



2010

HSSA Annual Report

Message from the President- Latif Murji



Fellow Health Sciences students,

This has been a very exciting and stimulating year for the Health Sciences Students' Association and I am immensely proud of the accomplishments and tremendous progress we have made this year. As President, one of my goals this year has been to establish professionalism, accountability and transparency as core values of the HSSA executive council. I believe that conducting ourselves in accordance with these values has been instrumental to our success and will continue to be so in the future.

These standards are exhibited in all aspects of the HSSA executive council's operations. Meetings are held each Monday at 2:30pm in the Science Boardroom. Detailed minutes are taken by the Internal Affairs Coordinator and are available to all HSSA members. Each and every board member is punctual and has an excellent attendance record. HSSA executive council meetings have an open gallery, giving members of the Health Sciences student body the opportunity to attend meetings. The due diligence with which executives have carried out their responsibilities has led to the successful implementation of initiatives such as the HSSA Welcome Barbeque and Conversations in Health, both unprecedented events by a Laurier Science student council.

We have also made great strides this year in strengthening lines of communication between the executive council and HSSA members. A HSSA website was launched, and serves as a convenient gateway for all information relevant to the Health Sciences student. With a calendar of future events, exam schedules, academic information, global health initiatives, and a photo gallery of past events, the website is a unifying force for the student body. We also continue to harness the power of social media to liaise with Health Sciences students. In addition to our Facebook page, we have added a Twitter account this year which also is fed through the homepage of the HSSA website. Tweets notify students of upcoming announcements, events, and give reminders of ongoing HSSA and health initiatives.

It has been a great year for HSSA, but this is just the beginning. As we celebrate our accomplishments we do it with an eye to the future, looking forward to the many challenges that lie ahead. We will continue to build upon our solid foundation as we strive to make HSSA the best it can be.

To HSSA executives, I extend my appreciation for all your hard work and dedication. To the faculty, I am grateful for your constant encouragement and guidance. And to all Health Sciences students, thank you for your unwavering support and enthusiasm, I wish you all the best in your future endeavors.

Sincerely,

Latif Murji
President

Who We Are: Mission Statement and Four Pillars



The mission of the Health Sciences Students Association is:

Cohesive Community: To serve as an outlet and meeting place for Health Sciences students, staff & faculty to interact and socialize with one another.

Academic and Career Oriented Initiatives: To provide academic assistance, professional development, and networking opportunities to members through club-sponsored speakers, executive seminars, recruiting trips, alumni visits, outreach help and peer to peer mentoring.

Contributions to the Community at Large: To provide Health Sciences students with opportunities to become engaged and make a positive difference, both at Laurier and in the greater community. Secondly, to promote campus and community awareness of WLU Health Sciences through club activities and service projects.

Recommendations for Program Enhancement: To facilitate discussion, debate, and dialogue concerning Health Sciences issues in a professional, friendly, and open atmosphere where individuals feel free to speak their personal views.

Cohesive Community



Morty's Wing Night Social- January 2010

This was the first social put together by the Health Sciences Students' Association for students to spend quality time with each other in a non-academic setting. Approximately 30 Health Sciences students were present. With the help of great food and a wacky game called Catch Phrase, all students who attended the social bonded and had a fun-filled, memorable evening. This date will be marked on calendars as the beginning of great new friendships that will last a lifetime!

Health Sciences Sweaters- 2010

The Health Sciences Students' Association designed sweaters for the inaugural class of Health Sciences students. These sweaters allowed students to show their pride for the Health Sciences program and increased the presence of the program throughout the campus. These sweaters were specifically created for the inaugural Health Sciences class. The sweaters had a positive impact on the Health Sciences' student body as they enabled other students and faculty members to become familiar with the array of students in the program. This initiative was a great success as a significant portion of the inaugural class purchased the sweaters. Overall, students who purchased the sweaters were pleased with them and show a tremendous amount of pride while sporting this attire.



These teams have provided Health Sciences students with a fun, social, and active way to meet other people in the program. We hope to continue to grow the HSSA intramural program, as it continues to develop cohesiveness in the Health Sciences community through sport.

Health Sciences Intramural Program- 2009-2011

By fielding a co-ed intramural soccer team in the Winter 2010 term, HSSA started a Health Sciences intramural program that has been grown rapidly ever since. In the Fall 2010 term, our Health Hawks soccer team claimed the Laurier intramural co-ed soccer championship! Riding this momentum, our intramural program grew in Winter 2011 to include two co-ed soccer teams, as well as a co-ed volleyball team.



Kick-Off BBQ- September 16, 2010

On September 16, 2010, from 5:00-7:00 pm, the second annual Health Sciences "meet and greet" barbeque was put on by the Health Sciences Students' Association executive council. It took place in the Science Atrium and was open to the entire Health Sciences student body (first and second years) as well as faculty members on the Health Sciences Coordinating Committee. All attendees had the option of a veggie burger or a hamburger and other light snacks and drinks. Information about the program was presented and first year students had an opportunity to meet their academic partnership mentors (second year Health Sciences students), other members of their own class, or any of the faculty members that were present. This barbeque was an excellent opportunity, especially for first years, to meet classmates in their program, faculty that may be teaching them, and their mentors, who would be a great resource for them in the future, all in a casual atmosphere.

Approximately 110 Health Sciences were present, a phenomenal turnout. Many second year Health Sciences students can attest to the fact that it was at this barbeque in 2009 that they met some of their great friends and began to feel like a part of the program. In 2010, this barbeque again presented itself as an excellent time for the new first year Health Sciences cohort to have these same opportunities and make great connections, while the second years got a chance to socialize after the summer break, help welcome the first year students and meet their staff and faculty for the upcoming year.





Morty's Wing Night Social II- October 28th 2010

This initiative was a follow up to the previous year's successful Morty's Night Social. With 50 attendees, the basement at Morty's Pub was at maximum capacity. Games were played, conversation was made, and everyone had an enjoyable evening. The secret event (Conversations in Health) was also unveiled at this event. The tradition of playing Catch Phrase continued, in addition to other icebreakers which allowed 1st and 2nd year Health Sciences students to better get to know one another and develop long-lasting relationships.

Health Sciences T-Shirts- September 2010

Over 80 Health Hawks t-shirts were purchased by 1st and 2nd year Health Sciences students. Now students show off their program everywhere they go! These shirts have certainly increased awareness of the Health Sciences program on campus and have also presented an opportunity for students to recognize their peers outside of the classroom.



Health Sciences Students' Association Website – January 2011

The Health Sciences Students' Association website, launched on January 4th, 2011, was the first production of the new year. The brand new website provides Health Sciences students, faculty and guests with up to date information regarding the Health Sciences Students' Association's; mission statements, reports, information on the members, as well as upcoming and past events, program information and objectives, and a photo gallery. This website, <http://laurierhealthsciences.tripod.com> both keeps Health Sciences student and faculty informed, and maintains transparency in regards to HSSA's latest news. The website is also linked to Twitter and Facebook to ensure that through any other social networking application, the information provided on the website will be received and available to everyone.



Wilfrid Laurier University's Health Sciences Students' Association

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President's Welcome

It gives me great pleasure to welcome you all to our new Health Sciences Students' Association website. In our ongoing efforts to communicate effectively with the Health Sciences student body, this site was created to be your gateway for everything Health Sciences. In addition to valuable academic information, this site provides you with the global health initiatives being promoted by HSSA and a convenient calendar of upcoming events and activities being held for Health Sciences students.

Latif M
HSSApreLatif

It's #Friday!!! Join our epic Health Sci Relay for Life teams! #FUNFUNFUN
2 mins ago · reply

HSSA ACM next Monday 2:30 in BA110, book it! #future #streams
5 days ago · reply

Bill passed, huge victory for helping AIDS patients in the developing world. #streaming <http://hsa.ly/6130>

Academic and Career Oriented Initiatives

Chemistry Study Session I- December 14, 2010

The first chemistry study session was directed at the inaugural class in Health Sciences for the CH110 final exam. This session was held on the Sunday prior to the chemistry final in the Bricker Academic Building. It allowed Health Sciences students to ask questions and gain knowledge on the material being tested on the exam. Practice problems were also provided to the students and answers were taken up with input from students. To ensure correct knowledge was being shared, a member of the Health Sciences Coordinating Committee (Dr. Lillian DeBruin) was present to proctor. This was an excellent opportunity for Health Sciences students to share knowledge and help each other.

Academic Partnership Program

Health Sciences students became involved in the Academic Partnership Program in September of 2010 to aid first year Health Sciences students in their transition from high school to university.

The mentorship program pairs a second year student with two or three first year students, and has been integrated within the Faculty of Science Academic Partnership Program. Mentors' responsibilities include inviting their mentee to school events, whether it be academic or social, and being available to answer any questions their mentee may have regarding academics or school life on a regular basis throughout the school year. Friendships and academic partnerships were formed between students that will last for years. Also, students in second year were all given a chance to be mentors regardless of the GPA, because everyone has different experiences to share providing a great leadership opportunity for upper year Health Sciences students. All Health Sciences students had the opportunity to be involved in this HSSA initiative and contribute positively to our program.

Chemistry Study Session II- November 11, 2010

On Thursday November 11, a CH110 study session was held for all first year Health Sciences students run by two second year students, Mike Taglione and Michael Mikhaeil. Approximately 50 first year students attended. The session was focused on the midterm review package provided by CH110 professor Dr. Maly. Questions were brought up by first year students and answered in a discussion format led by the two second year students. Running study sessions is important as it allows students to learn material in an interactive environment. This particular study session helped develop a collaborative and open environment in which Health Sciences students began to work alongside one another. Moreover, study sessions can help clear concepts that students may struggle with. Many students noted upon leaving the session that they felt more confident and better prepared to write the midterm.

Conversations in Health- November 18, 2010

One of HSSA's main objectives is to provide resources to compliment the curriculum of our program. While we are exposed to many fascinating aspects of health throughout our course subjects, we felt that many students did not know how they could incorporate these areas of interest into a future career in the healthcare field. This is what led to the creation of Conversations in Health.





of the diverse potential career paths their Health Sciences degree could lead them to. The evening concluded with an informal reception, allowing students to truly take advantage of the wealth of knowledgeable professionals who kindly volunteered their time that evening. All in all, Conversations in Health was a great success and was an eye-opening event that was enjoyed by all who attended.

Princeton Review Partnership- September 2010-Present

In August of 2010, the Health Sciences Students' Association began a partnership with The Princeton Review. This partnership gives Health Sciences students a discount for all Princeton Review MCAT and DAT courses that take place during the term of the partnership, as well as the opportunity to borrow medical school-related books (provided to HSSA by TPR), and to attend free Princeton Review events occurring on campus.

Conversations in Health was an eye opening evening of information and networking for Health Sciences students, done in a new and innovative fashion. More than twenty alumni, health care professionals and faculty members came out to participate in the evening along with well over one hundred Health Sciences students. Students were divided into groups, assigned a table and given time to meet with five health care professionals in various fields- some that the students may have been unaware of- in order to expose them to many

In March of 2011, two such events took place; on behalf of HSSA, Laurier Science students were invited to attend an MCAT strategy session on March 10th, and to write a mock MCAT on March 12th. Both events were very successful; the MCAT strategy session drew a turnout of approximately 50 people, and the five hour mock MCAT was written by about 15 students. Having this partnership with The Princeton Review benefits all Health Sciences students interested in applying to medical school, and HSSA is also working towards having more information available to students pursuing careers in dentistry as well.



Life As a Medical Student Presentation- March 1, 2011

Invited on behalf of the Health Sciences Students' Association and the Laurier Premedical Society, Naheed Dosani came to Laurier on Tuesday, March 1st, 2011 to speak about his experience as a medical student. Dosani is completing his final year in McMaster's medical program, and will be working as a resident next year. In his speech, Dosani opened a window into what it is actually like to be a medical student, as well as a brief reminder on what to focus on during application to medical school. This was a great event for students interested in a career in medicine, and those who attended were able to obtain useful and potentially new information. We greatly appreciate that Dosani was able to come and share his experiences with Laurier students.

Contributions to the Community at Large



“Get Swabbed” - November 2, 2010

This event was orchestrated with OneMatch: Stem Cell and Bone Marrow Network, in affiliation with Canadian Blood Services. The Health Sciences Students' Association was involved with the promotion of the event and several Health Sciences students volunteered as part of the Swab Drive. The goal was to get as many people on campus to register into the database, as the bigger it is the more lives that can be saved. The responsibilities of the volunteers throughout the day were to encourage

students and faculty to enter into the database, help them fill out the registration forms, and supervise the buccal swabbing. The event was very successful, with the Laurier community adding 403 registrants to OneMatch. This event allowed Health Sciences students to make an impact at a local and national level in a health-related field.

Laurier Day- 2009-2011

For Laurier Day, the Health Sciences Students' Association, along with faculty members from the Health Sciences Coordinating Committee, held a booth promoting the Health Sciences program for prospective students. Students answered any questions prospective students or parents had and handed out brochures with information regarding to the essentials of the program. Posters were also on display which demonstrated HSSA's accomplishments throughout the year.

The presence of the Health Sciences students and faculty clearly indicated the considerable pride for the program. Their presence and enthusiastic attitudes had a positive influence on the future students and many people left the booth more informed and excited about the program. Several students from the Health Sciences Students' Association were involved with the Health Sciences booth to assist by sharing their personal experiences in the program with the prospective students.

Global Health Initiatives

In order to increase awareness about global health issues, HSSA launched a campaign called Global Health Initiatives which aimed not only to inform the Laurier community of current events in health, but also to provide them with an outlet to get involved in combating global health issues.



The first of these campaigns was MSF's "Europe - Hands Off Our Medicine," for which Health Sciences students signed petitions urging the European Union to cease moving forward with their motion to prevent the manufacturing of generic AIDS medications.



Orientation Week 2010

The Health Sciences Students' Association participated in Orientation Week's Get Involved Fair on Alumni Field. The HSSA booth consisted of a bristol board containing pictures from past events and basic information about HSSA, as well as executive council application forms, which were given to interested Health Sciences students. Participating in the Get Involved Fair was a great way to spread the word about HSSA at Laurier, and it gave new Health Sciences students access to information about HSSA, as well as the chance to meet some of its existing members. The effectiveness of having a booth at the Get Involved Fair was made evident by the fact that sixteen new Health Sciences students applied for a spot on the HSSA executive council.

Also during O-Week 2010, a PowerPoint presentation, made by HSSA, was included in the USB memory sticks that were given to each first year student as a part of their Orientation Week welcome package as a means of getting this information out to first year Health Sciences students, as well as to the rest of the incoming Laurier community.

Recommendations for Program Enhancement

Concerns regarding MA110

Due to the growing academic concern in the Health Sciences student body, HSSA decided to take action and discuss this in a meeting with Dr. Elliott. A list of discussion questions was created by Jaclin Whaley and Allyson Cowie. A formal letter of concern was then presented to Dr. Elliott and Dr. MacPhee at an official HSSA meeting in early March. On March 15th, Dr. Elliott announced to HSSA members that two new courses, MA100 and MA101, would replace MA110 in the 2010/2011 academic school year. These courses are designed specifically for Science students and are each worth 0.5 credits as opposed to the 1.0 credit MA110 course. This is significant because it has allowed future Health Sciences students to achieve success in these courses and learn specific math skills relevant to their program.

Code of Conduct

The HSSA, along with a committee, drafted a Health Sciences Student Code of Conduct in February of 2011 to compliment similar codes already in place at WLU. It included the following statements: **As a WLU Health Sciences student, I will:**

- Maintain a high level of respect for all individuals and groups that are a part of the Health Sciences community and those that are not.
- Always conduct myself by principles of honesty, integrity, fairness, and high ethical and moral standards.
- Demonstrate a high level of professionalism in all settings, especially where viewed as a Health Sciences student of Wilfrid Laurier University.
- Be individually accountable for any action inconsistent with this code.
- Be individually responsible for abiding by this code and for accepting the consequences that will ensue as a result of not abiding by it.

Vision for the Future

Looking toward the future, there are several key goals that we believe are important for the Health Sciences Students' Association to strive to achieve our vision of an exceptional Health Sciences experience at Laurier. These goals have stemmed from our four pillars, and as such, they will serve as concrete steps toward upholding the basis of what we stand for as the Health Sciences Students' Association. Our goals are as follows:

Driving Collaborative Initiatives

Working with other organizations on campus toward developing collaborative initiatives is an important way to ensure that the Health Sciences Students' Association is able to contribute to the larger Laurier community.

Maintaining Cohesiveness within our Program

The Health Sciences program at Laurier is unique in part because of its small student body, which allows for cohesiveness within the program; cohesiveness between students, as well as between students and our professors and Health Sciences coordinators. As the Health Sciences population grows, it is important that there is an ongoing focus on maintaining this cohesive nature of our program amongst its increasing student body.

Initiating an Orientation Program for First Year Health Sciences Students

An orientation program has great potential to be a valuable experience for incoming Health Sciences students. After being introduced to the general University experience during WLUSU's *O-Week*, it would be beneficial for first year Health Sciences students to have orientation time dedicated toward important aspects of studying within the Health Sciences program, as well as of being part of the Health Sciences Students' Association.

Strengthening our Working Relationship with FOSSA

As a WLUSU program-related club from the Faculty of Science, the Health Sciences Students' Association is able to request funding from FOSSA. There are currently two Health Sciences representatives separate from HSSA's executive council who sit with FOSSA's executive. Moving forward, it will be important to capitalize on the benefits that are available and accessible to our Association.

Increasing Participation in Health-Related Initiatives

Health-related events, such as the 2010 "Get Swabbed" campaign at Laurier, allow Health Sciences students to volunteer and gain experience with health-related initiatives. Events like these have the potential to benefit many populations, extending outward from our own Health Sciences Students' Association to the overall Laurier community and beyond.

Providing Prospective Career-Oriented Initiatives

With our successful "Conversations in Health" 2010 event as an example, we will aim to continue to provide Health Sciences students with exposure to information on a wealth of future career possibilities, aiding students in their thoughts for life beyond Laurier.

... Striving for Excellence