

FORDA

BUILDS THE FUTURE



BE THE NUCLEUS OF THE NEW SCIENCE GENERATION!

HerVolution Laurier

HERVOLUTION Laurier is a versatile club devoted primarily to helping the less-fortunate women in our society both financially and institutionally so that they are able to pursue STEM-based educations and careers, in collaboration with the charity hErVOLUTION. Our club hosts fundraising events such as trivia nights and sports competitions, creative drives and donation events, as well as form connections with other faculties and groups within the community to spread awareness and increase involvement in this movement. HERVOLUTION Laurier also works unanimously with the founder of the hErVOLUTION foundation to develop the Ambassador Program within the charity, recruit members, and increase involvement in the cause.

Our mission is ultimately to create a lasting, prominent impact in the lives of the many girls who are unable to pursue an education in STEM, be it due to gender inequality or financial barriers. All proceeds from fundraisers go directly towards the charity, as well as its programs and initiatives.



FOSSA FORMAL 2025

Malibu Disco

March 6 • 8pm - 12am • The Turret

\$20
Early Bird

\$25
Regular

RESEARCH SPOTLIGHT

Cydney Morris

This study aims to explore the relationship between chronic stress and mental health service utilization among undergraduate students at Wilfrid Laurier University's Waterloo campus and inform improvements in support systems and initiatives for students struggling with chronic stress on campus. The research will employ a mixed-methods approach, combining quantitative and qualitative data collection and analysis. It is hypothesized that higher levels of chronic stress will be associated with greater utilization of mental health services, but also with more barriers to access.

The results of this study offer several potential future applications that could significantly enhance mental health support for Laurier students.



Primarily, the findings on specific mental health services most needed by students experiencing chronic stress can guide the university in refining existing services and implementing targeted interventions, leading to more effective and efficient use of resources. A key focus of the follow-up interviews was the Health and Wellness website's content and design; insights gained from this analysis can inform improvements to the site, making it more responsive to the needs of students dealing with chronic stress. These enhancements could include new content, tools, or features that address identified gaps in current offerings.

FURC *2025*

FOSSA Undergraduate Research Conference

March 25th - 30th | Science Atrium

#FURC2025

Schedule

Tuesday
March 25th

Health Science Students
Science Atrium

Wednesday
March 26th

Independent Study Students
Science Atrium

Thursday
March 27th

Psychology Students
Science Atrium

Sunday
March 30th

Keynote Speaker

Find out at [wlu_fossa](#) on Instagram!
on March 16th

Imposter Syndrome; A Chronic Disease that Dims the Light of Many Thriving Science Students.

It is not just an occasional self-doubt but a constant nagging voice telling me that I don't belong, that my successes are mere luck, and that one day, I will stand by, watching all my worthy peers achieve my dreams as I inevitably prove incapable. These insecurities only magnify as a player in the competitive battlefield of the premed journey. Every grade received on an assignment, every research opportunity, and every extracurricular activity seem like a test of my self-worth and the definition of who I am. Accomplishments, small or big, have no space for celebration because excellence feels like an expectation, not an accomplishment; there is always more you can do, especially when comparing yourself to others and their daunting list of achievements on their resume.

However, I soon realized that giving in to imposter syndrome turns your mind into your greatest competitor, costing you your dream. It's a tough lesson to learn; that confidence in yourself and grit to fight for your goals will take you further than any so-called traditional impressive resume. I am beginning to heal and teach myself that the accomplishments of others do not diminish mine or make me less worthy of my dreams. To anyone with these thoughts creeping up on you, doubting your ability, remember that YOU BELONG. You have invested time, effort, and a piece of yourself to get where you are, and no amount of doubt can take that away from you. I hope to carry these teachings as I continue my journey of becoming a pediatrician, and I hope my peers do the same, as we are all destined to do wonders in this world!

Love, Aishwarya Penumaka



Aishwarya Penumaka,
Director of Events on FOSSA

WOMENS HISTORY MONTH

What is it?

Women's History Month is an annual celebration recognizing the achievements and contributions throughout history. It recognizes the vital roles that women, including cisgender, transgender, and gender-fluid individuals, have played in shaping society and have fought for gender equality.

How did it start?

- **1978:** The celebration began as a local "Women's History Week" in Santa Rosa, California, organized by the Education Task Force of the Sonoma County Commission of the Status of Women.
- **1980:** A consortium of women's groups and historians, led by the National Women's History Project, successfully lobbied for national recognition. President Jimmy Carter proclaimed the week of March 8th as Women's History Week.
- **1987:** Congress passed Public Law 100-9, designating March as "Women's History Month." Since then, annual proclamations have been made to honour the achievements of women.

Why is it important?

Historically, many women's contributions have been overlooked or marginalized. Women's History Month is a time to honour trailblazers, educate about gender equality, and inspire future generations. It also serves as a reminder of acknowledging the barriers that still exist, especially for women in marginalized communities, including Black, Indigenous, persons with disabilities, and 2SLGBTQIA+, and the need for continued advocacy and inclusivity.

Womens health & wellbeing

Throughout the years, women's health has had significant advancements. The Canadian healthcare system has recognized more unique services and needs of women, and is increasingly paying attention to the unique needs of marginalized women. Women's health is not just about healthcare, it's about empowering women to take control of their lives, their bodies, and their futures.



Get Involved

Discussion Panel:

#StrengthInEveryStory how all women's voices contribute to a stronger more inclusive economy for all. The Defence co-Champions for Women, Sophie Martel and Lieutenant-General Lise Bourgon, are hosting a hybrid discussion panel to celebrate achievements and address ongoing challenges.

- Date: Monday, March 10, 2025
- Time: 11:00 am to 12:00 pm EST
- Location: Online virtual participation via Microsoft Teams; In-person at NDHQ (Carling Campus) - Building 5 Atrium
- Additional Details: The hybrid panel will discuss the importance of investing in marginalized communities, enabling them to contribute to Canada's economic growth.
 - To join virtually: [Microsoft Stream](#)

On campus events

Laurier's eighth annual [International Women's Day Luncheon](#) on March 5 at Bingeman's Conference Centre in Kitchener. This luncheon will feature a panel of Laurier women who are working at the forefront of community-based health solutions in Canada. The panel will explore innovative health approaches, moderated by Elyn Winters-Robinson. President Deborah MacLatchy highlights the event's role in celebrating women advancing health innovation.

Event details:

- Date: Wednesday, March 5, 2025
- Time: 11:30 a.m. to 1:30 p.m.
- Location: Bingeman's Embassy Room, Kitchener

Laurier female based clubs & programs

- [The Laurier Centre for Women in Science \(WinS\)](#) is dedicated to building an inclusive STEM community through research, advocacy, and action. WinS supports women in STEM with scholarships, grants, and student-led activities. From art exhibits to national conferences, WinS celebrates and empowers women in STEM while working toward a future where its mission is no longer needed.
- [Laurier Women in Computer Science \(LWiCS\)](#) is a student organization focused on supporting and providing resources for women interested in studying Computer Science, Mathematics and other STEM related fields at Wilfrid Laurier University. This includes cis and trans women as well as non-binary individuals. LWiCS hopes to support the inclusion and retention of these groups in our community.

31ST MARCH



*International
Transgender Day of
Visibility*

PARTY SAFELY

This St.Patrick's Day

Go With Friends

and look out for each other

- Designate one person to stay sober to make sound decisions and provide help
- Make a plan to get home safely and don't leave friends behind

Stay Aware

look out for yourself and others

- Keep an eye on your belongings
- Don't accept drinks from strangers
- Avoid wandering off on your own
- Trust your instincts and make good choices



Use Substances Responsibly

If you partake in substance use:

- Don't mix, stick to one at a time
- Pace yourself
- Do not leave your drink unattended, non-alcoholic drinks can get drugged too
- NEVER drive under the influence of alcohol, cannabis or other drugs

Make a Plan

Be prepared before you go out:

- Set a meeting point in case you and your friends get separated
- Charge your phone before heading out
- Have a backup plan for getting home in case your original plan falls through