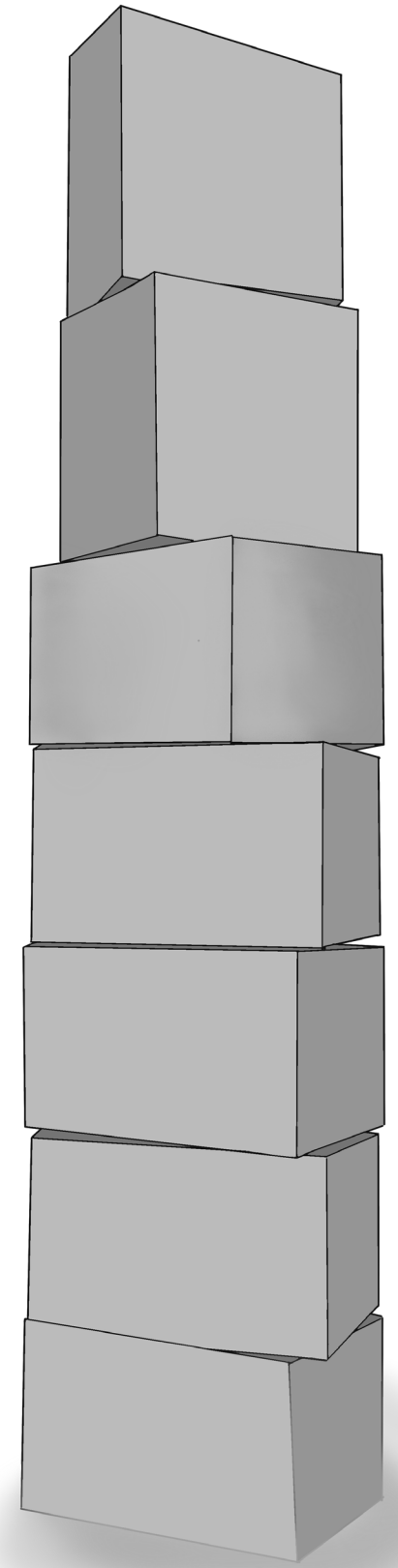
## 6. Store the items you don't use.

Invest in storage boxes and vacuum storage bags. Keep most of your items in storage boxes which can double as moving boxes. You can find these plastic boxes in Walmart. This is pretty common for students to do, so I want to redirect your focus on the second part of this tip. Get vacuum storage bags. You can find these bags along with vacuum pumps on Amazon. These bags are especially useful

## 7. Invest in storage boxes and vacuum storage bags.

in storing clothing, blankets, pillows, and any other items that are compressible. The way you use them is simple. You place your clothing in the bag, seal it up, and pull out the air from inside the bag using the vacuum pump (the cheaper ones are typically hand pumps, but they're not difficult to use). Your pile of clothing will reduce in volume to at least half of what they were at originally.

in storing clothing, blankets, pillows, and any other items that are compressible. The way you use them is simple. You place your clothing in the bag, seal it up, and pull out the air from inside the bag using the vacuum pump (the cheaper ones are typically hand pumps, but they're not difficult to use). Your pile of clothing will reduce in volume to at least half of what they were at originally.



GINA HSU



GINA HSU

things and get a better sense of what items you currently have.

## 5. Declutter before you move out.

Before you move out, take all your items out of their storage boxes and place them in front of you.

Follow the guiding questions mentioned the first tip. Have two boxes

# What does UWaterloo's land

An in-depth look at the Haldimand Tract

Karen Chen, Alexandra Holyk  
News Editor, Executive Editor

The University of Waterloo's land acknowledgement reads as follows:

*The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples. Our main campus is situated on the Haldimand Tract, the land granted to the Six Nations that includes six miles on each side of the Grand River. Our active work toward reconciliation takes place across our campuses through research, learning, teaching and community building, and is centralized within our Indigenous Initiatives Office.*

The Faculty Association of UW (FAUW) has a similar version, that acknowledges the territories of all UW campuses:

*The Waterloo, Kitchener, and Cambridge campuses of the University of Waterloo are situated on the Haldimand Tract, land that was granted to the Haudenosaunee of the Six Nations of the Grand River, and are within the territory of the Neutral, Anishinaabe, and Haudenosaunee peoples.*

sion rooted in decolonization.

The office is currently putting together an Indigenous Initiatives strategic plan (IISP) based on UW's strategic plan for 2020-25. Additionally, one of the goals mentioned in the five-year strategic plan calls for the promotion and support of Indigenous initiatives and "a culture of equity, diversity and inclusivity for all."

That being said, it is expected that not many people are actually familiar with the Indigenous history that surrounds UW, nor do they understand the meaning or purpose of a land acknowledgement.

Given the recent findings of residential school victims' bodies across the country, as well as the ongoing efforts of Land Back — an Indigenous-led movement to return colonized land to Indigenous Peoples — it is vital that UW community members take the time to learn, un-

derstand, reflect and take action. "The issue of reconciliation does not sit solely with the Indigenous community or with Indigenous people but is something for all people to know, understand, and take action on," said Robin Stadelbauer, UW's Indigenous Initiatives coordinator.

## What is a land acknowledgement?

According to Native Land, a land or territory acknowledgement is "a way that people insert an awareness of Indigenous presence and land rights in everyday life...It can be a subtle way to recognize the history of colonialism and a need for change in settler colonial societies."

It is important to note that these acknowledgements can easily become a token gesture rather than a meaningful practice — simply stating the land acknowledgement and territories that belonged to certain groups of Indigenous Peoples is not enough. "All settlers, including re-



## The history of the Haldimand Tract and the Two Row Wampum

UW is situated on the Haldimand Tract, named after Sir Frederick Halidmand, who was governor of Québec in 1784. It extends 10 kilometres on both sides of the Grand River, from its source in Dundalk Township to its mouth at

Lake Erie. This land was granted to the Haudenosaunee (Iroquois), also known as the Six Nations, for their alliance with British forces during the American Revolution — a contract forged in battle.

Members of Six Nations (formerly known as Five Nations), as well as other Indigenous Peoples were invited into many treaties between European settlers in the 17th and 18th centuries — the first being the Two Row Wampum.

The agreement between the Dutch and the Haudenosaunee peoples was recorded in a wampum belt with two stripes of purple beads interchanging with three stripes of white beads. The purple beads represented the course of two vessels — an Indigenous canoe and a European ship — travelling down the river of life together, parallel but never touching. The three white stripes represent peace, friendship and respect.

950,000 acres were designated for the Haldimand Tract, but today approximately 48,000 acres remain.

LAKE HURON

*The Stratford campus is on the territory of the Anishinaabe, Haudenosaunee, and Ojibway/Chippewa peoples. This territory is covered by the Upper Canada Treaties.*

UW released its land acknowledgement in 2015, in addition to launching a website for its Truth and Reconciliation Response Projects (TRRP) in 2016.

These efforts were made in response to the Truth and Reconciliation Commission's (TRC) 2015 report that called for 94 actions toward restoring a balanced relationship between Indigenous peoples and settler communities in Canada. Among the 94 calls to action, six specifically look upon post-secondary education and campus media.

Since 2020, the university's Indigenous Initiatives Office has been taking the lead on various projects and efforts toward reconciliation, as well as creating a vi-

WATERLOO  
KITCHENER

BRANTFORD

SIX NATIONS OF  
THE GRAND RIVER



# acknowledgement really mean?

and resources for Indigenous folks and allies at UW

## Land Back Camp — O:se Kenhionhata:tie

Land Back Camp is currently located in Laurel Creek Conservation Area, but was located in Victoria Park in Kitchener, Ont. up until May 2021. The movement stems from the Land Back campaign which focuses on the return of Indigenous folks to their traditional land.

On Land Back Camp's website, the group lists four demands:

1. We demand that all



fees be waived for the Indigenous communities to host events in public spaces.

2. We demand that land in Victoria Park, and Waterloo Park, be given back to the Indigenous Peoples. These spaces will be used for gathering and ceremonial purposes.

3. We demand that the cities create paid positions, at all levels, for Indigenous Peoples to be able to engage with the First Nations, Metis, and Inuit peoples living on this territory.

4. We demand that the

cities create Indigenous Advisory Committees (paid) that will work with the Mayors and City Councillors in helping to address topics such as racial injustice, the lack of access to Indigenous services and community spaces, and addressing the TRC's 94 Calls to Actions.

## Being an ally toward Indigenous Peoples

Being an ally is not just a title, it's about disrupting oppressive spaces by educating others on the realities and histories of marginalized people.

1. Listen to the experts, find time to interact with Indigenous leaders and listen to them.

2. Ask what you can do, find your peer group and create open and informed dialogue about these issues.

3. Build relationships based on mutual consent and trust. Make sure that the conduct you uphold fosters a safe environment for all your peers.

4. Research to learn more

structuring Indigenous-Canadian Relationships" (IS 101 - ONLINE).

This course is designed to give students the skills to begin to immerse themselves in local teachings, familiarizing themselves with the modern day impacts and myths regarding Indigenous Peoples. It also provides students guidance in building better relationships as they work together with Indigenous Peoples to actively engage in decolonization.

The course runs online from Sept. 23 to Oct. 28 for six weeks, with weekly gatherings for discussion on Thursdays from 7 p.m. to 8 p.m.

The second course is called "Reconciliation: Discussions and Implications for Settler Peoples in Canada" (IS 110 - ONLINE).

This course provides a journey of sharing and discussing how Indigenous and Settler peoples know each other through the stories that have been told of each other in the past and which continue in the present.

It will be delivered re-

about the history, take time to educate yourself and self-reflect on your privilege and experiences as a settler.

motely from Sept. 22 to Nov. 10 for eight weeks, with weekly gatherings on Wednesdays from 6 p.m. to 8 p.m.

*"The issue of reconciliation does not sit solely with the Indigenous community or with Indigenous people but is something for all people to know, understand, and take action on."*

ROBIN STADELBAUER, UW'S INDIGENOUS INITIATIVES COORDINATOR

5. Don't take up someone else's space; continue to support and act in meaningful ways.

## Courses and programs to take

Renison University College offers a selection of credit-free Indigenous studies courses. The registration for online courses during the fall 2021 term is Sept. 10.

The first of two Indigenous studies courses available is called "Myth-Busting Part 1: Decon-

## What land am I on?

Though not all UW students are on campus this semester, it is still important for everyone to take the time to research the land on which they are situated.

Native Land lets users find out which territory they are located on, the languages spoken there and the treaties that helped establish the land it has become today. Visit [Native-Land.ca](http://Native-Land.ca) to find out more information.

TORONTO

LAKE ONTARIO

CAMBRIDGE

HAMILTON

CALEDONIA

# Resources for Indigenous folks at UW

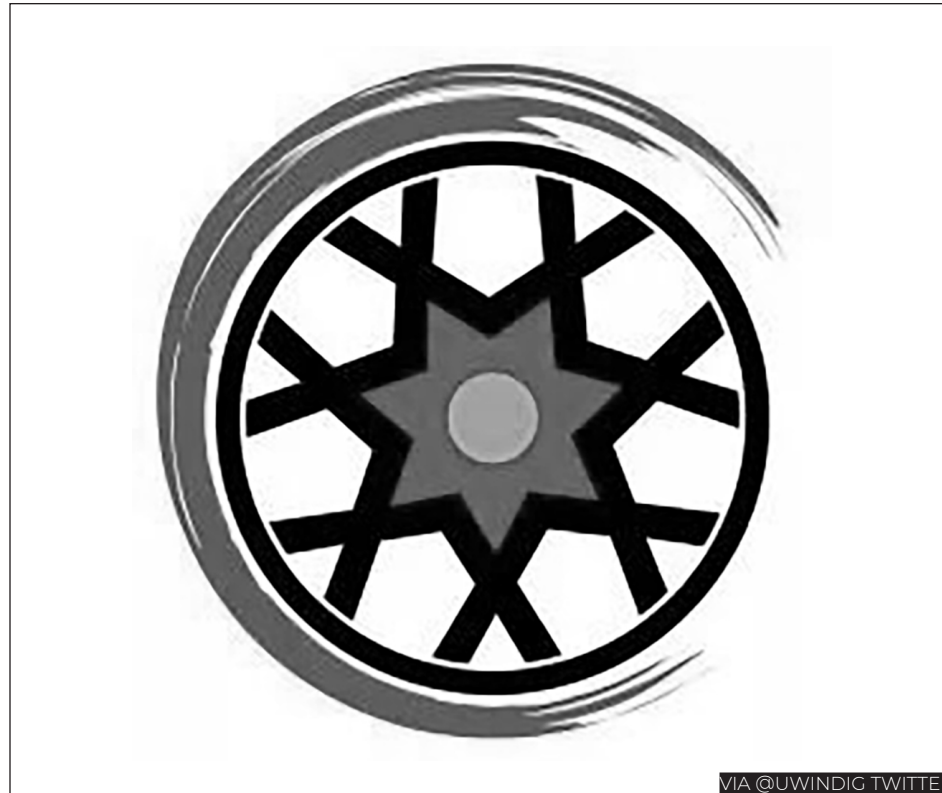
Chloe Racine Blair  
WISC assistant

For almost 20 years the Waterloo Indigenous Student Centre (WISC) has been providing services, resources and community support to the Indigenous student population of the University of Waterloo.

Located in St. Paul's University College, WISC prides itself on being a home away from home for all status and non-status First Nations, Métis and Inuit students.

Students who walk through the doors of WISC will be met by a welcoming staff ready to connect them to the resources and opportunities that they need to thrive. WISC provides everything from academic support to cultural teachings to an annual pumpkin carving contest.

The WISC staff understands that student needs are as diverse as the students themselves and is ready to support students through their post-secondary journey with compassion and creativity. It is a place where the growing community



VIA @UWINDIG TWITTER

of Indigenous students at UW can learn, thrive, and be themselves.

Embedded in the culture of WISC is the generational knowledge that has grown with every graduating class. A robust alumni community is available to provide mentorship and guidance. Elder services are also provided to students for drop-in sessions or upon request. Traditional gatherings are held at the WISC Ceremonial Firegrounds where medicines are also grown and harvested. Cultural workshops such as drum making, dancing, moccasin making and beading are held regularly, and materials are always available on-site for use at students' discretion.

For Indigenous students wanting to further their knowledge WISC has an ever-growing library filled with titles written by Indigenous authors. Rainy afternoons filled with stories await.

The Indigenous student experience is not without its challenges, but WISC has and will always endeavor to be a safe place to address any obstacles as a community.

Miigwetch, Nia:wen and we hope to see you all soon.



COURTESY WISC

The Waterloo Indigenous Student Centre (WISC) is located at St. Paul's University College and provides community members with resources including academic supports and cultural teachings, in addition to hosting events such as their soup kitchen.

# A hiker's guide to Waterloo and beyond

Hayley Austin  
Reporter

Calling all outdoor enthusiasts! There is an abundance of conservation areas and parks for you to explore in the Waterloo Region. Here are some of the best places to check out for a solo adventure or a group day out.

## Laurel Creek Conservation Area

Known for its combination of mature hardwood forest, coniferous plantations and tall grass meadows, Laurel Creek Conservation Area encompasses 4.5 kilometres of trails or three loops of hiking routes open year-round to visitors. I would recommend the Forest Loop (1.9 kilometres) or the Nature Centre Loop (3.1 kilometres), both of which offer stunning forest views and lookout points onto Laurel Creek. These are great options for all experience levels. There is also camping, canoeing, kayaking, swimming, cycling and cross-country skiing available.

## Huron Natural Area

One of the city's largest natural spaces, Huron Natural Area is the perfect getaway. The area is made up of more than 250 acres of protected forest and wetland and has over seven kilometres of trails available to explore all year. I'd recommend the Plantation to Meadow to Woodland Trail loop (5.5 kilometres) for those looking for a longer

hike and the Huron Trail and Forest Trail Loop (2.7 kilometres) for those looking for a shorter option. Camping sites are also available.

## Columbia Hills Loop

For those hikers looking for more of a challenge, be sure to check out the Columbia Hills Loop, a four kilometre trail loop which has been dubbed the best urban trail in Waterloo. The trail is open for use year-round and is known for its abundant nature sightings.

## Geo-Time Trail

Aspiring geologists, this one's for

you. The Geo-Time Trail showcases major geological events throughout the hike, as each metre marks one million years of geological time passed, leading you from the Archean Eon to the Cenozoic Era. The four kilometre, easy-to-hike trail also features a large sundial.

## Waterloo Park

Referred to as the "jewel of the city," Waterloo Park spans 111 acres within Uptown Waterloo. It features a lake, animal farm, picnic area and fields, and is a great space to enjoy year-round. The best part is that it is only a short distance from campus.

## Rockwood Conservation Area

Also outside of Waterloo is Rockwood Conservation Area. Located on the Eramosa River, this Conservation Area features three kilometers of trails, with caves to explore along the way. Be sure to check out the Harris Woolen Mill Ruins across the bridge, halfway through the hike after the caves. You can also explore this gorgeous Conservation Area on the water by kayak or canoe.

## Tips for hiking safely

There are some important things to keep in mind to keep safe while

you're out exploring these amazing places. Before heading out, research your route — AllTrails is an excellent app that can be downloaded onto a phone to bring with you. It's also important to share your plan with someone who is not going to be with you, or go with a friend or group. Also, don't forget to wear appropriate clothing for the weather and terrain, bring sunscreen, water and snacks, and pack a small first aid kit.

*Note:* Always respect the places you explore, leave only footprints and stay on marked paths. Now go out there and hit the trails!



COURTESY K CAINE

Rockwood Conservation Area



COURTESY CI ZHANG

Laurel Creek

## Major recreational areas near UW

Rashmi Gopaul  
Reporter

Are you planning on becoming a UW Warrior? If so, you won't be bored. Despite being a school full of hardworking students, UW also has some amazing recreational areas nearby that are very easy to navigate.

Some well-known places include Uptown Waterloo, Downtown Kitchener and St. Jacobs Farmers' Market.

### Uptown Waterloo

Uptown Waterloo offers a variety of options for you to relax. Want to grab a bite, or do some

shopping? There are countless shops and dining places to choose from, especially near Waterloo Public Square.

Located in Uptown Waterloo at King Street South, Waterloo Public Square can be a great place to visit. There are usually city-run events throughout the year that you can attend. If you're fond of ice skating, you might also like the outdoor ice rink during the winter season. Don't forget to get a picture in front of the giant Christmas tree!

However, nothing beats the famous Waterloo Park. Practice skating, have a picnic, play with animals or just take a nap on the grass. You'll also find many people

playing different sports, getting in a workout and even doing yoga. It's an enormous park and you and your friends will surely find something you enjoy. Don't forget to also check out the Wonders of Winter festival in December — you won't want to miss it.

### Downtown Kitchener

A little bit further and you'll reach Downtown Kitchener where you can also check out Victoria Park. It has walking trails, flower beds, swans and even pretty bridges which make great spots to take photos.

Now if you're already in Downtown Kitchener, you might also like the Kitchener-Waterloo Art

Gallery's exhibits, or even the Kitchener Public Library if that's how you like to spend your day.

If you feel like enjoying a sandy beach or some water activities, head on to Laurel Creek Conservation Area in the Kitchener-Waterloo region. It's definitely for you if you love nature and could use some peace and quiet.

### St. Jacobs Farmers' Market

Saturdays are made for St. Jacobs Farmers' Market. South of King Street North, this farmers' and flea market is a great place to spend the day and stock up on fresh fruits and vegetables, as well as locally produced cheeses, meats and cute antiques for room decor.

Have a lemonade and poutine and get in your steps for the day with a stroll near Waterloo Central Railway next door, before catching a bus back. If you want a similar experience but with more international cuisine, you might prefer the Saturday Kitchener Market.

If you still have some energy left after a day at St. Jacobs, you can head on to Conestoga Mall on King Street North where you can browse through the many shops and get a quick takeout dinner at the food court. Remember to keep an eye out for sales.

There's no lack of entertainment in or around Waterloo, that's for sure. You will always find a way to unwind.

# Dorm room food guide

Rashmi Gopaul  
Reporter

If you're planning on living in one of the UW residences this semester, here is everything you need to know about food in your residence room, from a dorm-room-cooking-guide to the best residence snacks to several other food-related dorm room tips and tricks.

If you're someone who will be making your own meals next semester, you might want to consider looking up quick and easy recipes that will stay fresh for a couple of days in a mini fridge or even on a shelf. Budget Bytes, Tasty and All Recipes are some of the many websites you might find useful for discovering new ideas.

Remember that nutrition is key, so you want to get in a lot of protein to keep you full for as long as possible, as well as tons of fruits and veggies to provide you with necessary vitamins and minerals. You can find a wide selection of fresh fruits, vegetables, grains and meats from St. Jacobs Farmers' Market, which is about 40 minutes from campus by bus. Drop by for a bit

on a Tuesday, Thursday or Saturday from 8 a.m. to 3 p.m.

You might also want to hit up Walmart or Sobeys, both of which are just a couple of bus stops away from campus, to restock your favorite snacks. You can also check out the variety of food options in the surrounding Bridgeport plaza, including many food outlets and convenience stores.

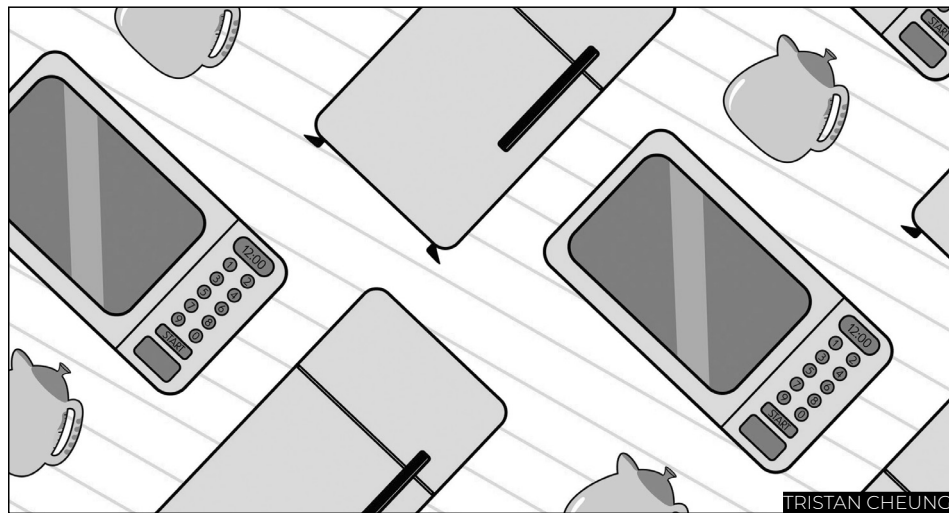
If you have early morning classes and won't be able to visit the cafeteria before class, you might want to consider getting a mini fridge for your room, which costs between \$150 to \$250 at Walmart. Of course, if you are sharing a room, you can talk to your roommate about splitting the costs. A mini fridge is also a great option if you want to keep perishable foods such as dairy or meat.

Regardless of the type of residence you'll be staying in, you will have access to a microwave. You are also allowed to bring a kettle. Consider making egg muffins, fried rice, nachos or even quesadillas with these appliances, or bringing your favourite recipes from home. You can also make microwave popcorn or packaged ramen noodles — and even add additional veggies and protein to your noodles to keep your nutrition up.

For days when you'll be out for a long time, or if you tend to get hungry often, try preparing some healthy on-the-go snacks, such as veggies and dip, hard-boiled eggs or yoghurt parfaits. You can also make your own trail mix or buy healthy and budget-friendly munchies like rice cakes, protein bars, or jerky.

Now that you have the food, you need

cutlery and containers. Always keep spoons and forks and a safe knife in both your dorm and your bag—you never know if you might need cutlery when you're out. Also make sure you have enough dishes to cook and eat as well as airtight containers in which to keep your leftovers or snacks. Make sure to have a sponge and some dish soap so you can keep your dishes clean.



TRISTAN CHEUNG

# Sustainability on campus

Nicole Howes  
Reporter

Given the countless ocean and forest documentaries on Netflix, it shouldn't be surprising to learn that our Earth is facing multiple stressors such as climate change and deforestation. Watching *Seaspiracy*, a Netflix film exposing the environmental effects of fishing, can only do so much — if you're just starting university or even a new semester, taking a few small steps in your daily life to become more sustainable will make a difference.

According to the University of Waterloo's director of sustainability, Mathew Thijssen, UW is the first university in Canada to offer a sustainability and financial management degree.

Thijssen said he believes most people tend to get hung up on the idea of sustainable living, so instead he likes to emphasize three key areas. The first being that everyone should try to live sustainably, next think how you can integrate sustainability into your academic journey on campus. Finally, try to find out how to get involved on campus and in the community.

An important note he stressed was that one of the largest contributions you can make as a student is to talk about sustainability with peers, as those conversations can spark innovation and opportunities leading to some much needed change.

## How to be sustainable on campus

**Food/Drink:** LUG-A-MUG is a campus initiative and allows you to save 10 cents on any coffee or tea purchase at Food Services locations, Tim Hortons or Starbucks on campus. All you have to do is bring your own mug or cup.

**Compost/Waste:** Everything we put in the garbage ends up in landfills and has

the potential to pollute land and water systems. UW has waste disposal bins all over campus making it easy to sort your waste properly. Outdoor waste bins are separated by garbage, containers and paper, while indoor waste disposals include a compost bin.

**Paper/Printing:** Print less by using digital copies, printing double-sided and trying to

reuse one-sided used paper.

## Get involved

Some common undergraduate clubs include Campus Compost, a student-run club made to recycle organic matter for use in local gardens, and UW Hydroponics Club, which integrates indoor agriculture and sustainable food systems and grows fresh herbs and leafy greens using a Zip-grow hydroponics rack located in EV1. The Bike Centre run by WUSA in SLC 0101 also offers various services and assistance with bike maintenance, replacements and bike rentals.

## Residence tips

Save 20 cents by using a reusable take-out container instead of a disposable one. After paying an initial \$5 you'll receive a carbiner representing a reusable takeout container, and after 17 meals (i.e. a week) you'll be saving money on every meal.

Use the plates, cups and utensils provided in the cafe when eating, studying and socializing.

Even in university we have reminders that say, "Before you leave your room unplug small appliances/devices and turn off your lights."

Fall in love with tap water! It has come under review that popular brand such as Dasani and Aquafina contain essentially treated tap water, so you might as well pass on the plastic bottle and cost.



ANDRES FUENTES

# Student discounts 101

Hacks to save you from having to say, “Sorry, I’m broke”

Sharanya Karkera  
Reporter

If I had to count the number of times I found myself saying, “Sorry, I’m broke,” during my first year, I’d be pretty rich by now. To save you from being like me, let me introduce you to a stellar concept: student discounts. From services to goods, there’s some leeway to spare some extra cash everywhere. It’s a joy that keeps on giving — well, at least until you graduate.

To start you off on the right foot, here are three small things you should always remember to save big:

## Always carry your WatCard

You never know which store might offer student discounts (always better to ask everywhere), so it’s always handy to have it with you.

## Mailing lists and coupons

Campus has many booklets that advertise coupons so be sure to keep an eye out for them. Restaurant coupons also get mailed to student housing all the time. Ask your favourite places if they have a mailing list you can subscribe to and have deals delivered right to your inbox.

## Loyalty points/discount cards

If you get a Student Price Card (SPC) priced at \$10 per year, say hello to between 10 and 20 per cent discounts at more than 450 partner stores. Always check for SPC discounts. UniDAYS is another economical option. You also can get rewarded for your purchases on points and loyalty cards (e.g. PC Optimum, Air Miles, etc.).

If you’re living in residence, your meal plan dollars are loaded onto your WatCard. You get discounts on any food you buy on

campus — 12 per cent, 15 per cent or 18 per cent, depending on your plan. This includes the on-campus Starbucks, Tim Hortons, ChaTime, Subway, and more.

Restaurants often offer deals on specific days of the week or cost-effective pricing options on certain food items. For restaurants that offer unlimited food for a certain price, stock up — get two meals for the price of one.

It’s also often way cheaper to cook food at home. And local grocery stores aren’t far behind with discounts and offers you can take advantage of if you carry your student ID:

Sobeys: 10 per cent off on Tuesdays with an Air Miles card

Bulk Barn (all locations): 10 per cent off on Wednesdays

Valu-Mart: 10 per cent off on Mondays, Tuesdays and Wednesdays

Zehrs (all locations): 10 per cent off on Tuesdays

For entertainment, you can buy discounted movie tickets for the Princess Cinemas in Uptown Waterloo and Cineplex Cinemas at Conestoga Mall from the Turnkey Desk located in the Student Life Centre (SLC) and the Davis Centre (DC).

If a pit stop to the SLC isn’t on your way, you can still watch a feature film for \$9 with your WatCard present at the Princess Cinemas. If it’s a Wednesday, you can also

swing by TheMuseum in Kitchener, Ont. and pay only \$5 for admission.

Having to pay for music should be a crime, but paying full price is even worse. Most music apps like Apple Music, Spotify, YouTube Music and Amazon Prime have student discounts. Certain softwares like Microsoft Office, Adobe, Notion, etc. are also available at discounted rates. Just make sure to sign up using your UW email.



# Best places to eat around campus

Erin Froud  
Reporter

Despite anecdotes to the contrary, students do need to eat between study sessions. While a bag of chips for dinner might be fun, eventually you’ll want real food. On the other hand, you don’t have to go to the cafeteria for every meal. If you want to add some variety to your eating, there are dozens of places to try on and near campus.

## On campus

Brubaker’s Food Court — Located in the Student Life Centre (SLC), Brubaker’s offers a myriad of fast-casual places to eat, including Subway, Shawarma Hub, Pizza Pizza, Quesada, Pita Pit, Teriyaki Experience, Fresh Xpress and Village Bakery.

Environmental Studies Coffee Shop — Located in Environment 1, the Environmental Studies Coffee Shop is student-run and offers sustainable coffee and local foods, including rice dishes, samosas, sandwiches and an assortment of treats. The Coffee Shop also has specialty days, such as \$1.25 Samsosa Monday and \$0.75 Cookie

Wednesday. They are open weekdays from 8 a.m. to 5 p.m.

## University Plaza

Sweet Dreams Teashop — Sweet Dreams is pretty much the embodiment of a cute bubble tea shop, with fun decor and rentable board games. They offer a wide range of drinks, as well as an assortment of paninis and other snacks.

Pita Factory — Pita Factory offers a wide selection of both meat and veggie pitas. They also have salads, bowls, poutine and an assortment of sides.

Mel’s Diner — Mel’s Diner, located in University Plaza, is a UW classic. With a traditional diner menu that includes vegan options, Mel’s is a great place to hang out with friends and should be visited at least once during your tenure at Waterloo.

## Dinner and a walk

The Bauer Bakery and Cafe — Just down the street from University Plaza, King Street offers a wide variety of places to eat, including many of your favourite franchises. If you are looking to support a local business, the Bauer

Cafe has great coffee, baked goods and breakfast and lunch items.

Bao Sandwich Bar — When you are discovering Waterloo’s restaurant scene, don’t just stick to the main centres. Exploring side streets in the local neighborhoods can reveal some great places. One such place is Bao Sandwich Bar, located on Balsam Street. Bao Sandwich Bar makes modern versions of traditional Asian cuisine, specializing in Vietnamese banh mi sandwiches and Taiwanese steamed buns.

Princess Cafe — The Princess

Cafe largely deals in paninis and drinks, including hand-selected beer offerings. The Princess Cafe is a lovely spot located right next to the Princess Cinemas in Uptown Waterloo, which is easily accessible from campus via the ION Rail.

Famoso Neapolitan Pizzeria — Though a little more expensive, its high-quality pizza, pasta and salad are worth the price, and the patio gives you a lovely view of Waterloo Public Square for a more traditional sit-down meal.

Four All Ice Cream Scoop Shop — Offering a variety of ice cream flavours made from locally-sourced ingredients, Four All Ice Cream is a great option also located in Uptown Waterloo. Be warned though — it’s very popular, so the line can get long. The ice cream, however, is definitely worth the wait!

This is not an exhaustive list, but it will get you started. University Plaza, King Street and Uptown Waterloo are food hubs, but there are many great restaurants scattered throughout the city. One of the joys of coming to university is finding places that can become your own. Enjoy!



# Planning your trip from point A to point B

Nathan Lee  
Reporter

Creating a travel plan, especially in a potentially unfamiliar city like Waterloo, Ont., can be overwhelming. Luckily, there are several strategies, discounts and tricks at your disposal to quickly get you from one place to another without breaking the bank. From transit to light rail, you'll be a savvy traveller by the time you've reached the end of this article.

## Getting Around Waterloo

The first option you will want to consider when travelling around Waterloo is the GRT, or Grand River Transit. All UW students get a transit pass connected to their Watcard that provides complimentary access to GRT's buses and the ION light rail. The pass covers GRT operations in Kitch-

ener, Waterloo, Cambridge, Elmira and New Hamburg.

Do note that when using Waterloo's transit system, it's essential that you check bus schedules. All buses and trains close by 12:30 a.m. or earlier, so if you're out late, you may not have access to public transit. For these cases, be sure to have an alternate way to get back home or to campus. Some options to consider include rideshare apps, taxi cabs or carpools with friends.

## Between Toronto and Waterloo

When it comes to getting between Toronto and Waterloo, start by looking for carpool options. You can expect driving to cost somewhere between \$20 and \$30 per vehicle for a one-way trip from Waterloo to Toronto, depending on gas prices and traffic. Since you can usually split the costs between three or more passengers, it often ends up cheaper than other alternatives,

such as GO Transit.

That being said, GO Transit is a great service. Be sure to get a GO Transit Student ID at the Turnkey Desk for a significant discount on your bus fares, as well as a Presto card.

When planning out your GO Transit route, be sure to set your departure time to the time you want to leave by and to experiment with different departure times. This allows you to maximize your travel speed by minimizing wait times.

When taking the GO Bus, look at buses that go directly from Waterloo to Toronto or vice-versa. For example, the bus from Waterloo to Union is a direct bus that minimizes wait times if you're going downtown. If no direct bus exists for getting to your destination, aim to find a bus heading to Square One. From the Square One bus terminal, you can get to anywhere between Hamilton, Ont. and Pearson Airport, as well as subway stations heading into Toronto.

Another travel option is rideshare apps like Uber and Lyft. However, these options are usually significantly more expensive than taking the GO or carpooling, so they should only be used as a last resort. Even with a full car, riding from Waterloo to Toronto will usually run each person around \$30 — at least double the cost of a GO bus.

## General Advice

Always have a plan B in mind. Bus delays and plan changes are unavoidable, so be sure to have a second transportation route as required.

If you're bussing or using transit, remember that it's better to arrive early than to arrive late. Buses and trains often arrive in 15-minute intervals, so if you miss one, you are likely to lose at least 15 minutes. Missing a bus or train can create a snowball effect in which you miss proceeding transit stops, leading to even longer wait times.



# UW's satellite campuses...

Shaza Syed  
Reporter

The University of Waterloo community is expansive and constantly growing. Beyond the main campus located in Waterloo, you can find fellow Warriors at three satellite campuses across the Waterloo region.

## School of Architecture

The first satellite campus, the School of Architecture, is located in Cambridge, Ont. Along the banks of the Grand River, you'll find students studying architecture and design. The architecture building is rich in history and was once the Riverside Silk Mill from 1919 until 1975. Since 2004, it has been the School of Architecture. Along with lecture halls, the building is home to fabrication labs, photo studios and a fitness centre for students. On the second floor of this historic site is the Musagetes Library, home to numerous books on architecture, art and history. Due to COVID-19, the library is closed until further notice.

## Integrated Health Campus

The second satellite campus is the Integrated Health Campus, which includes both the School of Pharmacy and the Waterloo



The School of Architecture in Cambridge, Ont.

regional campus of the McMaster DeGroot School of Medicine in Kitchener, Ont. The School of Pharmacy opened its doors in December 2008 and is known for its distinctive pattern of medicinal plants covering the building. The front of the building houses a small cafe and big windows looking into spacious lecture rooms. Currently, COVID-19 immunization clinics have also opened at the School of Pharmacy, with all fourth-year students acting as certified immunizers.

The School of Medicine is also located nearby along with primary care teaching clinics. Together, the Integrated Health Cam-



The Integrated Health Campus (Health Sciences) in Kitchener, Ont.

pus incorporates both teaching and clinical care in one location. The campus is also easily accessible from the main UW campus through the ION Light Rail Transit (LRT) system, which stops directly in front of the School of Pharmacy at Central Station.

## Stratford Campus

The Stratford School of Interaction Design and Business located in downtown Stratford, Ont. focuses on providing education at both the undergraduate and graduate level. The unique global business and digital arts (GBDA) program is the first of its kind



The Stratford School of Interaction Design and Business in Stratford, Ont.

in Canada, combining creativity and business. The final three years of the program are offered exclusively at the Stratford campus. The open-concept design of the school houses six classrooms, two media labs and numerous collaboration spaces for students. The open-concept flow of the space is signified by the complete class anterior, showcasing all three levels of the spacious building from the outside.

No matter which campus you visit, you'll find Warriors innovating, excelling and growing. Take a look around, you never know what amazing discoveries are around the corner!

# ...And its affiliate schools, too

Alexandra Holyk  
Executive Editor

Alongside the University of Waterloo are several affiliated university colleges that offer various programs and opportunities to students.



## Conrad Grebel University College

Conrad Grebel University College is owned by the Mennonite Church Eastern Canada and named for early Anabaptist leader Conrad Grebel. Grebel offers undergraduate courses in music, history, Mennonite studies, peace and conflict studies, religious studies and sociology, as well as graduate programs in theological studies

and a Masters in peace and conflict studies (MPACS).



## Renison University College

Renison provides students with a close-knit community environment while also providing access to the many services offered at UW's main campus. The university college offers degree courses in social development studies and social work (offering both a Bachelor's degree and Master's degree in social work).

Additionally, Renison offers a wide variety of language, culture and arts classes for UW students and community members that aren't enrolled at the university.



## St. Jerome's University (SJU)

SJU is a public Roman Catholic university federated with UW and historically associated with the educational vision of the Congregation of the Resurrection. To be part of the SJU community, students can enrol in the honours arts or honours arts and business programs or live in the SJU residence, which is open to all UW students.

## St. Paul's University College

St. Paul's offers courses in international development, Indigenous studies, religious studies and Canadian studies, a Masters of development practice program, as well as

minors in human rights, Indigenous studies and Indigenous entrepreneurship. Aside from its residence, which is available to all UW students, the university college also has suites, private rooms and grad apartments located steps away from the main campus. St. Paul's is home to the Waterloo Indigenous Student Centre (WISC), as well as GreenHouse — a social impact incubator that offers programs, opportunities and a community for students to make new forms of sustainable impact around social or environmental change.

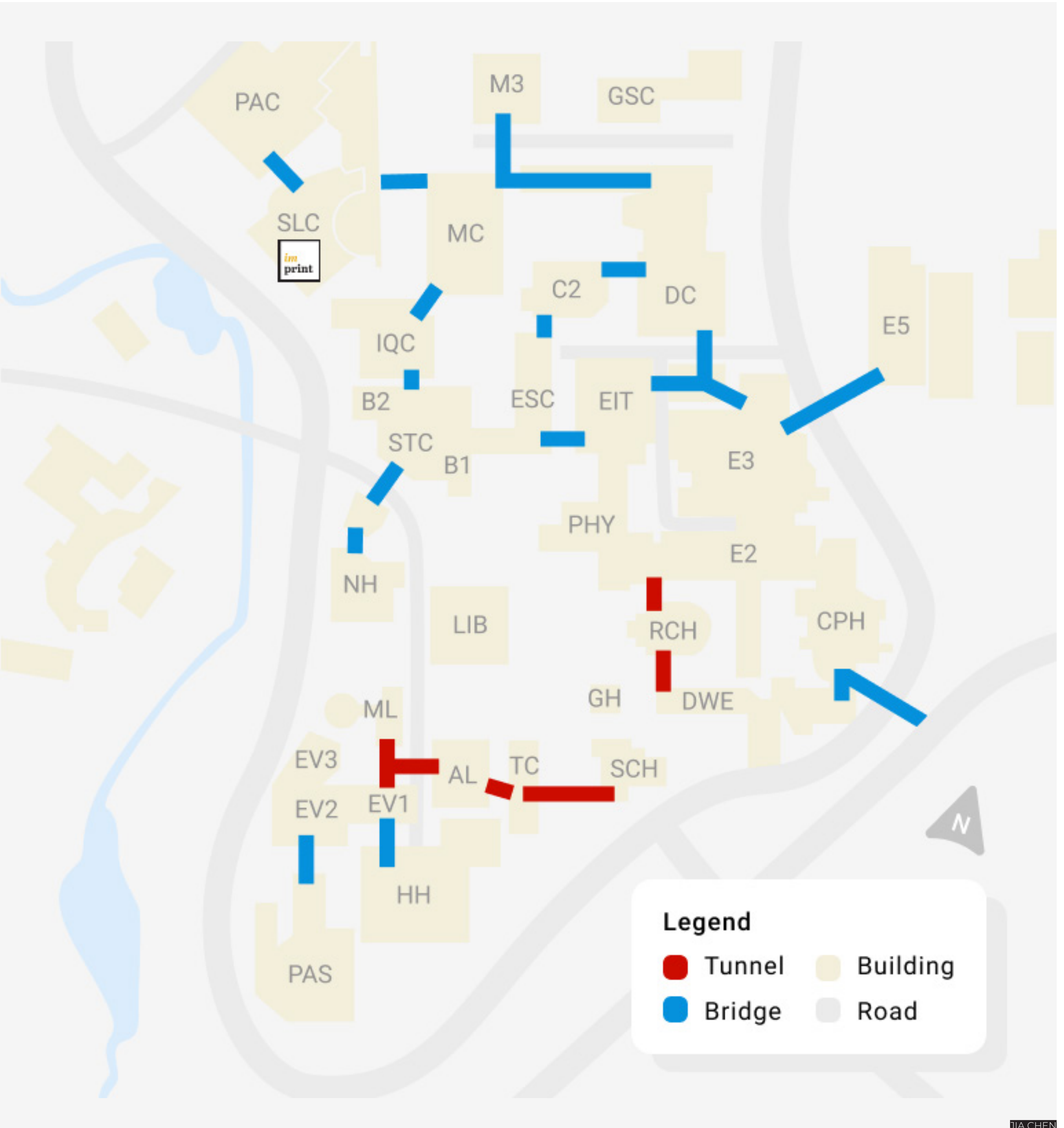


St. Paul's University College in Waterloo, Ont.

## BUILDING INDEX

<b>AL</b>	Arts Lecture Hall	<b>GSC</b>	General Services Complex
<b>B1</b>	Biology 1	<b>HH</b>	Hagey Hall
<b>B2</b>	Biology 2	<b>LIB</b>	Dana Porter Library
<b>C2</b>	Chemistry 2	<b>M3</b>	Mathematics 3
<b>CPH</b>	Carl A. Pollocks Hall	<b>MC</b>	Mathematics & Computer
<b>DC</b>	Davis Centre	<b>ML</b>	Modern Languages
<b>DWE</b>	Douglas Wright Engineering Building	<b>NH</b>	Needles Hall
<b>E2</b>	Engineering 2	<b>PAC</b>	Physical Activities Complex
<b>E3</b>	Engineering 3	<b>PAS</b>	Psychology, Anthropology, Sociology
<b>E5</b>	Engineering 5	<b>PHY</b>	Physics
<b>EIT</b>	Centre for Environmental & Informational Technology	<b>RCH</b>	J.R. Coutts Engineering Lecture Hall
<b>EV1</b>	Environment 1	<b>QNC</b>	Quantum-Nano Centre
<b>EV2</b>	Environment 2	<b>SCH</b>	South Campus Hall
<b>EV3</b>	Environment 3	<b>SLC</b>	Student Life Centre
<b>ESC</b>	Earth Sciences & Chemistry	<b>STC</b>	Student Teaching Complex
<b>GH</b>	Graduate House	<b>TC</b>	Tatham Centre





# Advice for co-op application season

Rebecca Butler  
Science & Technology Editor

Co-op application season can be a stressful time for students, so here are some tips to help you land your first co-op job.

UW has an online job board called WaterlooWorks. This is where you'll upload your resume, view job postings and schedule interviews.

It takes a long time to sift through the available job postings, so start early. Each job will require you to submit your resume and grade report. Some jobs also ask for a cover letter, so make sure to check if that's required before you apply.

*It takes a long time to sift through the available job postings, so start early.*

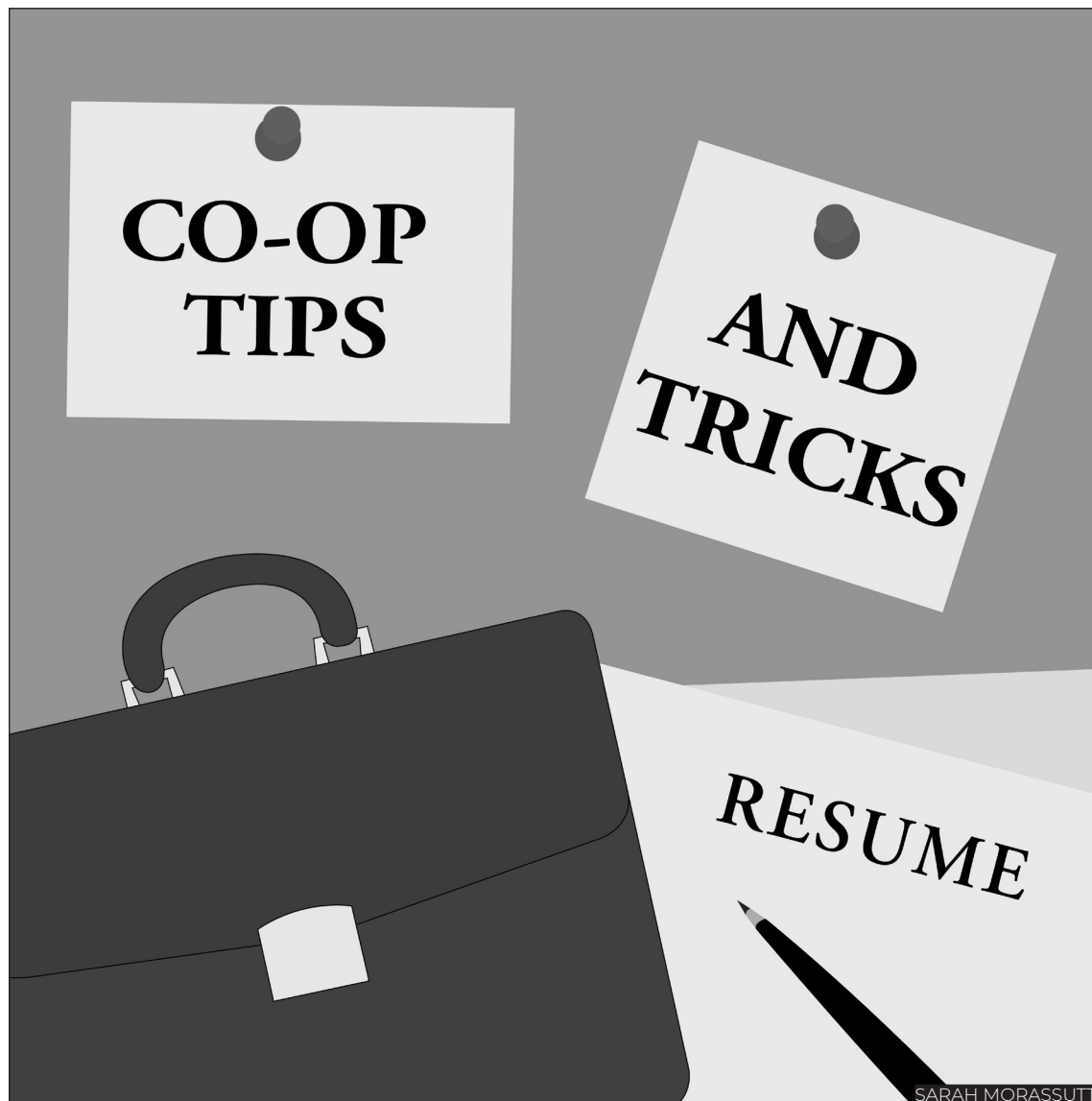
You can see the total number of applicants for each position on WaterlooWorks. As a junior student, you should consider applying to less competitive roles to increase your chances of landing an interview.

When you're done writing your resume, ask friends and upper year students to review it. Many of the student societies also offer resume critiques, including the popular EngSoc critique events held twice per term.

*Many of the student societies also offer resume critiques, including the popular EngSoc critique events held twice per term.*

Once your resume is done, don't wait until the last minute to send in your applications. WaterlooWorks has a history of crashing right before the application deadline because of increased traffic, so try to apply at least a day early.

Employers will start to send out



interview requests after the application period ends. You could get one at any time, so check your email frequently. Interview time slots are scheduled on a first-come first-served basis, so you won't want to miss that email.

*WaterlooWorks has a history of crashing right before the application deadline because of increased traffic, so try to apply at least a day early.*

Once you get an interview, you should focus on preparing for typical interview questions:

"Tell me about yourself." You'll

want to briefly summarize your past experiences and key skills.

"Why do you want to work for our company?" Doing research on the company before the interview is very important. You should show interest in their work.

*"What is your greatest strength/weakness?" Be honest when answering this question, but frame it in a positive light.*

"What is your greatest strength/weakness?" Be honest when answering this question, but frame it in a positive light.

You should also prepare for in-depth questions about your resume. The interviewer might ask

about your past work experience, projects or qualifications. Doing a practice interview with a friend or using CECA's mock interview service is a great way to prepare for these questions.

*Doing a practice interview with a friend or using CECA's mock interview service is a great way to prepare for these questions.*

Depending on your program, you might get asked technical questions as well. For example, software jobs often ask coding questions to test students' knowledge of algorithm design. Review

the fundamentals of your field to prepare for these questions.

Once you feel confident in your skills, you should start to consider your outfit. A pair of slacks and a button-down shirt, blouse or blazer are popular choices. Even if your interview is online, you should keep in mind that the employer will be able to see your upper body, so dress professionally.

*Even if your interview is online, you should keep in mind that the employer will be able to see your upper body, so dress professionally.*

In-person interviews are usually held at the Tatham Centre on campus. You might want to plan your route to ensure you arrive 10-15 minutes early.

You don't have to worry about traveling for online interviews, but you should test your equipment the day before. Make sure your webcam, microphone and internet connection are working properly.

At the end of the interview, the employer will ask if you have any questions for them. You should definitely use this opportunity. You can ask about the company culture, the type of work you'll be doing or what a typical day in the role is like. Most jobs posted on WaterlooWorks don't list the salary, so it's also normal for students to ask about the expected compensation.

*At the end of the interview, the employer will ask if you have any questions for them. You should definitely use this opportunity.*

Once the interview is over, just sit back and relax until rankings come out at the end of the interview period.

# What are the different work-study programs offered at UW?

Suhani Saigal  
Managing Editor

The University of Waterloo has two programs that offer part-time, on-campus work opportunities to full-time students with financial need.

The jobs available as part of these programs pay minimum wage or higher, allowing students to earn up to \$2,000 per term.

These two initiatives, namely the “Work-Study Program” and “International Work-Study Program,” have an application process that must be followed to secure employment.

## Work-study program

This program caters to the needs of students who are Canadian citizens, permanent residents or protected persons.

### Eligibility requirements:

- Be enrolled in a minimum 60 per cent course load (or 40 per cent for students with permanent disability) during the current study period.
- Qualify for Ontario Student Assistance Program (OSAP), or other provincial student financial aid program, during the current study period.
- Be a Canadian citizen, permanent resident or protected person.

### How to apply:

- For students eligible for OSAP, apply for jobs directly on the work-study website.
- For students eligible for other provincial aid programs, submit the Non-OSAP Work Study Program Application that can be found on UW’s work-study program website. Once your application is approved, you will receive access to the work-study website where you can directly apply for jobs.
- For students not eligible for either of the aforementioned aids, please send an email to [k8lewis@uwaterloo.ca](mailto:k8lewis@uwaterloo.ca) to discuss whether you could be considered for the program.

### Checking your application status:

The status of one’s application is updated within two weeks after the start of the term or two weeks after one has applied, whichever is later.

- Approved: Check the status next to each submitted application. If the status is ‘Referred,’ print the referral page which contains the employer’s contact information. Reach out to the employer to arrange an

interview and bring your referral page as well as the Declaration of Student’s Eligibility/Hiring Form to the interview. At the moment, there is not much clarity on whether interviews will be conducted online or in-person.

- On hold: Click on the status log to know why your application is on hold.
- Declined: Click on the status log to find out why you are not eligible for the work-study program.
- Cancelled: This means that application has been cancelled, but you can always reopen it.

## International work-study program

This program is for full-time international undergraduate students with financial need.

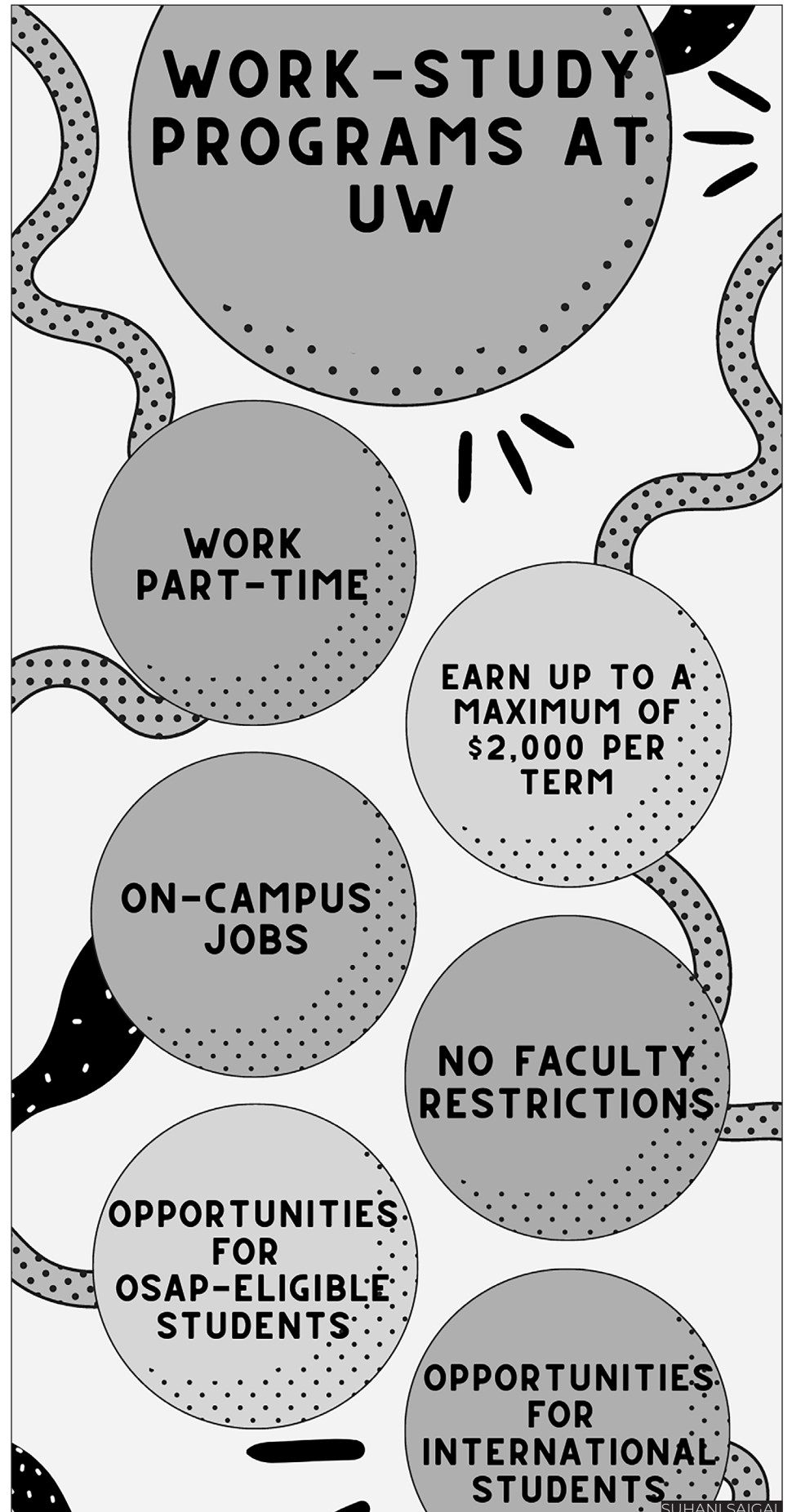
### Eligibility requirements:

- Be an international student with a valid study permit, registered in an undergraduate program. Your study permit must also indicate that you may accept employment or may work in Canada.
- Be enrolled in a minimum 60 per cent course load — 1.5 units — during the term in which you want to work.
- Fees arranged or paid in full for the current term. You can check your status on Quest to be sure.
- Have satisfactory academic standing.
- Have a valid Social Insurance Number (SIN), or receive one within three days of beginning work.

### How to apply:

- Check out job postings on UW’s international work-study program website and shortlist the ones you are interested in.
- Fill out the International Work-Study Application that can be found on UW’s international work-study program website. In this form, please mention IDs of the jobs you are interested in.
- Send the completed application along with a copy of your study permit to [safainfo@uwaterloo.ca](mailto:safainfo@uwaterloo.ca) via Sendit, UW’s secure file transfer service.
- Once your application is approved, you will receive more information on how to apply for the jobs you are interested in.

If you have any questions about these work-study programs, you can contact the Student Awards and Financial Aid (SAFA) office at 519-888-4567, ext. 33583, or fill out the form on their ‘Contact Us’ webpage by looking up ‘SAFA UWaterloo Contact’.



# BINGO

Meal prep for a week straight (p.9)



Find your favourite bubble tea place in UW Plaza

Take a hike at Laurel Creek Conservation Area (p.19)

Join a club (p.13)



Match your mask to your outfit

Have an in-person lab or tutorial

Drop by the *Imprint* office (p.2)



Become friends with a goose (from a distance)

Practice interviewing for co-op with a new friend (p.26)


Attend an on-campus sports event

Participate in UW's Welcome Week events (p.10)

Visit the Earth Science Museum

Free space

Take a trip to Conestoga Mall

- Pass the  campus check-in COVID-19
- screening
- (p.12)

Ride the ION



Visit the new expansion to the SLC (p.24-25)

Explore Waterloo Park

Find out which Indigenous territory you are situated on (p.16-17)

Grab a bite at the Graduate House (yes – undergrad students are allowed in)

Try not to fall asleep during your online lecture (p.5)

Learn a TikTok dance

Visit one of UW's satellite campuses (p. 23)

Get involved with your faculty society

Take a picture next to the University of Waterloo sign (p.33)

# LGBTQ+ resources at UWaterloo

Suji Udayakumar  
Assistant News Editor

Finding community and a safe space for self-expression and support on campus can be difficult. However, the University of Waterloo offers a variety of resources for the LGBTQ+ community, while other supports also exist within the KW region.

The Glow Centre for Sexual and Gender Diversity is a student-oriented LGBTQ+ group — the oldest in Canada, being founded in 1971. This group is run by student volunteers and promotes a healthy attitude towards all sexual orientations and gender identities on the university campus.

Glow provides a wide variety of peer support, social events, advocacy work, as well as resources. During the pandemic, all in-person events are cancelled, however, the centre is hoping to hold in-person

gatherings once again over the coming year. Office hours and activities are currently being run online. The Glow Centre is located in room 2102 at the Student Life Centre.

The Working Group on Sexual and Gender Diversity is UW's Working Group of Provost's Advisory Committee on Equity (PACE). The Working Group brings together community members and campus partners to provide advice on and make recommendations for a comprehensive plan that will address: campus climate for members of LGBTQ+ communities as well as promote equitable environments for members of LGBTQ+ communities.

Health Services is UW's health resource and offers health care visits to students. Health Services provides gender affirmative care to serve trans non-binary identified student's health needs.

It's currently providing all medical services, with modified or alternative service delivery. To book an appointment, call 519-

888-4096.

Counselling Services is UW's counselling resource and is a team of professionals that provide programming and services to support academic, personal, career and health-related concerns through provision of a secure, supportive environment for students of all orientations and backgrounds.

Counselling Services is currently providing services by phone and video. To book an appointment, call 519-888-4567 ext. 32655.

Gender inclusive restrooms are available across campus. Refer to the map on this page for options.

Resources detailing how to understand and respect identities, promote LGBTQ+ inclusion on campus, LGBTQ+ groups, and more can be found on the UW website.

If you're looking for resources off campus, Spectrum is Waterloo Region's first-ever rainbow community space. Derived from the Waterloo Region Rainbow Coalition (WRRC) and created in 2012, Spectrum is

a safe space operated for members of the LGBTQ+ community that is inclusive and accessible to the general public.

The organization aims to support the well-being of LGBTQ+ individuals in Waterloo Region and the broader community through peer support, community partnerships, education and training, resources and events.

Services offered by Spectrum include transgender support groups, Aging With Pride (AWP) for older folks, Rainbow immigrant and refugee services, as well as Rainbow diversiSpectrum also has a terminology guide on common LGBTQ+ language as well as do's and don'ts when it comes to certain words and phrases.

Spectrum is located at 283 Duke St. W, unit 310 in Kitchener, Ont., however, the centre is closed due to the pandemic. That being said, Spectrum is currently offering virtual drop-in services via Zoom on Saturdays from 2 to 4 p.m.

**UNIVERSITY OF WATERLOO UNISEX WASHROOM MAP**

There are unisex washrooms available on uWaterloo campus for all genders. Please use this map to locate all unisex, accessible and changing station washrooms within the lecture buildings, student residences and activity halls.

100 M 200 M 300 M

**UNISEX**  
**UNISEX & ACCESSIBLE**  
**UNISEX, ACCESSIBLE & CHANGING TABLE**

DGR	Basement (not numbered)
E2	3418A
ECH	1113
EIT	1906, 2905, 3901
ESC	128, 339A
EVI	321
HS	1903, 1904
LHI	1665
NH	0100
OPT	1032, 3040
ONC	8917, 1917, 2917, 3917, 3943, 3944, 3946, 3947, 4917, 4943, 4944, 4946, 4947, 5943, 5944, 5946, 5947
RCH	126
REN	1801, 1802, 1824A, 1824B
REV	120
SLC	1815, 1816
STP	2nd floor (not numbered)
STP GRAD BUILDING	335, 534
TC (CECS)	2906, 3906
V1 CENTRAL COMPLEX	177, 123, 205

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# How to join design teams at UW

Richard Joung  
Reporter

The University of Waterloo has a plethora of design teams that you can be involved in. A design team is a group of people formed to achieve a common design goal. Joining one is a great way to develop interesting skills and help you steer your desired career path.

Being part of these teams will show recruiters what your interests are and provide valuable anecdotes for co-op interviews. As part of the orientation, UW will be hosting a virtual student teams showcase. The showcase is planned for Friday, Sept. 3 from 11 a.m. to 1:30 p.m., and will be a drop-in style event for new students to meet and ask questions of the various design teams and student groups.

There are more than 20 design teams at UW. Here is a list of just a few:

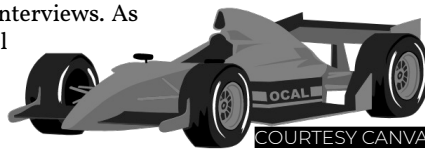
## Formula Motorsports team

The UW Formula Motorsports team (UWFM) designs, builds, tests and competes with an open-wheel formula-style race car. They compete annually in the Formula SAE

Competition — the largest and most competitive student vehicle design competition in the world.

## Midnight Sun Solar Car Team

The Midnight Sun Solar Car Team has been designing and building solar-powered electric vehicles at UW since 1988. This team designs, manufactures and races solar-electric cars capable of travelling on public highways. Their mission is to innovate solar vehicles that demonstrate the potential of renewable energy for a more sustainable future. They compete in the American Solar Challenge and the World Solar Challenge.



## University of Waterloo Alternative Fuels Team (UWAFT)

UWAFT continuously breaks new ground in the field of sustainable transportation through innovation, technology and student engagement. UWAFT competes in EcoCAR 3 — an advanced vehicle technology competition. The competition challenges 16 universities across North Amer-

ica to reduce the environmental impact of vehicles without compromising real world performance or safety. UWAFT is one of only two Canadian universities competing in EcoCAR 3, making the competition an even more unique experience.

## Waterloo Formula Electric

Waterloo Formula Electric is a student-run team formed in 2011 to address a major issue with creating the next generation of highly efficient vehicle technology. It is dedicated to designing, engineering and racing innovative hybrid or electric vehicles. The team competes annually at the International Formula Hybrid and the Formula SAE Electric competitions.

## Waterloo Rocketry team

Waterloo Rocketry builds sounding rockets that deliver 10 pounds of payload to altitudes of up to 23,000 feet. This team competes annually at the Intercollegiate Rocket Engineering Competition, the world's biggest competition between undergraduate rocketry teams. The Waterloo

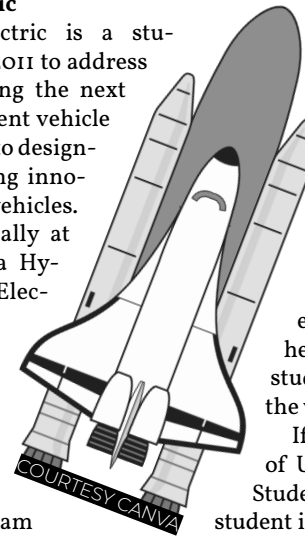
Rocketry team designs, builds rocket engines and performs engine tests on campus. It's rocket science!

## Waterloop

Formed in response to the SpaceX Hyperloop Pod Challenge, Waterloo independently designs and builds a prototype Hyperloop pod. Their goal is to demonstrate the feasibility of Hyperloop pods in the transportation industry and the feasibility of intracontinental high-speed ground transportation using the Hyperloop architecture.

They compete in the Hyperloop Competition — an annual event hosted by SpaceX at their headquarters to showcase the best student Hyperloop pods from around the world.

If you're interested in joining one of UW's design teams, visit the Sedra Student Design Centre's website. Any student is able to join a team by visiting one of the team meetings or contacting them via email. The time commitment varies per team, but students can participate one to two hours a week while still being active members.



# Where to find resources on campus

Joan Gabrielle Basa  
Reporter

The University of Waterloo offers a wide variety of on-campus resources for students to make use of. These resources, tools and services are all available to help students succeed academically and enjoy life at university. Listed below are some of these resources:

## Computer labs

The faculties of science, arts, engineering, environment, computer science and math each have their own computing resources for use by students of their departments. Information systems and technology services are also there to support students with technological questions and web-related queries.

## Health, wellness and recreation

It is necessary for us students to maintain a well-balanced life while in university, as academic work can get demanding at times. The Student Life Centre (SLC), managed and operated by the Waterloo Undergraduate Student Association (WUSA), provides a space for relaxation and recreation for the UW community — club ac-



tivities, study areas, music rooms, etc. In addition, the Health Services office provides medical services for all members of the UW community including the Student Medical Clinic, Family Health Clinic and Nutrition Services. Furthermore, Counselling Services provides free professional mental health support. UW MATES, or Mentor Assistance Through Educational Support, is another peer-support service for students undergoing academic chal-

lenges along with low-level mental health concerns and stress. All of these health services are available via appointment.

## Library and research

UW students have free access to various library resources by signing into a library account with their WatIAM credentials. Using these resources, one can find great tools for academic work such as research databases for all programs, course reserves

and book pickup services. The Davis Centre Library, the Dana Porter Library and the Witer Learning Resource Centre are all of the main on-campus library locations. Other on-campus libraries include the Centre for Career Action Library for career planning resources, the Centre for Teaching Excellence (CTE) Library for teaching and higher education, and the Instructional Technologies and Media Services where media equipment for classroom teaching can be found. In addition, the library website also provides many other digital resources and virtual services.

## Printing

Black-and-white and colour printing are available on all library computers, along with copying and scanning services. A student WatCard with sufficient funds should be used for these services. On-campus printers can be found in these locations: the Davis Library, Dana Porter Library, Witer Learning Resource Centre, and Musagetes Architecture Library. W Print, by Print + Retail Solutions, also allows online file submissions of printing projects to more than 50 on-campus kiosks. Photocopying services are also available for resident use at some residences' front desks.

# A guide for international students

UW resources to help you feel more comfortable in Canada

Nicola Rose  
Arts & Life Editor

The transition to university is difficult, and international students face many additional challenges.

It can be daunting to attend university in a new country, especially if you're studying in your second language or moving away from your family.

Fortunately, there are many resources available to support international students at the University of Waterloo.

## The International Student Guide

The university has compiled a guide for international students that addresses several important topics -including COVID-19 resources, a packing guide, tips for academic success and transportation.

## Student services

International students have access to all the general supports and services available to UW students, such as health services, academic support, career advice and more. Don't hesitate to reach out to mental health services, academic support or any other resources available to students on campus.

## Academic support

There are numerous academic support options on campus.

The Student Success Office (SSO) helps students succeed academically, offering individual appointments and workshops to help students improve their academic abilities. The SSO also shares academic resources and guides on their website, including advice for how to study more effectively, manage your time, and build healthy habits.

The Writing and Communications Centre (WCC) provides valuable support for students working on assignments, whether you're writing a paper, designing a portfolio, or preparing a presentation.

The WCC can help with brainstorming, planning, writing and revising as well as the digital and technical side of assignments. They offer individual appointments, email tutoring and group workshops.

Make sure to familiarize yourself with your academic advisor, who can answer your questions and direct you to the best options for support.

## English language support

If you need support to improve your English skills, UW has several options. Renison College at UW offers a conversation partner program that pairs English learners with English speaking volunteers.

Together, the students participate in activities and practice their English language skills. Renison also hosts regular events for English learners and offers several English courses and programs to help students improve their language skills.

If you need support with academic assignments like essays or presentations, reach out to the Writing and Communication Centre (WCC) for individual help or even email tutoring.

The WCC also hosts regular English Conversation circles, which meet weekly to guide students through different English speaking scenarios.

## Immigration consulting

If you need help with your immigration processes, UW has a team of Regulated Canadian Immigration Consultants (RCICs) who can assist you with your immigration needs.

They are available to current and future students, as well as students who have graduated within the last eight months.

They do not book appointments to discuss applying for permanent residence (PR).

The Consultants are free and confidential. During COVID-19, all meetings will occur remotely (via Microsoft Teams or phone).

Remember to make sure you're aware of the immigration documents you need.

## International Peer Community

The International Peer Community helps international students integrate into the UW community.

If you're looking to connect with other international students and gain advice from upper-year volunteers, sign up for the program and enjoy weekly games and activities.

You can also join the Facebook group to stay connected.

In general, finding ways to connect with other students on campus is important. In addition to the International Peer Community, UW has hundreds of clubs and other organizations for students to connect with each other and engage in activities they enjoy.

## COVID-19 resources

If you're moving to Canada for university, check out UW's COVID-19 resources to ensure that you will be safe and successful in your journey.

Make sure to complete the university's mandatory International Student Travel Plans and Quarantine form and submit a new form if your travel plans change.

If you want to stay informed about these resources as well as many other opportunities and supports for international students, sign up for the monthly international student newsletter from the SSO.

**A GUIDE FOR INTERNATIONAL STUDENTS**

**THE INTERNATIONAL STUDENT GUIDE**

**STUDENT SERVICES**

**ACADEMIC SUPPORT**

**ENGLISH LANGUAGE SUPPORT**

**IMMIGRATION CONSULTING**

**INTERNATIONAL PEER COMMUNITY**

SUHANI SAIGAL

# AccessAbility at UW

Alexandra Holyk  
Executive Editor

The University of Waterloo's AccessAbility Services is available to all students who require accommodation throughout their academic careers at the university.

AccessAbility Services supports all students with known or suspected disabilities or disabling conditions and includes full-time or part-time undergraduate and graduate students, graduate students completing non-course degree requirements, domestic and international students, as well as regular and co-op students.

According to the office's website, "the term 'disability' covers a broad range and degree of conditions that can be permanent, temporary, episodic and suspected, including temporary disabilities, chronic conditions, disabling illness, as well as the physical, emotional and psychological effects of a trauma (e.g., sexual violence)."

UW strives to ensure that all students are set up for academic success. Therefore, the AccessAbility Services team works directly with students, their instructors and other support staff to create an accommodation plan that works and is successfully implemented.

In 2020, in response to the global dialogue about anti-racism following the murder of George Floyd in Minneapolis, Minn., AccessAbility Services teamed up with UW's Student Success Office to reflect on gaps in their work and committed to an anti-racist culture change. One of their findings was: "The staff of these units does not, in most ways, reflect the racial, ethnic or cultural diversity of the student body that the units serve."

They also released a list of goals to work toward inclusivity and diversity in their respective offices. These include plans to:

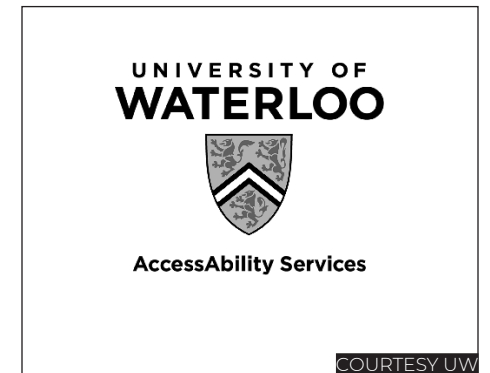
- Address racism within our work through review, design, delivery and assessment of programs, services, strategies and communications.

- Create a diverse and welcoming environment in which Black, Indigenous and other racialized staff and students are actively engaged as integral contributors to the unit's work.
- Empower and support staff to participate in processes and opportunities which support an anti-racist culture change and support their own development.
- Consistently address and provide all staff with tools to productively respond to instances of individual racism.
- Collect and use data (e.g., race-based data) to inform thinking, measure impact and identify strategies to ensure that we are effectively serving our students and staff.

The service centres have also developed working groups to help achieve these goals.

If AccessAbility Services is unable to meet a certain need or condition, the team will direct you to one of UW's other available resources such as Student Awards and Financial Aid, the Registrar's Office, the

Writing and Communication Centre and more. Students who don't require academic accommodation are invited to volunteer as notetakers and share their class notes only with students who have a documented disability and are registered with AccessAbility Services. The positions are a one-term commitment and volunteers can request to be removed from the program at any time.



UW's AccessAbility Services is available to all students.

## UW services that will save you

Alexandra Holyk  
Executive Editor

### Writing and Communication Centre

The Writing and Communication Centre at the University of Waterloo goes beyond providing advice on school assignments and papers, though the centre staff helps with that, too! Students can get help with developing their portfolios, creating presentations, as well as participate in workshops and writing groups to further advance their writing and communication skills. The centre also offers services for graduate students working on their thesis, in addition to offering support to faculty and instructors.



### Bike Centre

The Bike Centre is a Do-It-Yourself bike repair shop run by UW undergraduate students. The centre staff provide the tools, parts and some know-how to help you keep your ride in tip-top shape. The Bike Centre is open Monday to Friday from 10 a.m. to 5 p.m. by appointment only, and is located in the Student Life Centre, SLC 0101.

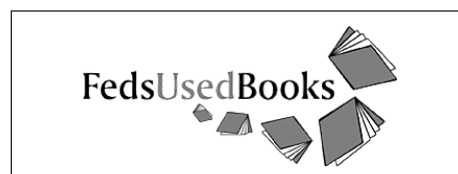
Volunteer staff members charge \$1 per hour for use of the tools and \$1 for us-

ing any of the fluids (oil, grease, or citrus-based solvent). They also have several bike parts for sale.



### WUSA/Feds Used Books

Textbooks for post-secondary education are quite pricey and can feel like a waste of money when you use them once or twice in a term. Instead of paying for a brand new book, visit the WUSA/Feds Used Books store located at the lower level of the Student Life Centre (SLC). If you're learning remotely, you can purchase Feds Used Books online via Amazon and they'll be delivered to whichever address you provide. If you have any extra textbooks lying around from previous years, bring them into the store and Feds Used Books will sell them on your behalf.



### Centre for Career Action

The Centre for Career Action is the place to go for all your questions about your co-op placement and goals throughout your university career. If you're interested in mapping out your path to your dream job or planning out your post-graduation studies, the centre can provide you with easily accessible information and guidance to help you succeed. Even if you're just looking for advice for your cover letter or resumé, arrange a virtual meeting or phone call with a staff member today.

### CENTRE FOR CAREER ACTION

### Student Awards and Financial Aid

UW's Student Awards and Financial Aid provides students with the necessary information, advice and assistance in order to receive financial assistance throughout their post-secondary education. The programs include government aid, including OSAP; awards, scholarships and bursaries; as well as work-study opportunities. The team also offers advice for other financial aid including emergency loans and funding programs in the U.S.



### EDGE

EDGE is the experiential education certificate program offered by Work-Integrated Learning (WIL) Programs at UW. EDGE gives students in regular (non-co-op) programs an opportunity to develop key professional skills, explore their career options and market themselves to employers.

The EDGE program includes experiential learning courses such as internships and practicums; on-campus experiences like work study positions and volunteering; as well as off-campus experiences that include international opportunities.





# Sex and sexual health during the pandemic

Suji Udayakumar  
Assistant News Editor

As a result of being cooped up in quarantine for more than a year, it's clear that post-pandemic hook-up culture consists mostly of online interactions.

Reliance on dating apps, being more direct and the normalization of asking one's health history are outcomes of the pandemic.

According to an article from *The Conversation*, young people believe they will engage in sexual activities more now than they had pre-pandemic as restrictions begin to lift.

With that in mind, the University of Waterloo provides resources on sexual health to help keep students aware and informed.

"Sexy Sexual Health with Samantha Bitty" is a video series by Samantha Bitty, a sexual health and consent educator, speaker and social change entrepreneur.

According to the UW sexual health website, she aims to facilitate creative educational spaces

using laughter, empathy and liberation as central pillars.

Bitty's goal is to replace ideas about sex that originate in patriarchy, misogyny, capitalism and shame, with ideas stemming from abundance, sex positivity, love and choice. Her videos include information about body confidence, safer sexting, consent, sexually transmitted infections (STIs), flirting in consent culture and more.

Health services is UW's health resource and it offers health care visits to students. Services include confidential consultation with a nurse or physician, confidential STI testing, counselling and health monitoring, family planning, birth control dispensary, emergency contraception (morning after pill), pregnancy tests, birth control counselling and options, gender affirmative care, 2SLGBTQIA+ patients and pregnancy, programs on campus and in residence, and information packages.

Health Services is currently providing all medical services, with modified or alternative ser-

vice delivery. To book an appointment, call 519-888-4096.

UW is working toward #ConsentCulture. Consent must be freely given, ongoing, informed and enthusiastic.

There are also on-campus supports for sexual violence survivors. Counselling services can be reached through (519) 888-4567 ext. 32665.

The Sexual Violence Prevention and Response Office (SVPRO) supports all members of the UW campus community who have experienced, or been impacted by sexual violence.

They support individuals by allowing people to disclose their experience and discuss resources.

They can also provide referrals and collaborate with departments and units on campus to facilitate requests for accommodations.

The Sexual Violence Response Coordinator for UW can be reached by phone at (519) 888-4567 ext. 46869 or email amanda.cook@uwaterloo.ca.

Find out more about sexual health, such as STIs and condom use on the UW website.



## How to develop healthy eating habits

Rashmi Gopaul  
Reporter

As a university student, it can be tough to lead a healthy lifestyle no matter how hard you try.

Most of the time, you won't be able to go to the gym or get a workout in, or even have a proper meal. Many students sometimes end up going a whole day without eating due to a hectic study and work schedule. However, there are simple ways to avoid this.

### Put thought into your meals

Eating healthy does not have to be expensive or time-consuming. Many students would rather grab a quick sandwich and coffee at Starbucks or Tim Hortons instead of making breakfast, since they're in a rush. While it's fine to enjoy the occasional fast-food breakfast, daily consumption will not be healthy in the long run.

According to a 2017 healthy-eat-



ing study based in the United States, fast-food items are just calorie-dense foods which cause an energy spike and drop, leaving you exhausted and improperly fueled for the day. Eating out too often will also end up making quite the dent in your wallet over time, whether you realize it or not.

An easy solution is preparing your meals in advance. That way, if you are unable to wake up a little bit earlier to make breakfast, you know you're still having a nutri-

tious meal on the go. Choose a day where you can take some time and meal prep for a couple of days or even an entire week, depending on what you're making and how you're storing it. Foods such as salads and cut-up fruit only end up staying fresh for a couple days before they turn brown or soggy, whereas foods like burritos can last a week if refrigerated or frozen properly.

Many students love meal-prepping since they know they'll be exhausted after classes and proba-

bly won't even have the energy to enter the kitchen on certain days. Some like to meal-prep food for only one meal while others prepare their entire diet in advance.

For example, a popular healthy breakfast item is overnight oats. You can easily refrigerate a couple of mason jars of oatmeal-milk mix with your favorite toppings and grab one every morning before class. Similarly, you can look up easy and healthy recipes online.

### Know what to snack on

Snacking is very popular among students. Potato chips and candy are usually the go-to means of satisfying cravings but remember to maintain balance and enjoy all your favorite foods in moderation. You can purchase healthy snack alternatives such as nuts and protein bars at your nearest convenience store or supermarket. Hummus and veggies are also a healthy option. Remember to include a serving of fruit or vegetables at every meal. Even when going out to eat, try a colorful salad or fruit dessert as a side.

It is easy to go overboard, but a couple tweaks here and there can have a major impact on your diet and overall health. Being in good health is extremely important. If you are able to maintain a proper diet with loads of nutritious foods, as well as incorporate some form of physical activity in your day whenever you can, you will feel great and be ready to take on anything UW throws at you.

# How to make friends in university

Nicola Rose  
Arts & Life Editor

If you've Googled, "How to make friends in university," you've likely come across a bunch of articles with advice like "join a club" "talk to people" and "be yourself."

While these suggestions aren't bad, they're also not great. So, while you should definitely consider trying out the classic advice — the University of Waterloo has many great clubs, for example — here are a few more tips for making friends at UW and beyond.

## 1. Participate in orientation activities and events

Orientation is a great time to meet new people because almost everyone is looking for friends. You'll be divided into groups of people in your program or college, so you'll be able to connect to people who share a few interests.

You may also want to look for smaller or less popular events. It can be a lot easier to meet people when there are fewer participants or the activity is more specific to your interests.

## 2. Join the freshman Facebook group (and other social media chats)

Making friends online can be tough, but it is especially important during the pandemic. These internet groups are a great place to get a sense of how your peers are doing and meet people with similar interests. They can even help you find a room-

There are many benefits to these groups beyond making friends, from finding less expensive textbook options to learning about interesting events.

These groups are also often formed for specific classes, which can be a great way to find a study buddy or get reminders for due dates.

## 3. Go to study groups and tutorials

Like making friends online, making friends in a big class can be a challenge. Study groups, tutorials and other academic support sessions are a good option for meeting people in your program without the pressure of squeezing in a pre-class conversation in a room of 200 strangers.

Even if you don't think you'll need the extra help, having a dedicated time to complete specific classwork can be a good idea. You can also go to any information sessions for your program or classes, where you'll learn more about academic support systems and study sessions and get a chance to meet people who are motivated to do well.

## 4. Tackle things as a team

It can be a lot easier to make friends as a duo (or even trio) than as an individual. Once you've made a friend, don't hesitate to make new friends together. You can sign up for clubs, attend info sessions, sit at a busy table in the cafeteria or even talk to the people next to you in class. Making an extroverted friend and following them around is a great way to approach this, but two introverted people are strong together too.

## 5. Do things that need to get done together

Speaking of teamwork, it's not a bad idea to bond with people by completing errands and other necessary tasks together. Whether it's figuring out how to use the laundry machines, walking to important buildings to make sure you know your way around campus, or grabbing groceries to fill up your mini-fridge, you can get things done and get to know each other at the same time.

## 6. Don't be afraid to make plans

Making plans can be intimidating, but other people will be grateful that you came up with something to do. You can suggest something necessary like the tasks above, or something fun like watching a movie, playing a game or a party, if it's safe.

If restrictions are heavier, or you're more comfortable with more distance, you can try using

programs such as Netflix Party.

Food always works. There are cafes and restaurants on campus, as well as tons of places like bubble tea shops and plazas full of delicious food options nearby.

## 7. Bring things people like

This simple tip works best in residence: bring things people like to do. It can be a TV, Cards Against Humanity or other board games, video games with an extra controller, movies and a portable projector, a stack of books you're willing to share or a Bluetooth speaker.

Essentially, bring things that support group activity or help you bond with other people. Things that work for socially distanced activities are especially great right now.

## 8. Bring things people need

Just like bringing things people like, bringing things they might need can help you connect with your floormates, especially in residence. Consider having some dish soap, extra cutlery, duct tape, a laundry stick, a broom, or a hand vacuum — anything you'd be willing to lend people in their time of desperation. They will be grateful, and most likely willing to repay the favour in turn.

## 9. Step out of your comfort zone

You've probably heard this advice before, so hopefully this section explains how to go about it without it feeling too uncomfortable.

Try activities you're not sure you'll like. Sign up for clubs that sound interesting even if you think you don't know enough about the subjects they cover. Talk to people who seem to have different interests. UW has a large population of students. If it goes poorly, you may never see them again.

Each of these suggestions can be easier if you try them with a friend, though that's not always a possibility. If you want to join a club but don't know anyone else going, message the organizer or president to ask a question about their role or the club's upcoming plans. That way, you'll know one person at the first meeting, and they'll be looking out for you.

If a friend (or potential friend) proposes an activity you're certain you don't want to do, consider finding an alternative, rather than turning them down altogether.

You can also meet people by signing up for the Conversation Partner Program at Renison, which pairs English language learners with English language speakers. Programs like these can help you connect with new people one-on-one.

## 10. Be yourself and talk to people

You've definitely heard this advice before, so once again, hopefully this makes it a little easier to achieve.

Keeping up a conversation with someone you don't know can be hard. People generally enjoy talking about themselves, so asking questions and showing genuine interest is a good way to get people to like you.

There are several easy topics you can ask almost anyone about, the most obvious of which is school. The simple stuff, like "Where did you grow up?" and "What did you do this summer?" is also great.

Pets are a neutral topic that people often enjoy discussing, and asking about what media people like (music, movies, TV shows, games and books) can help you find someone with similar interests.

Or, you can go a slightly different route by skipping the small talk and asking bizarre questions to spark interesting conversations. I met two of my best friends discussing the illegal organ trade in eastern Europe, and we make jokes about it to this day.



JIA CHEN

# 10 essential items to help you survive your first term in residence

Ashley Tang  
Reporter

If “what should I bring with me to university?” is one of your recent Google searches, you might have already seen the University of Waterloo’s official residence packing list that details exactly what you should bring (or not bring) to settle into your dorm room.

However, there are some important items not included on the official UW packing list. While students might not consider them before moving in, these unexpected items can turn out to be incredibly useful later on in their residence life.

Here are 10 unexpected things you need in your first term in residence:



## 1. Noise-cancelling headphones

Your roommates and other people on your floor all have different schedules, which means that things can get a little noisy at times. Use noise-cancelling headphones to drown out the sounds of your neighbour’s 3 a.m. rave and listen to your lo-fi beats in peace while you’re pulling an all-nighter to study for that economics midterm you have in the morning, much easier.

## 2. Stain remover stick

Nothing’s worse than finding out you have a coffee stain on your shirt before you’re getting ready to head out the door to go to someplace important. For a quick and easy fix, have a stain remover stick so you don’t have to waste your time running to the bathroom to try to scrub that stain out.

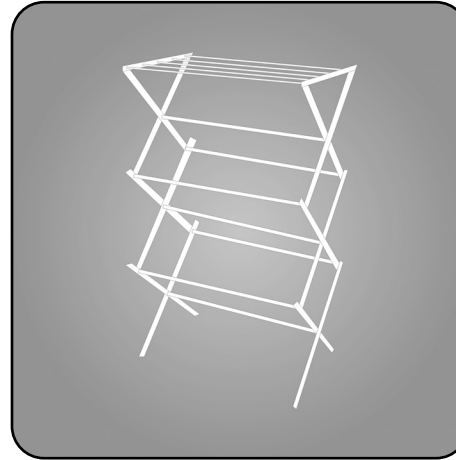
## 3. Ethernet cord

Residence Wi-Fi is pretty fast and stable for the most part, but there can always be those odd times when connection is slower than usual. Thankfully, most if not all residences have Ethernet ports available for student use. Bring your own Ethernet cord to make sure you aren’t stressing over Wi-Fi issues five minutes before your essay is due.



## 4. Lint rollers

Instead of disrupting your roommate’s beauty sleep by turning on the vacuum cleaner, clean up all those crumbs you dropped during your late night snacking session by rolling them up silently. Lint rollers are also great for quickly cleaning up any dust, dirt, hair, or other dry messes lying around your dorm room.



## 5. A clothing drying rack

Although there are dryers available in each residence’s laundry area, you do have to pay each time to use them and sometimes they’re all occupied. You may also have a few delicate items that need to be hung out and dried. Drying your clothes on the rack not only saves money, but can add a bit more humidity in your room if needed.



## 6. Humidifier

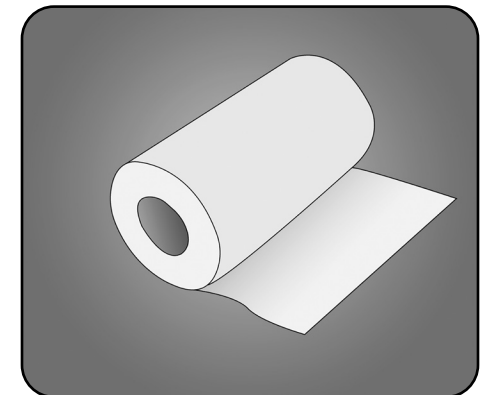
The air in Waterloo can get pretty dry, especially in the winter months. To help your skin stay hydrated, consider having a small humidifier running in your room.

## 7. Laptop bed stand

Sometimes you just want to do your readings from the comfort of your own bed without having to walk two steps to your desk. A laptop bed stand will make that so much easier.

## 8. Air freshener

To put it frankly, your dorm room can start to smell after a while. Although scented candles aren’t allowed, you can still reduce unpleasant odors with room freshener sprays. Just make sure to ask your roommates if they have any fragrance sensitivities before you start dosing your room with lavender-scented Febreze.



## 9. Paper towels

Paper towels (or the cloth equivalent) are great for prepping food, wiping away quick spills and soaking up tears when you’re crying about missing home.



## 10. Ziploc bags

You’d be surprised how often these come in handy. Whether you want to carry snacks from the cafeteria to your room or save closet space by vacuum sealing your extra bedding, Ziploc bags of various sizes will be incredibly useful during your time in residence.



# An ode to campus





Welcome back to UW, the geese missed you



# OUA returns for 2021-22

Saihaj Dadhra  
Sports and Health Editor

Ontario University Athletics (OUA) has released approved structure changes for competitive sports to return to universities for Fall 2021, permitted in accordance with public health guidelines.

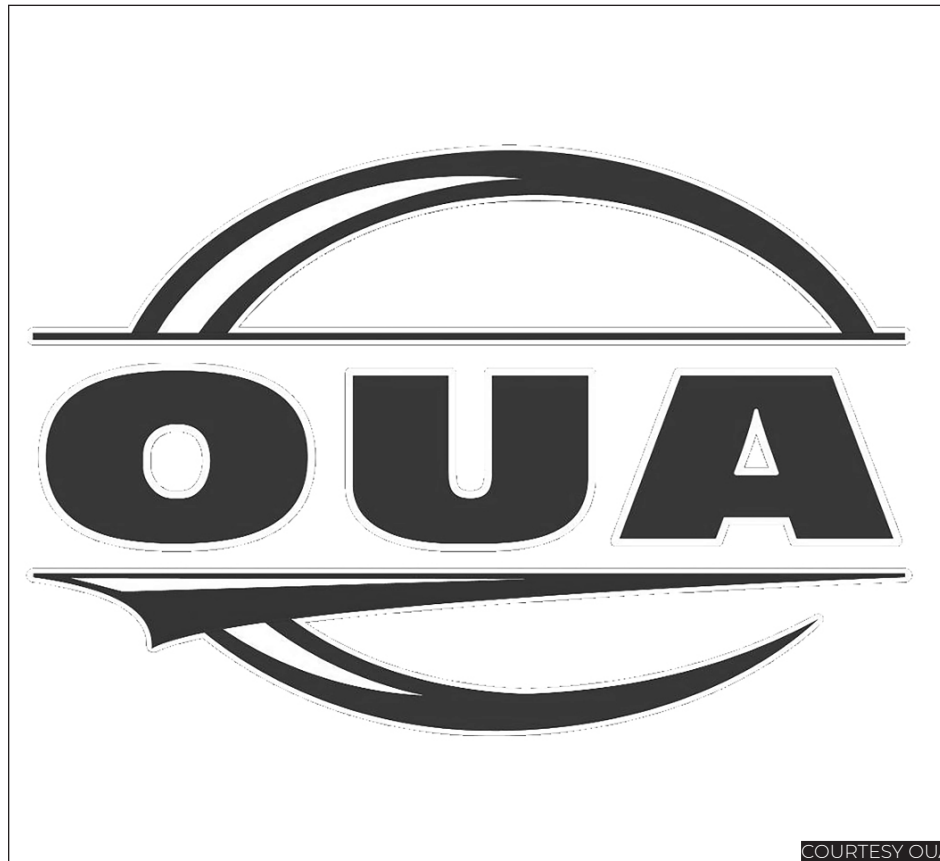
OUA has collaborated with public health authorities and provincial sports organizations to develop a plan for safe return of university sports to campuses.

With the province's re-opening stages in progress, Gord Grace, OUA president and CEO suggested more positive steps to return to sports when plans for league-based sports to return for the 2021-22 season were announced in early June.

The approved changes for league-based sports and championship formats for the upcoming season have been created in accordance with public health guidelines.

The OUA is continuing to recommend that student-athletes, coaches and all OUA stakeholders receive their COVID-19 vaccinations to aid in the safe return to competitive sports in the 2021-22 season.

Key structure changes to league-based sports and open championship structures



COURTESY OUA

can be found on the OUA website.

These alterations may be subject to change depending on regional COVID-19 guidelines in order to ensure the health and safety of participants is not compromised.

According to the UW Athletics website, the following sports will be returning with the respective schedules, should the province continue with its reopening plans.

The schedules for fall term sports, which include football, field hockey, men's soccer, women's soccer, men's rugby and women's rugby have been released.

Two-term sports schedules including men's basketball, women's basketball, men's hockey, women's hockey, men's volleyball and women's volleyball have been released as well.

Varsity tryouts for current and incoming students typically involve an open tryout for any students not already involved, according to Roly Webster, the director of athletics and recreation. Students can reach out to coaches to find out about opportunities for tryouts. Plans for specific varsity level sports are set to be announced in the coming weeks.

It is not yet confirmed if students will be allowed to attend Warrior home games during the 2021-22 seasons.

## Recreational sports and physical activity opportunities at UW

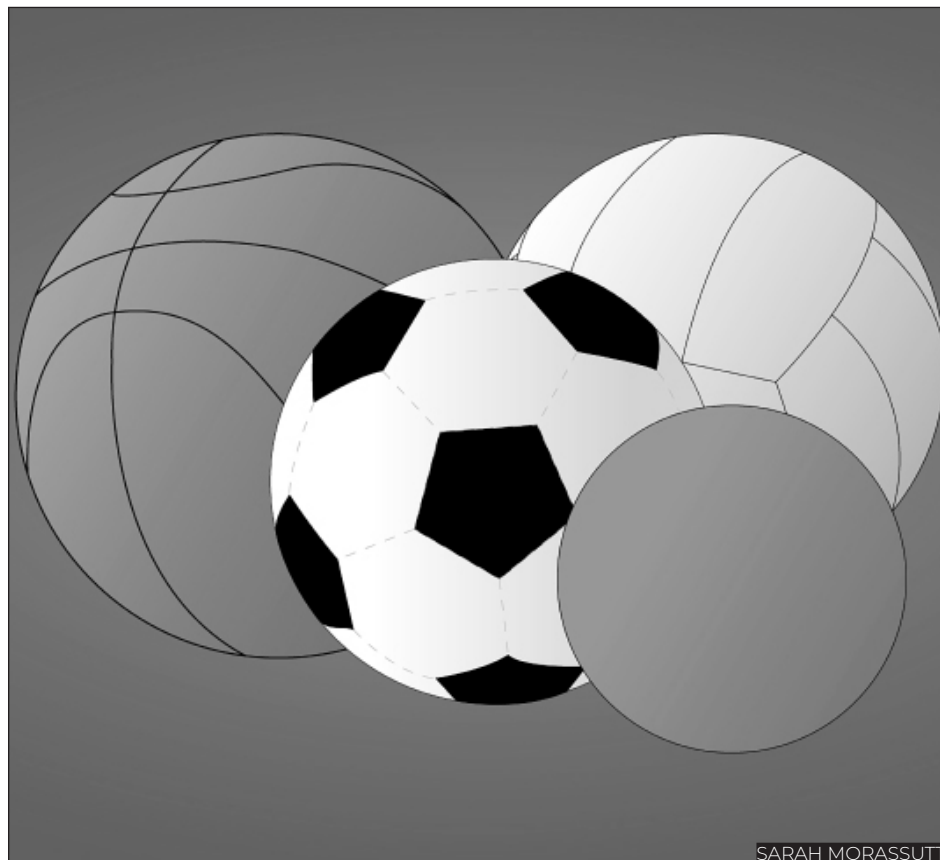
Saihaj Dadhra  
Sports and Health Editor

The University of Waterloo offers a variety of recreational sports clubs, fitness classes and intramural sports that will be available to students in line with public health guidelines.

The university's athletics website contains a list of tournament dates and registration information. During the spring 2021 term, five tournaments were added when the KW region moved into Step 2 of the province's reopening plan. These tournaments included volleyball, spikeball, beach volleyball, soccer and ultimate frisbee. Tournaments for the fall term will be added, should the reopening of the province continue. Other intramural teams include ball hockey, dodgeball and soccer.

UW's athletics department has a variety of facilities that are available to students and will be opening as long as public health guidelines allow.

The Columbia Icefields fitness complex (CIF) is one of the department's most recent reopenings as a result of the KW region moving into Step 3 of the province's reopening plan. The CIF reopening in-



SARAH MORASSUTTI

cludes the CIF fitness centre, open recreation available in Gym 1, Gym 2 and Field House, indoor group fitness programming in Gym 3, summer camps for basketball and hockey, varsity practices, and the Physical Activities Complex (PAC) pool and squash courts. Students are required to reserve their spots in advance and tap in with their WatCards.

Other facilities available to students include the Physical Activities Complex (PAC), the CIF arena and the Warrior zone.

Warrior Recreation Sports Clubs provide students with a wide variety of recreational clubs to join for all skill levels from beginner to expert and any UW student with a current athletics membership is able to participate.

Most of the clubs have a "try-it session" at the beginning of each term, where students are able to participate in a practice and decide if the club is for them.

Clubs include archery, ballroom and Latin dance, band, cheerleading, cricket, cycling, dragon boat, equestrian, fencing, karate, kendo, quidditch, ringette, life-saving, Muay Thai and many others. The university's athletic website contains a complete list of all Warrior Recreation Sports Clubs.

# Your back to school playlist

Keerthikah Jegatheesan  
Reporter

With school creeping up around the corner, there are many things to look forward to: the leaves changing colour, colder weather, Halloween, and the creation or revamping of study playlists to keep you grounded amidst the roller-coaster of first year.

As someone who is an avid connoisseur of the daily mixes that Spotify creates for me, I know how the contents of a

playlist can make or break a study session. Being a student is stressful — especially during a pandemic — this playlist will help calm you in the

to the rest of the day. I know that during the weeks of midterms, I struggle greatly with finding motivation to start my work. Whenever I'm going through that slump, I start playing this song to get my mind back to the task that is in front of me.

## "LUCY!" by Jaden

I like to add the occasional upbeat song to my study playlists because ever so often, I need the reminder that it's not the end of the world if I don't understand what to do. Every time I listen to this song, I just have the sudden urge to bop my head while I'm taking notes and believe everything's going to be alright.

SHARANYA KARKERA

## "Young" by Vacations

The feeling that I get when I listen to this song is equivalent to removing 20 pounds off my back. I prefer to play this song when I'm winding down or when I'm taking a mini break between study sessions. Personally, I have realized that anything acoustic is the perfect music to play for when you want to take a breather.

## "Same Ol' Mistakes" by Rihanna

This song is one of my personal favourites and it's a song I love to get all of my friends into, regardless of what genres they listen to. It's one of those songs that is its own genre. Everytime I listen to it, I can't help but imagine that I'm levitating. If you are a fan of Tame Impala, this song will definitely be in your favourites as it's a cover of "New Person, Same Old Mistakes."

## "Gravity" by Brent Faiyaz, DJ Dahi, Tyler The Creator

I'd describe this song as an energy boost without having to ingest anything. It's one of those songs that make what you're doing less bearable while you're listening to it. Anytime you need a spring in your productivity levels, this song is the perfect trick that'll get you perked up and ready to work.

## "Boredom" by Tyler The Creator, Rex Orange County, Anna of the North

Although I don't remember how I got in-

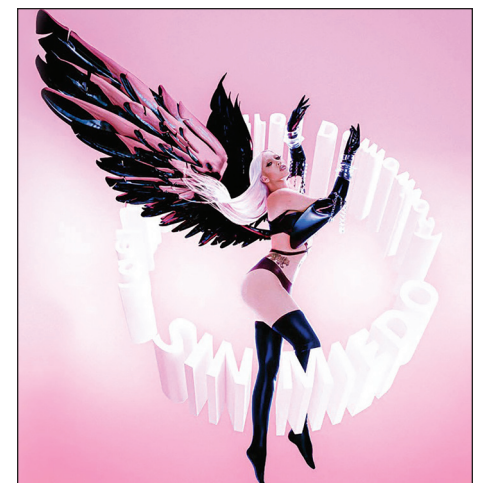
roduced to this song, I'm very glad that I did because it's a conventional study playlist song with its own twist that makes you want to listen to it more. It has its quiet, somber parts for when you want to focus super hard, and its louder, cheery counterparts for when you want to pick up the pace with what you're doing.

## "fue mejor" by Kali Uchis, PARTYNEX-TDOOR

What sets this song apart from the others is that it's a fusion of Spanish and English. Despite not being a Spanish speaker myself, it was quite an experience expanding my listening taste beyond songs that I can understand. It's something I believe a lot more people should do because there's just so many hidden gems waiting to be found.

## "Do U Wrong" by Leven Kali, Syd

For the days where you have work to do, but it's not exactly work that needs to be done at the end of the day, this song is great to play as something that keeps you on track and lets you be stress-free. Everytime I listen to it, I can't help but have a big smile on my face. It's impossible to feel negative when this song is blaring on my earbuds.



To listen to the full playlist, scan the Spotify URL below through the search by photo feature on the Spotify app.



Instagram: wloowarriors, Waterloo Warriors: wloowarriors, Facebook: waterloowarriors, Instagram: wloorec

# ATHLETICS & RECREATION

THE BENEFITS OF MOVEMENT  
GET MOVING!



## WARRIORS RECREATION

Get active and engaged by booking a reservation or signing up for one of the many Warrior Rec programs or facilities available:

- » Aquatics
- » Climbing Wall
- » Clubs
- » Esports
- » First Aid
- » Fitness Classes
- » Fitness Centre
- » Dance Classes
- » Intramurals
- » Move Your Mind
- » Open Recreation
- » Personal Training
- » Skating Classes
- » Small Group Training
- » Online programs (Fitness Classes, Health Webinars and more)

## COMPETITIVE VARSITY ESPORTS TRY-OUT DATES

» Sep 11-12: Rocket League, Valorant

Registration deadline: September 9 at 11:59pm

» Sep 18-19: Overwatch, League of Legends

Registration deadline: September 16 at 11:59pm  
[www.gowarriorsgo.ca/esports](http://www.gowarriorsgo.ca/esports)

Free admission for students with a tap WatCard.

» Reserve your ticket in advance for games this season at [gowarriorsgo.ca/tickets](http://gowarriorsgo.ca/tickets)



## UPDATES

We are making our best efforts to provide open facilities and recreation programs with the health and safety of our students at the forefront.

Wondering what is open or what facilities we have to offer?

Visit [gowarriorsgo.ca/fall2021](http://gowarriorsgo.ca/fall2021) for more information.

## WORK WITH THE WARRIORS

- » Find work you are passionate about
- » Build experience and develop skills
- » Work around your school schedule with flexible work hours

Visit [gowarriorsgo.ca/jobs](http://gowarriorsgo.ca/jobs)

## WARRIORS EMAIL NEWSLETTER INSIDER

Stay up to date with Rec programs, events, job opportunities, tips and tricks on how to stay well, facility information and more!  
To sign up, visit [gowarriorsgo.ca/warriorsinsider](http://gowarriorsgo.ca/warriorsinsider)

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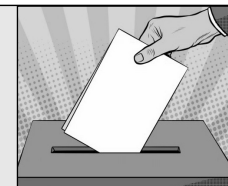
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**IN CONVERSATION...**

Read what UW's new president, Vivek Goel, has to say about all things university. P4



**OPINION**

How important is it to vote and what is at stake with the election? P10

**NEWS** P2

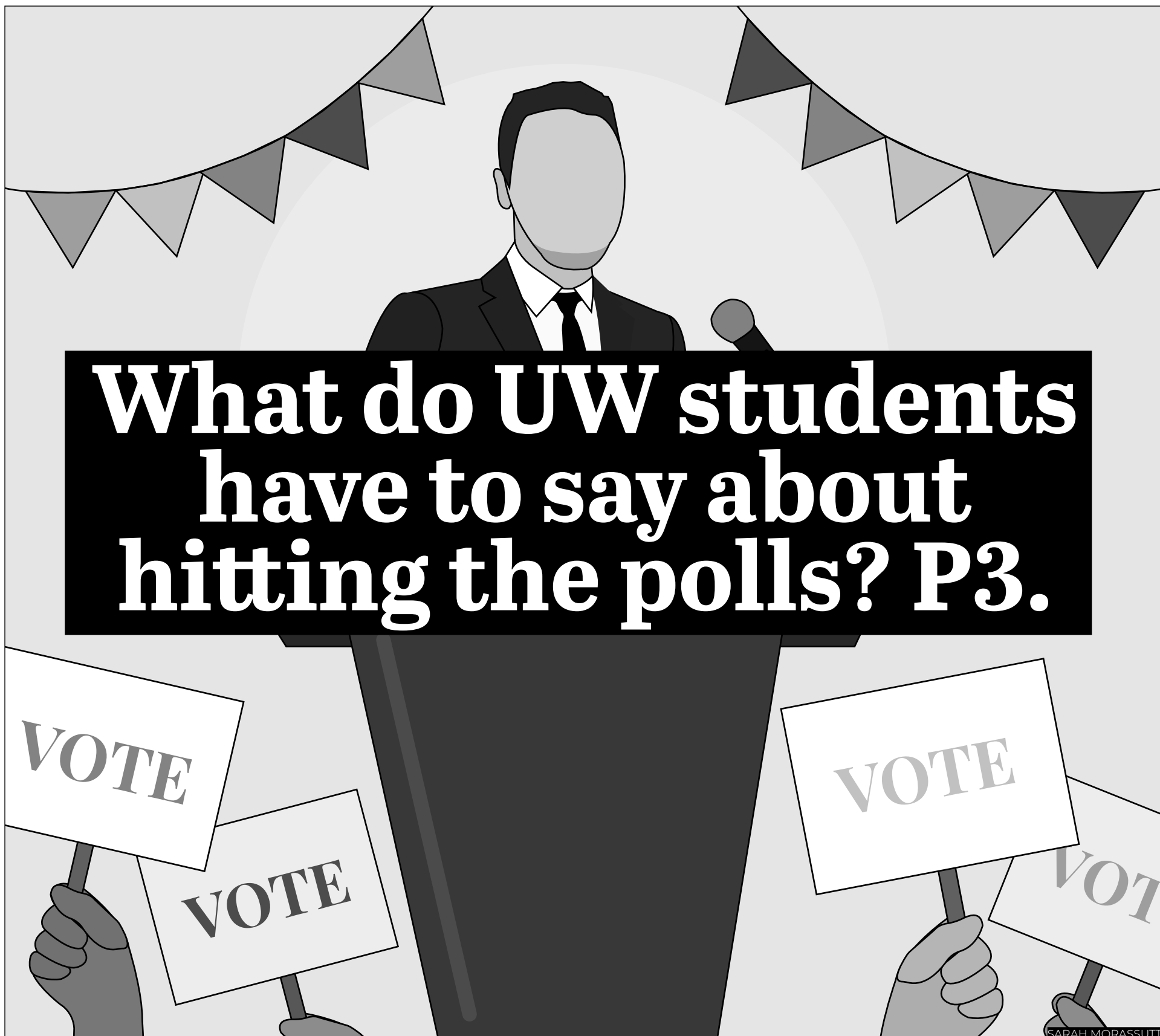
Students, faculty, staff and visitors required to provide proof of their vaccination status.

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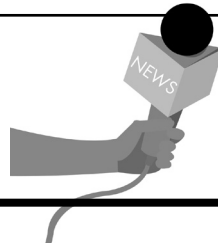
Student Athlete Spotlight  
Kinzey Brosseau

**SCIENCE & TECH** P8

How were mRNA vaccines developed so quickly?



**What do UW students have to say about hitting the polls? P3.**



# UW to require proof of vaccine status for fall 2021

As of Sept. 7, those who wish to come to campus will have to show proof of their vaccination status or get tested regularly

Alexandra Holyk  
 Executive Editor

Students, faculty, staff and visitors to the University of Waterloo's campus will be required to provide proof of their vaccination status beginning Sept. 7.

In a memo sent to students and employees on Aug. 24, UW president and vice-chancellor Vivek Goel said the Council of Medical Officers of Health recommended that all post-secondary institutions in the province require proof of vaccination against COVID-19 for people coming to campuses.

"This provides a consistent set of recommendations for implementation of vaccination policies across regions. I am therefore

encouraged that all members of the Council of Ontario Universities have agreed to act on this recommendation," Goel said.

In the email, Goel also said the university will be sending instructions on how campus visitors can submit their proof of vaccination or apply for accommodation in the days following the announcement.

According to the email, anyone who is not vaccinated must provide proof of being fully vaccinated no later than Oct. 17. If those who are not fully vaccinated choose to come to campus before Oct. 17 or before they are fully immunized, they must have a negative rapid antigen test result no more than 72 hours before coming to campus.

The university will also provide accommodations for individuals who cannot be

vaccinated for medical reasons or grounds protected by the Ontario Human Rights Code. However, the email does not disclose these grounds of exemption.

This announcement follows the university's previous plans to require that all students, faculty, staff and visitors to campus self-declare their vaccination status, which was expected to begin on Sept. 1. Students living in

residence are also required to be vaccinated.

In an email to *Imprint*, UW spokesperson Pamela Smyth said the self-declaration process will be replaced by the proof of vaccination status requirement.

Smyth also mentioned that students, faculty staff and visitors to campus can begin submitting their proof of vaccination status before the Sept. 7 implementation date.

*"This provides a consistent set of recommendations for implementation of vaccination policies cross regions."*

VIVEK GOEL, PRESIDENT AND  
 VICE-CHANCELLOR OF UW



ANDRES FUENTES

Visitors to campus that do not show proof of being fully vaccinated will be required to get tested no more than 72 hours before coming to campus.

# Here's how students feel about the upcoming federal election

Nicola Rose  
Arts & Life Editor

On Aug. 15, Canadian Prime Minister Justin Trudeau called a federal election set to take place on Sept. 20, 2021.

Here's how students are responding to the news.

Maahir Sheikh, a third-year ARBUS student, said he was not surprised about the election.

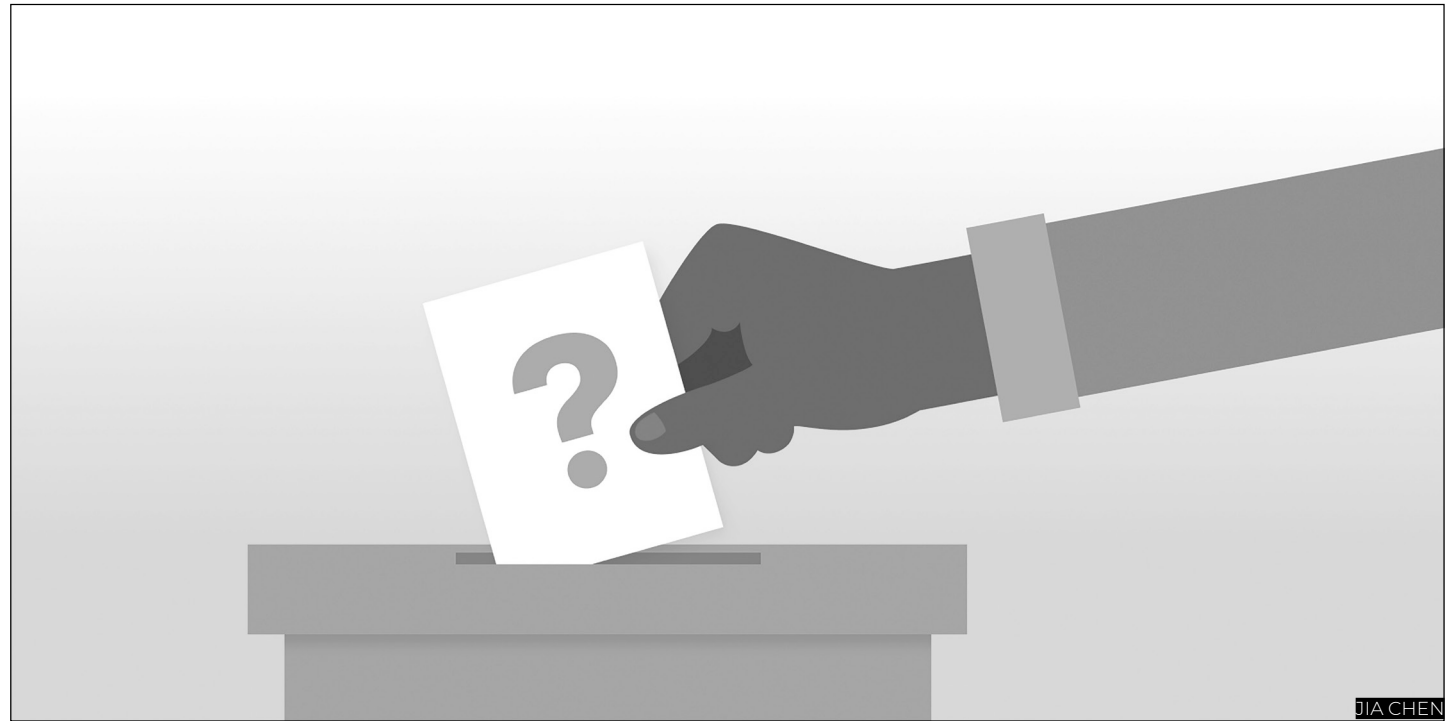
"The federal election being called for this September was something I expected," he said. "Historically, minority governments call for elections after two years. Stephen Harper called for elections in 2008, two years after winning government with a minority in Parliament."

For Sheikh, the most important issues are climate change and affordable housing policy. "As a young Canadian, I can already see the impacts of a warming climate, such as the wildfires raging in B.C. For my whole life, I will be living with these disasters, so voting for policies that aim to reduce the impacts of climate change is very important to me," he said.

"Another big issue is housing. Our current housing policy only allows for the construction of single-family homes. This increases urban sprawl and raises property values. In order for Canadians of my generation to achieve the milestone of owning our own home, we need to vote for better housing policies," Sheikh added.

**"Voting is an important civic duty...Knowing that so many people cannot partake in representative democracy motivates me to participate and uphold Canada's democratic tradition."**

MAAHIR SHEIKH, THIRD-YEAR  
ARBUS STUDENT



JIA CHEN

Youth participation in Canadian politics is historically low — those between the ages of 18 and 24 years old have the lowest voter turnout of any age group according to research commissioned by Elections Canada.

There are several factors contributing to this trend, most notably barriers in terms of both motivation and access. A 2015 National Youth Survey also found that compared to older citizens, youth are less interested in Canadian politics, feel less strongly that voting will make a difference and tend to see voting as a choice rather than a duty.

Additionally, youth are less aware of the ways to register and vote and less likely to receive a voter information card. Overall, young people tend to perceive the voting process as difficult, even when they're unaware of exactly what the process entails.

Sheikh, who plans on voting in the coming election, emphasized the importance of participating in electoral politics.

"I will absolutely be voting in the coming election. I have voted consistently since the 2018 Ontario provincial election and have already reviewed the major party platforms to determine which party to vote for," Sheikh said.

"Voting is an important civic duty. Because I am privileged to be born in Canada, I have the right to vote. A right that was denied to my grandparents when they lived in Pakistan. Knowing that so many people cannot partake in representative democracy motivates me to participate and uphold Canada's democratic tradition."

More broadly, Sheikh said he believes

that if more post-secondary students vote, their issues will be more directly addressed by the politicians who represent them.

"It is very important to vote. If we don't vote, the parties will ignore us. Post-secondary students need to vote and vote consistently, to ensure that our issues will be addressed by the politicians that represent us at every level of government."

**"Post-secondary students need to vote...to ensure that our issues will be addressed by the politicians that represent us at every level of government."**

MAAHIR SHEIKH, THIRD-YEAR  
ARBUS STUDENT

Some UW students are aware of the election but are still too young to vote. On social media, they have expressed disappointment toward not being able to participate this year.

Sheikh noted that while the federal elec-

tion is important, the upcoming provincial election, which is set to take place in June 2022, will have a greater impact on post-secondary students.

He added that "putting an end to tuition and making post-secondary education free for all Canadian citizens" is an issue he would like to see addressed in the coming election cycles.

## LAND ACKNOWLEDGEMENT

IMPRINT ACKNOWLEDGES THAT THE UNIVERSITY OF WATERLOO IS SITUATED ON THE TRADITIONAL TERRITORIES OF THE ATTAWANDARON (NEUTRAL), ANISHNAABEG, AND HAUDENOSAUNEE PEOPLES. THE UNIVERSITY OF WATERLOO IS SITUATED ON THE HALDIMAND TRACT, LAND PROMISED TO SIX NATIONS, WHICH INCLUDES SIX MILES ON EACH SIDE OF THE GRAND RIVER. THEREFORE, IMPRINT RECOGNIZES AND RESPECTS THIS LAND THAT IT IS SITUATED UPON.

UW INDIGENOUS STUDENT ASSOCIATION



# A conversation with Vivek Goel, UW's new president

Nicola Rose  
Arts & Life Editor

As of July 1, the University of Waterloo welcomed a new president. Vivek Goel is an accomplished physician, researcher and academic administrator, whose work in public health was recognized last December when he was appointed as a Member of the Order of Canada.

In an interview with *Imprint*, Goel said he is motivated by a desire to ensure that every student has access to the best possible opportunities and experiences, which he believes will help transform the national approach toward public health.

At UW, Goel said he plans to uphold the university's core values — curiosity, courage, engagement and belonging — and champion academic freedom and integrity.

**Imprint: Can you describe, in your own words, your role as president and vice-chancellor at the University of Waterloo?**

**Goel:** Officially, the president is the leader for the university in internal-external matters. They work closely with the university's Board of Governors, who are ultimately responsible for the work of the school, as well as the Senate, which is the highest academic body.

Leaving the technical part of [the role] aside, I think the important part of the president's role is to provide inspiration and energy for the community to rally around big issues. I see my role as helping to ensure that issues that are of importance to the community are heard and acted upon.

As well, I think an important part of the role is being a champion for academic integrity, for the quality of the academic experience and the quality of the student experience, and in particular, upholding academic freedom, because that's what helps [us] give our institutions, our universities, such significant role in society — that we foster and preserve academic freedom.

**Imprint: What was one of the most important non-academic lessons you learned during your time as a student?**

**Goel:** There's as much to learn outside of the classroom as there is in the classroom. The most important parts of your university experience can be participating in different co-curricular activities, like student government, athletics, arts and culture activities or just hanging out and meeting new friends and people that will become [your support system and your network] — people you'll be able to call on at different stages of your life.

For me, that was a very important part of my experiences in all my degrees. I was always involved in clubs and different roles in

student government. The lessons I learned there have served me well as I've moved into academic administration and academic leadership roles, from things as basic as chairing a meeting, to understanding how you get teams of people from different disciplines to come and work together.

**Imprint: Over the past year, you worked with the federal government's COVID-19 Immunity Task Force and as a Scientific Advisor for the CanCOVID Research Network. Can you tell us about your experience working with the government to combat COVID-19 in Canada?**

**Goel:** One of the big challenges always is taking the knowledge and science that's been generated, and bringing that into decision making.

When you're in a major emergency event, like the pandemic, that becomes even more challenging: It takes time to do the research, to synthesize it, bring it together from across different disciplines and different parts of the world. But in that emergency, you're trying to do that in real-time.

At the same time, we're also seeing more openness and transparency, which is really good. We want research to be highly accessible, available globally. But what that has meant is, for example, we have preprints — research that's not yet peer-reviewed being made available, and the media reporting on it. That can lead to confusion as unvalidated results are being debated. And so the task forces in the different groups I was involved with over the past year tried to help bring the academic and the research community together with people in government to address urgent and important questions.

The University of Waterloo in my view has been a leader in helping to prepare graduates to work in very different types of environments. We can continue to think about what the work environments of the future are going to look like and how people can bring the latest research and knowledge to the work they're doing and how they can be good consumers of that research. Whether as a graduate you go to work in government in a policy environment or you're working in a completely different setting, what the pandemic has also shown us is that we need every citizen to be better informed.

The pandemic has also shown us the social challenges that remain in society, [how] certain people suffered the greatest consequences. So it also shows the importance of education in social sciences and the humanities and understanding how we can change things for the better. So this past year has been informative for everyone about these big challenges ahead of us. My experiences working with the government as they tried

to address many of these big challenges were informative too.

**Imprint: Your work in public health, especially during the pandemic, was commended this past December when you were appointed to the Order of Canada. What did it mean to you to be recognized for your contributions to the nation's wellbeing?**

**Goel:** It was particularly significant for me, for that honour to come during the pandemic. Part of the importance of the recognition was not just for my contributions, but the contributions of everyone working in public health. [Public health workers] are often not well recognized, particularly when there's not a pandemic or a big outbreak. But people in public health work every day to keep people healthy. They keep your restaurants and water supply safe. They work to promote healthy living, [such as] a good diet and physical activity and environmental health.

During the pandemic, people talk about the contributions of frontline health care workers, which are very, very important, with people working in intensive care units and emergency rooms, doctors, nurses and all the other health professionals that have had to work so hard for over 18 months.

But when was the last time you saw the news featuring a public health contact tracer, or someone working in a public health lab? These people are invisible — they're not recognized. For me to receive the Order of Canada during the pandemic, in part also was to help recognize that sort of unsung work of people on the front lines of public health.

**Imprint: During the pandemic, you transitioned once again from academia to public health, fulfilling a much-needed role in Canada's fight against COVID-19. Why did you choose to return to academia, and what drew you to the University of Waterloo in particular?**

**Goel:** Part of going to Public Health Ontario, now almost 13 years ago, was to help rebuild public health [in the province] after SARS. We got to what I thought was a very strong agency, and then people started to forget about SARS. After I left, its budget was cut, so it wasn't ready [for the pandemic]. And for the Public Health Agency of Canada, which also got created after SARS, a similar sort of pattern happened. There's a boom and bust sort of cycle for public health: when something bad happens, people invest in it, and when the bad things don't happen, people stop investing.

I've seen this boom-bust cycle over a few generations. And so part of my conclusion was, I could stay on the health side, and certainly would have had opportunities to work at rebuilding things at the national or

provincial level. Or, I could come back into the academic sector and try to work with colleagues to promote thinking about public health in the longer term, from both the education side and the research side. I felt that working in a university setting would actually give me a better opportunity to create a more sustained, long-term response and support for public health.

What drew me to the University of Waterloo was that the university had put together a strategic plan, which was approved back in the fall of 2019, just before the pandemic, that laid out a very bold vision for the school. I think it translates well into many of the things that we need to be doing in terms of the research, looking at broad, interdisciplinary initiatives, including health technology and society.

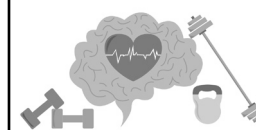
On the educational side, thinking about how we support our students to be lifelong learners and to be able to address the big global challenges ahead of us. It's not just about pandemics, it's about everything else that has been revealed in the past year and a half, including what we continue to see about long-term challenges around sustainability and the environment.

I think we can take the energy the world puts toward dealing with COVID-19, and put it toward big challenges related to the environment and sustainability, so we can make a big difference with that set of issues. With what is laid out in the strategic plan, I think the University of Waterloo is really well-positioned to address those big global challenges.



COURTESY UW

Vivek Goel, UW's new president.



## WRITE FOR SPORTS

Want to go to UW games for *Imprint*?  
You'll be able to talk to players, coaches, and fans!  
For more info, email [sports@uwimprint.ca](mailto:sports@uwimprint.ca).

## Student Athlete Spotlight: Kinzey Brosseau

Saihaj Dadhra  
Sports and Health Editor

For incoming psychology co-op student and women's rugby team recruit, Kinzey Brosseau, rugby represents opportunity. The sport helped bring her into a positive headspace and gave her the strength to work through difficulties she was going through at the time. By being recruited, Brosseau has had the opportunity to meet other students and made friends ahead of classes starting, something she values since she will be moving from British Columbia to Ontario to pursue her post-secondary studies at the University of Waterloo.

Brosseau began playing rugby at age 14; she was introduced to rugby by her hairdresser. "She said,

"You should play, you have the build for it," Brosseau said.

In Grade 9, Brosseau's friend signed up to join the rugby team and signed Brosseau up as well. "I was too nervous to go up at any one but I'm very grateful I had that friend or I probably would be way too afraid to even start," Brosseau explained. She continued playing throughout her high school years. "I really fell in love [with rugby], and I knew I wanted to carry it out of high school into post-secondary. Getting the opportunity to play for Waterloo is absolutely amazing. [It's] like a dream come true," she said.

Brosseau had practices four times a week during high school and played two games per week during the season. Weekdays were busy for Brosseau between school, part-time work and rug-

by; however, she had the opportunity to recover on off days and relax on the weekends.

After her first high school rugby season, Brosseau began to take on leadership roles on the team supporting her captains. When she was 15, she began receiving training from her coaches to be team captain during her Grade 12 year. "I attended many lectures on how to talk, behave, how to present myself — [they were] basically molding me to what they want for a captain," Brosseau said.

Brosseau worked hard for several years to become team captain. "Given the opportunity to be captain is a role I respect and I give great honour to, because you're in a leadership position," Brosseau said. She mentioned that an essential aspect of being captain is making sure there is support

within the team and ensuring everyone is getting along. "We are all here for each other even if some of us might not even like each other off the field. But on the field, I don't care. 'You guys are supporting each other, loving each other, making sure we have a nice game,'" Brosseau said.

Brosseau has travelled to several cities within British Columbia to compete, including Kamloops and Vancouver Island. Due to the pandemic, she has not been able to compete internationally or play rugby on an all-Indigenous team and several other rugby teams she was set to be a part of.

Joining rugby in high school helped Brosseau cope with difficulties she was facing at that point in her life. "My confidence just soared, I really started expressing who I was as a person and not

being ashamed of who I am. Then feeling that I don't have to hide behind anything anymore."

Brosseau explained that time management came down to finding a balance that worked best for her. "It gave me discipline, confidence and overall, many skills that I can apply into my real life situations and in my future," Brosseau said. "Learning that discipline in rugby, it's self-love, and that support is definitely huge in how we can apply that is — just making yourself do things when you don't want to do."

Brosseau hopes to become a clinical psychologist and to continue to play a role of support both on and off the field. "I am a huge support system for a lot of the girls I play with. We're very, very close and look out for each other," Brosseau said.



*"I really fell in love [with rugby]...Getting the opportunity to play for Waterloo is absolutely amazing. [It's] like a dream come true."*

KINZEY BROSSÉAU



## UW students and online school

Chidinma Umenwofor-Nweze  
Reporter

For students at the University of Waterloo, classes have been entirely or partially online since March 2020. Some students have welcomed this change, while others have found their lives negatively impacted.

Long before the COVID-19 pandemic began, multiple studies, including a 2013 study published in the *Economics of Education Review*, found that online learning negatively affected course persistence as well as course grades. On the other hand, a more recent 2021 study from *The Official Journal of the IFIP Technical Committee on Education* concluded that “students agreed that online teaching was valuable for them.”

It’s safe to say that the literature varies significantly. Students’ opinions of online learning over the past year are equally mixed.

Many members of the *r/uwaterloo* Reddit community have expressed negative sentiments towards online schooling. Students cite decreased quality of instruction, alleged widespread cheating leading to grade inflation and competition, and increased work-



HEATHER ECOBICHON

load as reasons for their feelings of despondency towards their academics.

Other users in the community highlighted benefits such as no longer having to attend classes for the sole purpose of attendance or participation marks. Some have enjoyed having the freedom to design their academic schedules, as well as the ability to decrease the time spent on lectures by skipping ahead or using other resources.

One such student is second-year systems design engineering student Silja Walenius. “I found that online school worked better for my learning style, and I was able to take more time to research and understand topics on my own,” she said.

Online school has also had a significant effect on mental and physical wellness. On the positive end of the spectrum, students like Walenius have seen improve-

ments in their mental health.

“My mental health vastly improved during the online terms, and I felt that by being physically removed from the competitive Waterloo attitude, I was better able to stick to my own boundaries regarding my mental health,” Walenius said. “I am excited to have my own space again in the fall and try to continue to prioritize my mental health on campus.”

Other students have not fared as

well. Students on Reddit described themselves as being starved of social interaction and recounted struggles with loneliness, depression and anxiety induced by the global and personal pressures of the pandemic — all while balancing a full workload.

Many students at UW noted that online school has increased the amount of sleep they get, though many have shifted their sleep schedule in favour of late nights and afternoon breakfasts. Others have noted an adverse effect on their sleep hygiene, due to increased workload and a muddled separation between work and personal affairs.

In order to maintain a clearer separation between work and play, students recommend scheduling time for leisure activities. Many described a newfound appreciation for their hobbies and spending time with friends, and come September, will devote more time to these activities than they had pre-pandemic.

Walenius said she shares this outlook, and, in September, “will also continue to commit to pursuing non-academic activities every day, and spending time with people I was separated from during online school.”

## Tune into The Sonar Network

Nicola Rose  
Arts & Life Editor

The Sonar Network, founded by University of Waterloo graduate Michael Mongiardi, is a podcast network that curates comedy podcasts from across Canada and beyond.

A successful comedy podcaster himself, Mongiardi started The Sonar Network with his friend Cody Crain, another Toronto-based comedian and podcaster.

Mongiardi graduated from UW in the early 2000s, with a degree in computer science. After he finished school, Mongiardi explored comedy on the side, where he met Crain. He began to work on a pod-

cast, and eventually, comedy became his primary focus.

Mongiardi and Crain would often discuss the need for a system to connect people doing similar work in the area. They realized they could fill the gap in the market, and The Sonar Network was born.

“A lot of major cities have their little podcast communities or collectives of podcasts, hosts and producers that support each other, like Earwolf in LA,” Mongiardi said.

“For years, we kept saying, ‘Someone should do that here,’ and eventually, we realized, maybe we should do that.”

New podcasts are added to The Sonar Network through a committee review process. The committee

consists of the team working for the company as well as some of the long-term hosts whose work has helped the network grow.

The Sonar Network’s team is committed to supporting high-quality, entertaining comedy podcasts and representing the many voices in comedy. This is achieved in two ways: Firstly, by ensuring that there are a variety of styles and approaches included in their podcasts — while every show on the network has a comedic approach, they employ different forms of comedy and all deal with different content. Secondly, by working to include a variety of voices and different perspectives.

“We take diversity and inclusion seriously. We try our best

to represent the different voices and tell the different stories,” Mongiardi said.

As The Sonar Network continues to grow, the company has also expanded geographically.

“We started with six local shows and grew from there,” Mongiardi said. Since August 2017, the Network has grown to over 30 shows, more than 20 of which are active.

The network has also expanded from Toronto to incorporate shows from several cities across Canada and the United States.

The Sonar Network has seen quite a bit of success in its first four years in business.

Their podcasts have been highlighted among the best Canadian podcasts by The Comedy Network,

blogTO, Streetcar, NOW magazine, CBC Comedy, and *The Globe and Mail*.

Many of The Sonar Network’s podcasters are Canadian Comedy Award winners and Canadian Screen Award winners. The team also supports new podcasters, helping them access resources and tools to support their growth.

Podcasters can submit pitches to include their show in the network through The Sonar Network’s website.

Going forward, the network hopes to strengthen the podcast community in Toronto, support new voices in comedy podcasting and continue to gain recognition across Canada and the United States.

# RentASkill: UW business provides students with flexible work options

Nicola Rose  
Arts & Life Editor

In March 2020, Josh Dhanapala, a fifth-year commerce and accounting student at the University of Guelph (UofG), and Ben Brunt, a fifth-year mathematics/chartered professional accountancy student at the University of Waterloo, founded RentASkill, a company that helps students find flexible, part-time work in their communities.

According to Dhanapala, RentASkill's purpose is to "modernize part-time work for students, while offering homeowners a convenient service for their home-oriented needs."

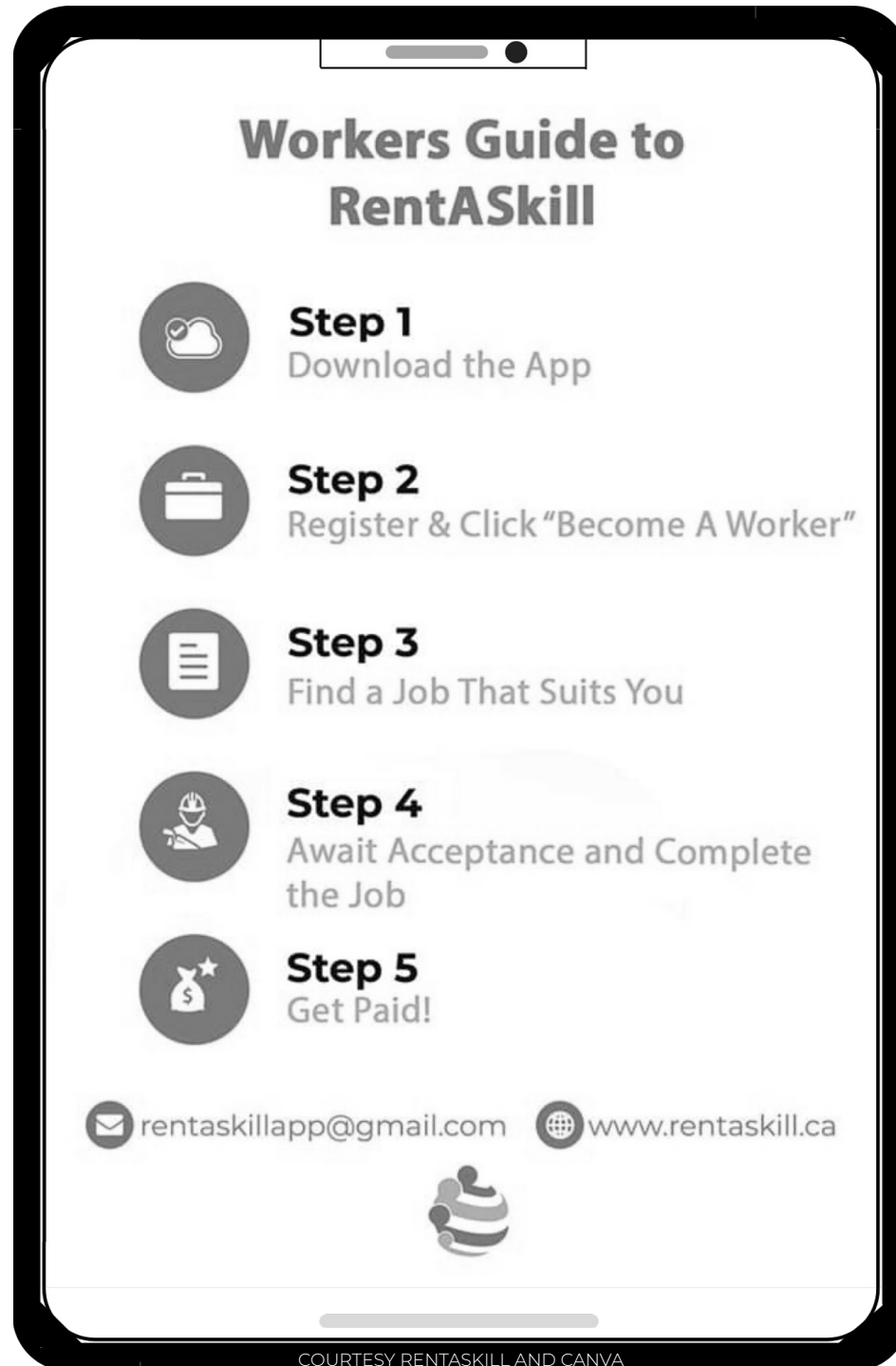
When the COVID-19 pandemic hit and the country shut down, students across Canada struggled to find new co-op placements and internships. Many students lost part-time work positions as well. Dhanapala and Brunt created the business to provide students with job opportunities during the pandemic, enabling them to earn money and gain valuable experience for future co-op work.

Since its inception, RentASkill has participated in several business competitions and incubator programs. The app, which was launched at the beginning of the summer, has seen early success. "RentASkill has now been live on the Google Play Store and App Store for approximately two and three months respectively," Dhanapala said. "In this time, we have gained 130 registered users and have done about \$3,000 in jobs."

Through the app, students can search for jobs listed by homeowners in several categories — general labour, tech help, babysitting, errands, pet or house sitting, and miscellaneous. Each job listing includes a description of the work, an estimated number of hours, and the pay per hour — currently minimum wage or higher, though the next update to the app will set a base pay of \$15 per hour. Payment occurs securely through the app, with RentASkill taking a 10 per cent service fee.

Students who sign up for jobs must be approved by homeowners to officially take on the work. Homeowners are able to rank students out of five stars for every task they complete, which helps students prove their abilities going forward.

To ensure that homeowners and students are safe, the RentASkill team requires all students to attend an information and training session and undergo minor vetting. Currently, RentASkill does not vet homeowners, though students are prepared with safety advice before they begin working. Thus far, there have been no issues on either



side, though RentASkill promises to ban users who cause problems.

The initial idea came before COVID-19. As a competitive athlete in high school, Dhanapala struggled to find work that accommodated his busy schedule. Many companies that employ students part-time require consistent availability, and some jobs don't confirm shifts until shortly before employees are scheduled to work. Students who participate in time-consuming extracurriculars, especially those that demand time on weekends for games, tournaments and other events, are of-

ten unable to hold down regular jobs. For Dhanapala, the solution was lawn work, where he saw a need for a platform with a listing of local jobs.

In 2017, the first iteration of RentASkill was conceived: an app (then called "Net-Work") that enabled students to find flexible work by connecting them with homeowners who needed help with yard tasks.

Dhanapala and Brunt developed the idea through DECA, an organization that hosts applied business competitions for students, where they placed third provincially in the entrepreneurship category and ad-

vanced to the international finals in Anaheim, Calif.

However, according to Dhanapala, the timing wasn't right. "Although we were passionate about the idea in Grade 12, we decided it was best to set it aside for the time being as we were both heading into university," he said.

When the COVID-19 pandemic hit, the need for a service like RentASkill skyrocketed, and the business was reborn.

Over the past year and a half, RentASkill has grown rapidly. The team participated in the UofG Hub Start incubator program in the summer of 2020, where they received \$1,000, and the UofG Hub Build incubator program in the summer of 2021, where they received \$2,000. The team also made it to the semi-finals in UW Concept's \$5K pitch competition in the winter of 2021.

RentASkill has not received any other funding, though the team said they have seen some interest from investors.

The RentASkill team has now expanded to include Matthew Van Bakel, a third-year planning student at UW. A friend of Dhanapala's and Brunt's from elementary school, Van Bakel joined RentASkill as the lead of operations after watching his classmates struggle to find co-op jobs during the pandemic.

Like the founders, Van Bakel saw the benefit to a platform that helps students gain work experience to prepare them for co-op and access flexible co-op jobs while student internships remain limited due to COVID-19.

"I joined RentASkill after hearing about the mission and knowing that I could help students during a time where many of my classmates were unable to get jobs. Joining RentASkill also meant I would have a chance to gain experience with a Startup and explore my passion for entrepreneurship and business," Van Bakel said.

Van Bakel has enjoyed watching the business' hard work pay off through positive feedback from homeowners and students. "Seeing the beneficial impact we are able to have on our community through the RentASkill app has been extremely rewarding and I look forward to continuing to help as RentASkill grows," he said.

RentASkill is looking to add to their team, especially in marketing. Soon, they hope to offer co-op positions to students at UW and UofG.

"The most enjoyable aspect of the process so far has been watching our solution benefit members of our local Waterloo community. Reading the reviews homeowners have left for our workers has been incredibly rewarding. We're excited to grow our platform and offer our services to more communities in Ontario," Dhanapala said.



## How were the COVID-19 mRNA vaccines developed so quickly?

Rebecca Butler  
Science & Technology Editor

Vaccine development is a lengthy process. It can take up to 10 years to go from a prototype to completed human trials, especially if the disease is not well understood. Yet the COVID-19 mRNA vaccines were developed in less than a year, in part due to the rich development history behind the mRNA platform.

“Google Scholar lists over 250,000 research papers mentioning mRNA vaccines prior to 2020 when COVID-19 wasn’t even known yet,” said Bill Anderson, professor emeritus in chemical engineering at UW, in a panel discussion. “So, in some ways, this vaccine has decades of development work behind it.”

Conventional vaccines, such as those produced by Johnson & Johnson or AstraZeneca, work by injecting an inactive virus fragment into the body. This allows the immune system to learn how to fight against the disease, which will keep the body safe if the virus is ever contracted in the future.

mRNA vaccines use the same concept, but instead of injecting a piece of the virus, they inject an mRNA blueprint. The body can use this blueprint to produce the target virus fragments itself.

Before the pandemic, mRNA vaccines were already being studied to treat the Ebola virus, Zika virus, cancer and other illnesses. This allowed the technology to be quickly adapted for COVID-19.

mRNA vaccines became a popular research topic due to their manufacturing advantages. Conventional vaccines require growing pieces of the inactive virus, which



COURTESY SHUTTERSTOCK

is often done inside the cells of chicken eggs. This is a long and complicated process that can be avoided with mRNA.

“Pharmaceutical products that are manufactured using growing cells can take days or weeks to process from beginning

in another panel discussion.

“This meant the stages of research were better streamlined, and these factors also allowed for the rapid recruitment of more people into large, well-designed trials.”

Data was gathered very quickly during

stay inside the body forever. mRNA stops making proteins after one week, and the vaccine breaks down completely within six weeks. At the time of approval, both mRNA vaccines had at least six weeks of data in most participants.

The success of the COVID-19 vaccine development program may prompt further research into vaccines for other diseases.

“In the longer term, now that the acceptable safety and good efficacy of a vaccine from an mRNA platform has been proven in humans at a very large scale, this may open up and accelerate further opportunities for treating other diseases,” Anderson said.

**“COVID vaccine research has been much faster because of incredible cooperation, coordination and investment around the world.”**

KELLY GRINDROD, ASSOCIATE PROFESSOR AT THE WATERLOO SCHOOL OF PHARMACY

to end. Unlike many traditional vaccines, mRNA doesn’t rely on growing any cells or harvesting them for further processing and multiple purification steps. It can essentially be done in a vat in a few hours,” Anderson said.

Additionally, there was an unprecedented amount of global funding and effort put toward stopping the spread of COVID-19.

“We are used to slow vaccine research. COVID vaccine research has been much faster because of incredible cooperation, coordination and investment around the world,” said Kelly Grindrod, associate professor at the Waterloo School of Pharmacy,

the human trials due to the rapid spread of the virus.

Grindrod explained that community circulation caused people with the placebo vaccine to get sick faster than usual, providing useful data on vaccine efficacy.

Although the technology was developed quickly, that does not make it dangerous.

The idea that the mRNA vaccines are unsafe due to unknown long term side effects has been proven false.

“The vaccines are safe. That was one of the main questions answered by the clinical trials,” Grindrod said.

She explained that the vaccine doesn’t

**“This may open up and accelerate further opportunities for treating other diseases.”**

BILL ANDERSON, PROFESSOR EMERITUS IN CHEMICAL ENGINEERING AT UW

**“So, in some ways, this vaccine has decades of development work behind it.”**

BILL ANDERSON, PROFESSOR EMERITUS IN CHEMICAL ENGINEERING AT UW



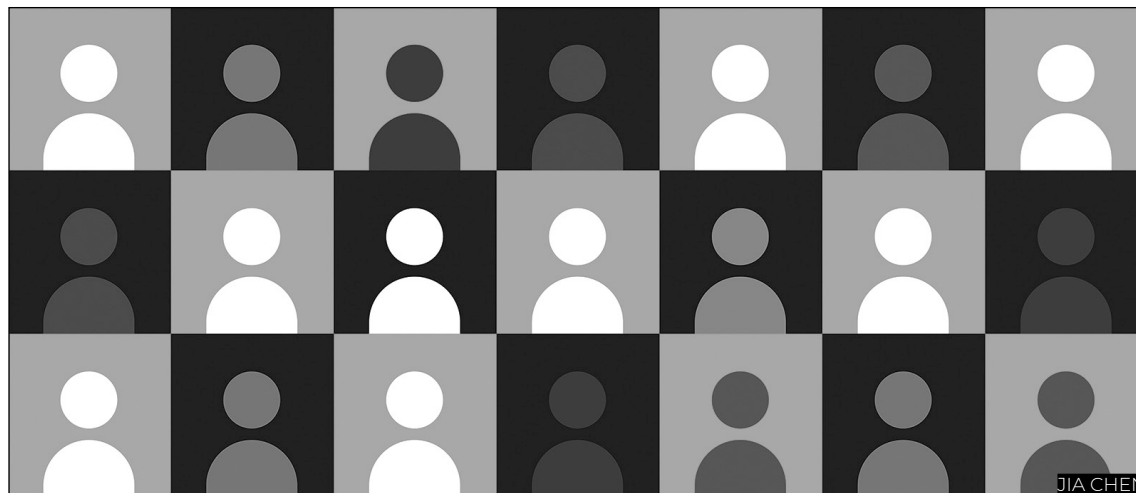
# Software developers' race may affect their contribution acceptance rate

Rebecca Butler  
Science & Technology Editor

University of Waterloo researchers have found that a software developer's race and ethnicity may affect how their work is judged by others. According to the study, developers who are perceived as people of colour are less likely to see their open-source proposals accepted.

The paper, titled "On the Relationship Between the Developer's Perceptible Race and Ethnicity and the Evaluation of Contributions in OSS," was recently published in the journal *IEEE Transactions on Software Engineering*.

The study was focused on GitHub, a software platform used to host code for many open-source projects. Anyone can propose contributions to projects on GitHub, which will either be ac-



cepted or rejected by their peers. Developers can only see the name of the contributor when reviewing their work.

"A developer's contributions to an open-source software project are accepted or rejected for a variety of technical reasons, but

our analysis of tens of thousands of projects on GitHub shows that contributions can be accepted or rejected because of other factors," said Mei Nagappan, a professor at Waterloo's Cheriton School of Computer Science in a *Guelph Today* article. "We found

that one of them is the perceived race and ethnicity of a developer based on the person's name on the platform."

Nagappan and his team used a tool called NamePrism to estimate the perceived race of developers based on their GitHub

username. They analyzed 37,700 open-source projects involving nearly 366,000 developers.

The team found that roughly 70 per cent of contributions belonged to individuals perceived as white. Asian, Black and Hispanic contributors were the least likely to have their work accepted, with only 10 per cent of the accepted contributions.

"This low percentage is concerning because it does not reflect the percentage of developers among these groups in the larger tech community," Nagappan said. "The odds of non-white developers' contributions getting accepted are lower, but we don't know why it may be lower."

Nagappan said he hopes research will continue in this area, and that his findings can be used to identify diversity problems in the industry and determine how these biases can be corrected.

## Velocity reaches \$2 billion funding milestone

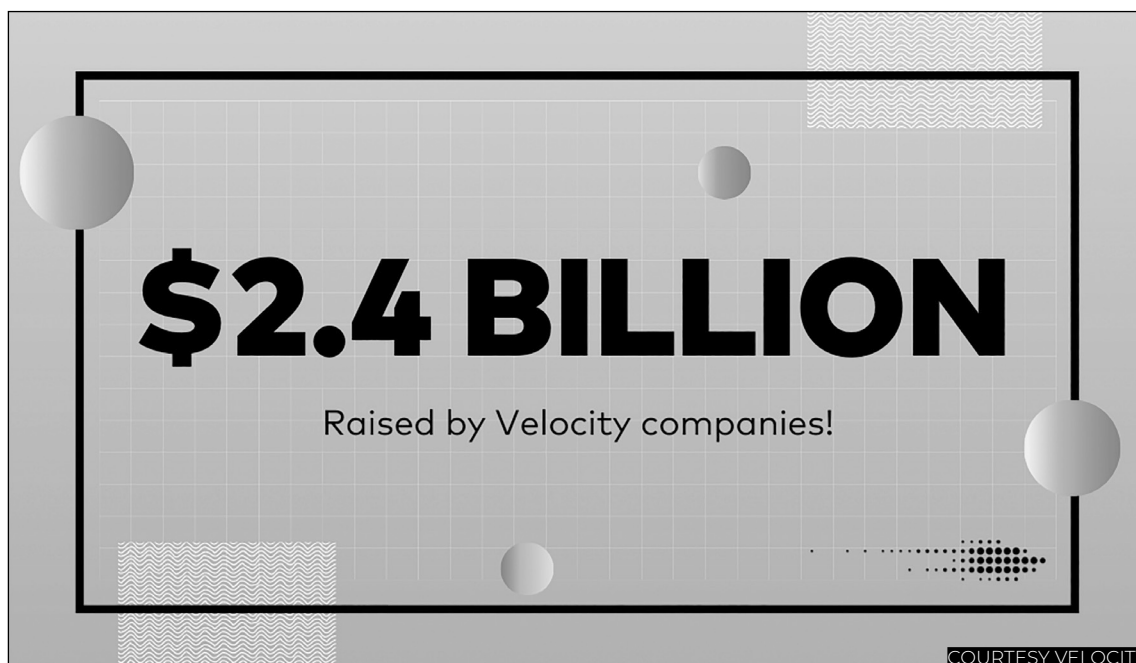
Mahek Kaur  
Reporter

In recent weeks, the total amount of funding raised by companies under Velocity — the University of Waterloo's tech incubator — has surpassed \$2.4 billion. This is a significant increase from \$1.7 billion that was raised by the end of 2020.

Less than two years ago, Velocity announced that it had hit the \$1 billion milestone over the past decade. Many of its residents and alumni have seen great success over the years.

Four Velocity alumni have reached unicorn status including ApplyBoard, Faire and Kik. A unicorn is a privately held start-up company valued at over \$1 billion. The term was coined after the mythical creature to allude to how rare it is for a venture to achieve that level of success.

Faire, which was formed through Velocity, is an online platform that enables retailers to find and try thousands of unique items risk-free. Last October, the value of Faire almost tripled after a funding round that brought the company's estimated worth to \$7



billion. In June, ApplyBoard — an educational recruitment platform powered by artificial intelligence — raised \$375 million and was valued at \$4 billion.

These financing rounds played a significant role in helping Velocity surpass the \$2 billion milestone, increasing the total funding raised by Velocity companies by 40 per cent since November 2019.

"We continue to see the Velocity alumni scale companies that can reshape entire industries. Supporting the next generation of founders poised to build the next billion dollar companies is what we are focused on," said Adrien Côté, Executive Director, on the Velocity blog.

This year, most of the funding went to Software & Service companies, with a growing interest in

the Health, CleanTech and Food and Agriculture sectors.

In 2023, the University of Waterloo will launch the Innovation Arena — a 90,000 square-foot space that will contain lab facilities, equipment and business offices dedicated to supporting breakthroughs in health tech. It will be located in the City of Kitchener's Innovation District

with Velocity at its core.

*"We continue to see the Velocity alumni scale companies that can reshape entire industries."*

ADRIEN CÔTÉ, EXECUTIVE DIRECTOR OF VELOCITY

"Velocity and the Innovation Arena are redefining the borders of the university," said Côté in a video posted on the University of Waterloo's YouTube channel. "It's a door into the work and the thought and the energy of turning ideas and research into businesses with impact."

Velocity is currently accepting applications for new start-ups to join the incubator in 2021.

# imprint

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**Next scheduled post-mortem meeting:**  
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**Next scheduled board of directors meeting:**  
 Virtual due to COVID-19

# opinion



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# This election, vote for what matters to you

Andres Fuentes  
 Publisher

Every time an election comes around, the old adage that "elections matter" gets trotted out along with the cliché that young people don't vote. Yes, elections matter every time. They decide who is making daily decisions that impact us in obvious and not-so-obvious ways. But every so often, there is an election or a set of elections that can have larger impacts. We are in a time where things are changing fast — social movements are demanding action on climate change, on racism and discrimination, on economic inequalities. These movements, reacting to crises we've reached in many of these areas, have set us up with the potential to vote for policies that have really not been on the political scope before.

This election is also different because, for the first time in a national election, Millennials and Gen Z will make up the largest voting block, surpassing even baby boomers. We, as the younger generation — those who will live the longest with the decisions made after this election — could determine the election's result. Millennials and Gen Z are certainly not

all of the same opinions and ideas, but by and large, they are quite different from the older other generations that have been the predominant groups in past elections. This is our opportunity to make sure our issues and priorities come to the forefront.

### So what is really at stake in this election?

We are now seeing the impacts of climate change every day. Forest fires at home and all over the world have brought ominous orange sunsets with too high of frequency. We have devastating droughts and flash flooding, while scientists, including those who teach at our institution, continue to tell us that we are at our last chance to avoid even worse impacts.

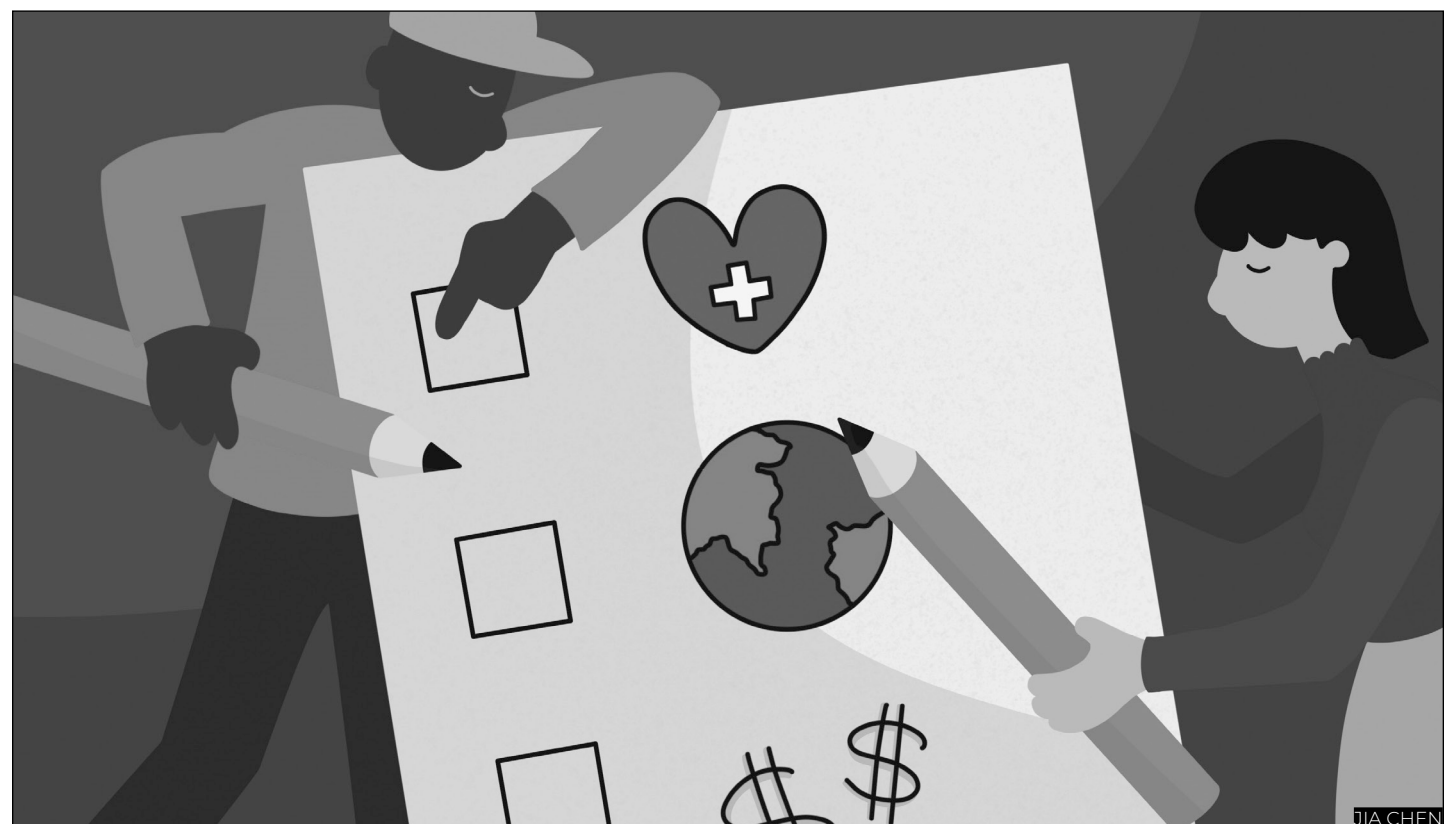
Income inequality, along with the cost of living, continues to rise in Canada, while wages do not keep up with inflation. The Mint Condition report from the Canadian Centre for Policy Alternatives (CCPA) reported that on average, Canada's top 100 CEOs have enjoyed a 61 per cent increase since 2008. In the year from 2017 to 2018, their pay increased 18 per cent while the average Canadian worker gained just 2.6 per cent. According to David Macdonald, a CCPA senior economist, by 10:09 a.m. on

Jan. 2, 2021, the average top CEOs would have made as much money as the average Canadian worker would make all year.

Whoever is elected will also have big decisions to make regarding how to spend the huge investments that will come as part of the COVID-19 recovery plan. These investments will have a long-lasting impact on our future and make this a pivotal election. If we want action on the issues that matter to us, this is the election to make our voices truly heard.

For years governments said action on big issues had to be gradual and that they didn't have the money or ability to make decisive changes and investments. However, the pandemic has shown us that governments instead didn't have the willpower to make these changes. Now that we know better, we can and should demand more.

Our generations have been watching in frustration as governments ignore the future we will be living in for the short-term solution. Whatever your priorities, whoever you support, we now have the numbers to be taken seriously. Let's take advantage of this and change the narrative around young voters by talking about our priorities and showing up on election day.



JIA CHEN





**Some Guy**

420 reviews



★★★★★ 4 days ago

Chef on Call's food is so good it made me start smoking weed again 😊

↩ Reply 👍 420



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