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CO-OP APPLICATION GUIDE

See tips and tricks for applying to co-op from upper-year students and CEE staff.



UW REOPENING

Universities across the province are returning to in-person learning. P2

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UW announces Feb. 7 reopening to mixed reactions

Alicia Wang
News Editor

On Jan. 21, the University of Waterloo community received an email from the president and vice-president of UW, announcing that most in-person teaching and learning is now scheduled to resume on Feb. 7. The decision was partially attributed to high vaccination rates on campus, with over 99 per cent of those regularly on campus having received at least two doses of a COVID-19 vaccine.

The email stated that due to the government of Ontario's recent announcement to "cautiously and gradually ease public health measures," the university would continue to transition to fully in-person learning experiences, with the Ministry of Colleges and Universities confirming that there are "no restrictions on in-person instruction on our campuses." However, the email did go on to say that "to further reduce risks we have decided that some large lectures will continue to take place online until after reading week."

Recreational facilities and dining areas will reopen on Jan. 31 at 50 per cent capacity. Study spaces will also be open with lim-

itations to allow for compliance with social distancing measures. Some large lectures will continue to be delivered online until Feb. 28; students and TAs can expect to hear more details from their respective faculties.

The return to mostly in-person learning is the latest update in a series of decisions that were made in an attempt to reduce the impact of Omicron. However, the university's transition to mostly in-person activity is also indicative of a growing trend amongst post-secondary institutions — the individualization of reopening plans.

On Jan. 19, 2022, Wilfrid Laurier University (WLU) released a memo stating that in-person learning for the winter term would return via a "four-phased approach," which would take place between Jan. 31 and Feb. 28. Conestoga College also announced, on Dec. 17, 2021, that learning would take place online from Jan. 3 to Jan. 30, with the university's reopening planned for Jan. 31. The mixed timelines have raised equally mixed opinions amongst students belonging to the different institutions.

Mandy Zeng, a first-year studying economics with management at WLU, advocated for extending online learning, stating, "I think it's better to just stick with online if people wanna avoid having another wave [of

COVID-19]... I think [the four-phase plan] is the most they can do, but I realize the reality is it's inevitable that the more people you let in school, the more cases there are going to be." She continued on to point out, "Right now it's only the first phase with classes that are smaller... but 100 is still a big number and we're talking about many classes, lots of people, so no matter how much you try there's always gonna be a new wave."

Tom Garavellos, a first-year in UW's honours arts and business program, took a different approach. Regarding UW's plan to reopen on Feb. 7, he stated, "I think it's long overdue. Not many people can cope with an online environment... I know I haven't done any proper schoolwork for the last month."

When asked his thoughts on the different timelines, he said, "I think it makes more sense for us to open at the time that we are, in contrast to other schools, because there's going to be less students going out socializing, to class, etc, so if we have [Omicron] it's going to stay in our school, but if we're mingling with other students then we're going to spread the virus in the city."

Emails from the three post-secondary institutions reassured students that each school continued to actively monitor the situation, with Conestoga, in particular, stating that "This modification to our plans... will provide time for employees and students to receive the vaccine booster doses... while also reducing the social contact that contributes to community spread of COVID-19."

This emphasis on tracking community spread and vaccination rates on campuses, as seen in the UW and Conestoga emails, seems to bear the brunt of justifying a reopening date. However, the varied timelines have still served as a reason to worry for some.

Dominic Pham, a third-year at Conestoga's bachelor of computer science program, brought up the fact that "[Protocol changes] are kinda last minute sometimes... sometimes it's not enough time for, say, international students who worry about housing as well." However, he did praise Conestoga's efforts to ensure the safety of their students, saying, "They are putting up a lot of precautions... safety-wise, they're trying their best. They're distributing masks so we can't use our own, they just give a standard one for everyone on campus to use."

Though international students who are considered fully vaccinated may be exempt from some quarantine measures, all trav-

ellers arriving in Canada must prepare to quarantine depending on the advice they are given at the border.

Zeng also touched upon a key factor for many students in the region, that being Chinese New Year. "The timing of [WLU's reopening] is another thing because a lot of people want to stay home [for Chinese New Year], but because they're reopening school at that time a lot of people will not be spending it with their family." Chinese New Year 2022 begins on Feb. 1, the second day of WLU's four-phase plan.

The fluctuations in reopening plans have also caused student frustration in schools outside of the KW region such as the University of Western Ontario (UWO), which delayed returns to in-person learning until Jan. 31 for upper-years and Feb. 28 for first-years, leading to two competing petitions to reverse and extend the online learning period, respectively.

Tanisha Juneja, a first-year in UWO's bachelor of management and organizational studies program, questioned what she perceived to be an arbitrary reopening date and justification from the university. "I don't like the fact that it's so late into the semester because by February 28 our first round of midterms is almost over... there's just not enough time to set up a schedule for yourself and then also study for exams," she said. She also pointed out that despite the extended online learning, "There's no difference in tuition. Your money goes down the drain, your mental health goes down the drain and for some people their grades go down the drain."

When told WLU's and UW's opening dates, Juneja further questioned the reasoning behind UWO's unique reopening date for first-years. "We have to clean residences? What were [UWO] doing in January? What was Laurier doing that they can open in January and we can't? ... The only distinction [UWO] is making is that first-years live on campus, but is it really that different to have two people share a dorm as opposed to, for example, two upper years having their own rooms but sharing a kitchen?"

It's clear to see that though reopening timelines may fluctuate due to COVID, there are plenty of aspects that can be unintentionally impacted due to the unstable timelines. As the mixed reactions show, universities' reopening timelines do not just stem from and impact pandemic-related issues, but a much broader group of issues that are often buried in the wake of the pandemic.



SARAH MORASSUTTI

UW updates research and international travel guidelines

Aimaan Pardhan Sayani
Reporter

For the majority of the COVID-19 pandemic, international travel for academic purposes at the University of Waterloo has been prohibited, but not anymore. As of Jan. 12, UW has lifted its international trav-

el restrictions. Students are now permitted to travel outside Canada for research, work terms, study and co-curricular activities.

The eligibility for international travel, however, is not the same as it was pre-pandemic. Students who want to travel must be fully vaccinated and must meet UW's travel safety requirements. As stated on the UW website, these require-

ments include "obtaining approval, registering travel, and completing pre-departure and travel risk mitigation activities." These new conditions enable UW to carry on with international travel.

The approval process for international travel is also different compared to what it was before the pandemic. Currently, the government of Canada requires proof

of vaccination to travel within and outside the country.

Provided that students are vaccinated, they can proceed to the next step of approval. UW has divided the approval system into two categories, depending on the country the student is travelling to. Students travelling to countries classified as Level 1 (Exercise normal security precautions) or Level 2 (Exercise a high degree of caution) on the government of Canada's travel advisories must receive authorization from their respective Approving Authority and must fill out the International Travel Approval Form.

Conversely, students travelling to countries classified as Level 3 (Avoid all non-essential travel), or Level 4 (Avoid all travel), on the travel advisory are required to fill in the approval process for high-risk travel, which can be found on the UW website. Students are advised against travelling to these locations but may request an exemption in unique

or urgent circumstances.

Currently, all countries are either listed as Level 3 or Level 4 in the travel advisory. Therefore, anyone interested in international travel must complete the approval process for high-risk travel. It is still encouraged to only travel if absolutely necessary.

Although international travel is making its return, in-person research involving vulnerable populations is still on hold at least until Feb. 7, 2022. For any exceptions, the Office of Research is to be contacted at researchqueries@uwaterloo.ca.

Other principal investigators are strongly advised to pause their in-person participant research until Jan 27, 2022. If the research is to be conducted, it is recommended that they review their protocols and ensure a safe environment for themselves and their participants.

Researchers must stay patient for more flexible international travel possibilities, which will depend on the rate of COVID-19 infections.



MAIJA SCHADE

Rising house prices in KW affect off-campus student housing

Maahir Sheikh
Reporter

Ontario renters in 2022 are facing a potential increase in rent prices after the provincial government updated its rent guidelines, allowing landlords to raise rents by 1.2 per cent in 2022. This marks an end to the rent freeze that was put into place last year. Rent in Ontario has not caught up to 2019 levels as of yet but has seen a year-over-year increase since 2020. According to Rental.ca's January 2022 National Rent Report, the average rent in Ontario for the fourth quarter of 2021 was \$2,269, compared to \$1,955 for 2020 and \$2,269 for 2019.

Most students living off campus acquire short-term leases that last from four to eight months. The short-term nature of off-campus housing makes

students especially vulnerable to rising rental prices, as a student leasing an apartment would have to pay more in rent after their lease expires if they wanted to remain in the same apartment.

This has become standard practice in today's rental market. A prime example is the doubling of rent for new tenants after a rental building was purchased by Starlight Investments, a real estate investment trust (REIT), in Kitchener. REITs are companies that purchase and own income-producing real estate. Compounding the problem is that students pay 10 per cent more in rent than renters with full-time jobs, as highlighted in a report by WUSA.

According to a report from the Kitchener Waterloo Community Foundation, the reason behind this spike in rental prices is a combination of two factors — rapid population growth and stagnant housing construction. From 2015

to 2020, the population of the tri-cities of Kitchener, Waterloo and Cambridge (KWC) grew by 12 per cent. This translates to approximately 63,700 residents added in a five year period, bringing the population of the KWC metropolitan area from 530,170 in July 2015 to 593,882 in July 2020, and making the KWC area the fastest-growing metropolitan area in North America.

However, this surging population has not sparked a corresponding increase in housing construction. Over the same five year period, from 2015 to 2020, an average of 4,052 houses were built annually. The low level of construction has created a supply shortage of 43,500 houses for KWC. This housing shortage puts additional pressure on rentals as only 20 per cent of new housing construction from 2018 to 2020 was intended for the rental market.

One potential solution to this

housing crisis is to increase the number of purpose-built student housing (PBSH). Currently, 42 per cent of PBSH that exists in Canada is located in the City of Waterloo. However, this has not coincided with lower rent prices, rent has continued to increase dramatically demonstrating that

even higher-than-average levels of PBSH are not sufficient to reduce the crisis. Other solutions to the crisis, such as density bonuses or zoning changes, require a change in existing government policy at all levels of government. In essence, there is no one miracle solution to fix this issue.



AHLAM IBRAHIM

PART: The anti-racism book club

Noah Stolee
Reporter

On Jan. 18, the President's Anti-Racism Taskforce (PART) held its monthly session of their anti-racism book club. PART launched the book club in July 2021, with the aim of discussing race, culture and ethnicity through a different book every month. Last week's conversation was led by Tracelyn Cornelius, the anti-racism communications manager for University Relations.

PART itself was created in June 2020, under the leadership of former president Feridun Hamdullahpur, who stated in a letter to the UW community, "It is clear to me now ... that we must build further on what we've been doing as a University to advance equity for Black, Indigenous and People of Colour." PART's mission is far-reaching, as the taskforce aims to "weave anti-racism into the fabric and culture of all campus operations, communities, pedagogy and lifestyle."

"[PART] is really aligning with what Cole is saying because it's not just giving racialized people a voice, but is ensuring that people who have the power to affect change are involved in it and are doing it."

TRACELYN CORNELIUS
ANTI-RACISM
COMMUNICATIONS MANAGER
FOR UNIVERSITY RELATIONS

During the recent session, the attendees discussed Desmond Cole's book *The Skin We're In: A Year of Black Resistance and Power*. Cole is a Canadian activist and journalist, and his book recounts his experiences and observations on racism in Canada by following the events of 2017. Cole urges Canadians not to see their country as above or beyond racism, and has stressed that we should "commit to not being surprised by the constant climate of anti-Blackness and white supremacy that is always around us."

In an interview with Imprint, Cornelius stated that she resonated with this book as a former journalist herself, and said "a lot of what I've been through aligns with what Desmond Cole has gone through."

Cole has spoken out against the

performative activism that universities and colleges often take part in, stating in a Q&A session with Sheridan College that "if our institutions want to say they recognize the need to talk about Blackness ... it [should] not be in many of these superficial ways that we are seeing, [and] it has to be substantive. It has to be led by those who are experiencing anti-Blackness, and it has to be transformative."

He emphasized the need to abolish campus security and police to redirect that money into helping Black and Indigenous People of Colour (BIPOC) members of campus, and went on to say that "making a committee that has no power to influence what happens day-to-day at the school and putting a few Black and brown faces on it — that is not the change that we're looking for."

When asked about Jan. 18's book club session, Cornelius said she really enjoyed it. "There were both racialized and white members of our community talking together, sharing experiences ... and tangible things that can be done to help to build an anti-racist community." She went on to say that words had to be accompanied by tangible actions, and that "the discussion yesterday was quite engaging and did a lot just to start the conversation," which she thought would help people become aware of what other races are going through and how to become good allies.

When asked about Cole's criticisms, Cornelius said she believes

PART goes beyond the optical activism that Cole condemns. "[PART] is really aligning with what Cole is saying because it's not just giving racialized people a voice, but is ensuring that people who have the power to affect change are involved in it and are doing it." She added that Charmaine Dean, the executive designate of PART, is a racialized person with significant power and authority within the university.

Cornelius also stated that, although in her opinion PART has the buy-in of higher-ups at UW, this isn't the full solution. "Even if senior leaders say ... we want to build an anti-racist community, it's the entire community that has to come together to ensure that this happens," she said.

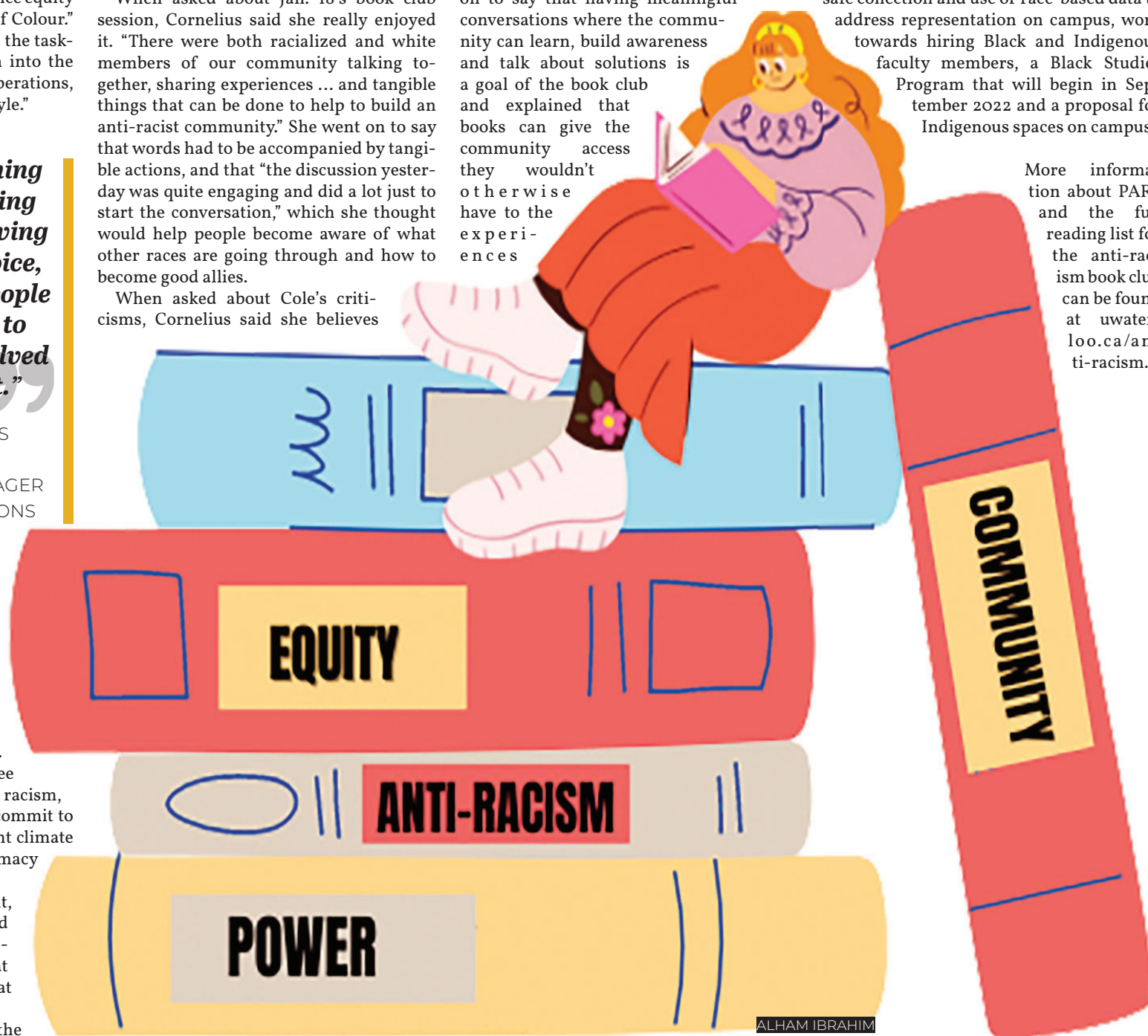
The book club is one way for the campus community to do that. Cornelius continued on to say that having meaningful conversations where the community can learn, build awareness and talk about solutions is a goal of the book club and explained that books can give the community access they wouldn't otherwise have to the experiences

and thoughts of authors like Cole.

PART's five working groups are each generating recommendations around ways the university can improve in a variety of fields, including training campus security in anti-racism and de-escalation, bringing BIPOC voices and research into curricula, providing BIPOC mental health resources, and improving professional and academic opportunities for BIPOC staff, faculty and students.

PART also has three implementation teams that are taking more immediate steps to increase BIPOC representation on campus, host cultural, ethnic, and racial awareness events, and develop programming focused on the Black experience. According to PART, actions have already been taken in each of these areas, including the safe collection and use of race-based data to address representation on campus, work towards hiring Black and Indigenous faculty members, a Black Studies Program that will begin in September 2022 and a proposal for Indigenous spaces on campus.

More information about PART and the full reading list for the anti-racism book club can be found at uwaterloo.ca/anti-racism.



ALHAM IBRAHIM



Distribution of Pfizer's antiviral COVID-19 pill to begin this month

COVID-19 has run rampant throughout the province, nation and the world. But could Pfizer's emerging treatment for the virus that has long shaken our country be our saving grace?

Bryanna Oriuwa
Reporter

Following authorization by Health Canada, Pfizer has begun distribution of its COVID-19 oral antiviral pill, PAXLOVID.

Ontario Minister of Health, Christine Elliot, announced on Twitter that Ontario received its first shipment of the Paxlovid courses on January 21st. The pill is initially being prioritized for high-risk sites and individuals, including 400 courses that are on their way to Ontario's First Nations communities. 120,000 treatments are scheduled for distribution nationwide between February and March and will be available by prescription.

Given that Paxlovid will be distributed on a rolling basis, access for high-risk populations will be prioritized. High-risk groups include those in a moderate-to-severe immunocompromised state regardless of vaccination status, the elderly, those in long-term care, those 60 years or older living in underserved and remote communities, or those in indigenous communities whose vaccination status is not up to date.

PAXLOVID, the brand name for the COVID-19 pill, is said to treat mild-to-moderate COVID-19 in adults. According to Pfizer, PAXLOVID will cut hospitalization and death rates by nearly 90 per cent.

Brett Barrett, UW's very own clinical lecturer at the School of Pharmacy and a licensed pharmacist, shared valuable information on PAXLOVID and similar antiviral medications. While many believe PAXLOVID will be the cure for COVID-19, Barrett noted that it is not a miracle remedy.

"The important thing to understand about antivirals is that, unlike antibiotics, they don't kill the virus, they only prevent it from replicating. In acute infections like COVID-19, therefore, they

need to be started as early in the infection as possible to get the most benefit. The more virus that has already been made, the less impact the antiviral is able to have," he said. Barrett explained that once a patient has been admitted for severe COVID-19, PAXLOVID can no longer be used.

PAXLOVID contains a combination of nirmatrelvir and ritonavir. Nirmatrelvir is a

protease inhibitor that blocks viral replication. Ritonavir is a metabolic inhibitor that is used to maintain the concentrations of nirmatrelvir at therapeutic levels. The recommended dosage is nirmatrelvir 300 mg with ritonavir 100 mg orally, twice daily for five days.

aimed at high-risk patients, PAXLOVID reduced the risk of hospitalization or death by 89 per cent compared to placebo in non-hospitalized adults with confirmed SARS-CoV-2 infection. This trial was a multinational, randomized, double-blind trial of adults with mild-to-moderate COVID-19 who were at high risk for poor outcomes.

They were randomized within five days

Barrett shared a few caveats with PAXLOVID that should be acknowledged in addition to recognizing the urgency for interventions. Firstly, Health Canada has approved PAXLOVID on the basis of interim results made available by Pfizer that have yet to be published or peer-reviewed. Medications and interventions are usually only provided to the public once published, but the recent surge of COVID-19 has caused the pharmaceutical and medical industries to act hastily.

Secondly, since the symptoms of mild-to-moderate COVID-19 overlap with other viral upper respiratory tract infections, it is recommended that PAXLOVID be limited to patients who have had their infection confirmed by either PCR or rapid antigen tests. It is also imperative that PAXLOVID be administered as early as possible for COVID-19 patients. However, the number of steps involved before patients can receive PAXLOVID — from contacting a physician to getting test results back — threaten the timeliness of this critical window for treatment.

Finally, PAXLOVID has many known drug-drug interactions. Given that vulnerable populations are the primary target for PAXLOVID distribution, it must be administered carefully to avoid any harm.

Ultimately, it's difficult to predict whether PAXLOVID will have the intended impact on the healthcare system. Due to an inadequate response to COVID-19, the current strain on the healthcare system is likely to remain for a long time.

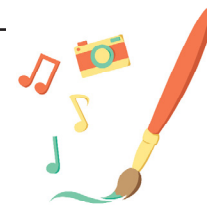
Given the clinical trials, it is difficult to definitively conclude that symptoms and transmission will be reduced. The key is the time of delivery, therefore pharmacists, nurses and doctors alike must be diligent in their use of the medication. Antiviral drugs like remdesivir and sotrovimab have more data on their efficacy against COVID-19, therefore PAXLOVID's success will soon be determined.



INGRID AU

As explained by Barrett, in a clinical tri-

of symptom onset, were unvaccinated, and had at least one risk factor for severe disease. A total of 2,246 participants were enrolled and 66 per cent started therapy within three days of symptom onset. In a separate study on PAXLOVID targeting standard-risk patients, little difference was shown from the placebo group.



A guide to getting a good co-op job

Nicola Rose
Managing Editor

For the first few months of every term, co-op applications are at the forefront of many students' minds, and understandably so. The co-op structure at the University of Waterloo is time-consuming — students often apply to upwards of 50 jobs and sit through hours of interviews in search of a good co-op job. Especially in your first couple of years at the university, the application process can be overwhelming. It's hard to master the different platforms and know how to present yourself in the best way possible.

But don't stress too much yet. UW's co-op employment statistics show that many students do not confirm their co-op job during the first two cycles, meaning you have time. Muhammad Abubaker, an upper-year AFM student, emphasized the importance of being confident. "Trust and believe in yourself," he said. "Don't compare yourself to others 24/7."

Here is advice from people familiar with co-op at the University of Waterloo.

1. Put in the effort

Hard work is key to success in UW's co-op system. For example, it's important to write a unique cover letter for each job, rather than using the same one for multiple applications. While you can definitely have a standardized approach and copy sections between letters, employers will be able to tell if the application is generic and surface-level. It's also helpful to participate in mock interviews or do other interview practice. During academic terms, especially before your first co-op placement, participating in extracurriculars and working on side projects related to your program or desired field can make your future applications stand out.

Most important, remember that there are many support options available to students. Take advantage of them!

2. Consult other students

Often, the best advice comes from people who have recently experienced what you need help with. In the case of co-op applications, older students can provide resume-formatting tips, WaterlooWorks search hacks, interview strategies and other valuable information. Some campus organizations already encourage this practice, such as the varsity swim team, where senior athletes offer resume critiques and interview practice for younger swimmers.

"When first figuring out how to apply, I was mostly consulting other students who were also first applying to jobs at the time, but I did find this really helpful. We could discuss how our applications were going and in some scenarios even discuss interviews if we got the same one," said Rhiana Safieh, a fourth-year English student.

"I later consulted an older student and I found this very helpful because they were able to give me a lot of guidance about the application process, what to expect from my first co-op and preparing for my co-op evaluation. Since they were older, they'd known a lot more people who'd completed numerous co-op terms so they had a lot of insight and could tell me about various people's experiences in different companies," she added.

3. Use the university's resources

Another way to learn from older students is through the university's resources. UW Co-operative and Experiential Education (CEE) has a YouTube video in which two upper-year co-op students answer some of the most frequently asked questions about the application process.

In addition to the co-op advice video, UW provides many other co-op supports, including employer information sessions, professional development events and job preparation workshops. There are specific resources for inter-

national students and even supports for succeeding on the job. "In first year I found the practice interview [CEE] conducted very helpful because it helped me think a lot about timing and preparing longer responses to questions so I was providing interviewers with more content so they were able to get a good understanding of my experience," Safieh said.

For students struggling with their mental health, UW recently added embedded

wellness counsellors — counsellors who understand the co-op program and can provide informed support to students in need during recruiting terms and on work terms.

Mary Lynne Bartlett, a Communication Specialist at the Centre for Career Action (CCA), explained that "students often don't know where to start and how to identify [or] articulate what they are good at." Bartlett recommended that people begin with the How to find your co-op job guide, which details the resources and options available to students and guides them through the co-op process, from when they first apply to when they start the job.

For students applying through WaterlooWorks, Brent Thornhill, a Co-op Student Experience Manager at the CCA, suggested also reading the WaterlooWorks application guide, which offers tips for success on the platform.

Students with specific questions or concerns can access one-on-one support from the CCA by booking co-op consults or attending same-day virtual drop-in sessions with Career Leaders, who can "answer questions about interview prep, resumes and job search strategies," Bartlett said.



**“Get your resume critiqued as much as possible.
The more eyes the better the resume.”**

KRITIKA GABA, 3RD YEAR ARTS PSYCHOLOGY STUDENT



4. Clean up your resume

Resumes are often the first thing an employer sees, so having a strong one is crucial.

First, make sure your resume has an up-to-date, clean format that works for the industry you're applying to. Google 2021 or 2022 resume examples and templates for your choice of industry or consult older students in your program to see the format they use. Bear in mind that simple, chronological resumes often work best. "For making my first co-op resume, I used some example resumes I found on the UW website. I found these extremely helpful when I was redesigning my resume that was targeted towards customer service jobs so that it included the necessary information. I added information about my academic skills and included sections like relevant courses and software I was experienced with," Safieh said.

Another important consideration is applicant tracking systems (ATS), which are frequently used to parse resumes. To make sure your resume doesn't cause issues, use consistent formatting and avoid tables and images.

Second, include a summary of qualifications section at the top of your resume that highlights key skills and qualities that are relevant to the job. You'll want to mention relevant programming languages, important technical skills, applicable certifications and your proficiency with necessary software or other tools. You can also mention key soft skills like communication and highlight your experience in the field you're applying to.

Third, make sure you use space efficient-

ly. Generally, a one-page resume is best, which means you'll probably need to cut some information from the first draft. Try to reword bullet points to use fewer lines, especially if you have points that extend onto an additional line by just a few words.

Remove irrelevant information. You don't necessarily need to take a job position off your resume entirely if you can shorten the descriptions of other positions to include only those tasks most pertinent to the job you're applying to.

Some organizations will ask you to put your education at the top of your resume. However, when you apply through WaterlooWorks, employers know you're coming from UW. If you have relevant job experience, you can move your education section

to the bottom of the resume to make the experience section stand out. If you don't have relevant experience, having your education section at the top of the resume can help communicate that you're qualified for the role. You should also remove any mention of your high school, though you can keep relevant work experience from when you were in high school.

If you're struggling to fill out a whole page because you have limited experience, you can include side projects, volunteer work or extracurricular activities. You can even mention relevant courses under your education section to indicate that, although you haven't worked in the field, your classwork is preparing you for the job. "Another great resource is the Skill up web page, [which] assists students in building skills for their resumes," Bartlett said.

Fourth, triple-check the wording. As you probably know, using action verbs and quantifiable information helps best communicate your value to the employer. You can check out lists of good verbs for ideas about how to phrase your experience and ensure you aren't repeating the same few verbs.

Another important practice is tailoring your resume to the specific job you're applying for. Sehar Zaidi, a third-year arts and business student majoring in political science, said applicants should "customize resumes to each job application by using keywords from the job posting." To do this, look at the required skills in the job description and try to include the language the posting uses in your resume. This can be as simple as mentioning the listed tools in your summary of qualifications. You can also integrate the information throughout the rest of your resume to ensure your work experience reflects what the employer is looking for.

Additionally, while minor grammar mistakes might not seem like a big deal, they can indicate carelessness or poor attention to detail. Make sure you double-check your resume for mistakes before you submit your application. It's probably a good idea to have a friend or family member read it over carefully and you may even want to consult with someone at the CCA. "Get your resume critiqued as much as possible. The more eyes the better the resume," said Kritika Gaba, a

third-year arts psychology student.

5. Be flexible and open-minded

It can be hard to find employment without a lot of relevant experience, especially during the COVID-19 pandemic. Annie Zhang, an upper-year biology student, recommended keeping your job search criteria broad. "Apply to a wide variety of jobs. You never know what you'll discover and could experience," she said.

However, Safieh cautions against applying to anything and everything thoughtlessly. "WaterlooWorks does make it very easy to bulk apply to jobs, but don't overdo it. Applying to a lot of jobs definitely maximizes your chances and if you're actually very interested in all of them do apply, but also be conscious that your schedule can fill up very quickly with interviews and possibly later with rankings and offers if you're applying to many jobs," she said.

If you're still struggling to find a placement through UW's system, you have a few options. You can arrange your own job (AOJ), which involves finding a job externally, whether through other job boards, through family and friends or by returning to a former job. The requirements for an AOJ depend on whether you're submitting the job for a standard work term or a flexible work term. "Don't hesitate to look elsewhere if you aren't having a lot of luck with WaterlooWorks. For example, LinkedIn also has a lot of jobs and there are recruiters there you can connect with directly, as well as tons of co-op students you can ask for insight," Safieh said.

Flexible work terms are a great option for finding employment, especially earlier in your co-op career. First work-term students can participate in the WE Accelerate program, which helps students develop in-demand skills for a flexible co-op credit. There are also several other alternate co-op opportunities, including enterprise co-ops, which allow you to start or grow your own business while earning a co-op credit.

Lastly, depending on your program, you may be able to switch your co-op sequence or drop one of your co-op terms. Reach out to your academic advisor or your co-op advisor to learn more.

“Applying to a lot of jobs definitely maximizes your chances and if you're actually very interested in all of them do apply, but also be conscious that your schedule can fill up very quickly with interviews and possibly later with rankings and offers if you're applying to many jobs.”

RHIANA SAFIEH, 4TH YEAR ENGLISH STUDENT

Winter 2022 Special General Meeting

Tuesday, February 1, 2022
5:00 PM EST

1. Call to Order
2. Territorial Acknowledgement
3. Ratification of By-law Amendments to Postpone 2022 General Election
4. Ratification of By-law Amendment to Reduce General Meeting Quorum
5. Discussion on Waterloo Student Housing
6. Adjournment

<https://bit.ly/WUSASpecialGM>



sports & health



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What it takes to plan a UW sports game

Safia Ahmed
Sports Editor

Volleyball, cross-country and swimming are only some of the varsity sports events that bring students together throughout the term. The University of Waterloo, boasting 17 varsity sports teams, has athletes from a variety of faculties training multiple times a week in preparation for the season. But amongst so many disciplines, preparation for home games can vary vastly — for example, a golf tournament is going to run very differently from a figure skating competition — and there are many factors that the UW athletic department must consider.

The process of planning a sports event usually depends on the scale and complexity of the event. With all UW sports events, games are planned starting mid to late summer, when planning periods are allocated for each event. Other important factors worth considering usually include staff, facility usage, sponsors and more. All of these considerations are often handled by Jenny Mackay, marketing and communications manager at UW athletics. “The time it takes to plan an event depends on how intricate the event is. This could depend on who we are targeting as fans for the game, if there are special guests involved in an aspect of the event, what sponsor activations are involved, what the event theme is, what the in-game promotions are or if we are working with campus partners for examples” Mackay explained.

When it comes to planning these large-scale events, Mackay is not alone. She has



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JENNY MACKAY,
MARKETING AND COMMUNICATIONS MANAGER
AT UW ATHLETICS

the support of many staff members who work on different projects with Mackay's supervision to have the event run smoothly. An average UW sports event has upwards of 30 people or more working hard behind the scenes. These committees can range from promotions and ticketing to game operations and facilities. “From the special

event planning side, once the date is picked for the event, we start our critical path (to-do list) and work our way through it. It's important to ensure that any additional spaces required are booked, set up needs are requested, event partners/sponsors are connected with, communications go out to targeted groups in a timely manner

to encourage ticket sales, in-game contest/promotions are planned in advance to ensure all materials are ready for game day” Mackay said. With the recent COVID-19 pandemic, additional staff are allocated for screening, sanitization and more.

Mackay emphasized how she loves working at the Waterloo Athletic and Recreation department. “I had never really considered working in university athletics. After the first co-op term, I knew it was something I wanted to strive for. I love having the opportunity to interact with students, staff, faculty, alumni and community members,” she said. She also likes contributing to the benefit that the recreational department provides to students. “Taking a break from studying for our students is so important and I am happy to be able to be part of a great department that provides so many options.”

It is important to note that while the COVID-19 has impacted many varsity games in the past year, varsity games will resume Saturday, Feb. 12th. The first varsity game of the season will be held at PAC where the Waterloo Warriors men's and women's volleyball teams will be competing against the University of Guelph. That same day the women's hockey team against Laurier will be held at CIF. The full varsity games schedule can be viewed online.

While a great deal of effort is required by all of the athletes who participate in these competitive sports, it is also nice to appreciate the amount of effort put forth by the athletics department to plan these events. If you would like to get tickets to your favourite sports game and spread some Waterloo Warriors cheer, please visit the Waterloo Warriors website.



**PAC AND CIF TO
REOPEN AS OF JANUARY 31**

MORE INFORMATION AT
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 Student Life Centre, Rm 0137
 University of Waterloo
 Waterloo, Ontario N2L 3G1
 P: 519.888.4048 | F: 519.884.7800
 uwimprint.ca

Publisher: Andres Fuentes
 Executive Editor: Vacant
 editor@uwimprint.ca
 Editorial Assistant: Vacant
 Sales Rep: Vacant
 Distribution: Vacant
 Volunteer Co-ordinator: Vacant

Editorial Staff
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Next scheduled post-mortem meeting:
 Virtual due to COVID-19

Next scheduled board of directors meeting:
 Virtual due to COVID-19

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



opinion



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JIA CHEN

If you are anything like me and the millions of people across the world who have been testing different means of escapism during these past couple of years, you may agree that hobbies and alternate fantasy universes can be quite beneficial. Playing video games, watching television or movies, learning a new instrument, knitting/crocheting, reading, cooking, taking care of houseplants, watching the birds — the list of hobbies people have picked up throughout the pandemic to bring some entertainment and peace of mind into their lives continues. I even attempted to learn embroidery at one point. However, another interest of mine became especially relevant over the course of the pandemic — films by Studio Ghibli.

If you have never heard of Studio Ghibli, I definitely encourage you to keep reading. Studio Ghibli is an animation film studio headquartered in Koganei, Tokyo, Japan. It was founded in 1986 by Hayao Miyazaki, Toshio Suzuki and Isao Takahata. The animation studio has been making visually stunning and narratively rich films for nearly 40 years and has created a total of 21 feature films, as well as a myriad of short films, commercials and other works. Some of their most popular works include *Spirited Away* (2001), *My Neighbour Totoro* (1988), *Howl's Moving Castle* (2004), *Princess Mononoke* (1997) and *Ponyo* (2008).

Across all 21 films, Studio Ghibli touches on a wide range of subjects and themes. *Grave of the Fireflies* (1988) is a harrowing tale that follows two children trying to survive World War II after they become separated from their parents, while *Howl's Moving Castle* also weaves an anti-war message into a fantastical love story full of wizardry and magic. Magic is a recurring theme in a number of Studio Ghibli's works, which often draw on Japanese mythology and Shinto.

If you prefer a story with themes of environmentalism, perhaps you would enjoy *Nausicaa of the Valley of the Wind* (1984) or *Princess Mononoke*. Or, if you want a beautiful story that includes love, friendship and longing, you need not look very hard, as these themes are present across many of Studio Ghibli's works.

Speaking of love, Studio Ghibli's stories do not limit themselves to romance. Instead, they portray a range of intimate relationships. Sometimes there is romance by the end of the story, but oftentimes the main characters simply become close companions who mutually inspire each other to grow, learn and thrive. Full disclosure: I enjoy stories that involve romance between characters, and anyone who knows me personally would call me a liar if I said otherwise. However, it is refreshing and realistic to watch a film where the two main characters share an enchanting bond that is platonic or familial in nature. That bond is just as inspiring to the viewer as a romantic one may be.

But how does Studio Ghibli relate to the pandemic? Quite frankly, because Studio Ghibli films inspire the viewer to keep fighting. In one of my favourite Studio Ghibli films, *Howl's Moving Castle*, the protagonist, Sophie, says, "They say that the best blaze burns brightest when circumstances are at their worst." The films place our protagonist against these immense struggles — war, selfish authority figures, environmental destruction, personal mental health struggles, a vain wizard who cares a little bit too much about maintaining his alluring appearance — and often the protagonists are children or adolescents.

Yet our young protagonists persevere, and certainly not alone either. They face their circumstances with a companion or a community at their side. I don't even think it needs to be stated that the pandemic has been isolating for many of us, so to see our protagonist become swept up in a chaotic world of magic, war and injustice, and yet manage to fall in love (platonic or romantically) and persevere is inspiring.

Additionally, I think it is healthy to tap into the childlike wonder Studio Ghibli films provide. Entertaining and empowering our inner child is, truly, self-care. It's part of the reason why I, as a young adult, continue to watch these films and enjoy them. Some films do delve into heavier themes (for instance, I would not recommend *Grave of the Fireflies* to a small child), but the films are generally suitable for both children and adults. They remind us that

there still is beauty in this world, which is something everyone — regardless of age — needs to hear during these times. Although there are many outside forces we cannot alter, we possess the power to change our individual circumstances. Hayao Miyazaki himself has stated, "Yet, even amidst the hatred and carnage, life is still worth living. It is possible for wonderful encounters and beautiful things to exist."

If that hasn't convinced you yet, Studio Ghibli films are visually stunning. Every little detail of each film is treated with tender, loving care. The art is incredibly colourful and detailed, with even the most mundane of scenes oozing with meaning. If you have seen *Spirited Away*, there is a moment towards the latter half of the film where the protagonist Chihiro is taking a train with the character No-Face. It is a calm moment — much-needed after a film that has been full of adventure so far — and, in my opinion, it ends up becoming one of the most beautiful scenes in the film. The train ride scene becomes this deep breath for both Chihiro and the viewer; a moment of stillness. In *Spirited Away*, something as mundane as riding a train is romanticised, and I think it's important to take those little moments and implement them into our everyday life. Even when we are limited to the indoors, overhrought by online school, co-op jobs or other commitments, we can find tiny, yet powerful reasons to keep breathing.

If you're looking for something new to take your mind away from the hardships generated by the pandemic — or perhaps you are already a Studio Ghibli fan and you're looking for an excuse to rewatch your favourites — I highly recommend giving Studio Ghibli a try, even just to get the gist of what I am talking about. The films are available on Netflix. Sweet Dreams Teashop here in Waterloo also carries Studio Ghibli merchandise, if that tickles your fancy. Maybe don't watch *Grave of the Fireflies* though, unless you are prepared to feel depressed afterwards.

Remy Leigh
 2B Gender and Social Justice



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ATHLETICS & RECREATION

THE BENEFITS OF MOVEMENT
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WARRIOR REC PROGRAMS ARE BACK!



FACILITY UPDATES

CIF and PAC will reopen on Monday, January 31 at 50% capacity. In order to enter our facilities, you must:

- » Reserve your spot in advance
- » Present your QR Code Vaccination proof
- » Show Identification with birthdate
- » Show your 'Green Check' from the Campus Check-In Covid-19 Screening
- » Tap your WatCard

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AQUATICS

- » Learn to Swim Adult Swimmer Levels 1-3
- » Learn to Swim Adult Women Swimmer 1-3
- » Learn to Swim Child/Youth Private
- » Learn to Swim Child/Youth Swimmer 1-9

FITNESS MEMBERSHIPS

- » \$50
- » Access to Yoga, Zumba, Barre and a variety of HIIT classes.

PERSONAL TRAINING AND SMALL GROUP TRAINING

- » Offered at both the CIF and PAC
- » 3/5/10 session packages available.

INTRAMURALS

- » Registration Deadline: January 26 at 1:00pm
- » Soccer, Basketball, Dodgeball, Flag Football, Ice Hockey, Spikeball, Squash, Ultimate and Volleyball

ROCK CLIMBING MEMBERSHIPS

- » \$50
- » \$65 including shoe rental
- » Access to a 30-40 foot high top rope wall with 5 auto and 5 manual belays as well as a spacious 20 foot high bouldering wall.

CLUBS

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INSTRUCTIONAL PROGRAMS

- » Registration Deadline: January 30 at 1:00pm
- » Figure Skating, Learn to Skate, Dance Classes, Learn to Box, Martial Arts and Squash

FIRST AID

- » Emergency First Aid (EFA) W/ CPR-B, AED
 - February 12 (\$70)
 - March 26 (\$70)
- » Standard First Aid (SFA) W/ CPR-C, AED- Full Course
 - February 5 & 6 (\$120)
 - March 19 & 20 (\$120)
- » Standard First Aid (SFA) W/ CPR-C, AED - Recert
 - February 13 (\$75)
 - March 6 (\$75)

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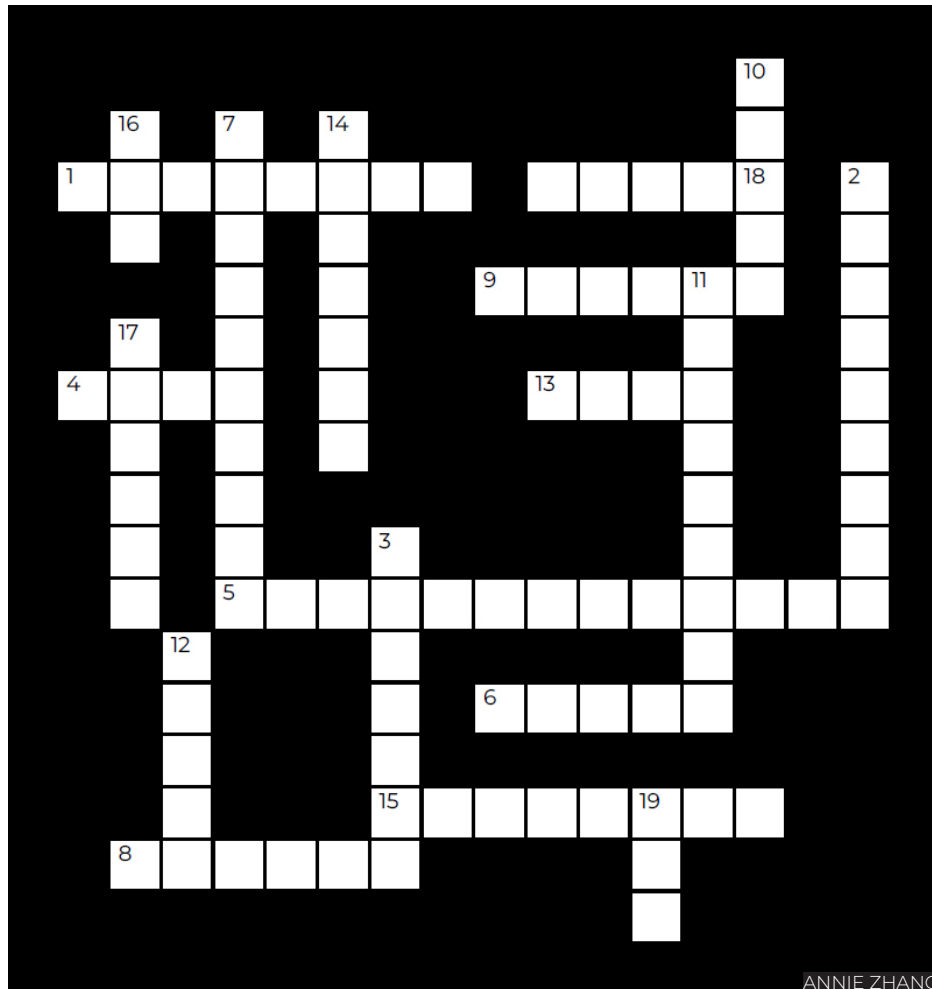
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Q: WHAT'S A DRAGON'S FAVOURITE SNACK?

A: FIRECRACKERS

Imprint crosswords | Lunar New Year



ANNIE ZHANG

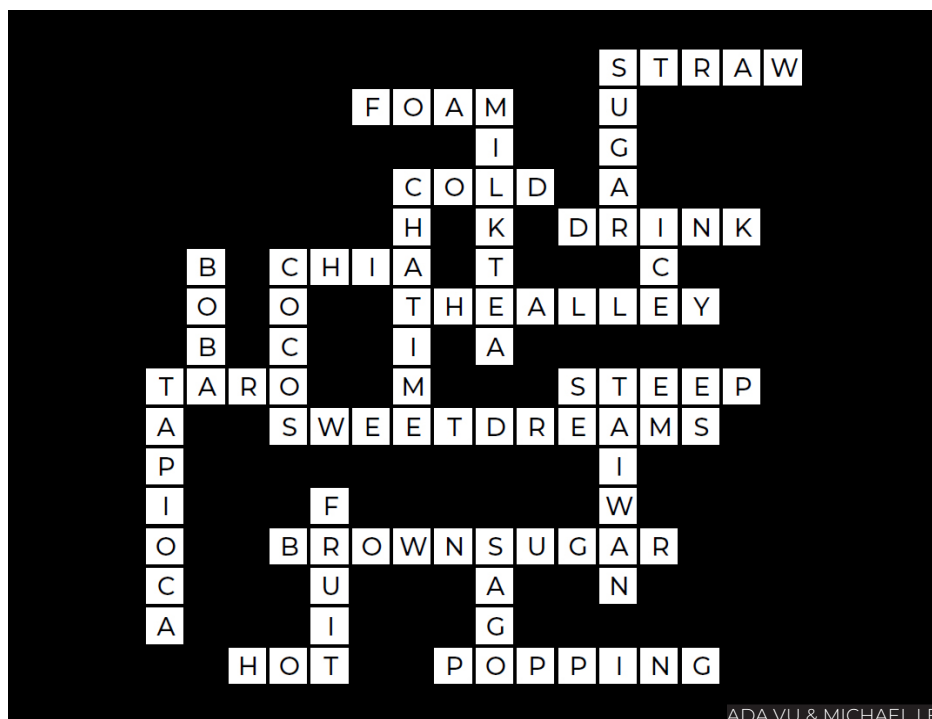
Across

1. What 2 may mean to many people
4. Diamond corner
5. Beliefs in charms, the irrational, fate, etc.
6. Evil's root, to some
8. Guard of myth
9. Word before "time" or "tree"
13. It could be full tonight
15. Shrine, wine, ancestors
18. Mr. _____, backwards

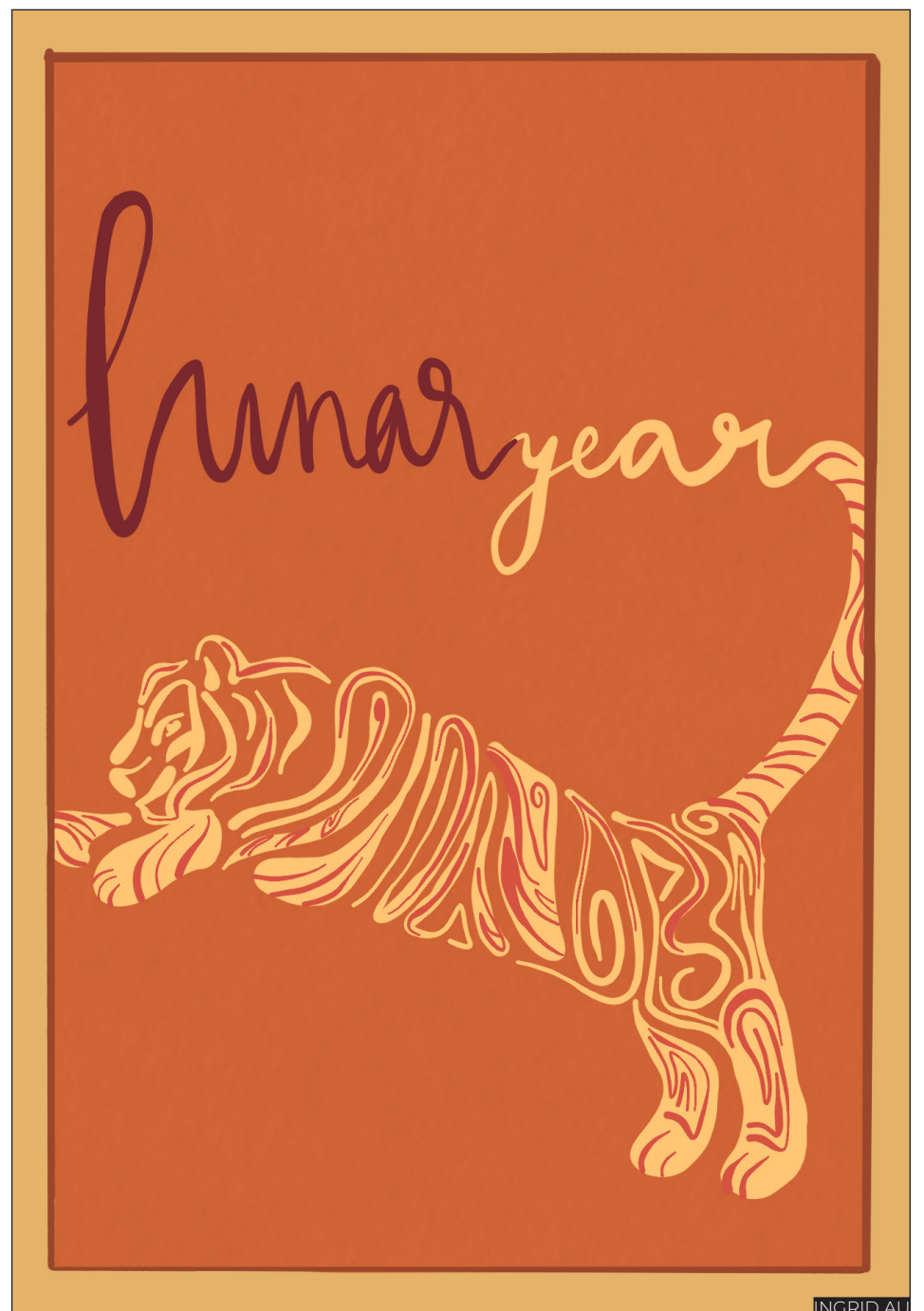
Down

2. "Do you ever feel like a plastic bag?" plural
4. What a class might have in the future
7. Well-heeled
10. Game where prizes are picked from a tub
11. Years on the job
12. Member of the *Panthera* genus
14. Light source, cinematic
16. Cabbage and onion option
17. Celestial belt
19. It's on the Declaration of Independence

LAST WEEK'S ANSWERS



ADA VU & MICHAEL LE



INGRID AU