

**Editors: Sami
Poulsen & Shunit
Waisenberg**

FOSSA

NO. 13

**"Cardiac Knotting" Scientific American
John Liles**



Research Assistant Scholarship

Application Deadline: January 11

FOSSA's Research Assistant Scholarship (RAS) is now open for students who conducted research within the faculty of science during the fall 2024 semester! Ten Scholarships, each valued at \$1000 are available!

This scholarship not only provides financial support, but also recognizes your dedication to research and academic excellence. We are excited to celebrate your innovative and impactful contributions through the RAS program!

Textbook Reimbursements

Submissions Open January 27-February 7

We know that textbooks and course materials can be expensive, and we're here to support you! FOSSA offers reimbursements for up to \$150 for required course materials for undergraduate science students. To qualify, you must be a registered science student, and the materials must be required for your science courses as outlined in the course syllabus. Additionally, purchases must be made through the Laurier Bookstore or accessed via the Bookstore's Digital Text Access (DTA) Program.



RESEARCH SPOTLIGHT

NATALIE NYKAMP

“My name is Natalie and I am a fourth-year BSc student, soon to be starting my MSc in Integrative Biology at Laurier. Firstly, I would like to thank FOSSA for awarding me with the Research Assistant Scholarship, which will support my ongoing research at Laurier.

In my third year of undergrad during the winter term, I was working on a directed study project focused on the effects of rare earth elements on the breathing rates in fathead minnows in water with normal oxygen and with low oxygen (hypoxia). Over the summer term, I continued my research, focusing on exposures to nickel and lead. While still assessing ventilation, I added a more holistic view by assessing behavioural endpoints such as swimming activity. I also assessed metal accumulation in the gills which is important for identifying where the metals are interacting with the fish to elicit a response. This research was continued over my fourth year in completion of my honours thesis, adding in loss of equilibrium experiments to connect my results to a whole organism response. This data has potential future applications in understanding the risks associated with the release of metals into Canadian aquatic environments.



This summer, I am an NSERC USRA student, working on finishing my current research project, and getting started on my graduate studies.

Throughout my two years of working in this lab, I have gained a love and appreciation for science research. Working alongside like-minded scientists has allowed me to greatly value the importance and significance of environmental science research. I'm grateful to be involved in this amazing community and I'm eager for my future at Laurier.”

SURO

**Society for Undergraduate
Research and Outreach**



SURO's Mission:

- Introduce Students at Wilfrid Laurier University to the diverse and complex field of research
- Promote student involvement and foster connections with various research opportunities
- Educate and guide students on post-graduation possibilities, such as career paths and further educational programs, beyond their undergraduate studies

POSITIVITY, KINDNESS & SUPPORT



As we step into a new year, it's the perfect time to pause, reflect, and embrace the opportunities ahead. The university experience is about growth, both personal and academic. Let's come together to uplift each other, celebrate diversity, and build a community where everyone feels they belong.

A new term is an opportunity for growth. Whether you're recovering from a challenging semester or building on past successes, remember: every step forward (no matter how small) is progress. Growth isn't about perfection; it's about learning from the journey.

Celebrate Small Wins

As the new year begins, there can be pressure to improve or achieve more. In the hustle of university life, it's easy to overlook your accomplishments. But small victories are worth celebrating; finishing a challenging assignment, connecting with a new friend, or simply showing up for yourself.

WHAT'S A SMALL WIN YOU'RE PROUD OF THIS MONTH?

The new year is full of possibilities, and you have the power to create change. Start small: spark a conversation, set a manageable goal, or volunteer for a cause you care about. Every action you take adds to a brighter future. What do you want to see on campus this year? More inclusion, kindness, or opportunities? Feel free to share with us by emailing edii@fossa.ca

Kindness: A Simple, Powerful Act

A small act of kindness can brighten someone's day. Whether it's offering a compliment, holding the door, or checking in with a friend, these moments create ripples of positivity.

KINDNESS CHALLENGE: Try completing one act of kindness each week. Feel free to share your experience with us using #FOSSAkindess



Strength in Diversity

Our differences are our greatest strength. Diversity of thought, culture, and experience enriches us all. Take time to connect with someone new, join a campus club, or attend a cultural event. By celebrating what makes each of us unique, we create a sense of belonging and unity.



Kindness: A Simple, Powerful Act

University can sometimes feel isolating, especially when you're navigating challenges like imposter syndrome or the pressures of academic life. It's important to remember: you're never alone. Our community is here to support you every step of the way.

Whether it's leaning on friends, seeking guidance from professors, or accessing campus resources, help is always within reach.

Your FOSSA family is here for you, too. Don't hesitate to connect with us; reach out to the EDII team anytime at edii@fossa.ca or share your thoughts anonymously through our support form:

<https://docs.google.com/forms/d/e/1FAIpQLSckMZOnTuZd35S7HGcZuM7t6-UxcRo4pMoMaX5jVzYqkgR5ag/viewform>. Let's face the new year together.

On Campus Resources

STUDENT WELLNESS CENTRE (WATERLOO CAMPUS)

E: wellness@wlu.ca **T:** 519.884.0710 x3146 Hours: Monday, Tuesday, Wednesday: 9 a.m. to 7:30 p.m. Thursday and Friday: 9 a.m. to 4:15 p.m. **If you are suicidal or do not think you can keep yourself safe right now: Call Here 24/7** at 1.844.Here.24.7 (1.844.437.3247); Call Laurier's Special Constable Service at 519.885.3333 (Waterloo) or 519.756.8228 x5888 (Brantford); or Call 911.

LAURIER'S GENDERED AND SEXUAL VIOLENCE PREVENTION AND SUPPORTS (WATERLOO CAMPUS)

T: 519.884.1970 x4847 **E:** svinfo@wlu.ca **24 Hour Sexual Assault Crisis and Support Lines:** Waterloo: 519.741.8633 **Special Constable Services:** Waterloo: 519.885.3333 (external phones) or x3333 (on-campus phones)

CENTRE FOR STUDENT EQUITY, DIVERSITY, AND INCLUSION (WATERLOO CAMPUS)

E: diversity@wlu.ca Hours: 8:30 a.m. to 4:30 p.m.
Waterloo - Room 1C11-A, Arts C-Wing


OFFICE OF HUMAN RIGHTS AND CONFLICT MANAGEMENT (WATERLOO CAMPUS)

E: humanrights@wlu.ca **T:** 519.884.0710 x3322
Office Location: Arts Building, 1C12

Wilf's Karaoke

Wilf's Restaurant | 2nd Floor FNCC | January 14th, 8pm



 January 20th, 7pm, Science Atrium

FOSSA

Journal

NIGHT

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JANUARY IS

BRAILLE LITERACY MONTH

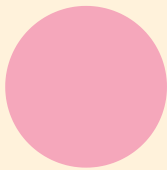


Braille is a Tactile Writing System that uses Raised Dots to Represent Letters, Numbers and Punctuation. Braille is used by People who are Visually Impaired to Read and Write, and is used by

6 Million People

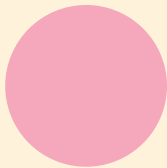
Birthday Freebies

Here's your guide to free things you can get on your special day!



Krispy Kreme: Doughnut

With ID



Sephora: Birthday Gift

With an Account



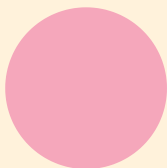
Denny's: Grand Slam Breakfast

With ID



Crumbl Cookie: Cookie

When signed up for rewards program



Chatime: Bubble Tea

With App



Booster Juice: Smoothie

With App



Lindt Chocolate: 100mg Bag

When signed up for emails