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# FONSA

NO.3

## WORLD DISABILITY DAY

DECEMBER 2023  
ISSUE NO . 3

# REDBULL EXAM DESTRESSOR

N2001, DECEMBER 4TH-7TH

Recharge your mind with complimentary Red Bulls being given out in the FOSSA office to help with that end-of-year exam stress.

Take a breather, grab a Red Bull, and conquer those exams with more energy from December 4-7th at the FOSSA Office, N2001

*FREE REDBULL, SPONSORED  
BY FOSSA*

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## COCOA AND CRAM

THE ATRIUM, 5-9PM, DECEMBER 4TH

*SIP, STUDY, SUCCEED*

This is the perfect opportunity to prep for exams while enjoying delicious comforts. Whether it's a final review or a deep dive into new material, Cocoa and Cram offers the ideal blend of relaxation and productivity. Join us for warm drinks, cookie decorating, and more!

Don't miss this chance to boost your study game with a cup of cocoa in hand!



# FOSSA REWIND

## A SEMESTER IN REVIEW



As we look back on a bustling semester with the Faculty of Science Students Association (FOSSA), it's heartening to recall the array of engaging events that brought us together. With a kickstart to life, O-Day set the tone to our bustling semester for new and returning students alike. Every Monday, the FOSSA Fuel initiative was a beacon of communal warmth, offering free breakfasts and fostering camaraderie over steaming cups and lively conversations.

Halloween movie night added a touch of spookiness and relaxation amidst our busy schedules, while the Tote Bag Painting Night unleashed a wave of creativity, with students personalizing their tote bags in a colorful display of artistry and individuality. To top it off, our holiday cards were checked off our to-do list at FOSSA's holiday event. These events, interwoven into our academic journey, not only enriched our semester but also strengthened the bonds within our FOSSA community.

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# WAS IT JUST LIKE IN THE MOVIES?

ISSUE NO.3



.. HOW UNIVERSITY LIFE DIFFERED FROM WHAT THE MEDIA PROMISED ME

## STUDENT OPINION - GURLEEN BANGER

Indubitably, no, university is not exactly like in the movies. While popular films often portray a glamorous and exaggerated version of University life, reality tends to be more diverse and nuanced. In movies, University is depicted with impeccable campus culture, friendships, and romantic relationships, with characters effortlessly navigating academic challenges, while seamlessly balancing an active social life.

In reality, university experiences vary widely. Many factors influence the subjectivity of this experience such as family, friends, finance, and personal aspects of a student's life. Many students face academic pressures, juggling coursework and exams, while trying to maintain a personal and social life as well. Unlike the streamlined narratives in movies, students encounter a range of obstacles and successes, and the journey is rarely as smooth as depicted on screen.

**“Unlike the streamlined narratives in movies, students encounter a range of obstacles and successes, and the journey is rarely as smooth as depicted on screen.”**

Social dynamics in real universities are more complex than the simplified relationships

Friendships take time to develop, and not every encounter leads to a lifelong connection. The diversity of personalities and backgrounds contributes to a more authentic and dynamic social environment. Moreover, the glamorous dorm rooms and picture-perfect pinterest inspired campuses portrayed in movies do not always align with the reality of shared living spaces and the inevitable challenges of communal living—communal, while movies may capture certain aspects of the university experience, they often oversimplify, idealize, and glorify the complexities of academic and social life that students truly encounter.

## STUDENT OPINION

HARJOT DHAMEE

Throughout high school, I always held high expectations for university. These expectations stemmed from social media, specifically American YouTube/TikTok, where students would decorate their dorms, show parties, campus, etc. However, my internalized lifelong expectation for university always came from High School Musical growing up.

Even though that movie takes place in a high school setting, the feeling created within that film has always carried through my education journey. The stuff I would see online gave me things to check off my college bucket list. However, I always have expected that feeling of excitement and fun.

When I started university, I absolutely hated it. It was during COVID-19, and I did not feel prepared at all in this new school in a new city. However, it couldn't be more different from how I feel towards Waterloo now. As I've progressed within my degree, I've come to love being here.

**“I'm watching a movie, and I'm the main character; that's how the experience should be lived..”**

Reflecting on what the media has shown me from my experience, I've realized the expectation of your university shouldn't come from other people's experiences; it should come from what's in front of you. Once I dropped those expectations or "milestones" I thought made me feel qualified in my experience, I was able to live life more freely and build my own expectations. Now, I have a great support system around me; I love my courses, and I'm figuring out myself every day. I'm watching a movie, and I'm the main character; that's how the experience should be lived.

**“Reflecting on what the media has shown me from my experience, I've realized the expectation of your university shouldn't come from other people's experiences; it should come from what's in front of you.”**

# CLUB SPOTLIGHT

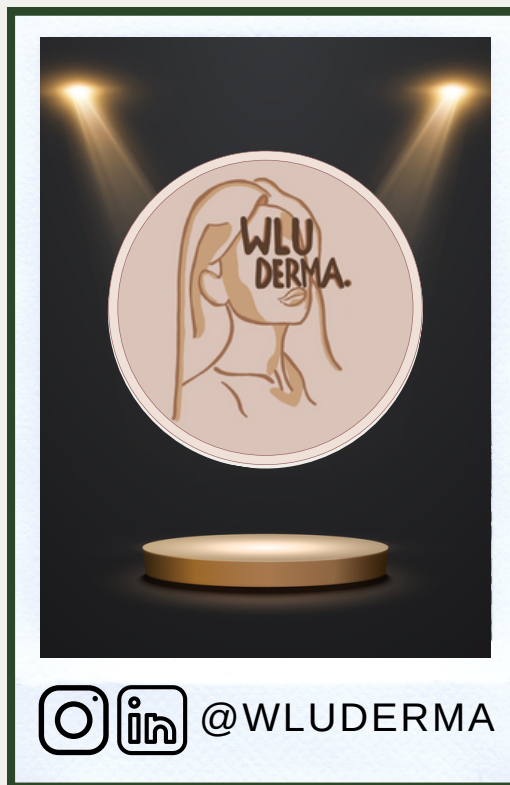
At Wilfrid Laurier University's Dermatology Club, we are passionately dedicated to enhancing the relationship between individuals and their skin. The club delves deep into the realm of dermatology, primarily focusing on skincare. It provides comprehensive knowledge about various aspects, including the comparison of popular over-the-counter skincare treatments. This helps students make informed decisions about their skin health and understand the science behind skincare products.



Annually, we organize several key events that are at the heart of our club's activities. One of our signature events is the Dermatologist Speaker Event, where we invite renowned dermatologists to share their expertise and insights. This event provides a unique opportunity for students to learn directly from professionals and engage in meaningful discussions about the latest trends and research in dermatology.

Another popular event we host is the Face Mask Destressor Event. Recognizing the importance of mental well-being in overall skin health, this event combines the relaxation of skincare routines with stress-relief activities. It's a perfect blend of learning and unwinding, where students can explore various face mask treatments and understand their benefits.

*WLU DERMA*  
*est. fall 2022*



We also organize a fun and interactive Kahoot event focused on dermatology and skin care. This event is designed to be both educational and entertaining, allowing students to deepen their knowledge about skin health in a playful, competitive environment.



Through these events, we aim to increase awareness and knowledge about various aspects of dermatology, with a special emphasis on skincare. We also provide insights into the path of specializing in dermatology after medical school, outlining what students can expect from dermatology programs in different medical institutions. Our club stands as a beacon for those interested in the fascinating world of dermatology, offering a supportive and informative community for all.



# INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES

International Disabilities Day, observed annually on December 3rd, is a significant day dedicated to increasing awareness and understanding of disabilities. It aims to promote the rights and well-being of persons with disabilities in all spheres of society. This day emphasizes the importance of integrating disabled individuals into every aspect of political, social, economic, and cultural life. It's a call to action for inclusivity and equality, highlighting the challenges faced by the disabled community and encouraging efforts to create a more accessible and equitable world for all.



## HANUKKAH

Hanukkah, also known as the Jewish Festival of lights, is an eight-day celebration, commemorating the rededication of the second temple of Jerusalem. According to the Talmud, Jundah Maccabee and other Jewish figures who witnessed the rededication of the Second Temple witnessed what they called a semicircle. Although there was only enough oil to keep the Menorah candles burning and lit for one day, the flames continued for eight days. The event then led to the eight-day celebration. Celebrated over the eight days, the lighting of the menorah, a nine-branched candelabrum holds deep significance. On the first night the first candle on the left is lit with the central candle called the "shamash" and one more candle is added and lit each night following. This ritual symbolizes the Hanukkah 'Miracle'.



## WORLD AIDS AWARENESS DAY

"HIV DOES NOT MAKE PEOPLE DANGEROUS TO KNOW, SO YOU CAN SHAKE THEIR HANDS AND GIVE THEM A HUG: HEAVEN KNOWS THEY NEED IT." - PRINCESS DIANA



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Choose one.

**NATIONAL IMPAIRED DRIVING AWARENESS MONTH** - IT'S NOT JUST ABOUT OBEYING THE LAW; IT'S ABOUT PROTECTING LIVES - YOURS AND OTHERS. EVERY TIME YOU CHOOSE TO DRIVE SOBER, YOU MAKE A DECISION THAT PRESERVES FUTURES, KEEPS ROADS SAFE, AND SHOWS RESPECT FOR THE LIVES OF ALL ROAD USERS. COMMIT TO RESPONSIBILITY BEHIND THE WHEEL AND ENSURE EVERYONE GETS HOME SAFELY THIS HOLIDAY.