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GSA Hours:
The Fifth: GSA Rooftop Patio & Lounge
Mon-Wed: 11:30 am – 7:30 pm
Thurs: 11:30 – 9:00 pm
Fri: 11:30 - 7:30 pm
*Holiday Closure: December 17th – January 2nd.

GSA Office:
9:00 am - 1:00 pm & 2:00 - 5:00 pm
*Holiday Closure: December 17th – January 4th.

Highlights:

Holiday Cookie Decorating
Join us at The Fifth Wednesday, December 12th for Holiday Cookie Decorating! Click here for more details.

Graduate Student Mental Health Conference (GSMHC)!
The 2nd Annual GSMHC will be taking place Saturday, January 19th from 9:15 am - 5:00 pm! Click here for more details and how to register.

Science to Business Network (S2BN)
UoG grad students have started a Guelph Chapter of the S2BN! This is a national non-profit organization consisting of business minded scientists and trainees interested in furthering innovation and commercialization in Canada’s Life Sciences and Healthcare Sector. Don’t miss their first event with the co-founder of the S2BN coming up on January 23rd, 2019! Click here for more details and how to register.

Research on Tap!
Come share your research at The Fifth in the NEW Graduate Student Speaker Series starting in Winter 2019! Please click here for more details and how to apply.

Follow us on Social Media!
Facebook: GSAGuelph
GuelphGradLounge
Twitter: UoGGSA
Instagram: the_fifth_gsa

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
From the GSA Office

GSA Office Hours

Monday – Friday: 9:00 am – 5:00 pm
*Office closed daily from 1:00 – 2:00 for lunch.

Holiday Closure:
The GSA Office will be closed from December 17th, 2018 – January 4th, 2019.

Bus Pass Distribution

Fall 2018 Bus Pass Stickers

You can still pick-up your Fall 2018 Bus Pass Sticker any time the Office is open (9:00 am - 1:00 pm and 2:00 - 5:00 pm, U.C. 530, North Tower) until Friday, December 15th. Please note, the Fall 2018 Bus Passes will expire January 11th, 2019 at 11:59 pm.

Winter 2019 Bus Pass Sticker Distribution:

When: Thursday, January 10th, 2019
  Friday, January 11th, 2019
  Monday, January 14th, 2019

Time: 9:00 am – 1:00 pm OR 2:00 – 5:00 pm

Where: UC Rm 529 (GSA Board Room), North Tower

GSA Activities Grants

Are you planning an academic or social event on Campus? Apply for a PDR Activities Grant!
Download and complete an application to submit to the GSA (gsa@uoguelph.ca and cc: Erin Angus, eangus@uoguelph.ca) by the 1st of each month for consideration. ***Please note that we CANNOT support off-campus events.

Travel Grants

Students who have presented at conferences, workshops, or seminars in their previous semester may be eligible to receive a travel grant up to $500.00! The student must have been registered as a graduate student at the time of the presentation.

Child Care Bursaries

The GSA can provide the opportunity for accessible child care! A child care bursary is available for graduate students who are supporting a child or children and demonstrate financial need. Please be prepared to submit receipts from a licensed day care facility/provider.

The Travel Grant and Child Care applications can be found here. Please submit a completed hard copy including all receipts and documentation to the GSA Office Manager, Erin Angus (U.C. 530). If the Office is closed, please slide applications under the office door.

Any questions regarding these applications can be directed to Keely Kavcic, GSA VP Finance (gsavpfin@uoguelph.ca).

Applications for Fall 2018 are due by Monday, December 31st, 2018.

GSA Board Meeting Schedule:

Wednesdays at 5:30 pm (food served at 5:15 pm):

December 12th, 2018 (UC Rm 430)
January 23rd, 2019 (UC Rm 441)
February 13th, 2019 (UC Rm 430)
March 27th, 2019 (AGM, The Fifth)
April 17th, 2019 (UC Rm 441)

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Join the Graduate Students’ Association!
A call for Nominations

About:
The GSA is the sole official representative body of graduate students at the University of Guelph. The GSA acts as a liaison between graduate students and University Administration, with GSA representatives sitting on most University Committees, presidential task forces & boards. For more information please visit our website.

The GSA is operated by a Board of Directors, which consists of an elected Executive Committee and up to two (2) elected General Directors from each department.

Responsibilities:
1. Attend monthly Board Meetings (held on Wednesday’s from 5:30 - 7:30 pm).
2. Communicate GSA news back to your department via:
   a. Board Meeting Update Newsletter
   b. Monthly Newsletter
   c. (Rare) communication from the GSA outside of Board Meetings
3. Sit on 1 university-level committee and report important points back to the GSA at monthly Board Meetings.

Nominations:
Submit by email:
1. Your name
2. Student ID
3. ~100-150 words about yourself
   *Students in your department will vote for their top choice(s).

Dates & Deadlines

Call for Nominations: January 10th, 2019
Nomination Deadline: January 25th, 2019
Campaign Period: January 26th & 27th, 2019
Voting Period: January 29th & 30th, 2019

*Please note: only students who did not run in the Fall 2018 elections are eligible to run in the January 2019 By-Elections.

Questions?
Please contact the GSA Chief Returning Officer: gsacro@uoguelph.ca with any questions you may have.

Vacant Seats:

Clinical Studies (1)
Computing & Information (1)
Economics (1)
English & Theatre Studies (2)
Environmental Design & Rural Development (2)
Fine Art & Music (2)
Food, Agriculture & Resource Economics (2)
Hospitality & Tourism (2)
Human Health & Nutritional Science (2)
Integrative Biology (1)
Marketing & Consumer Studies (2)
Pathobiology (1)
Philosophy (2)
Physics (1)
Counselling Services at the GSA!

The GSA is pleased to have Kathy Waltner-Toews, a Counselor/Therapist from Counselling Services on Campus, at the GSA every Tuesday! Click [here](#) for more information and how to book an appointment.

Couple and Family Therapy Centre

The Couple and Family Therapy Centre (CFTC) offers counselling to all students! The CFTC hosts walk-in hours every Friday from 10:00 am - 3:00 pm. The CFTC is located in the Macdonald Hall Annex.

Students interested in seeing a counselor can reach the centre at 519-824-4120 x56426.

Student Support Network

• Drop-in Peer Support
• Located in Raithby House (across from the Cannon on-campus)
• Fall/Winter Semesters:
  • Mon - Fri, 12:00 - 10:00 pm
• Exam Weeks of Fall/Winter Semesters:
  • Mon - Fri, 12:00 - 8:00 pm

Good2Talk: Help is Just a Text Away

Good2Talk is a new, toll-free post-secondary student mental health helpline created as part of the Ministry of Training, Colleges and Universities’ (MTCU) Mental Health Innovation Fund. Free, bilingual and confidential, Good2Talk offers professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario 24/7/365.

Help is just a text away. Connect to someone who can help with anything on your mind through free, 24/7 text-based support.

To start your conversation, text UofG to 686868.

For more information, please visit the Kids Help Phone [website](#).

Need Help More Urgently?

Students who are in crisis and/or feeling unsafe should continue to use the Drop-in services at either Counselling Services or Health Services as they will be seen and appropriately assessed.

• Drop-in Service at Counselling Services:
  • Mon - Fri, 12:30 - 3:30 pm
  • For students dealing with urgent or crisis situations on a first come, first served basis
• Drop-in Service at Health Services:
  • Mon - Fri, 8:30 am - 4:00 pm

After Hours & Crisis Resources

• Mental Health support is available toll-free at any time:
  • Here 24/7: 1-884-437-3247
  • Good2Talk: 10866-925-5454
  • Crisis Text Line: Text “UofG” to 686868

• Community Campus Police
  • 519-840-5000 or 519-824-4120 ext. 2000
Mental health affects your performance, your relationships, every aspect of your life. Science proves if you ignore your mental health, even your brain anatomy can change. With FeelingBetterNow, you can assess your mental health in 5-10 minutes and immediately access tools for stress reduction and for managing your symptoms. It’s FREE and anonymous!

Online Video Counselling

Mywellness and Inkblot have partnered to bring you an unmatched online counselling service.

Everyone needs someone to talk to. Secure and confidential video counselling anytime, anywhere, with a practitioner matched to your needs.

As part of your student benefits, you get an 80% discount on 10 one-on-one counselling sessions ($500.00). On average, students use five sessions.

All subsequent sessions are $37.50/thirty minutes. That’s roughly 50% less than the national average. Plus, with Inkblot, you’ll be able to keep seeing your counsellor after you graduate.
TRIVIA!
The last day for Trivia this semester will be Thursday, December 6th from 7:00 – 9:00 pm.
Trivia will resume for the Winter 2019 Semester on Thursday, January 10th.

Holiday Cookie Decorating
Join us at The Fifth Wednesday, December 12th for our FREE annual Holiday Cookie Decorating Event from 3:00 – 5:00 pm! Find more details here.
To stay up to date on all upcoming events, follow us on social media!

Menu:
Check-out our menu online!
NEW: We are now serving gluten-free bread and offering take-out! Please ask our staff for more details.

Fall 2018 Hours:
Monday - Wednesday: 11:30 - 7:30 pm
Thursday: 11:30 - 9:00 pm
Friday: 11:30 - 7:30 pm

NEW: 15% Off Sticker
The GSA and The Fifth have launched the first ever discount sticker for graduate students for 15% off your entire food order every time you go to The Fifth!
Pick-up your discount sticker with your Bus Pass. You can find sticker distribution times here.

Daily Lunch Specials:
(*HST included)
Monday: Grilled Cheese Sandwiches - $8.55
Tuesday: Sandwich Wrap - $10.25
Wednesday: Flat Bread - $10.50
Thursday: Quesadilla - $7.85
Friday: Pizza with 3 toppings & free pop - $10.50

Menu:
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Pick-up your discount sticker with your Bus Pass. You can find sticker distribution times here.
Holiday Cookie Decorating and Free Hot Cocoa

Wednesday, December 12th
3:00pm-5:00pm at The Fifth

Free Cookies and Lots of Decorations! Prizes for Best Decorated Cookies!

GSA
Graduate Students' Association
University of Guelph

THE
FIFTH
5
GSA ROOFTOP PATIO & LOUNGE
NEW: Science to Business Network (S2BN)

Bridging the Gap Between Science and Business

S2BN: Guelph Chapter

The Science to Business Network (S2BN) is a national non-profit organization consisting of business minded scientists and trainees interested in furthering innovation and commercialization in Canada’s Life Sciences and Healthcare Sector. Our mission is to foster an entrepreneurial culture around the research community while ensuring highly qualified personnel have access to mentorship and adequate career resources across Canada. We are excited to announce a new Guelph Chapter of the S2BN here at the University of Guelph, which will be working collaboratively with the national team to host events for Graduate Students looking to enhance their skill set and prepare themselves for the workforce upon graduation.

Meet Our Team:

- **Mathew Platt**
  President

- **Jade Marrow**
  Vice-President

- **Leslie Ogilvie**
  Communications Director

- **Anita Luu**
  Treasurer

- **Kathy Jacyniak**
  Sponsorship Coordinator

- **Caroline Ganobis**
  Media Manager

- **Anthony Incognito**
  Logistics Director

- **Amira Rghei**
  Event Coordinator

- **Elaine Klaufuric**
  Event Coordinator

To learn more about each member of our team, please click [here](#).

**Have questions?** Email us at guelphs2bn@gmail.com.

Upcoming Events:

**From Science to Business: Communicating Your Value to Industry**

**When:** Wednesday, January 23rd

**Where:** The Fifth: GSA Rooftop Patio & Lounge (U.C. 5th Floor, North Tower)

**Time:** 6:00 – 9:00 pm

**What:** The co-founder of S2BN, Dr. Bruce Seet, will be giving a talk entitled “From Science to Business: Communicating your Value to Industry.” Our goal is to empower graduate students in science to reach beyond the lab bench, to bridge their passion for both science and business.

Please click [here](#) for more information and [here](#) to register.
Opportunities & Resources

2nd Annual Graduate Student Mental Health Conference

When: Saturday, January 19th, 2019  
Where: University Centre, 4th Floor  
Time: 9:15 am – 5:00 pm

We are pleased to announce that the 2nd annual Graduate Student Mental Health Conference (GSMHC) will take place on Saturday, January 19th, 2019.

This is a FREE event which will offer keynote speakers, collaborative workshops, on- and off-campus resources, and an opportunity to showcase your research! Lunch at Brass Taps, hot coffee and tea, and self-care kits/grab bags will be free for all attendees. This event will take place in the UC on the 4th floor, accessible by stairs or elevator.

To present your research on mental health, submit a 250-word abstract! The abstract submission deadline is January 4th, 2019. Submissions can be directed to gradmhconf@uoguelph.ca. We are accepting abstracts at any stage of the research process.

To register for this event, please click here.

Have questions?  
Email us at gradmhconf@uoguelph.ca.

RESEARCH ON TAP!

What is Research on Tap? Simply put, come to The Fifth: GSA Rooftop Patio & Lounge to talk about your research in the NEW Graduate Student Speaker Series!

The presentations are purposed for knowledge translation and idea generation, so make sure to have a broad, “big picture” focus. Don’t want to create presentation slides? No problem! You can also opt for a “discussion-style” – no slides required.

For more information on the presentation styles and how to apply, please contact the GSA Activities & Communications Coordinator, Lukas Linde (gsaact@uoguelph.ca).

Holiday Donation Drive!

The Graduate Student Executive in Population Medicine are running a Holiday Donation Drive!

The GSEPM is collecting new and gently used winter gear for The Drop-In Centre in Guelph and towels, blankets and pet food for the Guelph Humane Society. For more details on the items needed for The Drop-In Centre and Guelph Humane Society, please click here.

If you would like to donate gift cards or cash to either agency or if you have any questions, please contact Alex Vincent (avince04@uoguelph.ca) or Melissa Mackinnon (mmacki05@uoguelph.ca).

This Donation Drive will run from November 28th – December 12th in the Department of Population Medicine Main Office (Stewart Building Room 2509).
Opportunities & Resources

NEW: UofG Writing Room

As of September 17th, the library opened a new space for writers looking for focused writing time.

The Writing Room is reserved for writers who want a quiet space where they can focus on writing projects.

The space is available Monday to Friday from 10:00 am - 10:00 pm for all faculty, visiting scholars, graduate students and undergraduate students at the University of Guelph.

Writers who wish to use the room must make a reservation online and can choose from the following options:

• Individual writing desks for all writers
• Group writing times for faculty and staff only
• Group writing times for thesis and dissertation writers only

Writing blocks can be booked for up to three hours at a time with no daily limit on the number of consecutive blocks. Bring your own laptop and all other necessary writing tools (notebooks, pens, pencils etc.).

The Writing Room is located on the first floor in Room 133, across from the women’s washroom.

Have questions? Please email writing@uoguelph.ca.

Looking to attend a workshop this semester? Check out what we’re offering on our Workshops & Events page.

Graduate Student Lockers

Need a place to store your books in the library? Graduate student lockers are now available in the library on a semesterly basis for registered graduate students! To apply for your locker, please visit the library’s Ask Us Desk during the following hours:

Monday - Thursday, 8:00 am - 10:00 pm
Friday, 8:00 am - 7:00 pm
Saturday, 8:00 am - 4:00 pm
Sunday, 11:00 am - 7:00 pm

Graduate Student Study Offices

Did you know that as a Graduate Student, you can book your own Study Office in the Library for an entire semester? Click here to apply for your Study Office today!

*Please note these offices are only assigned for one semester per degree, so choose your semester wisely!

Graduate Writing Appointments

Talk to us about:

• Preparing proposals
• Developing a plan for your thesis
• Writing and refining your research question
• Understanding and using feedback
• Checking your references & paraphrasing
• Making your writing more powerful
• Writing your literature review

To book a Graduate Writing appointment, please do so online by clicking here. *Please bring a printed copy of your writing - no laptops please.

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Graduate Student Learning Initiative

Each month the Graduate Student Learning Initiative (GSLI) committee sends out a newsletter with lots of information and opportunities for graduate students. Please see below for this month’s newsletter items and click here to see the newsletter!

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Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Executive Committee:

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Lukas Linde
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Katarina (Kati) Doma
GSA Chair
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Morgan Rees
Website Support
reesm@uoguelph.ca

2018 - 2019 General Directors:

Animal Bioscience:
Paige Rockett (prockett@uoguelph.ca)
Aizwarya Thanabalan (athanaba@uoguelph.ca)

Biomedical Science:
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Computing & Information:
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Economics:
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Yiran Wang (ywang36@uoguelph.ca)

International Students:
Parth Jivani (pjivani@uoguelph.ca)
Naveen Joshy (njosh@uoguelph.ca)

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Jacqueline Odera (jodera@uoguelph.ca)

Mathematics & Statistics:
Jeffery Daniel (jdaniel@uoguelph.ca)
George Stefan (stefang@uoguelph.ca)

Food Science:
Grant Brierley (gbrierle@uoguelph.ca)
Xu (April) Xu (xxu12@uoguelph.ca)

Geography:
Mostafa Ghiyasyand (mghiyasyv@uoguelph.ca)
Alisa Nguyen (anguye17@uoguelph.ca)

History:
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Haley Scholz (hscholz@uoguelph.ca)

Human Health & Nutritional Sciences:
Katarina (Kati) Doma (kdoma@uoguelph.ca)

Integrative Biology:
Joseph Burant (jburant@uoguelph.ca)

Molecular & Cellular Biology:
Layla Alibabi (lalibabi@uoguelph.ca)
Victoria Petruccelli (petruccv@uoguelph.ca)

Pathobiology:
Amira Rghei (arghe@uoguelph.ca)

Physics:
Eamonn Corrigan (eamonn@uoguelph.ca)

Plant Agriculture:
Nicole Berardi (nberardi@uoguelph.ca)
Nicolas Querques (nquerque@uoguelph.ca)

Political Science:
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David Said (dsaid@uoguelph.ca)

Population Medicine:
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Alexandria Vincent (avince04@uoguelph.ca)

Psychology:
Mariela Devuono (mdeluono@uoguelph.ca)
Jessica White (jwhite29@uoguelph.ca)

Sociology & Anthropology:
Devan Hunter (dhunte01@uoguelph.ca)
Easir Arafat (aarafat@uoguelph.ca)

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Counselling Services at the GSA!

The GSA is pleased to have Kathy Waltner-Toews, a Counselor/Therapist from Counselling Services on Campus, at the GSA.

**WHAT?**

- Individual counselling

**WHERE?**

- GSA Board Room: UC, Level 5, Room 529 (North Tower)

**WHEN?**

- Tuesdays

*NOTE: Counselling Services are FREE to all full- and part-time graduate students! Contact Counselling Services for more information, and to book an appointment:*

📍 U.C. South Tower, Level 3  📞 519-824-4120 x53244 ✉️ counsell@uoguelph.ca
GSEPM PRESENTS

HOLIDAY DONATION DRIVE

WHAT ARE WE COLLECTING?

New and gently used WINTER GEAR for The Drop-In Centre in Guelph

This can include:
- gloves/mittens
- winter hats/toques
- scarves
- winter boots
- other warm winter clothing items

&

TOWELS, BLANKETS, and PET FOOD for the Guelph Humane Society

They are in need of Royal Canin wet and dry:
- kitten food
- cat food
- dog food

*If you would like to donate gift cards or cash to either agency or if you have any questions please contact Alex Vincent (avince04@uoguelph.ca) or Melissa MacKinnon (mmacki05@uoguelph.ca)

WHEN?

Wednesday Nov 28 - Wednesday Dec 12

WHERE?

Department of Population Medicine
Main Office
(Stewart Building Room 2509)