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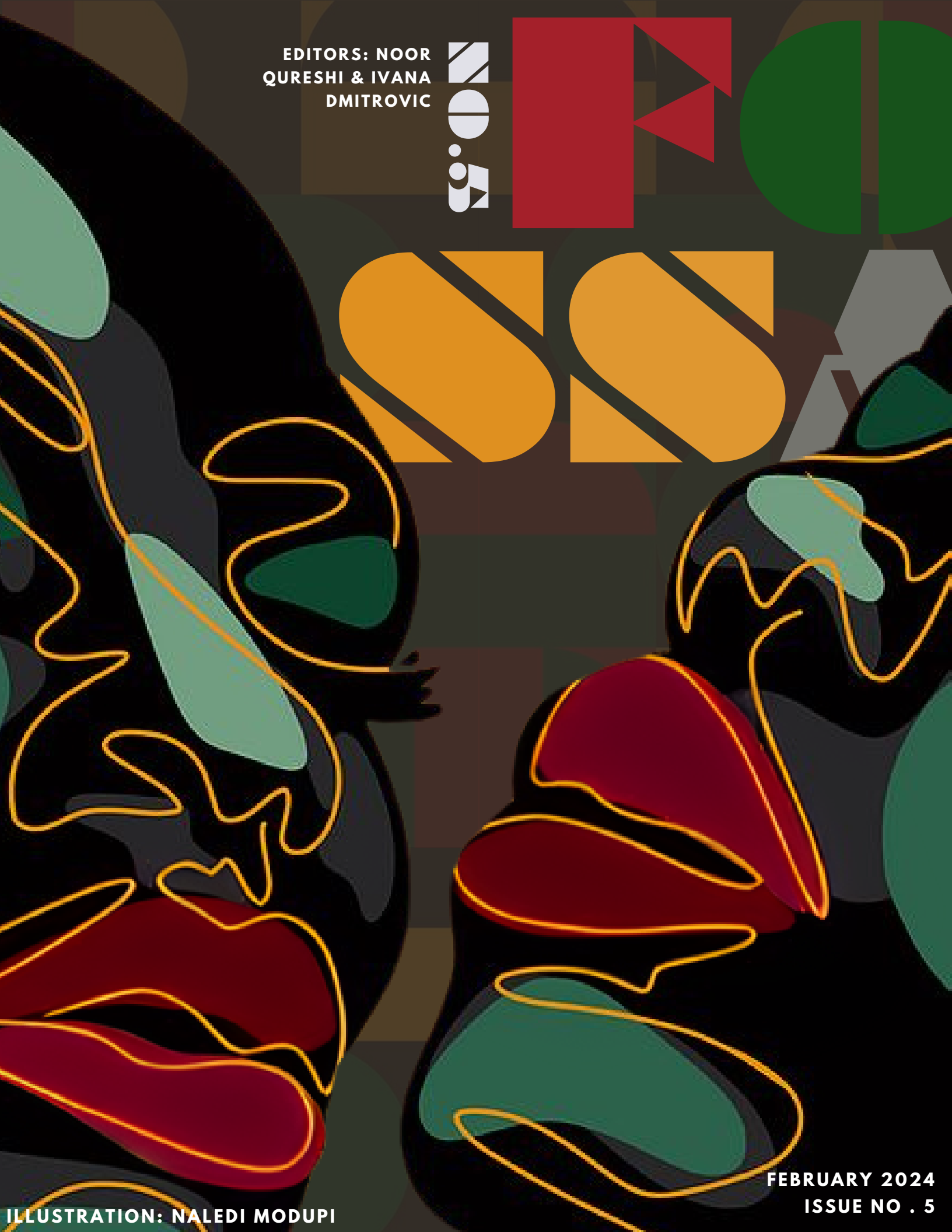


ILLUSTRATION: NALEDI MODUPI

FEBRUARY 2024
ISSUE NO . 5

BLACK VOICES

AUDREY ITEKA

THIRD YEAR HEALTH SCIENCE

Meet Audrey Itkea, a third-year Health Sciences student with a double minor in Biology and Psychology, whose academic journey is characterized by a commitment to addressing the complexities of the healthcare system. Audrey reflects on her interests and driving forces for pursuing education in a field she describes as multidisciplinary, complex, and ever-evolving.

Audrey's passion delves into the critical issue of the growing aging population in Canada, recognizing the vulnerability of older adults, particularly within the black community. She notes the additional challenges faced by black older adults, including factors such as their living situations, immigration status, and more.

“AUDREY ENVISIONS HERSELF AS A DRIVING FORCE FOR CHANGE. SHE EMERGES AS A TRAILBLAZER, TRAILING THE WAY TO BE A PROVIDER WHO ADVOCATES FOR FAIR PRACTICES, AND BETTER WAYS OF TREATING PEOPLE.”

In her own words, Audrey highlights the importance of representation in academia, sharing, “There is an importance for representation. I haven’t had one professor who is a black woman. And I think that fact makes me want to finish my degree and work further to become that representation. It is more enriching to see someone who looks like you teaching.”

..HIGHLIGHTING SUCCESS IN OUR COMMUNITY THIS BLACK HISTORY MONTH

BY RUSHELL CAMPBELL

As an advocate for addressing healthcare disparities, Audrey envisions herself as a driving force for change. She emerges as a trailblazer, trailing the way to be a provider who advocates for fair practices, and better ways of treating people.

DIANE OYEDEJI

THIRD YEAR HEALTH SCIENCE

Meet Diane Oyedeji, a third-year Health Sciences student with a double minor in Psychology and Biology. Her insightful reflections highlight the pressing need for the healthcare system to evolve and adapt to the complex landscape of the world.

“For anything to survive, you need to be able to move with the times. After the pandemic, the world was introduced to different gray areas in what is health. I think that technology is an innovative way to fix health disparities, in the programming and the things that it may offer,” says Diane

“WHEN WE DISCUSS HEALTH DISPARITIES, I HAVE HAD TO VIEW THINGS FROM A BLACK LENS. HOWEVER, THIS PERSPECTIVE HAS HELPED ME LOOK BEYOND THE MEDICAL ASPECTS OF HEALTH AND LOOK AT THE SOCIAL ASPECTS TOO, TO LOOK AT A MINORITY LENS, INCLUDING THE POC COMMUNITY, ESPECIALLY OLDER ADULTS,”

Her inspiring words serve as a call to action for those in the healthcare system to keep pace with the rapidly expanding field of technology. Diane emphasizes that healthcare, being inherently complex, requires the integration of various technological aspects to enhance its overall efficacy.

“When we discuss health disparities, I have had to view things from a black lens. However, this perspective has helped me look beyond the medical aspects of health and look at the social aspects too, to look at a minority lens, including the POC community, especially older adults,” says Diane

Committed to becoming a lifelong learner, Diane acknowledges the vast unknowns in the field and stresses the importance of advancing research to apply new knowledge and better assist people in various ways. Diane’s journey is not just about personal growth but also about inspiring inclusive, forward-thinking change in the healthcare system.

STEPHANIE KIGGUNDU *THIRD YEAR HEALTH SCIENCE*



Meet Stephanie Kiggundu, a third-year Health Sciences student with double minors in Biology and Chemistry, making waves in research that addresses the unique challenges faced by black older adults. Stephanie emphasizes the importance of treating this demographic with dignity and respect, shedding light on the intersectionality of age and race that often leads to ageism and racism.

“It is important to me that they are not neglected and that they are treated with the same sense of dignity and respect. Especially since this research focuses on Black older adults, where the intersectionality of age and race contributes to things such as ageism as well as racism.”

Her commitment extends beyond research, as she encourages personal growth by stepping out of her comfort zone and challenging stereotypes associated with Black women.

“I have been encouraging myself to try things outside of my comfort zone so that I do not limit my opportunities based on fears that I have created due to other people’s views and stereotypes of Black women,” says Stephanie

In a field where representation matters, her achievements underscore the power of individuals dedicated to making a positive impact and redefining narratives. As she continues her path in health sciences, Stephanie stands as a symbol of breaking barriers and fostering inclusivity.




ISSUE NO.5

FLOWERS FOR A FRIEND

THE ATRIUM, 10AM - 4PM, FEBRUARY 14TH, 2024

LOVE IS IN THE AIR



Surprise a special someone this month! Whether it be your favourite study buddy, superstar professor, significant other or best friend with flowers this month by visiting FOSSA's Flowers for a Friend event at the Atrium this Valentine's Season. Bring change, as this event is cash only.


BRACELET MAKING

THE ATRIUM, 7PM - 9:30PM, FEBRUARY 27TH, 2024

Ready to take your friendship to the next level? Stop by FOSSA's bracelet-making event and solidify your bond or show someone you care by creating your very own handcrafted bracelet.

SHOW SOMEONE YOU CARE, ON US

We will be supplying all bracelet-making supplies for FREE, and for all different types of bracelets too! If you like getting crafty with fabric, beads, or gimp, this event is for you!



World Day Hijab

LAMISE KHALIFE
FOURTH YEAR BIOLOGY

I am an individual who follows the practice of wearing the hijab. My journey with the hijab began at the age of 10, a decision I conveyed to my mother unexpectedly. This revelation surprised her, as we had not previously engaged in discussions regarding the appropriate time for me to take on this practice. Despite the unexpected nature of my decision, my mother expressed genuine excitement and support. Initiating the wearing of the hijab within the school environment proved to be a comparatively seamless adjustment for me, given the early age at which I embraced this practice. Subsequently, my journey unfolded as I explored various styles and connected with like-minded individuals who also wear the hijab.

To me, the hijab transcends the realm of a mere physical garment; it serves as a testament to the cultivation of modesty in one's demeanour throughout the course of life. Grounded in my faith, the hijab becomes a lens through which I perceive and interact with the world. This practice, therefore, represents a small yet significant step towards aligning with my religious aspirations.

For women contemplating the choice of the hijab but hesitating to take that final step, I offer a piece of advice. There exists no age restriction dictating when one should embrace this practice. Surrounding oneself with positive influences and supportive individuals is crucial, mitigating the fear of judgment and ensuring that the journey is not navigated alone. Remember, you are never isolated in your decision.

FEBRUARY 1ST



WHAT'S ON THE HORIZON FOR YOU?
ENTER FOSSA'S GET MATCHED THIS FEBRUARY AND LET OUR
MATCHMAKERS HANDLE THE REST.



ENTRIES ACCEPTED BETWEEN FEB 6TH - 8TH | ENTER ON LINKTREE AT @WLU_FOSSA

ELISA IZAURRALDE



biochemist and molecular biologist

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE - FEB 11TH ELISA IZAURRALDE, A DISTINGUISHED MOLECULAR BIOLOGIST KNOWN FOR HER GROUNDBREAKING RESEARCH IN RNA BIOLOGY, EXEMPLIFIES THE SPIRIT OF THE INTERNATIONAL DAY OF WOMEN IN STEM, SHOWCASING THE PROFOUND IMPACT WOMEN HAVE IN ADVANCING SCIENTIFIC KNOWLEDGE AND INNOVATION.

SPEAKING OF WOMEN IN SCIENCE...

CLUB SPOTLIGHT

LWICS stands as a beacon for fostering a community of individuals who share a common passion for computer science, specifically tailored towards female identifying individuals. It is an embodiment of empowerment, aiming to educate and create a safe and inclusive environment where members can thrive. The club is founded on core values of empowerment, education, community, and inclusivity, reflecting its commitment to not only uplift its members but also to provide them with the necessary tools and knowledge to excel in their academic and professional endeavors.

One of the major highlights of LWICS's calendar is the "Internships 101" event, which took place just recently on January 25, 2024. This event was specifically designed for students who are eager to embark on their internship journey but might feel overwhelmed by the process.

The gathering served as a comprehensive guide, offering invaluable insights into how students can enhance their internship applications. It featured direct advice from current co-op participants and a member of the

LAURIER WICS
est. fall 2020



application process but also enabled students to forge meaningful connections that could aid in their professional growth. Through such events and its foundational values, LWICS demonstrates its dedication to empowering female identifying individuals in the field of computer science, ensuring they are equipped, educated, and embraced within a community that celebrates their achievements and supports their ambitions.

Laurier Co-op office, Tara Fitzgerald, which added a personal and practical touch to the advice shared. Furthermore, the event included a networking session, providing students with a golden opportunity to connect with professionals and peers alike. This not only helped in demystifying the internship -



FOSSA GIVEAWAYS

The background features two stylized, pink, fluffy characters with large, dark sunglasses. They are positioned on the left and right sides of the frame, holding hands with a thin, glowing yellow line. The overall aesthetic is vibrant and playful, matching the pink and purple color scheme of the text.

HAVE THE HOTS? SURPRISE A SPECIAL SOMEONE WITH DATE NIGHT BY ENTERING OUR VALENTINE GIVEAWAYS TO WIN THE ULTIMATE DATE NIGHT PACKAGE.

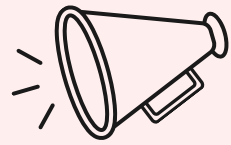
PRIZES INCLUDE:

**MOVIES FOR TWO
DINNER FOR TWO
TICKETMASTER GIFT
CARD**

GIVEAWAYS TAKING PLACE
ON FEBRUARY 12TH, 13TH
AND 14TH

ENTER ON INSTAGRAM AT
[@WLU_FOSSA](https://www.instagram.com/WLU_FOSSA)

WORK HARD, PLAY HARD



.. *HOW I BALANCE A BUSY STUDY SCHEDULE, EXTRACURRICULARS, AND DOWN TIME.*

STUDENT OPINION

RIYA RAKKAR

The "work hard, play hard" balance is something I accomplish by careful planning, efficient time management, and a conscious effort to prioritize my well-being. I like to plan my classes, study sessions, and extracurricular activities into a weekly schedule that is well-organized and emphasizes time management and goal-setting. For instance, I set aside particular days of the week to study for specific classes, etc. In terms of setting aside time for self-care, such as rest and enough sleep, I like to employ the reward system.

With the knowledge that I can engage in my other interests in peace later, this strategy allows me to encourage productive study habits and make learning more enjoyable. For instance, I treat myself to Netflix, painting, video games, or other activities when I do the daily task I set out to do.

"I NEVER PUNISH MYSELF FOR OCCASIONALLY DEVIATING FROM MY STUDY PLAN BECAUSE LIFE HAPPENS AND THIS PROVIDES A MOTIVATING FACTOR BY ADDING A POSITIVE REWARD COMPONENT."

It's also to recognize and honour accomplishments of all sizes, regardless of whether I accomplish my daily objectives or not. I never punish myself for occasionally deviating from my study plan because life happens and this provides a motivating factor by adding a positive reward component. In the end, finding a balance between extracurricular activities, academic goals, and personal well-being is always a process that calls for flexibility and mindfulness.

STUDENT OPINION

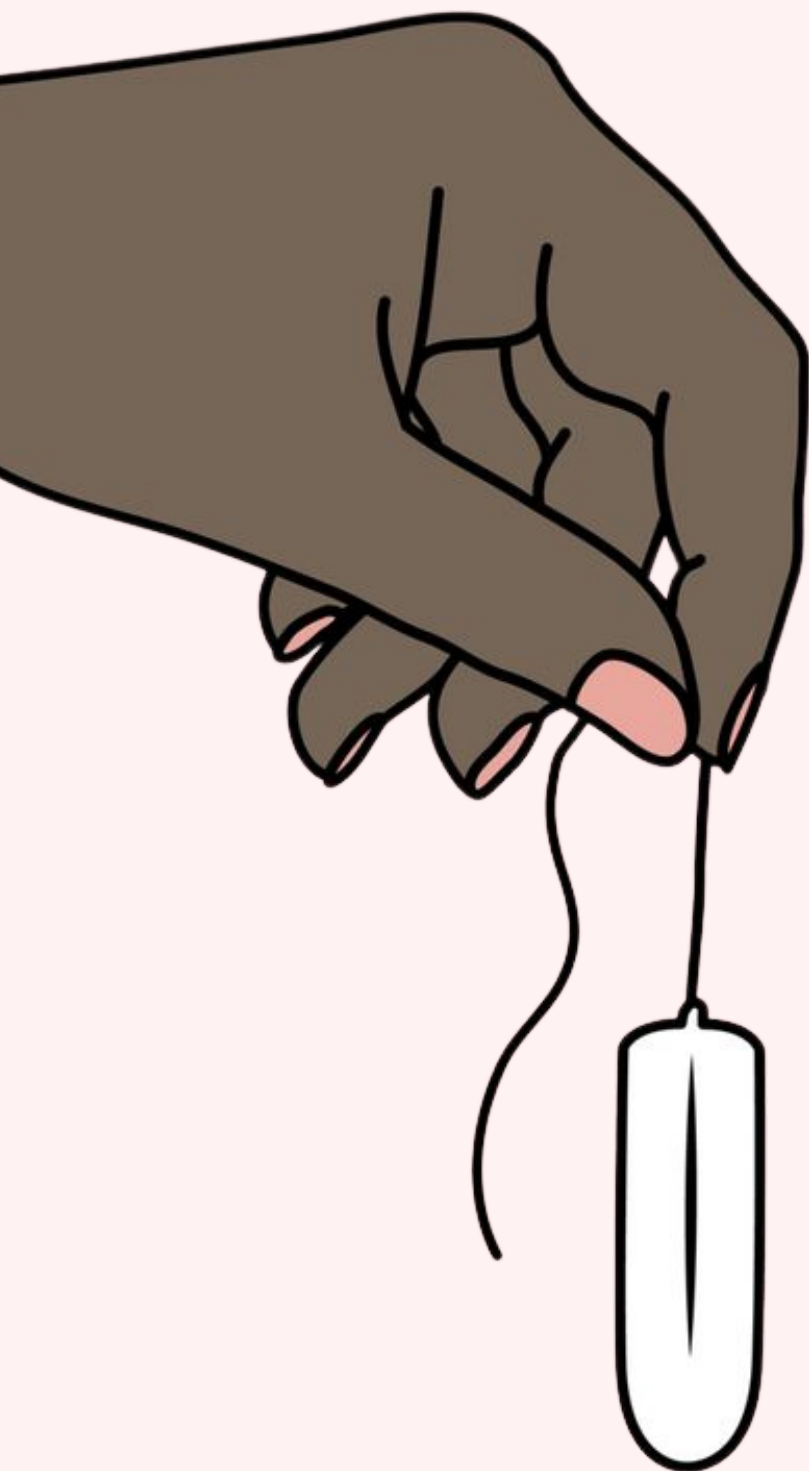
ALYSSA SCHEIFELE

"Work hard, play hard", is a phrase and concept that becomes so valuable in university. In high school, I felt as though I had a pretty good grip on what it meant to balance school, work extracurriculars, and downtime. But as I started my first year last year, I quickly realized I had no clue how to balance those things.

I had a packed schedule with lectures, studying, work, and FOSSA meetings, while on top of that, I was still trying to make time for my friends and visiting my family. Although it took lots of trial and error to figure out what worked best for me, I figured it out. I needed to have a well-organized calendar and dedicate specific hours to school and downtime. For me and my roommate, that scheduled downtime was Wilf's trivia. No matter what was happening that week, it was important for both of us to take that time to do something that wasn't studying.

Every week I would add Wilf's trivia to my calendar. I would never let my dedicated study time conflict with this time. The further I got into my first-year, the more I understood the importance of this.

To conclude, although different methods work for everyone, it is important to have dedicated down time. Our minds often need breaks but we don't acknowledge this, acknowledging this can make us better students, teammates, friends, etc..



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