

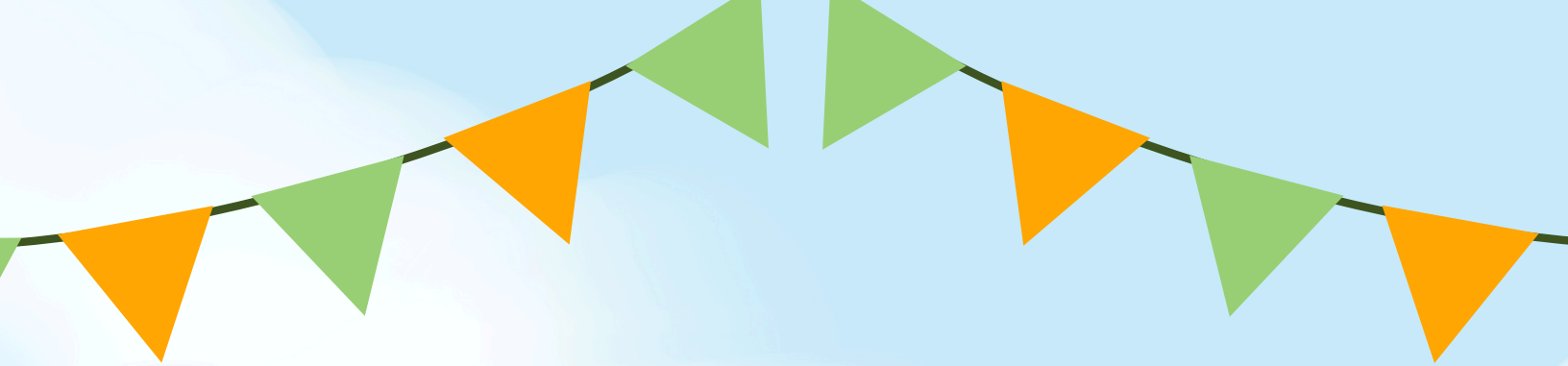
Editors: Shunit  
Waisenberg and  
Sanyog Surana



# FOSSA

NO. 16

Science Immunology - AAAS



# FOSSA O - DAY

SEPTEMBER 7<sup>TH</sup> | 1-4 PM  
@ The quad

Games | Free snacks and  
drinks | Connect with FOSSA  
clubs







**Feeling stressed about classes?  
Come take a break with our furry  
friends and enjoy some dog therapy!**

 **FREE AND OPEN TO ALL STUDENTS & NO REGISTRATION REQUIRED** 

***Date:** TBD. Check @vln\_fossa on Instagram for updates!*

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Start your week right with...

***FOSSA FUEL!***



Swing by for a quick snack  
and power up for the day  
ahead!



**DON'T  
MISS OUT!**



**SCIENCE ATRIUM**  
**MONDAYS @ 9-11AM**





# RESEARCH SPOTLIGHT

## AMRIT PANNU

4TH YEAR | HEALTH SCIENCES



### Summary of Research:

Amrit's research focuses on how South Asian service providers in Canada navigate and address domestic violence within diasporic communities. Through qualitative analysis, Amrit explores the systemic barriers, cultural nuances and community-based strategies that shape their work. The project aims to inform more inclusive and effective service models that reflect the lived experiences of both survivors and providers.

### Favourite Part of Doing Research at Laurier:

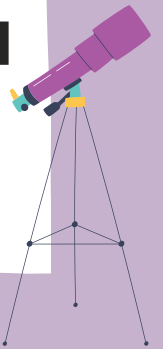
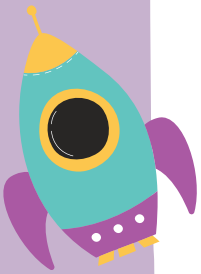
Amrit enjoys the strong sense of community and collaboration among faculty and students at Laurier. This school provides meaningful opportunities to engage in socially impactful and community-based research.



# LAURIER SPACE SOCIETY



**The Laurier Space Society fosters and encourages like-minded students to pursue their interests in all things space and planetary science. Events will focus on providing networking, experiential learning opportunities and other exciting space-themed events like rocket building and stargazing!**





# FINDING YOUR PLACE AT LAURIER

EDII

FOSSA



One way to meet new friends in your first year is by attending orientation activities and campus events. Our campus hosts a variety of icebreakers where you'll have the opportunity to engage in activities with other first years and get to know them better. Additionally, FROSH week provides another opportunity to meet others. For instance, last year, the university hosted a silent disco where I got to enjoy some music while talking to new people. There's also a football game if you're a fan of sports. Even if you don't know anyone and it feels intimidating at first, showing up gives you the chance to meet people who are also looking for new connections.

Welcome to Laurier first-year students! Starting university is a milestone that's both fun and exciting! New experiences surround you, and you get to meet so many new people, which might also feel overwhelming. But it's nothing to be afraid of. Almost every university student has felt the same way in the beginning. One of the best parts of your first year is meeting other students and building friendships that can make campus feel like home.



Joining clubs and student associations is another way to build friendships. Whether you're interested in joining house council or a student association (like FOSSA), being a part of something you care about makes it easier to meet people who share your passions and values.

Just know that there is always space for you here, regardless of who you are. So take your time, be open, and trust that the right people will find you (and you'll find them too)! We can't wait to invite you into our community this year — you've got this.

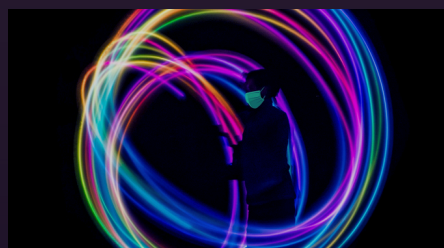
Check out this website to find events Laurier is hosting for orientation week:  
<https://students.wlu.ca/student-life/orientation/index.html>



# UPTOWN WATERLOO



## LUMEN FESTIVAL



**SATURDAY**

September 20, 2025

**6PM - 11PM**

75 King Street South

**ART  
LIGHTS  
TECHNOLOGY**

Come enjoy this free event  
in Uptown Waterloo  
featuring 30+ visual and  
interactive art installations



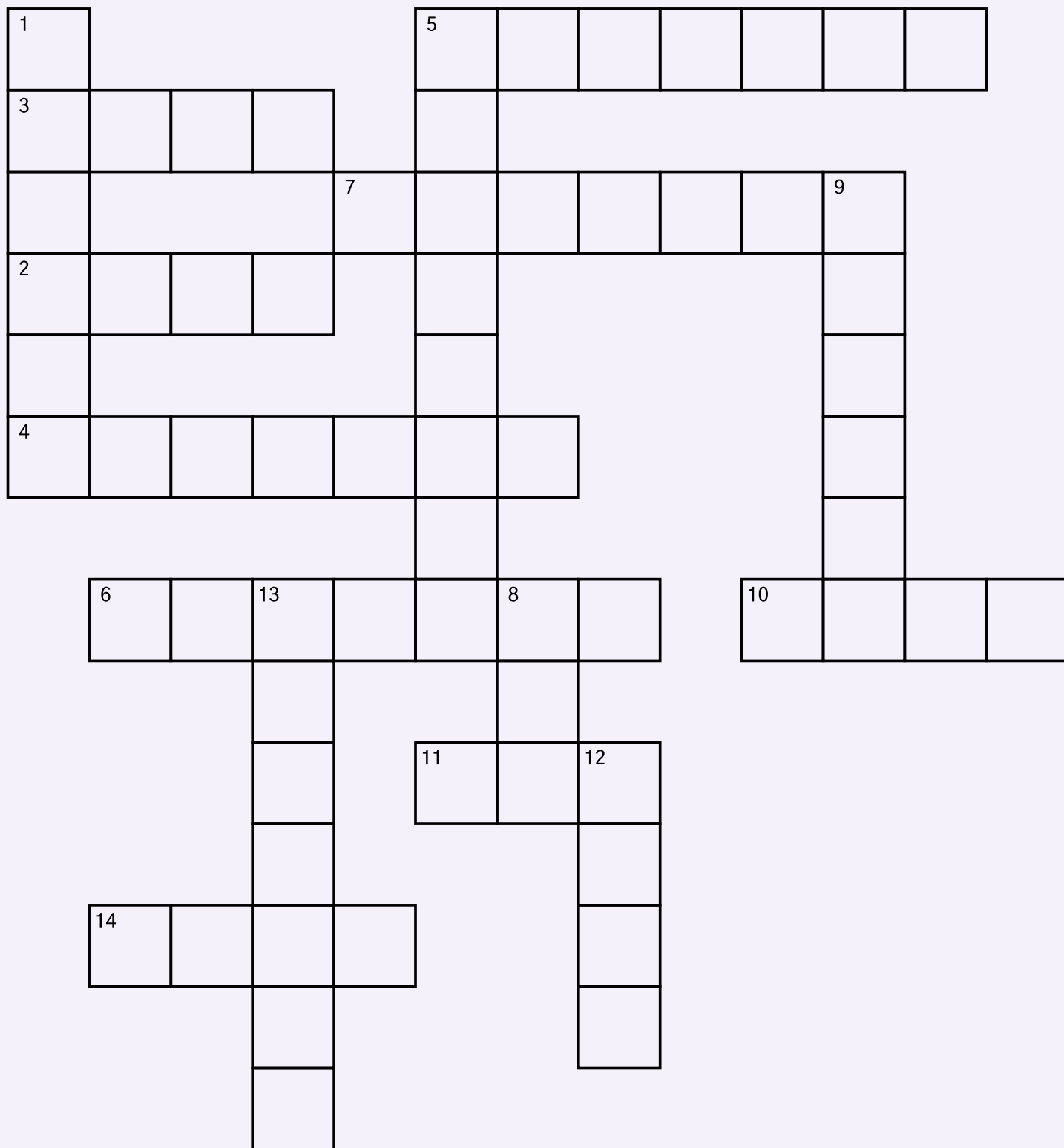


# MONTHLY CHALLENGES

- Each month, there will be a challenge (e.g., a crossword) at the end of the newsletter
- For every challenge you complete, your name will be entered into a draw for a prize at the end of the semester!
- We will also have some smaller prizes, like FOSSA merch, throughout the Fall semester!

**1 challenge completed = 1  
entry into the draw**

Please send proof of completion (i.e., a screenshot) to  
[communications@fossa.ca](mailto:communications@fossa.ca)



**Across:**

2. Force that holds atoms together in compounds
3. Basic unit of a chemical element
4. Organelle that contains DNA in eukaryotic cells
5. Process of cell division for growth or repair
6. Made of amino acids and performs many functions
7. Simple sugar used as energy by cells
10. Basic structural and functional unit of life
11. Molecule that stores genetic information
14. Substance with a pH above 7

**Down:**

1. Key element in all organic molecules
5. Two or more atoms bonded together
8. Atom or molecule with a charge
9. Protein that speeds up chemical reactions
12. Substance with a pH below 7
13. Diffusion of water across a membrane