In this issue:
From the GSA office.............................. 2
Wellness Services.................................. 5
Events.................................................. 6
Opportunities & Resources.................. 7
Scholarships & Awards......................... 11
Department News................................ 13
Contact Us......................................... 14

Highlights:

GSA General Director By-Election:
Are you looking to get involved with the GSA? We have vacant seats on our board! Click here for more information on the up-coming by-election and nomination process.

Bus Pass Distribution
W’18 Bus Pass Stickers will be available Thursday January 11th, Friday January 12th and Monday January 15th in UC 529, North Tower. Click here for more details.

TRIVIA:
Trivia is back on THIS Thursday, January 11th, 2018!
Join us at The Fifth: GSA Rooftop Patio & Lounge from 7:00-9:00 pm.

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
Bus Pass Distribution

Winter 2018 Bus Pass stickers will be available:
When: Thursday, January 11th, 2018
   Friday, January 12th, 2018
   Monday, January 15th, 2018
Time: 9:00 am - 1:00 pm OR 2:00 pm - 5:00 pm
*Closed from 1:00 - 2:00 pm*
Where: U.C. Room 529, North Tower.

*Please note: Fall Bus Passes will expire Friday January 12th at 11:59pm.

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 in the term that s/he has presented. To apply, please download and submit a hard copy of your completed application to the GSA Office Manager, Erin Angus (U.C. 530). Applications for September – December are due by December 31st.

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. Download and submit a hard copy of the application to the GSA Office Manager, Erin Angus (U.C. 530). Applications for September – December are due by December 31st.

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.

Join the Graduate Students’ Association!

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. Click here to see a list of vacant department seats to be filled in the upcoming GSA January 2018 By-election.

Have something you would like in the GSA monthly newsletter?
Submit your items (events, research, etc.) to gsa@uoguelph.ca (cc: eangus@uoguelph.ca) by the 1st of each month.

GSA Board Meeting Schedule:
Wednesdays at 5:30 pm (food served at 5:15 pm)
January 17th, February 7th, March 28th (AGM), April 11th

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

Check out our new and improved website! We hope that this will serve as a more effective platform for communication between the GSA and our Graduate Students. We would like to thank Morgan Rees, our Website Support Staff, for all of her hard work in updating our website to this point. Please email Morgan at reesm@uoguelph.ca with any feedback or suggestions to improve our new website!

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 afternoon! Click here for more information.

Special Grants & Speakers’ Fund

The Office of Student Affairs would like to inform you that due to an unanticipated surplus in the Student Life Enhancement Fund (SLEF), funds have been transferred to Special Grants to support NEW non-academic initiatives that enhance and support the well-being and mental health of students and the University of Guelph. These initiatives should take place in the Winter 2018 term. So, put your thinking caps on and submit a proposal!

Applications are accepted as received. Please visit the Student Affairs website for the application.

Senate: A Call for Nominations!

Nominations to the University of Guelph Senate and Board of Governors open on Monday, January 22nd, 2018!

This is your opportunity to get involved in University governance, develop leadership skills, network and volunteer on campus!

Nominations will be accepted from Monday, January 22nd, 2017 - Friday, February 2nd, 2018 at 3:00 pm (ET).

Elections will be held from Monday, February 12th, 2018 - Thursday, February 15th, 2018.

Please visit the University Secretariat’s website for more information and nomination forms.

Graduate Senate Vacancies:

College of Arts (1)
College of Biological Sciences (1)
College of Business and Economics (1)
College of Engineering and Physical Science (1)
College of Social and Applied Human Sciences (1)
Ontario Agriculture College (1)
Ontario Veterinary College (1)

Graduate Board of Governors Vacancies:

One graduate seat is available on the Board of Governors.

Have something you would like in the GSA monthly newsletter?

Submit your items (events, research, etc.) to gsa@uoguelph.ca (cc: eangus@uoguelph.ca) by the 1st of each month.

GSA Board Meeting Schedule:

Wednesdays at 5:30 pm (food served at 5:15 pm)
January 17th, February 7th, March 28th (AGM), April 11th
Join the Graduate Students’ Association!
A call for Nominations

NEW in 2018: International Student Representatives

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 11th
Nomination Deadline: January 22nd
Campaign Period: January 23rd & 24th
Voting Period: January 25th & 26th

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

Vacant Seats:

Animal Biosciences (2) Human Health & Nutritional Science (1)  
Business Administration (1) Integrative Biology (1)  
Clinical Studies (1) International Students (2)  
Computing & Information (2) Languages & Literature (2)  
Economics (2) Marketing & Consumer Studies (1)  
English & Theatre Studies (2) Mathematics & Statistics (1)  
Environmental Design & Rural Development (2) Pathobiology (2)  
Environmental Science (2) Philosophy (2)  
Fine Art & Music (1) Physics (2)  
Food, Agriculture & Resource Economics (2) Plant Agriculture (1)  
Food Science (1) Political Science (2)  
Geography (1) Population Medicine (1)  
History (1) Psychology (1)  
Hospitality & Tourism (2) Sociology & Anthropology (1)
Wellness Education & Promotion has been residing in Raithby this summer. As of Thursday, August 31st, they have relocated for the academic year to the Town Hall in East Residence. Student Support Network will continue to operate out of Raithby.

Health & Performance Centre

The Health and Performance Centre remains fully operational during the JT Powell Construction. Sports Medicine, Chiropractic Service, Pedorthist, Massage Therapy continue to operate out of the 2nd Floor of JT Powell with the entrance off of East Ring Road.

*Physiotherapy* is operating out of the New Athletic building. Enter through the main entrance and follow the signs up the stairs to the second floor.

Counselling & SAS Services

Counselling and SAS Advising continue on the 3rd floor of the University Centre (UC) and the SAS Exam Centre continues on the 2nd floor of the Library.

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

SAVE THE DATE! Movies for Mental Health Event:

The 1 in 5 Mental Well-being Awareness Committee is hosting a FREE event called “Movies for Mental Health,” an interactive workshop run by a non-profit organization called Art With Impact that uses the emotional power of short film to initiate dialogue with students on the topic of mental health.

This peer-to-peer learning event is two hours long and includes food, a facilitated discussion, three short films from Art With Impact’s library, and a resource panel with campus and community services.

Join us in creating a healthy environment at the University of Guelph through dialogue and growth on January 17th from 5:00 - 7:00 pm in MacNaughton 113!
University Events

TRIVIA!
Join us at The Fifth: GSA Rooftop Patio & Lounge every Thursday from 7:00 - 9:00 pm for two rounds of Trivia starting THIS Thursday, January 11th, 2018.

-----------------------------------

FREE Yoga Every Tuesday!
Mark your Calendars! Starting Tuesday, January 9th, 2018, there will be FREE Yoga from 12:00 - 1:00 pm in UC 533 (Near The Fifth). Please remember to bring a towel/small blanket/block and water.

Graduate Mental Health Conference
The FIRST annual Graduate Student Mental Health Conference will take place on Saturday, January 27th, 2018 from 10:00 am - 5:00 pm!

Registration is now full, but please email gradmhcon@gmail.com to have your name added to the wait list.

Don’t miss the FREE events hosted by the Graduate Mental Health Conference from January 22nd - 26th:

SAFETalk Training:
Wednesday, January 24th from 1:00 - 4:30 pm in ALEX Rm. 168. Visit their Facebook page to find out how to register.

Yoga Class:
Date, time & location TBD. Stay tuned!

Community Events
- Ongoing -
Sat: Farmers’ Market
The Guelph’s Farmers’ Market
7:00 am – 12:00 pm

- Special Events -
January 9 Try Synchro for FREE!
Centennial Pool
5:15 - 6:30 pm

January 13 Benefit Celebrity Hockey Game
Sleeman Centre
7:00 - 11:59 pm

January 18 Art is Everywhere Festival Kick-off Concert
eBar
10:00 pm - 1:00 am

January 21 Campfire Session Acoustic Open Jam
The Corner Stone
9:00 - 11:59 pm

January 24 Hospitality, Food & Tourism Management Job Expo
University of Guelph
11:00 am – 3:00 pm

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

The GSSC invites you to take part in a peer support circle for graduate students for the Winter 2018 semester! GSSC provides peer support to graduate students in both providing and receiving emotional support in a group setting. For more information, please click here.

Let’s Talk Science!

A volunteer opportunity: Let’s Talk Science focuses on STEM outreach activities for K-12, and you can volunteer as little or as often as they would like. This is a fun way to share your passion for science, while enriching the education of students in the community and building your résumé. We run interactive lessons in all STEM fields throughout southern Ontario and welcome all volunteers. If you would like to get involved, please fill out this short form and we will reach out to you!

For more information please contact: uguelph@letstalkscience.ca

Canada-China Scholars Exchange Program

Global Affairs Canada and the Chinese Ministry of Education are offering short-term scholarships to Canadians wishing to study abroad in China. Scholarships are awarded for studies, research, language studies or a combination of studies and language studies at participating Chinese institutions.

Number of Scholarships: Over 20
Duration: 4 - 12 months for students;
8 weeks - 12 months for faculty members and mid-career professionals
Inclusions: Airfare, tuition fees, monthly living stipend, on-campus accommodation and medical insurance.
Deadline: March 6th, 2018

For full program details and to submit an online application, visit Canada-China Scholars’ Exchange Program.

Please contact admin-scholarships-bourses@cbie.ca with any questions you may have.

Graduate Student Learning Initiative

Sections in this month’s issue:
Ontario Student Assistance Program (OSAP) ................................................................. 2
Graduate Student Information ........................................................................................................ 2
Mitacs Workshop .......................................................................................................................... 2
Career Workshops and Events ..................................................................................................... 2
Teaching Workshops .................................................................................................................. 3
Research Workshops .................................................................................................................. 3
Time Management Workshops .................................................................................................. 4
EAL Workshops .......................................................................................................................... 4
Writing Workshops .................................................................................................................... 4
Scholarships and Internships ...................................................................................................... 5
MyGradSkills Online Modules ................................................................................................... 7
Not getting GSLI emails from your department? ...................................................................... 7

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Opportunities & Resources

OUTline

Do you have questions surrounding sexuality, gender, identity, or coming out?

Have you been having confusing thoughts and no one to talk to?

Do you need information about resources available on campus?

Our staff of trained volunteers are ready to listen to you.

OUTline ONLINE is a confidential and anonymous support service for the LGBTQ2IA+ community that will connect you with volunteers in a discreet, confidential and private online environment.

Spread the word that our online chat is somewhere anyone (regardless of identity) can come with questions about sexuality, gender, & the LGBTQ+ community.

Please visit our website for more details!

Mon - Sun | 5:00pm - 10:00pm
(excluding Holidays and exam periods)

GRCGED is a pro-choice, sex-positive environment that operates within an anti-oppressive feminist framework and provides access to information on issues relating to our Vision. The Centre provides a space to meet, discuss and organize with people on campus and the surrounding community who have made a commitment to the Centre’s Vision. First and foremost, the Centre works to create a safer space for students, faculty, staff and community members of all or no gender(s), diverse abilities and from a wide variety of ethnic, religious, cultural and linguistic backgrounds. The Guelph Resource Centre for Gender Empowerment and Diversity functions within a framework of empathy and compassion.

For more information go to the GRCGED website!

Contact information:
Location: University Centre Room 107
Email: grcged@gmail.com
Phone Number: 519-824-4120 x 58559

Feeling Better Now (FBN)

-FBN is a trusted, anonymous, online service that is medically approved to support mental health and wellness, and is now offering online counselling, which is available to all GSA members!
-This service is equipped with a military grade encryption system to ensure the privacy of the meeting.
-Your first 30-minute session is FREE and each subsequent 30-minute session will be $37.50, which can be reimbursed through the UoG Health and Dental Plan.

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Opportunities & Resources

Co-operative Education & Career Services

**Your Number One Job Search and Career Planning Resource!**

Services we offer:

- Online job postings (for full-time, part-time, co-op & summer positions)
- Drop-in sessions available daily
- Résumé & cover letter writing assistance
- Interview skills & preparation
- Job & career fairs
- Further education planning
- Over 35 co-op majors
- Interest & personality assessment

**Visit us in Building #54 (north of Rozanski) or online!**

**Drop-in hours to meet with a Career Advisor:**

Monday, Wednesday & Friday: 9:00 am – 12:00 pm
Tuesday & Thursday: 1:00 – 4:00 pm
www.recruitguelph.ca

Your Own Space in the Library!

- Did you know all registered graduate students can sign-out a research carrel each semester for a quite place to write, research and study!? Apply at the Ask Us desk on the first floor of the library.
- You can also apply for your own study office. Please note that these are only given for one semester per degree, so choose your semester wisely! Click [here](#) for the online study office application.

On- & Off-Campus Resources:

- Check out the various on- and off-camps resources that were discussed at the New Graduate Student Orientation Day in September [here](#)!
- We promise, you will learn something new and helpful to help you during your time at the University of Guelph and afterwards!

Review the Graduate Student Calendar!

- Make sure you understand the General Expectations of you as a graduate student, and of your advisor, as well as the process for resolving academic disputes as explained in the dispute Resolution Mechanism, within the Graduate Calendar.
- The GSA executive team is working to provide a tool for graduate students to use to navigate this conversation with their advisor in hopes of preventing an academic dispute later on... Stay tuned for more on that!
Opportunities & Resources

Guelph Gryphons: Fitness & Recreation

Daily Access Pass:

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (16 – 64 yrs)</td>
<td>$10</td>
<td>(includes access to Fitness Centre &amp; NRG Classes)</td>
</tr>
<tr>
<td>Senior (65+ yrs)</td>
<td>$8</td>
<td>(includes access to Fitness Centre &amp; NRG Classes)</td>
</tr>
<tr>
<td>Youth (11 – 15 yrs)</td>
<td>$8</td>
<td>(includes NRG Classes, NO access to Fitness Centre)</td>
</tr>
<tr>
<td>Child (5 – 10 yrs)</td>
<td>$5</td>
<td>(NO access to NRG Classes or Fitness Centre)</td>
</tr>
<tr>
<td>Toddler (4 yrs &amp; younger)</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>Family (Up to 4 people. Min 1 adult, max 2 adults)</td>
<td>$20</td>
<td>(NRG classes – min 11yrs/Fitness Centre — min 16 yrs)</td>
</tr>
</tbody>
</table>

*** NRG PASS = GGAC Fitness Centre + NRG Classes

Drop-In Rec Includes:

- Badminton
- Baseball
- Basketball
- Beach volleyball
- Boxing (heavy bag)
- Disc golf
- Hockey (Sept. – Apr.)
- Hot tub
- Skating (Sept. – Apr.)
- Steam room
- Soccer
- Squash
- Swimming – Lane (Gold Pool)
- Swimming – Recreational (Red Pool)
- Table tennis
- Ultimate frisbee
- Volleyball

Important Dates:

Intramural Registration:
Winter Late-Registration: January 8th – 9th, 2018; 12:00 – 9:00 pm

Lockers:
Winter: January 4th, 2018; Renewals begin @ 5:30 pm

Closures:
December 25th, 26th, 31st, 2017 & January 1st, 2018

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st
Scholarships & Awards

Awards Information

Ontario Graduate Scholarships (OGS)
Application deadline: January 31st, 2018 (Guelph Specific)

Information outline available on the Office of Graduate & Postdoctoral Studies website.

2018-2019 Aboriginal Graduate Scholarships Competition
The Aboriginal Graduate Scholarships were established to encourage Aboriginal (First Nations, Inuit, Métis) students to pursue graduate studies in any discipline.

Value & Duration:
Master’s - $15,000 per year for up to 2 years (6 semesters)
Doctoral - $30,000 per year for up to 4 years (12 semesters)
Number of Awards: Up to five (5) annually

Application deadline: February 1st, 2018
Application submissions: grschol@uoguelph.ca

For more information please visit the Office of Graduate & Postdoctoral Studies website.

Mackenzie King Open & Travelling Scholarships
Mackenzie King Open Scholarship: open to graduates of Canadian universities who pursue graduate studies in any discipline, in Canada or elsewhere. The Open Scholarship of approximately $8,500.00 is awarded annually (*value is subject to change)

The Mackenzie King Travelling Scholarship: open to graduates of Canadian universities who pursue graduate studies in the United States or the United Kingdom in the areas of international relations or industrial relations. Four scholarships of approximately $10,500.00 each are awarded annually (*number of recipients and value are subject to change).

Application Deadline: February 1st, 2018

Students are encouraged to check the Office of Graduate and Postdoctoral Studies webpage on scholarships and the Student Financial Services Award Search Engine to identify all scholarships for which they may be eligible.

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

Dairy Famers of Ontario (DFO) Doctoral Assistantship
This scholarship is for prospective students (applying to start a PhD in S18, F18 or W19) whose area of research will be in an area of interest to DFO, such as marketing initiatives aimed at growing the market for dairy products; economic and business aspects of milk production and marketing, milk quality and safety, the environment; as well as dairy cattle production research related to improving animal health, welfare and performance. There is one award of up to $60,000 totally, payable over 3 years (9 semesters) awarded annually. The scholarship is available to domestic and international students.

Application Deadline: February 1st, 2018

Brock Doctoral Scholarship
The Brock Doctoral Scholarship is one of the most prestigious doctoral awards available at the University. We seek to attract scholars with potential to attain a high level of academic achievement and to make significant teaching and research contributions. The scholarship is available to domestic and international students entering or transferring to a doctoral program in S18, F18 or W19 and is valued at $30,000 per year for up to four years (12 semesters).

Application deadline: February 15th, 2018

Ontario Student Assistance Program (OSAP)
Students can currently apply for funding for W18 and the 2018-2019 academic year. Please click here for a list of dates and deadlines.

All students who apply for OSAP are automatically considered for the Ontario Student Grant, which you do not need repay! If you are offered both a loan and a grant, you can indicate that you ONLY want to receive the grant! #freemoney

Students are encouraged to check the Office of Graduate and Postdoctoral Studies webpage on scholarships and the Student Financial Services Award Search Engine to identify all scholarships for which they may be eligible.
The Human Health and Nutritional Sciences department is now recruiting study participants to start in January/February 2018!

The Apple Study research team at the University of Guelph is recruiting overweight or obese, but generally healthy volunteers to participate in a health, food and nutrition research study investigating the effects of eating Ontario-grown Gala apples for 6 weeks on risk factors for obesity-related diseases, such as type 2 diabetes and cardiovascular disease.

We are looking for overweight or obese but generally healthy adults (18 - 75 years old) who can tolerate acetaminophen-containing products (e.g. Tylenol).

*Please see the [flyer] for further details about the study and compensation.

Please contact the Apple Study research team with any questions about the study and/or if you are interested in participating:

**Email:** apples@uoguelph.ca
**Phone:** 519-824-4120 x56967

Thank you. We look forward to meeting you!

-Apple Study research team

(This project has been reviewed by the U of G Research Ethics Board for compliance with federal guidelines for research involving human participants: REB# 16JA013)
Our Team

Executive Committee:

Danyelle Liddle  
President & CEO  
gsapres@uoguelph.ca  
x 53314 / 56685

Amber Hutchinson  
Vice-President Internal  
gsavpint@uoguelph.ca  
x 53314 / 56685

Seyedmehdi Emam  
Vice-President Finance  
gsavpfin@uoguelph.ca  
x 53314 / 56685

Lindsay Plater  
Vice-President External  
gsavpext@uoguelph.ca  
x 53314 / 56685

GSA Staff:

Erin Angus  
Office Manager  
eangus@uoguelph.ca  
x 56685

Bonnie Runge  
Manager – The Fifth  
gslounge@uoguelph.ca  
x 58117

Lukas Linde  
Activities & Communications Co-ordinator  
gsaact@uoguelph.ca

Alexa Desimone  
Part-Time GSA Office Assistant  
gsa@uoguelph.ca

Morgan Rees  
Website Support  
reesm@uoguelph.ca

Ahmed Shaltout  
GSA Chair  

General Directors:

Biomedical Science:  
Allyssa Hooper (ahoope01@uoguelph.ca)  
Madison Pereira (mperei02@uoguelph.ca)

College of Business & Economics:  
Christopher Donaldson (cdonalds@uoguelph.ca)

Chemistry:  
Jane Ferguson (jfergu12@uoguelph.ca)  
Chris Wicks (wicksc@uoguelph.ca)

Clinical Studies:  
Bianca Di Sabatino (bdisabat@uoguelph.ca)

Engineering:  
Drew Anderson (dander04@uoguelph.ca)  
Amro Elhelaly (amro@uoguelph.ca)

Family Relations & Applied Nutrition:  
Curtis Holmes (holmesc@uoguelph.ca)  
Krista Miller (kmille09@uoguelph.ca)

Fine Art and Music:  
Rose Conlin (rconlin@uoguelph.ca)

Food Science:  
Chesley Tremblay (ctremb01@uoguelph.ca)

Geography:  
Emma Davis (edavis02@uoguelph.ca)

History:  
Lisa Baer (baerl@uoguelph.ca)

Human Health & Nutrition:  
Shannon Klingel (sklingel@uoguelph.ca)

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

Marketing & Consumer Studies:  
Qianyi (Jennifer) Tan (qtan@uoguelph.ca)

Mathematics & Statistics:  
Jeffery Daniel (jdaniel@uoguelph.ca)  
Christian DeAngelis (cdeangel@uoguelph.ca)

Molecular & Cellular Biology:  
Sahar Mehrpooyan (fmehrpoo@uoguelph.ca)  
Love Sandhu (lsandhu@uoguelph.ca)

Plant Agriculture:  
Shanthanu Krishna Kumar (shanthon@uoguelph.ca)

Population Medicine:  
Michael Sawras (msawras@uoguelph.ca)

Psychology:  
Samantha Ayoub (ayoubs@uoguelph.ca)

Sociology & Anthropology:  
Keely Kavcic (kkavcick@uoguelph.ca)

Please send all newsletter submissions to the GSA email at gsa@uoguelph.ca by the 1st.
NEW since Fall 2017: Counselling Services is coming to 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?
• Tuesday afternoons, starting January 16th

*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
Interested in meeting other graduate students?!

The Graduate Student Support Circle (GSSC) provides peer support to graduate students in both providing and receiving emotional support in a group setting. You are invited to join our circle this Winter '2018!

What: Confidential peer support circle for graduate students.
When: 60 minutes weekly – every Tuesday, 12 to 1pm, from January 23 to April 3, 2018.
Who: 7-10 graduate student participants and 1 graduate student facilitator.
How: Participants are expected to attend weekly over the entire semester.
Why: Meet an unfulfilled need for peer support among graduate students.

Registration is REQUIRED to participate. Deadline is January 14, 2018.

For more information or to register, please contact us at:
guelphgradcircle@gmail.com

"Like" our page on Facebook:
www.facebook.com/UOG.GSSC
Apple Study

Participants are needed to study the effects of eating whole apples on risk factors for obesity-related chronic diseases

Participants must be:
- 18 - 75 years old
- Overweight or obese (BMI ≥ 25.0 kg/m²), or waist circumference of ≥ 40” for males or ≥ 30” for females
- In generally good health
- Able to tolerate acetaminophen-containing products (e.g. Tylenol)

Study participation involves:
- Eat 3 apples per day for 6 weeks, or no apples per day for 6 weeks if randomized to the “control” group
- Attend 2, 7-hour study visits: drink a high-fat dairy product and provide intravenous blood samples
  * NOTE: ~6 of the 7 hours is “free time” for you to relax or to work away from work
- Attend 2, 15-minute study visits: answer questions about your health and lifestyle
- Collect 6 fecal samples: 3 before, and 3 after the 6-week study
- Record a 3-day food diary on 3 separate occasions: twice before and once during the 6-week study

*Participants will be asked to limit consumption of polyphenol-rich foods (e.g. berries, coffee, chocolate, etc.)

Total time commitment = 18 hours over 6 weeks

*Financial Compensation Provided!
Up to $300

To find out more about the study and your eligibility as a participant, please contact:
apples@uoguelph.ca
or
519-824-4120 x56967